

The PhenForum Weight Loss Plan

“How To Lose Weight With Phentermine And Keep It Off Forever”

www.PhenForum.com

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If you are reading this, chances are you are frustrated with your body. You have tried everything from fad diets to full-blown scientific diets, and from diet-supplements to starvation. Maybe you feel like you've failed because you either hit a plateau or regained all the pounds you lost in your hard work.

When you talk to someone who hasn't been in your shoes, it's hard to get an answer that will help you. A personal trainer who has never been overweight will tell you to do cardio exercise. A nutritional analyst might tell you to balance your meals with the right amounts protein, carbs and fats. Your doctor might put you on a fat-blocker or appetite suppressant. But each one is only a piece of the team you need to assemble to lose weight for good. If one is missing, the whole plan fails and you will gain the weight back again!

Maybe you've moved on to try diet pills as a last resort, but they haven't been as effective as you were hoping. The most popular diet pills are appetite suppressants because they are very effective, have the least annoying side effects, and generally are safer than most other types. Phentermine is the most popular diet pill in America, as many people have used it to lose all of their excess weight. However, many of us are still **struggling** even with this miracle-like diet pill. **Why are we struggling to lose weight?**

There's one key missing: Nobody has told you that you should think of [Phentermine](#) as a tool that makes it **painless for you to replace bad habits with great habits!** In other words, you will be using Phentermine to make it easy for you to teach your body to enjoy healthy foods in the right proportions, and to enjoy healthy amounts of exercise.

Chapter 1: The Key Concepts

“How do I keep the weight off when I stop taking Phentermine?”

You will drop pounds like you never have before when you start taking Phentermine, but what can you do to keep from gaining all your weight back? You need to take advantage of Phentermine by using its appetite suppression and energy boost to make the necessary changes to your diet and exercise habits. When you follow the steps in this guide, you will be teaching your body to **love** and even **crave** cardiovascular and weight-training exercises, as well as healthy foods that will boost your immune system and make you feel great all the time!

I can't tell you how excited I am to be able to share this information with you.

How To Eat Right

Here's a summary of five great tips you can use, and you're not alone in this... remember if you need anything, come join us at PhenForum.com for support.

1. Because Phentermine takes away your hunger and cravings, you can decrease your calorie intake by eating more plant foods and lean meats; and eating meals in smaller proportions.
2. Make a grocery list and pick out healthy ingredients for your own meals, especially if your family doesn't eat healthily.
3. Eat crisp, fresh and colorful vegetables; and lean proteins like fish and sliced turkey, trying to balance each meal out so you have say...
 - a. 30% unsaturated fat
 - b. 30% protein
 - c. 40% carbohydrates
4. Limit how much you eat (but DO NOT come close to starving yourself). Think of your body as a machine that only runs correctly if you put the right balance and quantity of nutrients in it.

When we take Phentermine, it can be hard to eat more than a piece of toast and a meal shake in one day. Because Phentermine stops you from feeling hungry at all, you have no desire to eat, and sometimes foods can even seem gross. Do not view this as a good thing, though. To lose weight permanently, you'll have to fight to eat!

Now your priority will be to make sure you eat often enough to keep your body healthy and keep your metabolism high. If you don't eat enough, you will sabotage your weight loss because as soon as you stop taking Phentermine and begin to eat more food again, you'll gain a bunch of weight back because your body is in starvation mode. In starvation mode, your metabolism is very low, and your body will automatically store most of your calories as fat.

So remember, the more meals, the higher the metabolism. Try not to let your body go hungry.

You should eat around 4-5 times a day – not large meals but medium sized meals and a couple of snacks. Three square meals are just too much of a rollercoaster ride for the body.

Carbohydrates are most important to eat in the morning and need you'll need to eat less and less carbs up to bedtime.

Also, don't worry about eating before bed. Your body needs a certain number of calories which can be computed online and if your body has not met that number for the day, then you are still fine.

What's a good meal?

You should be eating anything from a turkey sandwich on whole grain with an apple and walnuts to a grilled chicken salad with different kinds of lettuce or vegetables in the mix. Meals like that are great ways to teach your body to love proper nutrition.

So every 3-4 hours you'll be eating a good, lean source of protein with some complex carbohydrates.

Your Healthy Shopping List

Avoid simple carbs like sugar, white bread, crackers, and other foods high in pure processed starch and saturated fat with little or no fiber. **Fiber is essential to keeping your metabolism high to burn calories fast.** Go for 100% whole grain whenever you can find it. Your body will thank you!

Complex carbs and unsaturated fats are the types you **need** to eat. Complex carbs include 100% whole grains, vegetables and other plant foods. Unsaturated fats are those that your body can easily burn and benefit from, so check nutrition facts.

[Click here](#) to view a shopping list of foods we should really be focusing on instead of eating other stuff that might be around... especially those foods that our sometimes unhelpful families make in mass quantities!

How To Exercise Right

Take all opportunities to do cardiovascular exercise such as walking around outside, or walking/jogging on a treadmill. I love doing both, and I feel so healthy and alive every time. While it can be difficult to begin doing cardiovascular exercise when you've been previously inactive, you will feel it is more and more enjoyable and even addicting every time you do it! Adjust the amount of carbs as well: Eat more carbs for the more intense workouts and less for more low level activity.

Chapter 2: The 3-Phase Weight Loss Plan

Here's what you need to get started losing weight:

- One three-month supply of any strength of Phentermine. (37.5mg works best for most people we've interviewed)
- Healthy foods from your shopping list above (enough to make balanced meals and snacks with a source of lean protein and a source of complex carbs)/
- Feet (to go walking with)
- Willpower to make yourself eat often enough.

The PhenForum three-phase weight loss plan assumes that you have a three-month supply of Phentermine available to work with. Each phase is designed to be used during one month of the 3-month supply of Phentermine.

If you do not have any Phentermine to use, you may want to visit the [list of approved pharmacies](#) to order from below. The pharmacies are monitored for reliability, medication quality, and customer service.

[Click here](#) to visit the approved pharmacy list at PhenForum.com.

[Click here](#) to begin your Phentermine Weight Loss Program at PhenForum.com!