



## WEIGHT LOSS PHASE



### 9 Cookies a Day

1 or 2 cookies every 2 hours (do not exceed 2 hours)  
+ Dinner (250g lean meat plus salad/vegetables)



### 8 Glasses of Water



### Light Exercise

(20-30min walk, 2-3 times a week)



### Daily Multivitamin

## WEIGHT MAINTENANCE PHASE



### Healthy Breakfast, Lunch & Dinner



### 1-2 Cookies in between meals



### 1 Cookie as a snack after dinner if needed



### 8 Glasses of Water



### Moderate Exercise

(30-40 minutes of exercise, 2-3 times a week)

The reason this diet is so effective is because it trains your body to eat the way its suppose to.

A lot people don't eat for 5 or 6 hours, then have a big meal, and that causes the weight to pile on. In the weight losing phase, Dr. Siegal's Cookie Diet® trains your body to eat small portions frequently, this helps spike your metabolism throughout the day and facilitates weight loss. It also helps you get used to preparing one healthy meal per day (dinner).

The reason you WILL BE successful is 3 fold:

1. You don't feel hungry so you can stick to this low calorie diet
2. The diet super simple & convenient, so it is easy for you to stick to it
3. You will be equipped to enter the weight maintenance stage

After you reach your goal weight you move to the maintenance phase. Now that your body is accustomed to eating small, frequent portions, you have had practice preparing healthy meals and you also have got into the routine of doing some light exercise, you are now prepared to scale that up slightly to prepare 3 healthy meals, and increase your exercise. The cookies you will eat in between your meals will help curb your sweet tooth and help control your hunger so you don't over eat.