

## Motivational Tip 1

Focus on the things you need to add to your diet versus focusing on the things you need to remove. Once you fill your body with good food, the desire to eat junk should be diminished. The trick is to eat the good stuff first. If you've eaten the good stuff and you still want something sweet or salty, go ahead and eat a small amount of whatever it is you're craving. Chances are a bite or two will be sufficient.