



Dr. Mike's 7 Step Weight Loss Plan



Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

Step 5: Barcodes to Bags

Dr. Mike



Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

Shifting Your Food Choices for a Leaner Body and Better Health

In the previous steps of this program we've made both simple and more involved additions and modifications to your diet. In this step we are going to make a more subtle switch that will have a significant impact on your health and waistline.

By moving your diet from foods that have barcodes to foods that you put into bags, you will be increasing the freshness and quality of your diet immensely.

This shift will also remove excess salt, preservatives, and sugars. From a weight loss perspective, this will help you flush out extra water weight that your body might be holding onto, while also removing dietary additives that are increasing your risk for certain types of cancer and diabetes.

Foods with Barcodes to Leave On The Shelf

Here are common types of foods that come with barcodes as well as added sugars, preservatives, stabilizers, additives, food dyes, and more. Let's

get them out of your diet.

- Boxed rice/pasta dishes
- Processed and preserved meats
- Cookies and crackers
- Cake and muffin mixes
- Overly salted and preserved foods (frozen or canned)

Foods to Put Into Bags

It is time to bag up some fresh nutrient dense foods. Here is a list of the types of foods you want to be switching to:

- Fresh Vegetables
- Fresh Fruits
- Unprocessed meats & poultry
- Nuts & Seeds
- Unprocessed Grains (Quinoa, Brown rice, etc)

Barcodes to Bags In Action

Take a look at your grocery list. What foods can last in your cupboard for months? Is there a fresher version?

Are you buying any boxed/premade meals or dishes? How can you replace these with fresher versions?

Are all the meats that you are buying preservative free?

Identify the places on your shopping list where you can make the switch from barcodes to bags.