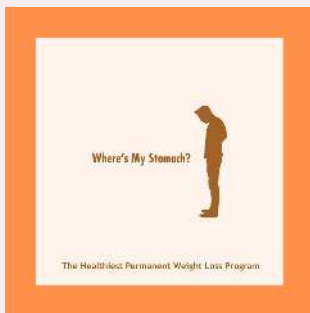




## The *Where's My Stomach* Program





It is not your fault, we have all been misinformed.

Don't eat fat—wrong

You have to eat only salads to lose weight—wrong

Count calories—wrong

You are heavy because you lack self control—wrong

If you lose weight you will put on more—wrong

You don't have enough willpower to make the changes necessary—wrong

Getting serious about weight loss is not easy because of the habits we have established and the many social messages that are just plain wrong.

For instance, anyone who has tried to lose weight has heard the saying, “Calories In, Calories Out” meaning that one just has to eat less than you burn to lose weight.

This is absolutely wrong, and science as well as the experience of myself and many others proves it.

What we have found out through the results of studies and personal lifestyle changes is that calories are secondary to hormones.

# Get Started Losing Weight

In fact those of us in the Where's My Stomach program know that focusing on triggering the body's natural responses is far more powerful and effective than counting calories, eating bland foods, avoiding parties, and denying yourself sweets combined.

A good way to start is by adopting the Mediterranean Diet with the resources in this Guide. Thousands have done so and thankfully nearly everyone stays in touch through our primary Facebook Group.

What if you want to be sure you are choosing the best diet possible?

What if you want to be sure you are choosing the best diet possible? Better than Jenny Craig or Weight Watchers, or Keto, or Paleo, or DASH, or Noom, the South Beach Diet, Nutrisystems, and on and on.

# Get Started Losing Weight

Easy, since it was first studied in the 1950's the Mediterranean Diet has always been rated the ***healthiest and most sustainable diet***. Period.

Until now. Studies with animals and humans have for years suggested that Intermittent Fasting makes changes to your body that restores health to people with Type 2 diabetes, heart disease, Alzheimer's and other life destroying illnesses. A 2016 NOBEL Prize was awarded for work in this area and it is already changing peoples lives for the better.

Many of the obesity related diseases noted with intermittent Fasting are also reversed or eliminated by the Mediterranean Diet. This is why I have combined these two Ways of Eating, and created a program to help people walk step by step through the process.

But first, lets get started on the Mediterranean Diet! Follow the guidelines below and join my groups to get started.



# Get Started Losing Weight

My Mediterranean Diet Pyramid

The Mediterranean Diet Guidelines

Get Started Groceries

More Help





The Mediterranean Diet integrates basic healthy eating with the wonderful flavors, textures, and ingredients that have been enjoyed by the people of the Mediterranean for eons.

- ◆ **Change Habits, Commit To The Change**
- ◆ **Consume Three Servings Of Fruits And Vegetables Each Day**
- ◆ **Pick Ingredients That Have Known Health Benefits**
- ◆ **Prepare And Eat Meals Slowly**
- ◆ **Savor Your Food**
- ◆ **Use Up To 1/4 Cup Of Extra Virgin Olive Oil Daily**
- ◆ **Drink 1/2 Your Body Weight In Ounces Of Water Daily**
- ◆ **Eliminate Sweet Drinks, Don't Drink Calories**
- ◆ **Control Portions To Lose Or Maintain Weight**
- ◆ **Have At Least Two Legume Meals Per Week**
- ◆ **Have At Least Two Servings Of Fish Per Week**
- ◆ **Have Dried Fruit, Nuts or Cheese For Snacks Or Dessert**
- ◆ **Eat Dairy Sparingly, Yogurt Daily**
- ◆ **Reduce Or Eliminate Meat To No More Than Once Or Twice A Week**
- ◆ **Reduce Carbohydrates & Eat Only Wholegrain**
- ◆ **Have Wine In Moderation**
- ◆ **Sweets Are For Special Occasions Only**
- ◆ **Regulate Sleep**
- ◆ **Eat Early In The Day**
- ◆ **Get A Diet Buddy**
- ◆ **Share your Story**



# Mediterranean Diet - Get Started Groceries

Organic is always best. If too expensive or unavailable use the least processed option available

**Superfoods:** Blueberries, Acai Berries, Avocados, Kale, Salmon, Cinnamon, Spirulina, Flax-seeds

**Fruits:** Oranges, Apples, Bananas, Grapes, Apricots, Avocados, Cherries, Figs, Plums, Pomegranates, Peaches, Melons, Lemons, Grapes      **Berries:** Strawberries, Blueberries, Raspberries, Goji, Bilberries, Acai, Cranberries, Blackberries

**Common Vegetables:** Broccoli, Spinach, Carrots, Kale, Onions, Artichokes, Bell Peppers, Eggplant, Beets, Cabbage, Green Beans, Leaf Greens, Leeks, Mushrooms, Olives, Squash, Tomatoes, Garlic, Potatoes, Sweet Potatoes

**Nuts and Seeds:** Almonds, Walnuts, Sunflower Seeds, Pumpkin Seeds, Pine Nuts, Peanuts, Cashews, Flax Seeds, Hemp Seeds

**Beans and Legumes:** Lentils, Hummus, Garbanzo (Chick Peas), Black Beans, Kidney Beans, Peas, Soybean, Pinto Beans, Navy Beans

**Whole Grains:** Quinoa, Polenta, Rice, Whole Grain Pasta, Oatmeal, Couscous, Bulgur, Sourdough Whole Grain Bread

**Seafood:** Shrimp (only wild), Cod, Crab, Pole Caught Albacore (Tuna), Scallops, Wild Caught Salmon, Wild Caught Sardines, Farmed Mussels, Arctic Char, U.S Farmed Barramundi, Wild Atlantic Long fin Squid, Atlantic Mackerel

**Oils and Fats:** Extra Virgin Olive Oil, Avocado Oil, Canola Oil, Grape Seed Oil, Sesame Oil

**Herbs and Spices:** Sea Salt, Himalayan Salt, Black Pepper, Turmeric, Cinnamon, Basil, Cilantro (Coriander), Cumin, Mint, Sage, Thyme, Tarragon, Oregano

**Dairy:** Cheese, Greek Yogurt, Low-fat Milk, Eggs

# What else can you do?

Get Support—I have two Facebook Groups that can help support this process. The first one has 19,000+ members and is strictly for the Mediterranean Diet. We share recipes, our knowledge and help people get started.

[Join the Mediterranean Diet Facebook Group here](#)

The second group was a private paid membership group that I have now opened up to everyone. This group is for enthusiasts of the two best Ways of Eating.

[Join the Mediterranean Diet - Intermittent Fasting- Facebook Group here](#)

Contact me here

[@wheresmystomach@gmail.com](mailto:@wheresmystomach@gmail.com)

To setup a personal consultation

Visit <https://wheresmystomach.mn.co> to find out more!

Join my for Meet and Greet Q&A session on the Med Diet IF group. [Mediterranean Diet - Intermittent Fasting Facebook Group](#)



# We Are Here to Help

**Where's My Stomach?**



**The Healthiest Permanent Weight Loss Program**