

# Dr. Cluff's Diet and Exercise Guidelines

(for amazing health, fitness, and weight control!)

## PRIORITY #1:

### Follow My "Free Food? Whatever!" Eating Strategy

After decades of fighting the health and weight loss battle and trying my best to help my patients win the same, I have finally succeeded! The silver bullet, for those willing to fire it, came to mind in December 2023, in the form of an idea to create a **Whatever Calorie ("Wcal@") Budget**. This is created by setting a goal to consume fewer than 20-50% (you choose!) of your BMR (basal metabolic rate) as Wcal@. All other "four-diamond (40) foods are FREE, meaning you don't have to count, report, or worry about them. You *do* keep track of the Wcal@ you consume, but you only need to report the *extra* Wcal@ ("XWcal" – those you consume over your Wcal@ budget) on your SLIM TLC® Map (goal-setting system). You'll be thrilled at the results!

To understand what "40" and "Whatever" foods are, see the **Nutrition Star** to the right. The "40" refers to the four healthy "diamonds" of the star – healthily-prepared versions (without any Wcal@) of vegetables, fruit, whole grains, and high-quality proteins and good fats. "Whatever" is anything else, and consists of 1) "plant waste," 2) "animal secretions," and 3) meat other than fatty seafood. See [www.NutritionStar.org](http://www.NutritionStar.org) to learn more about each of these components.

I call the "Whatever" diamond the "livability, flexibility, and customizability" section. Sadly, "Whatever" foods are highly addictive (some more than others), and until we learn how to overcome those addictions, we'll NEVER have long-term success. Fortunately, the "Free Food? Whatever!" eating strategy will help you overcome your "Whatever" addictions!

To learn more, see the free preview of Lesson 1 of TLC University (part of SLIM TLC® Online) by going to [www.slimtlc.com](http://www.slimtlc.com) >> SLIM TLC® Online (under Program Options) >> (button) *See Below for a Free Preview of SLIM TLC® Online (Full Lesson 1)!*

### Exercise Recommendation: 15 minutes daily (or at least 6 days/week) – more is allowed

**Nutrition is the greatest key, but exercise is usually the gateway drug, to health.** Complete the following checklist:

- I'm going to try hard to get into the habit of exercising regularly, targeting 5-7 days per week, for 15-20 minutes (*anyone* can carve out 15-20 minutes a day!). The more cardio (getting your heart rate up for an extended period of time, which is manifested by huffing and puffing), the better! Consider walking briskly or cycling, or doing something fun like jumping on the trampoline, dancing, swimming, or doing another sport. Oh, the diseases you'll prevent!

#### Ideas for exercise (type):

1. *Metabolava* (see [www.metabolava.com](http://www.metabolava.com))

2. \_\_\_\_\_

3. \_\_\_\_\_

I have set myself a daily reminder (on calendar).

I have chosen one of the following to accompany me while I exercise:

My spouse and/or friend(s) – Name(s): \_\_\_\_\_

Headphones (not in the water) – I will listen to:

Music:	Book:
Talk/Speech:	Other:



- Vegetables
- Fruit
- Whole grains
- High-Quality Protein and Good Fats\*
- Whatever!

\*Legumes, nuts, seeds, avocados, olives, coconut, and fatty seafood like salmon, tuna, trout, and shrimp

[www.NutritionStar.org](http://www.NutritionStar.org)