

**HAPPY
SUBSTITUTES**



BEWARE OF SPREADS

At times, even when super careful with your diet you will use calories I call silent killers. Mayonnaise being one of them, or tartare sauce. I love a tasty and healthy substitute like Hummus. So next time you need to dip your chicken in a little something, go for Hummus, it's chickpeas based and low-calories.

**DRESSINGS ARE NOT
YOUR FRIENDS**

Nothing is duller than a salad without dressing! but dressings can turn a salad into the calorie equivalent of a hamburger. Same goes for olive oil (3 tbs. equals 1 snicker bar). A low-cal and yummy substitute is greek yogurt cucumber tsatsiki; It's creamy, and tasty like dressing.



YOU ARE WHAT YOU EAT

It's that simple ! And, this month I tell you how you can eat ALL you want, drink WHAT you want & still lose weight and keep it off.

Did you ever walk over to your fridge wondering what you are craving? I have countless times. The thing is, if you ask yourself if you'd eat an apple and the answer is yes! then you are really hungry and it's time to chose a snack and make a smart choice. If the answer is NO, then you aren't hungry at all, just compulsively starving and it's time to trick your mind: drink a glass of natural green tea with a tablespoon of agave syrup and walk away from the fridge.

Tricking your body is part of "THE MIND CONTROLS THE BODY" Contrology integration also used to execute THE METHOD® intricate protocol. **YOU CAN DO IT ! and here is HOW:**

THE METHOD® is the ANTI-CHRIST of dieting - take a big breath and get ready to NOT DEPRIVE YOURSELF of anything

