

## Weekly Lessons Topics

Week 1:

Intro to the Program.

Week 2:

Are you Living a healthy lifestyle?

Week 3:

Food and Mood.

Why we overeat?

Week 4:

How much should I eat?

Week 5:

How to eat in a healthy way?

Week 6:

Breaking bad habits.

Week 7:

Diet Busters: Food to cut or avoid.

Week 8:

Diet Savors. Food to add to your diet.

Week 9:

Cooking at home allows you to taking control of what you eat.

Week 10:

Cleaning out your house of unhealthy foods.

Week 11:

Best foods and ingredients to cook with.

Week 12:

Rev your metabolism for optimal health and weigh-loss.

Week 13:

Restaurants and their hidden calories.

Week 14:

How to shop healthy at your grocery store?

Week 15:

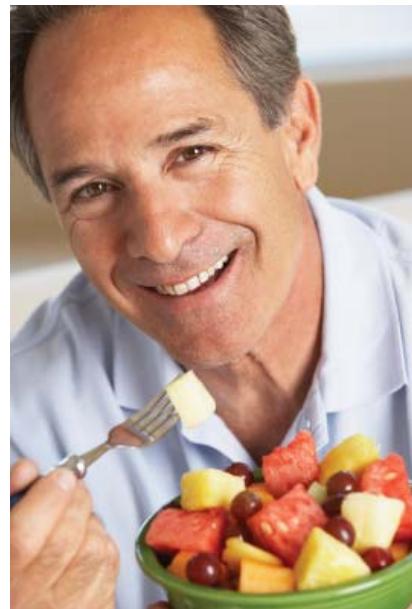
Eating to prevent, maintain or reverse the risks of chronic disease.

Week 16:

Life long success with the Burn 500 program



The Burn 500™ Healthy Eating and Weight-Loss Program targets those who have diet related chronic disease concerns. The program complements most treatment to prevent, reverse or maintain against cardiovascular disease, type 2 diabetes or certain diet related cancers. The program goal is to get participants to lose between 1/2 to 2 Lbs per week.



Healthy Eating, USA  
Dallas, TX  
214-690-7715  
[info@Burn500.com](mailto:info@Burn500.com)  
[www.Burn500.com](http://www.Burn500.com)  
[www.chefcharlesmichael.com](http://www.chefcharlesmichael.com)

THE BURN 500™  
HEALTHY EATING  
AND WEIGHT-  
LOSS PROGRAM  
is a 16-week  
program, broken  
into 4 phases  
that helps aug-  
ment your diet  
to help you  
eat right. With  
obesity just be-  
ing classified as a  
disease, the pro-  
gram targets the  
1/3 of Americans  
who seek to eat  
even healthier  
and the 2/3 that  
need to reverse  
risks associated  
with being over-  
weight or obese.  
The natural side  
affect of eat-  
ing healthier is  
weight-loss, feel-  
ing better and  
helping reduce  
your risks of diet  
related chronic  
disease.

*Burn 500™ Healthy Eating and Weight-Loss Program*

# Burn 500™ Program

Learn to augment  
what you eat to lose  
weight, not dieting  
and/or exercise.



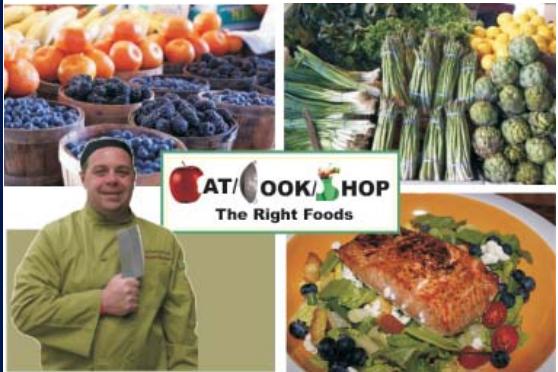
Teaching you to eat right;  
because you can't  
outrun your appetite.

[www.Burn500.com](http://www.Burn500.com)



# Burn 500™ Healthy Eating and Weight-Loss Program

4-Core programs, 4-Weeks each. Each week we augment a different component of your diet.



*Join Now... and Learn to Eat Right for Life.*

I'm Chef Charles Michael, and if you're like me, then you have spent 1000's of hours in the gym, you may have even spent 1000's of dollars on personal trainers or home workout equipment, all to never lose a pound. Then you may have tried a national weight-loss program with all their products. Companies that target obese people all have two things in common. First, they make billions of dollars off your misery, selling you their branded and endorsed weight-loss products, services and systems. Second, weight-loss companies sell hope. If they were to actually sell someone a solution, besides the celebrity spokespersons with a team of trainers who gets paid to rally you to join, they would shortly lose all their customers and billions of dollars. We offer a one time charge for the 16-week course to use a lifetime.



*"If it took you 50 years to gain that 50 pounds, then losing it in 1 year should be a snap." ~ Chef Charles Michael*

## THINK Right

Being healthy is more than your body being in shape; it many times means changing your lifestyle and making new priorities in your busy and hectic life.

Whether you are obese or not; our focus is to teach you lifestyle changes and eating right, not telling you to diet and exercise like so many others do. You will realize after taking our course that you can't overrun your appetite no matter how much you exercise. Worse yet, you might be wasting your time or gain even more weight if you exercise without learning to eat properly.

In THINK Right we track favorite foods, time management, food and moods and identify stress and ways to relieve it.

## EAT Right

Americans are digging their own graves with their knife and fork. By 2020 over 80% of all Americans will be overweight or obese and the costs of treating obesity will wreck our economy.

This programs goal is to get you to eat better each week with a goal of reaching your personal point of weight loss, a calorie limit where you neither loss or gain weight. We suggest an "Easternish" diet consisting of reduced consumption of meats from 30% to fewer than 10% of diet and eating between 60-70% fruits and vegetables, whole grains, low fat dairy and healthy fats.

In EAT Right we track servings, bad habits, diet buster and diet savior foods.

## COOK Right

We feel that it's in the best interests of chefs to cook their patrons a healthier cuisine, if not for their health, for the fact that they need these diners to keep coming back to stay in business.

This Section covers healthy preparations of recipes and also tells you how to select better ingredients to put into those recipes. We also give you instructions on healthy cooking techniques like stir frying and steaming which can be used at home or in a restaurant by beginner or expert chefs.

In COOK Right we track "healthifying" your favorite recipes, cleansing your house of unhealthy foods, selecting quality proteins and finding ways to rev your metabolism through the foods and activities we can do.

## SHOP Right

If we know that obesity is the precursor to chronic disease, then it's our philosophy that we should intervene early and avoid the needless suffering from diet related chronic diseases all together.

This section covers eating at restaurants and grocery stores and selecting super foods for those who seek prevention, reverse or maintain risks of chronic disease. While no one food can cure a person, it is believed that the combinations of certain foods have the propensity to help avoid risks of diet related chronic diseases.

In SHOP Right we track best restaurants choices, creating an all-star grocery shopping list, and reducing our risks of diet related chronic diseases like heart disease, type 2 diabetes and certain cancers.

The Eat/Cook/Shop the Right Foods trilogy of books was written for those suffering from being overweight or from obesity related chronic diseases. Long, long ago Hippocrates, the grandfather of modern medicine, said "Let Food Be Thy Medicine and Medicine Be Thy Food". This advice was given in 431 B.C. and it meant that what we eat can play an important role in our health and the prevention of disease.

Whether the participant seeks better wellness, weight-loss or reducing the risk of chronic disease, the program teaches lifelong strategies to eat right for the rest of a their life. During the program the participants' chief objective is to eat consistently at or below their personal point of weight-loss, where they neither gain nor lose weight, and maintain it once they do .