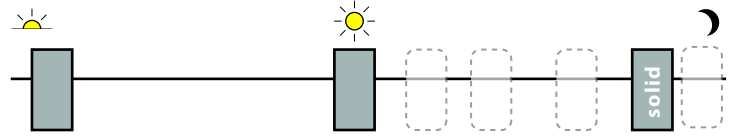
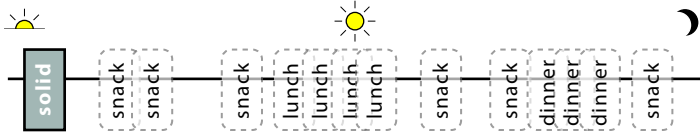


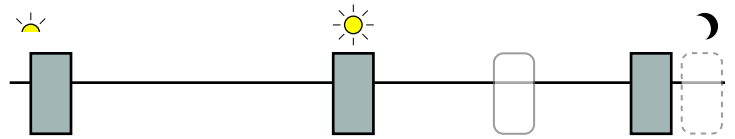
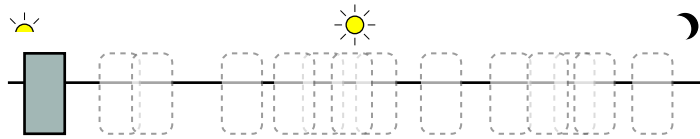
Nano Steps for Step Three

This is the typical sequence of the nano steps. Explore and find which sequence works best for you and your body.

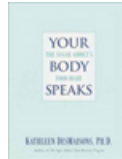


Strong Breakfast: You are thinking about starting step three -- your breakfast is strong and solid. You have enough protein and eat consistently within an hour of waking. You have a brown carb with each breakfast. You do breakfast every day.

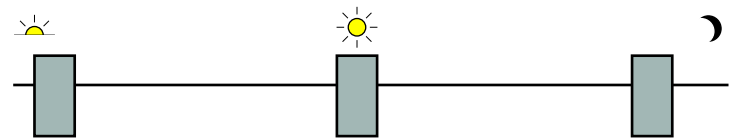
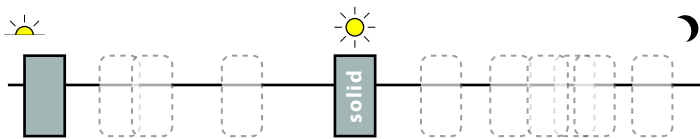
Regular Dinner: Now start to think about having dinner at a regular time. If you have been erratic - eating at 7 one night, 9 the next night, or 6 the next - try for a certain window, like between 5 and 8. Make sure you stick to that window until it gets to feeling natural...and then narrow the window to 5-7.



Comfortable Journal: You have started journaling and feel comfortable with it. You are no longer fretting about "having to," but are getting into a rhythm.

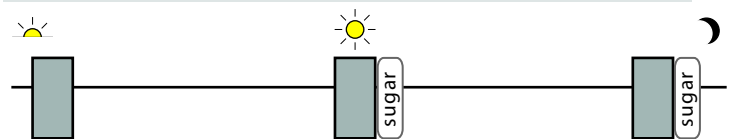
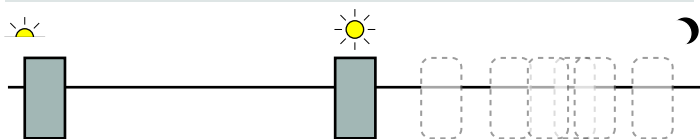


Single Afternoon Snack: Work toward no afternoon snack. If you are an afternoon muncher, perhaps one step in this direction is to limit the snack to one time, rather than "ongoing." So, pick a time, say 3 p.m., and tell yourself that this is your afternoon snacktime. Get into a rhythm with this for awhile.



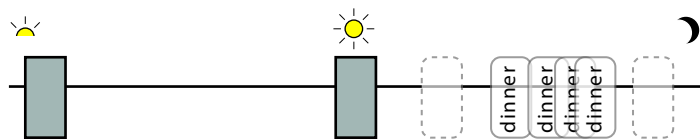
Consistent Lunch: Start working on getting a really solid lunch. Come up with several lunch options that work well for you, and have enough protein in them (Don't worry yet about snacking or grazing.) See if you can have lunch about the same time each day. Choose lunches that you like!

No Snacking: Time to test the waters of getting from lunch to dinner with no snacking. Try to get your dinnertime set at the earlier end of the spectrum, especially during this transitional time. It is perfectly fine to eat dinner at 4:30 if that's where you need to start. You can eventually move it later as your body adjusts.



Leave Morning Snacks: After doing a good solid lunch for awhile, try a few days of not snacking between breakfast and lunch. You will need to move the snacks to one of those two meals. Just to give your body the idea that it is going to be waiting. The ideal is 5-6 hours.

Sugar with Meals: You are starting the process of moving your sugar to mealtimes (rather than eating sugar all by itself). Many people find that PLANNING dessert for lunch and dinner really helps. You know you will have your sugar hit, you know when it will be coming and you start to just settle in with it.



Hone these Steps: Keep working on these steps, one at a time, honing and honing, and one day you will notice that you didn't even think about a snack! And that you just habitually eat meals on time. And that you can look at a plate of food and know by sight whether it's "enough" protein for you. (Now your family might even start saying, "hey, isn't it time for you to have lunch now?" You can train them as well!!)

Focus on Dinner: Keep doing breakfast to lunch, with no snack, and now start focusing on dinner. What's for dinner?! Don't worry about when it is or if you are eating sugar. Just make sure you have some kind of dinner meal, with good food...protein, brown, some veggies, and whatever else you like to have.

Congratulations!
You are solid on Step Three!