

THE **Code Red** REBEL GUIDE



**LOSE
WEIGHT
Once and
For All**

CRISTY "CODE RED" NICKEL

**The CODE RED Guide
To
Consistent Weight Loss**

Cristy “Code Red” Nickel

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ABOUT THIS BOOK

Are you sick and tired of being overweight?
I mean REALLY... Sick. And. Freaking. Tired!

Have you tried every diet that comes along, only to quit a week or two into it?
Have you bought pills and powders and shakes hoping *this time* their promises are real?
And be honest . . .
Have you ever thought to yourself “*What’s WRONG with me?*” or “*Why does my body HATE me?*”
or “*Why am I such a FAILURE?*”

I’m celebrity nutritionist Cristy Code Red, and let me just cut right to it.
There’s NOTHING wrong with you!
Your body is perfect. It doesn’t “hate you”. It’s kept you alive this long, and it’s going to keep doing so.
And you are not a failure! You are strong and capable and I know you have everything it takes to succeed at taking your life back and maintaining a healthy weight.

You want to know what’s wrong?
The diet and weight loss industry is wrong!
It sets you up to fail.
It wants you to feel like you can’t possibly lose weight without buying whatever they have on sale at the moment.
It preys on that part of you that feels insecure.
And it makes billions of dollars in the process.

If you’re reading this book, I know you’re ready to wake up from your processed food induced stupor and FINALLY discover how to work with your body to help it heal and drop the unhealthy weight. You’re ready to make a big change in your life and do it once and for all.

And you know what else?
You have everything you need to be SUCCESSFUL at making those changes. Most people set themselves up to fail in a variety of ways. They *say* they’re going to lose weight, get organized, and live healthier. But deep down, they know it’s just another empty promise. They don’t feel like they can *really* achieve their goals. Because they’ve failed so many times in the past.

That’s such a load of crap!
You CAN change.
You CAN reach whatever goals you desire.
I know because I’ve been helping hundreds of people do just that for more than 20 years.

And I’m going to help you, too.
Because I’ve been there.
I’ve been overweight. And I’ve been a world-class athlete, too.
I know what it takes to get where you want to go.

This book is going to cover a wide variety of tips, strategies, and ways to stay on track. It's going to make sure that your mindset is aligned with what you want to accomplish. You're going to find strategies for *actually succeeding* this time. (Some of them might surprise you.)

So, if your goal is to lose weight and live a healthier lifestyle—take heed. I've been doing this for twenty years. I know what I'm talking about. I know what works and I know what doesn't. I know what it will take for you to stay on track and actually accomplish what you say you want to accomplish.

It's a short book because I know you're BUSY.
You've got places to go and things to do.
I get it. And I'm right there with you.

But before you get caught up in the whirlwind of activity . . .
Do something DIFFERENT this year.
Put yourself first!

If you'd like some help and support, I'd love to help you out. Throughout this book, you'll see photos and details on just a few of my clients who've had amazing success losing weight. These are real people living ordinary lives. If you'd like to share the same kind of results . . .

[CLICK HERE to go to my website](#) and hang out with me. You'll make some cool new friends. You'll find the support and encouragement you need to stay on track. And you'll find some surprising ways to get through the year without being stressed out or full of guilt.

**Code Red Success:
Michele (age 52) Lost 40 Pounds in 90 Days**



ABOUT THE AUTHOR

What if I told you that you could lose 10% or more of your body weight by eating REAL food and WITHOUT exercise? You'd probably think I was some weirdo or super-human, right? But I'm not, and [my clients can attest to the truth of my claims](#) because they have gotten amazing results.

My heart goes out to all the people who spend millions of dollars every year on health club memberships (that are rarely used) and diets with "specialty" foods that may allow them to lose some weight initially, but aren't sustainable for long term health and fitness.

I'm Cristy "Code Red" Nickel. Celebrity trainer. Nutritionist. And former professional boxer, named one of the "Top 3 Most Dangerous Females on the Planet" by *Ring Magazine*.

I've been in the health and fitness industry since 1995. While studying Exercise Science at the University of Memphis, I completed in 3 National Physique Committee Figure competitions, placing in the top 5 each time.

My success grabbed the attention of MTV producers, who then asked me to star in my own show on *MTV's MADE*. The exposure from my MTV show landed me a job in New York City training celebrities like Katie Couric, Ethan Hawk, and Clare Danes, as well as stock brokers, writers, and actors at a high-end boxing gym on Wall Street. From there, I earned the title of "New York's Best Trainer" and was featured in *Allure Magazine*.

What's that to you?

It means you can trust me to give it to you straight. I'm not going to lie to you or manipulate your emotions to sell you on anything. It also means that when I say you really can achieve your goals—I'm serious.

Over the past two decades I've formulated over 550 personalized nutrition plans. My program has helped hundreds and hundreds of people lose 10% of their body weight month after month without being hungry, without exercise, without shakes or pills or diet food.

I don't believe in diets. I believe in teaching people how to lose weight by eating real food.

Are you ready to make this time the LAST time you have to lose weight?

Let's rock!

**Code Red Success:
Dawn (age 40) Has Kept 36 Pounds Off Her Body**



The Code Red

REBEL MANIFESTO

You are extraordinary!
Do you know that?

The media, the food industry, the diet industry . . .
They all want you to believe there's something wrong with you.
That you don't have enough willpower.
That you have the wrong genetics.
That you'll never be enough.

But you are strong.
You will **STAND** and **JOIN** the Rebellion.
Thousands of men and women who say **NO MORE!**

The rebellion is all about taking your life back and **REBELLING** against all the “rules” you’ve been told to follow, like being a “good girl” and “lose a healthy 1-2 pounds a week”...

REBELLING against pills, powders, shakes, GMOs, low-fat, artificial ingredients, manufactured Franken-foods...

REBELLING against the people who tell you “it’s genetic. You’ll always be fat.”

REBELLING against anyone or anything that makes you hate your perfect beautiful body!
(Especially yourself.)

It’s about **REBELLING** against the diet industry that’s always trying to convince you there’s something wrong with you—that this pill or that shake will fix, if you’ll just spend enough money

It’s **REBELLING** against the **EXTERNAL** search for willpower...you **HAVE** all the power you’ll ever need already **INSIDE YOU!**

It’s **JOINING TOGETHER** to offer support when one rebel stumbles or feels weak.

REBELLIONS work best with a group—a community striving toward the same goal—**STRONG, HEALTHY, SEXY** bodies. And we **REBEL** against what **ANYONE ELSE** says that should look like!

We are taking the **POWER BACK**...
We are **TAKING CONTROL OF OUR LIVES!**
NO ONE gets to tell us what we “should” look like – not the TV, not the magazines, not YouTube, not the insurance companies or the government...

NO ONE has the right to make us feel bad about our progress. Or that we’re doing it wrong. Or

that we're going to just "gain it all back"... that might have happened before you joined the rebellion, but you are a new person now. You are whole and perfect and strong.

YOU CAN OVERCOME ANY CHALLENGE THAT STANDS IN YOUR WAY.
YOU CAN ACHIEVE YOUR GOALS!

**WHEN YOU REBEL against the rules,
YOU TAKE ON NEW BELIEFS...**

Here's what the Code Red Rebel believes:

I BELIEVE in drinking plenty of water every day for good health.

I BELIEVE in getting plenty of high-quality sleep.

I BELIEVE my body can and will safely lose ½ to 1 pound a day, when fed correctly over time.

I BELIEVE exercise is part of a healthy lifestyle, but it has nothing to do with actual weight loss.

I BELIEVE excess sugar is the root cause of most modern diseases, including diabetes, cancer, and heart disease...and I will seek to eliminate it when and where I can.

I BELIEVE what gets measured gets managed...and daily honest measuring and tracking are critical to reaching my goals.

I BELIEVE stress has a profound effect on my hormones and my ability to lose weight. Finding healthy, non-food related ways to reduce stress is critical to a strong, healthy body.

I BELIEVE I AM POWERFUL...

I BELIEVE I CAN AND WILL REACH MY GOALS...

I BELIEVE IN ME!

1.

Staying Power: Sticking to Your New Way of Thinking

Let's talk about staying motivated.

The most highly-motivated time of the year is New Year's Eve, right? So many people make those whole-hearted resolutions. But let's face it, after the ball drops, a lot of people drop their motivation, too. Long after those warm, fuzzy feelings are gone, how do you keep going? I promise you can stick with a diet for the first two weeks of the new year. I know you can hit the gym five times a week... for the first two weeks.

But how do you keep going long after you feel like doing it? How do you stay motivated?

Here are three tips for staying motivated long after those fuzzy feelings are gone—no matter what time of year it is.

1. Clean Out Your Newsfeed.

No matter how you want to spin it, social media is a part of our lives. We're on our favorite platforms constantly. So get rid of the crap that doesn't line up to your new way of thinking. For example, if you're trying to cut back on wine, get rid of things that constantly talk about wine. You know what I mean . . . advertisements, or worse, friends' posts that say things like "It's wine-thirty" or "I need a glass of wine" or "Who wants to meet up for a glass of wine?"

You don't need that feeding into your thoughts. If you're trying to cut back on eating sweets, you don't need a bunch of dessert recipes in your newsfeed. You don't need updates constantly talking about how to bake the perfect chocolate cake, or grandma's chocolate chip cookies. You don't need that. Cleaning out your newsfeed will help you clean out your body and your mind.

2. Hang Out With Like-Minded People

The old saying goes, "Show me your friends, and I'll show you your future." That's exactly right. If you're trying to get really fit, and you want to look like the super-lean CrossFit people, then you're going to want to hang out with CrossFit people. Find people who, like you, are motivated to get to bed early so they can get up for their five a.m. workout. Go to breakfast with them; have coffee with them. Spend time absorbing their mindsets and habits. Hang out with people that are like-minded, and avoid people who don't line up with your new way of thinking.

3. Buy Some High-Quality Gym Clothes

It sounds kind of simple, I know, but go out and get some good quality, and well-fitting gym clothes. Something that makes you feel good. Because hey, if you've got gym clothes that you look and feel good in, chances are you will actually get to the gym; you'll actually get to Yoga; you'll actually do your Zumba class.

Don't go to the gym with that old baggy t-shirt that's half falling off because you're going to feel frumpy, fat, and unmotivated. But if you've got quality gym clothes that fit you the right way and make you feel good, chances are it's more likely that you will put them on, get out to class, and get your workout done. (Of course, that workout isn't necessary to lose weight, but it will make you feel good.)

**Code Red Success:
Edenn (age 39) Has Kept 60 Pounds Off For a Year Now**



2. I Can, But I Don't Want To

Recently, I was at a two-day conference and one of the treats they served was Rice Krispy bars. Let me tell you, I love Rice Krispy bars! I really do. But at this particular conference, I didn't have any. There was no "will power" involved. I just didn't want them.

People ask me questions about my program all the time, and what I hear most often is "When can I eat the foods I want? When can I cheat? You know, when can I have the pizza? When can I have the Rice Krispy bars? When can I have the ice cream?"

The first thing I try to clarify is what, exactly, they're asking. If they're asking when they can "cheat", the answer is it depends on their goals. Are they in weight-loss mode? Then they can't have the ice cream or the pizza or whatever until they reach their goal weight. If they're already at their goal and just trying to maintain and live a healthy lifestyle, then I guess they can have it occasionally.

But they're missing the point.

When you eat real food, without all the added sugar and chemicals, your mind switches to where you don't want that crap anymore. I didn't turn down the Rice Krispy bar because I "had to" or because everybody was watching. I didn't eat it because I didn't want to.

I didn't want to.

I finally got myself to the point where I wasn't craving it. I wasn't thinking about it at all. And it wasn't an agonizing decision. It was a total non-issue.

That's what I want for you.

I want you to get to the point where *you can, but you just don't want to*.

Do I eat foods that aren't great for me? Sure. Once in a great while. My husband, Miles, and I go out for a date night once a month. And we just don't eat out unless it's date night. It's just a lifestyle we've developed. We'd rather eat in.

And you know what? It physically *hurts* me when I eat crap. It hurts my tummy. And it's a slippery slope when I eat carbs and sugar. It makes me crave more carbs and sugar, and I just don't want to go down that path again. At all. I've been heavy before. I don't ever want to go back there. I don't want to because getting six-pack abs means more to me. Not feeling sick all night means more to me.

You might not care about having six-pack abs. Maybe you just want to get off prescription medication. Or you want your skin to clear up. Or you just want to play outside with your kids without feeling like you're gonna have a heart attack. You get to decide that those things mean more than a bowl of ice cream or half a pizza.

You are worth more than that. You deserve more than that.

Treat yourself like royalty. Feed your body and soul only the very best. Because you deserve it.

It all starts in the mind. You have to *decide* you're worth it.

Then after a little while, your body falls in line.

It's a little like magic. When you stop eating carbs and sugar. When you stop putting chemicals into your body. You get used to it. Your body stops craving the junk and starts craving the good stuff.

I get it. There are going to be birthdays and weddings and special occasions during the year. And there are traditional food and drinks that we've consumed at those occasions since we were tiny children. I'm not telling you that you *can't* have those things. I'm offering you a choice. If you stick with me, eventually you will come to a point where you *don't want them*.

The less you eat the crap.

The less you'll want it.

In the short term, get into the habit of talking to yourself before you eat or drink anything. (You can do it silently, so people don't look at you funny.) When you get home after a long day of shopping and you just want to order a pizza—Or when you're at that party and you're faced with birthday cake and Champagne. Say this . . .

I can have that _____ if I really want it.

Right now, my body feels _____.

If I decide to eat/drink that, my body will feel _____.

Tomorrow morning, I will feel _____.

Do I really want it?

Then make a decision. And let me give you a hint. We all have different voices. Chances are there's a big voice that says, "It's a special occasion. Go ahead... Eat it!"

If you really pay attention, there's probably also a smaller voice. One that's quietly saying, "The last time you ate that, you were sick all night. Remember? Your stomach was cramping and you felt like crap the next day. Maybe it's best to skip it." Or maybe it's saying, "But you promised this time it would be different . . ."

Listen to the little voice. It's smart. It's you.

The more you listen to it, the louder and bolder it will grow.

You can have it. But you don't have to want it.

Your choice.

**Code Red Success:
Natasha (age 37) Has Lost 55 Pounds in 5 Months**

Hear her full story here:

<https://www.youtube.com/watch?v=HMmIpquX5dA&t=355s>

One Decision. One Year Later.



3.

Help Your Body Out Drink a Gallon of Water a Day

Here's the deal--when you're thirsty, your body sends signals that it's hungry. So you eat instead of drinking anything. When you're feeling hungry, 9 times out of 10 you're not really hungry. You are just dehydrated and thirsty. When I help people lose weight on my 30 or 90-day programs, this is the first thing on the list. They must drink a gallon of water every day. That's a lot. I get it. It seems excessive. But we've proven over and over that the gallon rules!

Here are some of the main benefits of drinking a gallon of water a day:

- You'll feel satiated (full). There won't be room in your tummy for the junk.
- Your body will flush out toxins. Your kidneys eliminate toxins and waste products from the blood and urine, and process water-soluble toxins from the liver. If you don't drink enough water, your kidneys won't have enough fluid to function properly.
- You'll have great energy. The number one reason for daytime fatigue is dehydration. So staying hydrated may help you have more energy. And since your brain is mostly water, staying hydrated helps you think, focus, and be more alert.
- You'll sleep better. Staying hydrated allows your brain to work at its best, even when "working" means "resting". A well-hydrated brain lets you enjoy a good night's sleep and lets you wake feeling rejuvenated and ready for the day ahead.
- Your skin will clear up. Drinking water keeps your skin moisturized, fresh, soft, glowing and smooth. (Psst! Good hydration also helps get rid of wrinkles.)
- Your hair will be healthier. If your hair follicles lack water, your hair will become dry and brittle. This gradually slows down and even stops the growth of your hair.

Now, a gallon of water is a lot to drink if you're not used to it. And some people just don't like the taste of it. I hear that from my clients all the time. There are a few good ways to get all those ounces down easier. One simple way is to use a straw. Straws make you drink faster. (Why do you think restaurants give you straws? So you'll finish the first drink quickly and order another one.)

You can also add sugar-free flavorings to improve the flavor. Here's what you can use without adding sugar to your water: lemon slices or lemon juice, lime slices or lime juice, or orange slices. **DO NOT** use orange juice—there's just too much sugar.

Don't be tempted to turn your water into Kool-Aid. Even the sugar-free additives are so full of chemicals that you're not doing your body any favors. Personally, I like to use Mio water flavoring drops. They come in lots of flavors, you can get them at the grocery store, and they taste really good. You only need a tiny bit to make your water taste better.

Want to get yourself ahead of the game, before that next wedding, birthday party, or family reunion? Drink your gallon early. You'll make better choices the rest of the day. Don't miss a party with friends because you're scared of the food. That doesn't have to be you this year. You can choose a different path. It's simple. It's free. It's available. It starts working immediately.

**Code Red Success:
Lene Has Lost 57 Pounds in 60 Days (and she's still losing)**



4. Ditch the Sugar!

Let me tell you about sugar.

Sugar is hands-down the biggest cause of our sickness, diseases, and cancers in today's society. It has been proven time and time again. There's a safe sugar threshold for humans, just like there's a safe threshold of anything—even arsenic. The average American gets about 150 grams of sugar per day, which is just astonishing. That's just a mind-blowing amount of sugar.

Across the board, nutritionists agree that we should get no more than about 25 grams of sugar per day, which is roughly six teaspoons. Most people consume more than that within a couple of hours of waking up.

So, if it has a package, a box, a wrapper, or a TV commercial—check the label for sugar content. Or better yet, just don't eat it at all. The less you eat out of packages, the better.

Fruits and vegetables have natural sugars. If you're in weight loss mode trying to stay below 25g of sugar total, fruits are pretty much out until you reach your goal. Sugar content in most vegetables is so low; I don't worry about those—with the exception of below-ground starchy vegetables like potatoes. I use a great app called *Lose It!* to figure out naturally occurring sugars.

It's really not hard to keep your sugar down once you become aware of how much sugar is in everything. So, the food industry has gotten really tricky. They've figured out how to call sugar by other names to fool you—61 other names, to be exact. If you see words like these on your food labels, you're looking at sugar: dextrose, brown sugar, cane crystals, cane sugar, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, evaporated cane juice, fructose sweetener, fruit juice.

Now, you're not going to know how much sugar you're getting unless you track your food. You've got to log your food at least for a little while to find out where your sugar's coming from and where you need to improve. What foods do you need to cut out? What foods do you need to add in? I can throw out all these numbers to you, but that's not going to mean anything until you actually start tracking.

Starting out, you might not want to be super-strict all the time. But just keeping that 25g number in your head and tracking what you're eating can help keep you from going overboard more than a few times as you begin the new year. If your goal is to maintain your current weight, that might be enough. If you want to lose weight, I strongly recommend tracking everything you put into your mouth down to the last cookie crumb.

**Code Red Success:
Cheryl (age 48) Lost 27 Pounds in 60 Days**



5. Escape the “Fat-Free” Label Trap

The fat-free craze that has taken over our society since the 1970s is a major cause of our obesity epidemic. When the food industry had to take the fat out of processed foods, they *added sugar and carbs back in* to make it taste good. Technically, a bag of pure cane sugar could legally display the label “fat free”. It is. There’s no fat in there. BUT that label would be incredibly misleading because people have been taught to think fat-free means healthy. It doesn’t. Consuming that product would make you fat, even though it contains no fat.

Food labels are more about advertising than health. That same bag of sugar can also claim it’s “gluten-free” and even “all-natural” under the right circumstances. That doesn’t mean it’s healthy. Don’t pay attention to the front of the package. Pay attention to the label on the back or the side. Read the actual ingredients. The fewer the ingredients, the better. Keep the artificial chemicals to a minimum, and avoid sugar whenever you can.

Watching your fat intake is not going to make any difference to your weight loss. The right fats like avocados, olives, and naturally occurring oils can actually aid weight loss. (As long as you’re very careful with the calorie content of those fats.)

Fat doesn’t make you fat.

Sugar. Sugar makes you fat.

Control how much sugar and carbs you’re consuming and you’ll be well on your way.

Let’s make it easy on you. If it says “fat free” on the front label, Put it down. Don’t eat it. Seriously, you’re better off eating the full-fat version, if you eat it at all.

**Code Red Success:
Maria Lost 10 Pounds of Fat and 10 Total Inches in 30 Days**



6. The Truth About Wine and Cheese

Let's talk about wine for a minute, shall we? The medical community recommends that a woman should have one glass of wine per day. Men can have two. (I know, it hardly seems fair, right? We birth the babies, and they get to have more wine!)

Here's the catch, though. Those recommendations are based on a four to five-ounce glass. When someone comes to me for a consultation, I ask them if they drink any alcohol. Most people say yes. Then I ask them how much. They say, "Oh, just one glass."

What they mean by "just one glass" is about 12 ounces. Which is actually *three* glasses according to the recommendations. Go ahead. Pour yourself a "normal" glass of wine, then pour it into a measuring cup and see for yourself! You'll be shocked, I know. It doesn't look like much. Just a typical amount. But it's *three times* more than is recommended. And wine is full of sugar, especially whites and blushes.

Don't get me wrong here. I'm not judging how much alcohol you choose to drink. If you choose to drink three times the daily limit or a bottle a night, that's your business. You can live your life however you want. But, just don't lie to yourself about it. Be honest with yourself, and fully understand what and how much you're putting into your body.

I see so many people beating themselves up because they can't lose weight. They blame themselves. They think there's something wrong with them. They even start to *bate* their bodies. It breaks my heart. Because there's nothing wrong with them. Their bodies are working just fine. The problem is the math. They are consuming **three times more calories** than they think they are.

The math is keeping you fat. The math is making you feel crappy. So, be honest with yourself. Make sure that you truly know how much you are drinking and what that's doing to your weight loss efforts.

Cheese is Tricky.

As long as we're talking about honesty—let's consider cheese for a minute. It's got no sugar, no carbs, and it's a great source of fat. So we ought to be able to roll around in a huge tub of Brie with no regrets, right?

Theoretically, yes. BUT cheese is extremely calorie dense. That means there are a LOT of calories packed into one little ounce of the stuff. (One ounce is roughly 100 grams, for you metric folks.)

Different cheeses have different calorie counts, but in general one ounce of hard cheese is 110 calories. Just like with wine, there's really no way to know what one ounce actually is unless you slice it and weigh it. So one day I did that. I sliced it. I weighed it, and I found out that it's not very big at all. You could easily go back for a second, third, fourth, fifth slice of cheese. Heck, it's easy to polish off half a block without even thinking about it. Pretty soon, you've packed on 500 to 1000 extra calories, and you have no idea why you're gaining weight.

And hey, when cheese is melted all ooey-gooey in a spinach dip or on a pizza—who knows exactly how much are you eating? It's really hard to tell!

Once again, it's the math that might be keeping you fat.
Be honest with yourself, that's all I ask.

**Code Red Success:
Karen (age 51) Lost 34 Pounds in 90 Days**



7. Baking Tips

Love to bake? Love to snack and taste while you bake? If so, you're not alone.

Chances are you are going to be using ingredients that might not be the best thing for you to be snacking on. Be honest, do half the chocolate chips in the bag wind up in your mouth? Do you sneak the candied pecans or peanut butter cups while you're waiting for the next batch of cookies to come out of the oven? Do you lick the beaters?

If you are worried about eating while you are baking, I've got a great tip for you. Bleach your teeth. Yeah, bleach your teeth. Put the bleach in the trays, put your trays in your mouth, and bleach your teeth while you're baking. You cannot eat or drink anything while the bleaching trays are in your mouth. It takes about an hour to do it. That's about as long as it will take you to bake something start to finish. If you are worried about nibbling, this is a really good deterrent.

You can also keep your mouth occupied with a stick of gum. Or maybe even a toothpick. Just put something else in there that will keep you from nibbling while you bake. (I know, you're just "testing it", right?)

How Do You Measure Up?

Another problem with baking, and cooking in general is measuring. Don't get complacent with your measuring. For butter, oil, or anything else. Use a measuring device and level it off. One level tablespoon of butter is *not the same* as a heaping tablespoon that you just cut right off the stick.

There may not be a big difference in how your recipes turn out, but there's a HUGE difference in calorie counts. I've seen it over and over with my clients. They completely sabotage their efforts because they're doubling or tripling their calories with bad measuring. (Once again—the math is working against you.)

The same goes for chocolate chips, sprinkles, and any other sugar-laden dessert decorations. I'm not suggesting that you count the number of chips you use, or that you deprive your cupcakes of that perfect frosting. But be aware that those things have calories. Be honest with yourself. And maybe consider cutting down the amount of decorating you do—or skipping it altogether. Would you enjoy those cookies just as much if they *didn't* have a sugar glaze? It's entirely possible.

Great Grandma Would Be Proud.

Another strategy is to change your recipe. I know, that's sacrilege for some people. That rum cake recipe has been in the family for generations. Well, what about this generation? And the generations to come? How cool would it be if they used *your* recipe—one that didn't pack on the pounds?

There are some really smart people who have already figured out how to lower the sugar and carbs in your favorite recipes. Just Google them. "Low carb brownies." Or "healthy birthday cake." It might be as simple as learning how to bake with almond flour instead of the regular all-purpose variety. And who knows, you might like these healthier versions even better than great-great-grandma Edith's recipe.

Free Up Some Time (and Get a Massage)

Some people love to have a few special treats around, but actually hate baking. Is that you? Then don't bake! Save yourself the time and the dirty dishes. Let yourself off the hook. You could put that time to much better use—like a spa day. Just don't rely on your grocery store bakery for those treats, because who knows what they've put in those pasty-white concoctions?! Find a bakery that specializes in using natural ingredients.

Here's an idea—find a friend (or a child) who *does* love to bake and ask them to make you a healthier version of your favorites. There are plenty of low-sugar, low-carb versions of everything from pie to brownies to sugar cookies. Offer to buy the ingredients and maybe even pay them for their time. You get exactly what you want without all the hassle of baking.

Timing is Everything

Look, I'm all for doing the work ahead of time to save on stress later. But baking cookies days ahead of time is just asking for trouble. If you know those suckers are sitting in the cupboard, how long do you think you can realistically hold out before you have “just one”? (Or more like the whole damn batch!)

Even if you're some sort of superhero and manage to avoid the temptation, chances are pretty good your family won't. Then all the cookies will be gone, and you'll have to make a whole bunch more for whatever special occasion you were saving them for.

Save yourself the trouble and the temptation—save the baking until the last minute. Don't even shop for the ingredients until it's time to bake (because damn those chocolate chips taste good right out of the bag, don't they?)

**Code Red Success:
Cheyenne (age 40) Lost 37 Pounds in 90 Days**

BEFORE



**AFTER
Lost 37 lbs in 90 days**



8. Get Enough Sleep

Here's a word of warning for all you night owls and deadline workers: lack of sleep will increase sugar cravings! The last three nights I have not gotten enough sleep. I've been staying up late taking care of clients who are on Pacific time, working on my business, and really running low on sleep. If I get less than six hours of sleep, I don't do well. When you add in my gym schedule and everything else I have to do, I just hit a wall.

What happens when you don't get enough sleep?
Let me guess. It goes something like this:

Your body says, "Hey. Listen. You're hitting a wall. It's not looking good. You need to get some sleep."

And you say, "Hey. I got crap to do. We've got to keep going."

Your body isn't stupid. It knows exactly what's going to happen. But you are pretty stubborn, and you keep pushing. So your body says, "Okay. If that's the way you really want it. Fine. If you're not going to sleep, then we've got to get some quick fuel in here to keep you going. You need a pick-me-up."

And that's when the sugar cravings kick in.
It's just chemistry. It's how we're made.

We make demands on our bodies, and we have to have fuel to support those demands. When we burn the candle on both ends, that fuel often comes in the form of sugar. A quick hit on a caramel macchiato . . . oh, and you want to throw in a cookie with that? Sure, why not? You're working hard; you deserve it!

You will get that sugar high. The energy will be there for a little while. Then you're going to crash, and your energy will be lower than ever. If you keep ignoring your body, you'll need more and more sugar to keep going. Your weight will creep up. Your body will start to cramp and hurt. All because your body is crying out, "Hey! Take care of me! You're treating me like crap."

I can go *years* without a sugar craving. But sure enough, when I push myself too far, they'll come back. And it's all too easy to fall into the downward spiral of sugar highs and lows. It's not worth it!

Starting right now, I want you to pay attention to your body. What does it really need? When it says, "Hey--Caramel macchiato! You need a doughnut. You just need a pick-me-up. That's your cue to pay attention. Because chances are that's a craving talking. And cravings are a sign that your body really needs something else. Maybe it needs sleep. Maybe it needs some water. Maybe it needs to spend an evening laughing with friends. What it doesn't need is another doughnut.

It's okay to talk back to your body. You do it all the time when you ignore its warning signs. So next time those cravings show up and you just know you're pushing yourself too hard, try saying this:

“Hey there, body. Thanks for clueing me in. You’re right. I am pushing you really hard. I have one errand left to do, and then I’ll go home and take a nap. Okay? Help me get through this next hour, and I will reward you with that sleep you need.”

Maybe, just maybe, if you speak nicely to your body and treat it with kindness—it won’t even bother with sending those cravings. Because you don’t need that doughnut. Not even just one.

I know there are a lot of demands on you; we all have to manage stressors. But trust me. Don't run low on sleep. You’re not doing yourself any favors. You’re setting yourself up to fight a battle with your body. And you already know the craving battle is practically impossible to win.

Make sure you're getting enough sleep, okay?

**Code Red Success:
Nicole (age 47) Lost 30 Pounds in 60 Days**



9.

Are We There Yet? Healthy Traveling

Woo hoo! Road trip!

Who doesn't love to spend hours in a cramped metal box with a lot of other cranky people just counting the minutes until they get to their destination? No matter how much you're looking forward to traveling to see friends, family, or just getting out of town for a while, there's no denying that the actual trip can be a challenge. Especially if you're trying to eat clean.

Here's the good news—there's nothing to be afraid of, as long as you plan ahead. Whether you're taking a car trip or traveling by plane, train, or pack mule, there are lots of healthy options for you. The key is to pre-pack your food.

If you're traveling by car, you can pack your food in a cooler. If you're going by plane, you can still pack it in a cooler bag; you just have to limit your liquids before you go through security. Let me share with you a few options.

You can slice up veggies ahead of time—carrots, celery, cucumbers, bell peppers, tomatoes, mushrooms—whatever you like. If they tend to get slimy, like cucumbers, don't slice them up until the last minute. You can add some fats like peanut butter or cream cheese to put on top of the veggies, or bring small cups of hummus to dip them into.

For protein, you can cook up steak or chicken breasts and slice them up into bite-sized pieces. Sometimes I roll the slices into lettuce wraps and bag them up. They're easy to hold onto, and they're not messy. So, they make great snacks or full meals. I also sometimes pack salami slices or pre-packaged tuna. You can add a couple of scoops of protein powder into a blender bottle and add water when you're on the road.

I also take raw nuts like pecans, almonds, walnuts, and sunflower seeds and put them into little one-ounce bags. I might also include small portions of dark chocolate. It's easy to go overboard on these, so pre-measuring is important.

Now, you might say, "Cristy, that's not very much." You don't need very much. The biggest reason people eat in the car or on a plane is because they're bored, not because they're hungry. Don't eat more than you need.

A huge part of a healthy travel plan is making sure you have something to do. How will you keep your mind occupied? Bring a book; watch a movie on your iPad; play with a coloring book; knit a sweater—whatever! Just keep your mind off food. And that goes for the kids, too. If they're happily listening to an audio book, they're not going to bug you for a milkshake. You won't be stopping at every other exit. You'll save money. You'll save time. And you'll stay on-plan.

Don't be afraid of traveling. It just takes a little bit of preparation on your part, and you won't feel like you're missing out on those stale airplane pretzels.

**Code Red Success:
Janice (age 51) Lost 15 Pounds in 30 Days!**



10.

What's the Deal With Detox?

You might find yourself hearing all sorts of talk about detoxing. It's all part of the diet industry's marketing frenzy. Many people come to me confused about detoxing. There's so much mixed information out there, and they don't know what to believe. And I totally get it. It's incredibly confusing. And a lot of that information is designed to sell you something. So let me just break it down into simple language.

Your body already knows how to detox itself. It knows how to completely heal itself and cleanse itself. It just needs a few basic things from you. First of all, it needs a lot of water. I'm not talking about LaCroix or sugar-free Crystal Light or beverages made with water. No. Just plain old water with maybe some lemon or lime added for flavor. Give your body lots of water, and it will naturally flush your system of any toxicity.

Your body will cleanse itself. It will heal itself. It can do that.

Now, it only makes sense that if you're trying to "reset" and rid your body of toxins, you can't be adding new ones in at the same time, right? You can't cleanse or detox and still be drinking beer at night, you know what I'm saying? It's counterproductive. Eating a doughnut on the way to work? Not gonna help. Even starting your morning off with Raisin Bran. You're just giving your body extra work to do. Your body can handle itself, as long as you're not creating this perpetual cycle of crap.

Once you've got the garbage out of your system—you've detoxed all the chemicals and sugar, and your system is squeaky clean. Then what? Are you going go right back to the doughnuts and coffee? It's no wonder people's systems burn out and become diseased.

Yes, it's worth the work to detox your body.

No, you don't need to buy anything to help it.

Just eat clean. Drink water. And don't mess it up when you're done.

Don't fall for the advertising about detoxing shakes or pills or powders. Don't fall for all the advertising. Save your money! Your body knows how to take care of itself. It just needs a little bit of help from you, okay?

**Code Red Success:
Eric Has Maintained a 60 Pound Weight Loss and Is At 10% Body
Fat**



11. Party Survival Guide

You're cruising along through the week. Drinking your water. Keeping track of your sugar. When BAM! Friday hits. Party time!

How do you keep from completely blowing all your progress in 24 hours? Here are some quick strategies to help you keep calm and party on.

FOOD

- Eat before you go. Don't head out the door hungry.
- Mingle. Don't stand by the snack table.
- Chew gum. Lots of gum. (It's probably rude to blow bubbles in your friend's face, though.)
 - Keep a glass of water in your hand and keep sipping on it all night.
 - Wear something tight and sexy. Loose clothing can make you a little too comfortable, and more likely to pig out.
 - If you must eat something, go for the veggies and dip. (Or better yet, just the veggies.) Dip may load up on calories, but won't do as much damage as cookies and cake.
 - Choose the smallest plate possible, eat slowly, and avoid seconds.

DRINK

- If you're drinking alcohol, stick to clear varieties like gin or vodka.
- Mix with diet tonic or diet Sprite (not a sugary juice).
- Avoid the beer—it's too high in calories.
- Choose red wine—it's got fewer calories than white or blush.
- Stick to one and DONE—have one drink and that's it (especially if you're driving).
- Plan on going to the gym or an early run (to encourage an earlier bedtime).

Laugh, dance, play games, run around after the kids—ENJOY your party! The laughter is the best part, and it's calorie-free.

**Code Red Success:
McKinsey (age 35) Lost 15 Pounds of Body Fat and 10 inches in 30
days**



12.

Making it Stick

How to Maintain Your Weight Loss

You worked your butt off to get down to your goal weight. So now what do you do? Let's face it; anybody can lose weight. *You* can lose weight. But can you keep it off for the rest of your life? That's the key question. Here's how I help my clients keep the weight off forever. Follow these three simple strategies, and you'll be set up to win.

1. Stay On That Scale.

You have to keep weighing yourself. Not because the scale is the end-all, be-all. Not because that's the only way to measure good health—it's not. But that scale is your first line of defense. Stay on that scale every single morning, because if it says you're two pounds up, that's going to be your first indication that you are off track. What's two pounds, right? Well, that two pounds turns into four, and that four turns into six, and that six will turn into ten. Pretty soon you're back to being thirty, forty, or fifty pounds overweight because you refused to admit it. That scale is going to keep your desired weight right in the forefront of your mind so you can get back on track before that two pounds becomes ten or twenty and you're back to square one.

Stay on that scale, every single morning.

2. Keep Drinking Your Water.

Whatever amount of water you drank to get your weight down, you must keep drinking that amount. There are so many positive correlations between water consumption, and good health. It's imperative. When you're dehydrated, your body sends signals that it's hungry. Truth is, your body's not really hungry, it's *thirsty*. If you keep up your water amount, you'll feel full. You'll feel satiated. You'll have energy, you'll stay focused, and you'll even sleep better. So many good things happen when you drink water. Keep drinking!

3. Make Your House a Safe Zone.

Never, and I mean **never** allow junk food back into your house. There are times when junk food will sneak in, perhaps for a party, or a guest will bring it with them. You've got to get rid of it in less than 24 hours. The longer junk food stays in your house, the greater the chance that **you** will eat it. And you don't need to do that. Willpower eventually runs out, and that absolutely cannot happen. You can never allow junk food in your house.

That's it. Three simple strategies to follow. If you're happy with your weight now—awesome! If you're not, incorporate these rules now and it will be easier to keep up with them later. They are tried and true, and will maintain your weight loss.

You are amazing.

You deserve to live a long and healthy life.

Backsliding is not going to happen—not this time.

**Code Red Success:
Erin (age 39) Lost 12 Pounds of Body Fat and 10+ inches in 30
days**



You Got This!

Thanks for sticking with me through this book. I hope I've encouraged you and shown you that this year does not have to be like every other one. It doesn't have to end in a 10-pound weight gain. It doesn't have to be a giant sleep-deprived stress fest.

You now have tricks and tips in your box of tools that you can pull out and use anytime. Not just for a few weeks in January when you're "motivated", but for birthdays, weddings—any special occasions, or no special occasion at all. These tools work all year round.

You know what? It doesn't matter who you are. It doesn't matter if you're rich or poor, if you're old or young. It doesn't matter if you work behind a desk or on the docks. Every single person can do this. This is not just for athletes; this is not just for celebrities. It's for all of us. And we are all in this together.

I use these strategies myself. My clients use them, as well as my friends and family. This book is the result of hundreds upon hundreds of nutrition plans and clients who have all had to get through the same daily challenges that you do. I have walked down this path, and I've seen real people just like you actually lose weight while enjoying fun-filled daily lives. And I'm telling you it's gonna work for you, too.

You got this. I just know it!

I hope you have a wonderful year, and I hope you take to heart what you have learned today.

Take care of yourself. Because you deserve it.

Cristy "Code Red"

P.S. Want to take your life back and dump the extra weight? [Go HERE to learn about my popular 30-Day Nutrition Program.](#)

