

THE FIVE COMMANDMENTS
OF SUCCESSFUL
WEIGHT LOSS

SPECIAL REPORT

The Five Commandments of Successful Weight Loss

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ABOUT THE AUTHOR



Are you tired of having people who have never been fat a day in their life telling you how to lose weight? Well, how about hearing from a person who twice in their life has lost tremendous amounts of weight and has finally learned to keep it off?

I'm Matt Lisk, a REAL fat loss expert – in my mid-twenties I lost **50 pounds in four months!** Unfortunately I did not learn anything while I was doing it, and I was not always following safe nutrition and fitness protocols. Eventually, I put the weight back on, plus much more. When my first son was born, and after a series of health scares, I realized I needed to lose the weight again and keep it off. This time, I lost **80 pounds in eight months!!!** I have kept it off for over almost three years, and maintain a body fat percentage around 10%.

I am a busy husband and dad of two boys, working 50 or more hours a week with 15 hours of commute time, plus travel commitments that force me to live in hotels for 3 months of the year. And I managed to do it! You don't have to spend thousands of dollars on gyms, personal trainers or fat burning pills – you just need the right information. I've spent countless hours of my personal time researching and experimenting, and now want to share that information with you.

I graduated with a B.S. in Management Information Systems from Penn State University, and spent 8 years at the management consulting firm Accenture. After some down time where I was the fitness director for a local health club, I am working for a very well-known college entrance exam for over 5 years. My passion, however, is fitness and helping others achieve exactly what I have.

[The Burrito Diet](#) – this is my personal plan that I used to lose the 80 pounds in 8 months and keep it off for over 3 years...all by using great-tasting, fat-burning burritos!

[Lean State University](#) – great, free fat loss newsletter where I share the tips and tricks that made me successful in my fat loss efforts

<http://mattlisk.com> – my personal blog where I share my insights, fitness and non-fitness related

THE FIVE COMMANDMENT OF SUCCESSFUL WEIGHT LOSS

There are a million [diet](#) plans on the market today. So how do you know which one is right for you? You can increase your chance of picking a suitable plan if you look for these five commandments of successful weight loss.

COMMANDMENT #1 - THOU SHALT ACHIEVE SATIETY

Say-what? Satiety - you know, feeling full, gratified. Most [diet programs](#) leave people feeling very hungry - which has a host of other effects. When you feel hungry, you are more likely to binge the next time you eat. Hunger can also lead to depression, anger, and headaches - side effects that are certainly undesirable.

A diet can tackle satiety in several ways – for example, eating every 3-4 hours. This is a component of most diet plans available today for a very good reason - eating smaller, more frequent meals has been proven to help [burn fat](#) and keep your metabolism revved up.

COMMANDMENT #2 – THOU SHALT ACHIEVE A CALORIE DEFICIT

Another thing that we know for sure is that for [fat loss](#) to occur, you must burn more calories than you take in. I can just hear the thousands of people muttering "no kidding" at this shocking revelation! However, there are several components to creating a calorie "deficit" (not just eating less), and using them all together will be the most effective. Plus, you won't be starving yourself like you usually do when you diet. Achieving satiety while also creating a calorie deficit is a challenge, but not impossible.

My dear sweet Grandma (may she rest in peace) struggled with her weight her entire life. I always got a good chuckle when she would say to me, "Matthew, I wish I could lose weight like you. I don't understand, I hardly eat anything at all." I never wanted to challenge my 70-something year old Grandma on the scientifically impossible statement she made. If you are taking in less than your body requires, you will lose weight, end of story. If your body could gain weight from eating nothing, you'd be on Dr. Phil, Oprah and the Today Show tomorrow!

So, how do you create this calorie deficit? It is a combination of watching your intake along with the right combination of exercise types, which burn calories not only during activity, but also after, as long as 36 hours after completion! When you eat less and burn more, you have achieved the magic fat loss formula.

So, as an example, let's assume that you determined that you needed to take in 2,000 calories a day to create a calorie deficit - is it better to:

1. Eat one 2,000 calorie meal per day
2. Eat four 500 calorie meals per day
3. Eat six 333 calorie meals per day

They're the same, right? Same amount of calories coming in, so they have to be the same. Ummm, no.

Actually, studies have shown that option 3 is the most effective meal pattern for burning fat due to a principle known as the Thermic Effect of Feeding, or TEF. Your body burns calories for everything you do, including to process the food you are taking in, up to 10% of your calorie intake per day. So if you are eating 333 calories in a meal, your body is using approximately 33 of them to process your meal. When you eat less frequently, you'll experience a lower TEF, which has been related to weight GAIN in the long term.

Other studies have shown that the higher the TEF (from eating frequently) the higher the feeling of satisfaction. This is important from a psychological standpoint, meaning that you do not feel like you are starving yourself because it is only a couple of hours until your next meal.

One other important point above - your meals don't have to be EXACTLY the same size every time, but they should be as close as possible, meaning, do not eat one huge meal with five apples spread through out the day. We will cover more on exactly what you'll be eating every meal a little later on.

Besides eating every 3-4 hours, how else do you achieve satiety while creating a calorie deficit? Your diet needs to be rich in 4 components known to make you feel "fuller" but also contribute to fat burning - protein, fats, fiber and water. By eating meals containing these components every 3-4 hours, your metabolism will be running on full tilt but you won't feel like you are starving yourself!

COMMANDMENT #3 – THOU MUST EXERCISE PORTION CONTROL

One of the most difficult aspects of any fat loss program is to get your portion sizes under control. Remember that in order to achieve [fat loss](#) you need to create a calorie deficit, and one of the ways to do that is through portion control - but how do you do this while not feeling hungry?

Consuming a lean protein along with healthy fats and fiber at each meal, and eating each meal 3-4 hours apart

BEFORE you have a chance to feel hungry again, will cover the satiety aspect. You will also notice that you will feel fuller with less food, so you will be controlling your portions without really focusing on it.

COMMANDMENT #4 – THOU SHALT MAINTAIN REGULARITY

The first time I lost a large amount of weight, I did not include any fiber-rich foods in my diet (for example beans, peas, apples, grapefruit) and I paid the price for it. Let's just say that the old "golf ball through a garden hose" analogy could not even begin to describe the pain that I experienced when passing my bowels.

A major advantage of fiber is the effect on weight control. Studies have shown that the majority of seriously overweight people have diets low in foods containing fiber. Since fiber-rich foods are filling and, for the most part, low in fat, you'll feel more satisfied with less food and [lose weight](#) more easily.

It is recommended that between 20 and 30 grams of fiber be consumed daily. This is not difficult if fruits, vegetables and grains are added to the daily diet. However, at least eight glasses of water should be consumed daily to aid the movement of food through the digestive tract.

COMMANDMENT #5 – THOU SHALT REMAIN HYDRATED

Dehydration inhibits fat loss - of that we can be sure. What is up for debate is how much water you need in a given day - most people don't get enough water on a daily basis, never mind for training / fat loss. When you don't have enough water, your bowels will also slow down, and nobody wants all that extra poop lying around!

Here are a few suggestions to getting water into your program:

1. Never let yourself get thirsty - thirst is your body's way of telling you that you need water. Drink enough that you don't feel parched.
2. If you are exercising, make sure to weigh yourself before and after, and drink 1 ounce of water for every ounce lost while exercising. So if you weigh one pound less after exercising, you should drink 16 ounces of water.

If you are a goal-oriented person, get yourself a half-gallon jug of water at the supermarket, and carry it around with you - your goal is to finish it by the end of the day