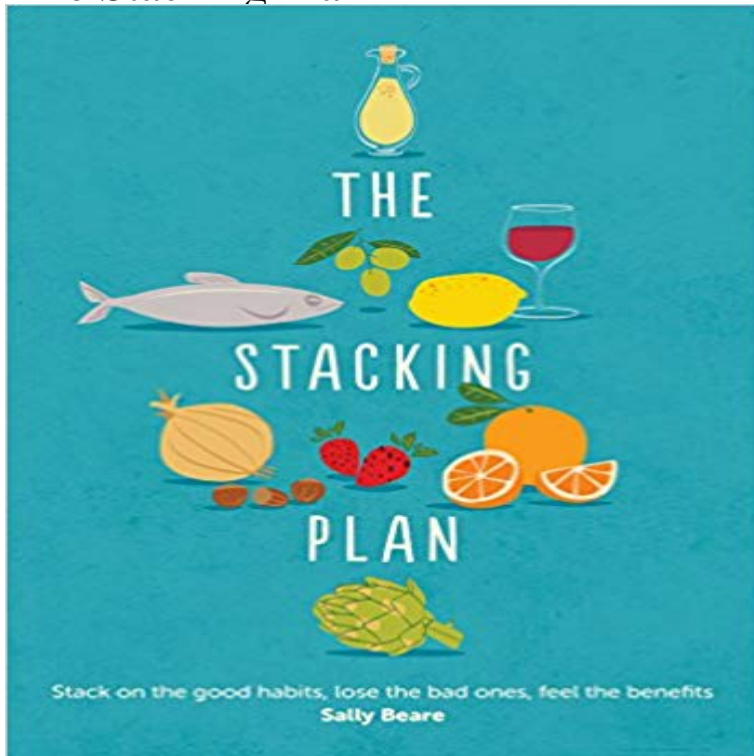


## The Stacking Plan



Stack on the good habits, lose the bad ones, feel the benefits. The Stacking Plan is a healthy-eating plan in which, instead of giving things up, you take things on. Each week you take up just one new healthy-eating habit, whilst carrying on with whatever you normally do the rest of the time. As the weeks go by, you stack the good habits on top of each other. By the end you will have ten good habits, which means you will be incorporating pretty much everything you need to be eating an optimally-good diet. Any naughty habits should fall by the wayside, but if you do indulge from time to time, that's ok.

The Stacking Plan is not a fad diet and because it helps you get on the right track to healthy eating and educates you in having bite-sized pieces, it helps you enjoy optimum health as well as losing excess weight without having to diet. The Plan embraces the idea of eating all kinds of different foods, and it includes wisdom from Palaeolithic eating, traditional diets, raw food diets and other diets without being too limiting. This means that you are likely to find plenty to eat that you really enjoy and should not fall off the wagon since there is not really a wagon to fall off.

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165Halsey\_New\_StackingPlan\_udpate\_9.8.15. Contact. Leasing & Licensing. Joseph Simone 212-399-3633 simone@. **Stacking Plan problems - ARGUS Shopping - ARGUS Software** May 9, 2016 - 3 min - Uploaded by The Stacking Plan

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