

for



Hi all! Here's my ALDI® list of foods that I eat to maintain my waist and my weight.

As you know, I'm best at helping you lose and maintain up to 30 Lbs. More than that is way too serious



for me.

***ALDI® is a registered trademark and does not endorse this program.***

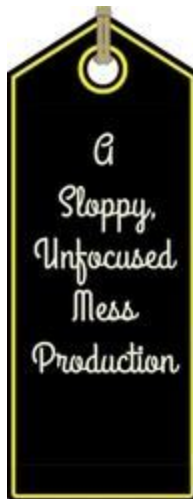
One of the first waist reduction strategies to attempt is to:

- PICK ONE BRAND STORE to get most of your staple items. Then just go there to refill what you need. ALWAYS make a grocery list and make sure you replace your staples first. If you don't know what your staples are, then you need to think about what you eat, cook the most. For example, I know that I have bacon 5-6 days a week. So bacon is definitely a staple in my kitchen. I cook with butter, beef tallow and coconut oil, so those items are staples in my kitchen too. (At times I do go to other grocery stores for items not at ALDI®.)

My staples will be listed and I get MOST of them from ALDI®. Yes ALDI®! Of course from time to time, I will buy a special treat, like lobster or sushi and have sweet cravings like apple pie a la mode and fast food like a Burger King Whopper Jr. But not often and in small portions.

But for the most part I stick to these foods ALL THE TIME. Even when I use my secret weapon Short Term Win (STW) program to get back on track or to lose weight quick... I still use only the foods on the listed on the next page.

Please also know that most of the foods listed are the "type of food"... yet they are ALDI's® brands. Sometimes ALDI® will have name brands on their shelves, but I like the ALDI® brands. As you may know, that they are a German company and often have food right from Germany – which I am used to because my father grew up in Germany and we were exposed to – braunschweiger (liverwurst), sauerkraut and pfeffernuesse (gingerbread pastry), etc., as kids.



for



After figuring out your staples, here are some of my eating strategies for “Fixing the F.U.P.W.A.” (women) and “The No-Dicky-Do Diet” (men):

- Stimulus Narrowing and Food Jaggng (eating the same or limited food choices)
- Sleep for Dinner (That’s when you’re so exhausted, that sleep is the best dinner)
- Intermittent Eating (IE) & Calorie Restriction (CCRRAN – Calorie Cycling & Restriction Adequate Nutrition) (You live on less food, but it’s the food you want, when you want it – mindful eating)

ALDI<sup>®</sup> Food List is below. What’s highlighted in yellow is typically NOT available at ALDI<sup>®</sup>

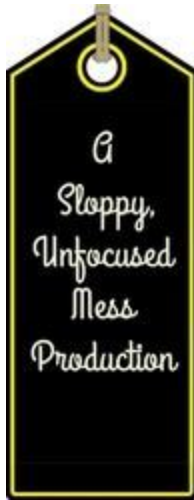
**This list below are my staples:**

Main Protein/Nutritional Foods: **Liver**, liverwurst, chicken thighs (boneless, skinless), frozen chicken tenders (not breaded), bacon, eggs (**double yolk**, when I can get them), **tuna (tonna in oil)**, **sardines (in oil)**, salmon burgers, veggie burgers, sirloin steak strips, 80/20 ground beef, cannellini beans, chili beans, refried beans (regular) (**Vegetable protein powder**, NOT soy, I know this is a supplement)

What I use to cook with (if needed): coconut oil, butter, **beef tallow**, olive oil, canola oil (I use sparingly), **lard (not hydrogenated)**, (I use **duck fat** around the holidays)

Starchy carbs I eat: sweet potato patties, quinoa, white rice, potatoes, sour dough bread, angel hair pasta, shredded wheat, small flour tortillas, club crackers, wheat thins

Foods that make other foods better: sour cream, coconut milk, heavy cream, Greek “full fat” yogurt, cottage cheese, shredded cheeses (cheddar, mozzarella, parmesan/romano), whole flax seeds (I use sparingly & freshly ground them)



for



**Sometimes I buy organic vegetables and fruit. (Difference being that they use “organic” pesticides)**

Veggies: iceberg lettuce, salad greens, mixed vegetables w/lima beans (frozen), green peppers, red onions, celery, **beets**, French cut green beans (frozen), spinach, broccoli, cabbage, kale, mushrooms (baby bella), cucumbers, radishes, garlic

Fruits: Oranges, grapefruit, lemons, limes (citrus fruits), frozen berries, bananas (I freeze for my shakes), grapefruit juice, avocado, fresh ginger

Condiments and Extras: mustard, mayo, salsa (medium), pickles, olives (green/black), **raw** & apple cider vinegar (ACV), vodka sauce, pepperocini, jalepeno slices, 7-Season (type) salad dressing mix, taco seasoning mix, brie cheese, brazil nuts, horseradish

Seasonings & other flavor enhancers: salt (iodine), pepper, red pepper flakes, Italian seasoning, onion powder, garlic powder, turmeric, Tabasco sauce, sriracha hot chili sauce, cinnamon, **erythritol**

Snacks: Assorted nuts (NOT hazel nuts, I don't like them), beef & **turkey jerky**, fruit snacks, homemade cheese popcorn, tortilla chips, grape soda, seltzer, ginger ale, purified water, red wine, grapefruit beer, coffee.

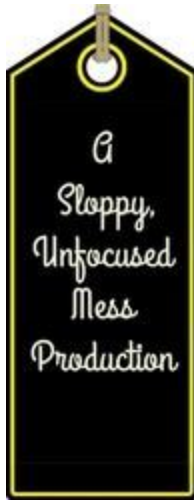
(I cut out some of these foods during some of my STW)

I choose ALDI® as my main, staple store. If there is not an ALDI® near you, pick another store that fits YOU the best. THAT'S IT! I mix and match only these foods => above. During special times and occasions, I will taste and enjoy other foods (like pizza, => cheesecake, full steak, microwave popcorn, etc.)

There is an exercise piece to changing your body composition (creating some more muscle and losing fat) and to help you burn calories. Please listen to my audios on my blog for some exercise suggestions.

If you are exercising more than 45 min. at a time (not training for something) then you're probably exercising too much. This does NOT include casual walking and the “physical-ness” at your job.

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You can get more details to the “Fix the FUPWA” plan for women and “The No Dicky-Do Diet” for men and reducing your Navel to Knuckle area (N2K) live from my show, the “Nobody’s Listening Show”...



Every Monday at 8:30pm EST, (425) 440-5100, 529861#:

**Lose up to 30lbs? NobodysListening.wtf**

**CAUTION** ↓

Sit-down Comedian Minky PangPang + My 30 lb. wt. loss plan: Hunger PangPang + CCRAN

Fav Cuzin' Sherri Fat Pug Owner & Pescatarian

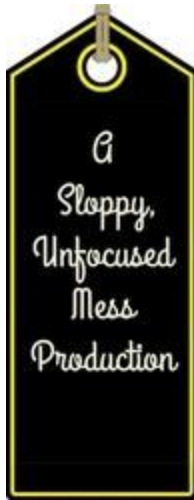
Exercise Expert Nat

Old College Bud & Reality Checker Risa

Tarsha TOTAL Body Transformation

★ We talk like nobody's listening! ★

SLOPPY UNFOCUSED MESS AHEAD → **The Nobody's Listening Show** *conversation*



for



Thank you so much for signing up for my list. Minky's List. I hope to personally meet you and at the very least speak with you about how to improve & show-off the body you have created and still have fun!

If you are anything like me, which I'm sure you are or you wouldn't be reading this, you were probably many other things besides your current "job title", in your career and jobs. It's all called experience!

All the characters on the "Nobody's Listening Show" have lots of varied experience(s) and have dropped our "job titles", it's so liberating to do something you love, without restriction or permission

My Facebook Page is [www.facebook.com/3fatpugs](http://www.facebook.com/3fatpugs) (which may change very soon)

Or if you prefer LinkedIn - [www.linkedin.com/in/loriminkyradcliffe](http://www.linkedin.com/in/loriminkyradcliffe)



And Follow me on Twitter [@loriminkyrad](https://twitter.com/loriminkyrad) / My no-bore blog is [www.LoriMinkyRadcliffe.com](http://www.LoriMinkyRadcliffe.com)  
loriminkyradcliffe at gmail dot com / call or text (732) 620-2193

*Best Wishes, Minky*

If you want to learn more about the Hunger PangPang Diet (HPP) and got this information without signing up, please go to [www.nobodyslistening.wtf](http://www.nobodyslistening.wtf) to sign up and get more, updated information. "Live The CCRAN Lifestyle",  
Fall 2016/Winter 2017. Get your free HPP Diet Check list and more CCRAN info at the Nobody's Listening link.