Eat around the clock to stay thin.

We’ve all grown up thinking that three meals a day is the best way to eat. But anyone who has ever struggled to lose weight can tell you that the six-hour gap between lunch and dinner can be excruciating, and it often ends in “cheating” on your diet or eating far more than you planned at night.

Eating three smaller meals and two substantial snacks throughout the day is the easiest way to lose weight.

But what difference does it really make? Turns out, it’s pretty big! Eating smaller meals more often can boost the rate at which you burn calories, make it easier for your body to absorb the nutrients, and help stabilize your blood sugar levels over the course of the day.

**4 REASONS to eat often**

1. Optimized metabolism
2. Better nutrient absorption
3. Higher energy levels
4. Lower risk of overeating

**IMPORTANT:** While the number of times you eat each day should increase, your total daily caloric intake should not. In short, eat smaller meals more often.

Give your stomach time to adjust: Adopting the strategy of eating less more often will take a little adjustment. Your stomach will shrink and, after time, the idea of eating 3 large meals will be unappetizing. To calm your grumbling tummy in the meantime, keep plenty of water on hand.
Simple Steps to Success

Melaleuca’s industry-leading nutrition products combined with eating right, getting active, and staying accountable create simple steps that lead to healthy weight loss.

Small Meals
Switch from three large meals a day to three small meals and two snacks.

GC Control™
Replace one or two snacks or meals a day with GC Control.

FiberWise®
Drink one serving of FiberWise before dinner.

Access®
Exercise 45 minutes each day after eating an Access Bar.

ProFlex20®
For added protein, drink a ProFlex20 Shake within an hour after finishing your workout.

To build your daily eating plan, turn to page 28.