

DR. GEOFF OF DR SAVING LIVES PRESENTS

# LIFE CHANGING EATING MANAGEMENT PLAN



“Goal: Live our best life in good health.

“Challenge”

Genesis II, 1989 – as a class will lose 1,989 pounds by October 25, Homecoming weekend.”

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“IT IS NOT A DIET, IT'S A  
LIFESTYLE CHANGE”.

[WWW.DRSAVINGLIVES.COM/HEALTH](http://WWW.DRSAVINGLIVES.COM/HEALTH)



## The goal!


The goal is to have the class of Genesis 1,989 pounds before homecoming. Based on the number of people who attended the re-union 194 people – it would help if everyone lost at least 10.25 pounds to do their part. Let's do what we do Genesis.

## First week – no eating after 7pm.

- The only exception to the this rule are uncooked vegetables when necessary.





A woman with dark hair in a ponytail, wearing a white sports bra and black leggings with white stripes, is running on a treadmill in a gym. She is smiling and looking to her left. A large blue circle is overlaid on the left side of the image, containing white text.

**First week – walk or run as long as you can. Then add one minute a day.**

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- Rule - you must walk 5 days per week.

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“The road may be bumpy but stay committed to the process”

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# Second week – no liquid carbs (I am not suggesting no carbs)

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- Only drink water, diet drinks or low carb protein shakes
- This means no Starbucks specialty drinks ( Latte, Frap, etc)

“Strive for progress not perfection”





## Third week – no sweets

- This means no ( cookies, cake, pie, muffins, granola bars)



“Stressed spelled backward  
is desserts. Coincidence? I  
think not!”





## Fourth Week – no bread including pizza



“Doubt kills more dreams than failure ever will”







“Be stronger than your excuse”.

## Fifth Week – No deep fried foods.

- Add one sweet per week and only on a work out day





# Sixth Week – Alcoholic beverage only once per week and only no mixers (juice, sweet and sour)

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- Alcohol retards an enzymes that prevents fat break down.



→ dream →

"No amount of security is worth the suffering of a life chained to a routine that has killed your dreams".

→ dream →



# Seventh Week – From 7am– 4pm ( everyday) you can only eat fruits, vegetables, seafood and eggs

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- This gets much easier after about 2 weeks.



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“Success is the sum of small efforts, repeated day in and day out”.

A few reminders- the faster the weight comes off the, the faster it comes back. We are developing a lifestyle change.