



#eat every hour challenge

Dr. Bolio



Bolio
System

Why should we eat every hour

It is a fabulous way to lose weight and measures eating.



It consists of eating a little every hour from when you wake up until before bedtime (that simple). Breakfast, lunch and dinner do not change. Eat the same as you have always done; Just add a little eating every hour.



Why does eating every hour works?

The challenge to eat every hour works by multiple mechanisms: in the first place it accelerates the metabolism, in the second reactive mechanisms of self-control of the feeding.

THINGS TO DO BEFORE STARTING THE CHALLENGE



IMPORTANT

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TAKE A PICTURE

It is the best way you have to see results. Sometimes one "feels not" but an image never lies. You don't have to share the photo if you don't want to, have it just for you.



GET AN ACCOUNTABILITY PARTNER

Share the experience (the good and the bad) with someone who cheers you and pushes you to continue with the challenge. negative people are not accepted



WRITE EVERYTHING YOU EAT

You must keep a diary of each food. Set your alarm every hour and write it down. It is proven that you will have better results.

W E E K 1

vegetables

Eat at least one bite of Vegetables every hour and write it down

Examples: Penino, Carrot, Lettuce, Broccoli, Tomato, Avocado.

If it gets complicated, make yourself a green smoothie and take it slowly during the day.

Setting alarms on your cell phone helps a lot in this first week.



KEEP A RECORD OF EACH MEAL YOU HAVE DURING THE DAY #eateveryhour

@rosasalvaje

Hil. Pecho/Espalda

8:00	Jugo de arándanos
9:00	Té de limón
* 10:00	Omelette de claras c/ jamón y queso cheddar, 2 salmas y 1/2 t. leche de almendras
11:30	Té negro c/ limón y vinagre de manzana
12:30	Té con vinagre de manzana
* 1:30	1t. sopa de brócoli y apio, 2 tortitas de carne molida, 1t. coliflor tipo arroz y puré de papa c/ tocino de pavo
3:30	1/2 manzana c/ PB2
4:30	1/2 manzana c/ PB2
5:30	Té de menta y cacahuates (1oz)
7:00	Wrap de pollo búfalo c/ zanahoria, brócoli, palitos de apio y 1c. aderezo César light
8:30	Pasitas
9:00	Pasitas

Tabla1		
	Campo1	Campo2
2	Día 1	14/10/2019
4	6:00 am	agua tibia con limón
5	7:00 am	desayuno: café, torta de huevo 1 tortilla
6	8:00 am	1 porción de galleta integral
7	9:00 am	1 banano
8	10:00 am	3 barritas de zanahoria
9	11:00 am	1 porción de ayote al vapor
10	12:00 md	almuerzo: Filete de pollo a la plancha, porción de arroz, ensala
11	1:00 pm	1 naranja
12	2:00 pm	1 porción de maní con pasas
13	3:00 Pm	3 trocitos de chayotes al vapor
14	4:00 pm	4 trozos de zanahorias al vapor
15	5:00 pm	1 porción de galleta integral
16	6:00 pm	1 enchiladita
17	7:00 pm	Té de manzanilla
18	8:00 pm	1/2 tortilla con una rodaja de queso
19	9:00 pm	1 vaso de agua con chilla molida
20		además un vaso de agua cada dos horas

@abandosolano

<https://web.facebook.com/groups/drbolioofficial>



FRUITS

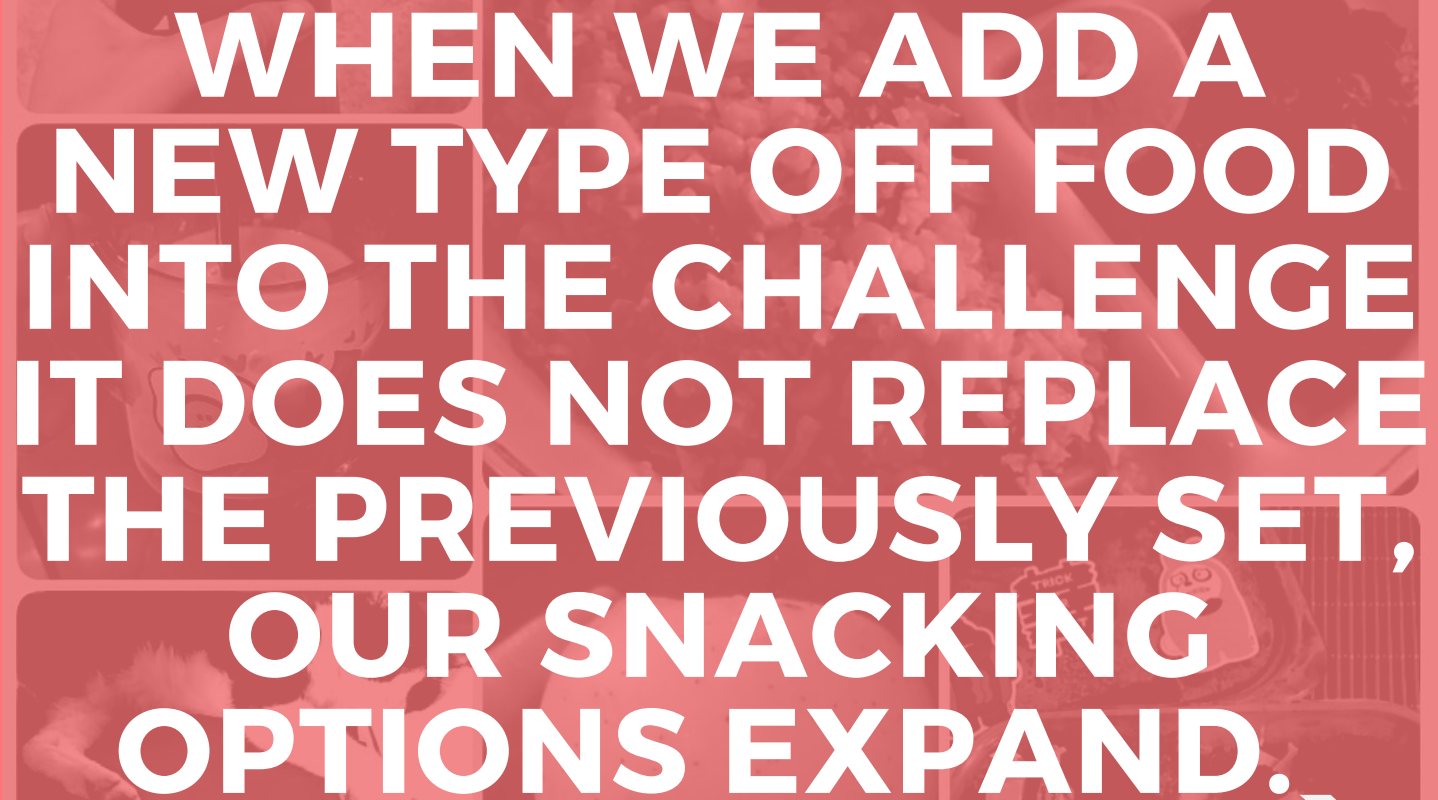
Add Fruits into the Rotation (not instead of)

Examples: A slice of Watermelon or Melon, 1/4 of Pear, Apple, Mango, Banana, a few Berries (except for strawberry)

Keep snacking every hour, vegetables and fruits and share how you feel with with your accountability partner and the Bolio Community.

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**WHEN WE ADD A
NEW TYPE OFF FOOD
INTO THE CHALLENGE
IT DOES NOT REPLACE
THE PREVIOUSLY SET,
OUR SNACKING
OPTIONS EXPAND.**



MEAL AND SNACKING EXAMPLES FROM THE BOLIO COMMUNITY



<https://web.facebook.com/groups/drbolioofficial>



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nuts



It's time to add Nuts.

Two to Four Pieces of Almonds,
Peanuts, Walnuts, Pistachios,
cashews.

Keep a record of how you feel
BEFORE and AFTER eating and share
it with your accountability partner
and the Bolio Community.



WEEK 4

We are adding
exercise and mindfulness.

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Start working out a 15 -30
minute walk will do per day.

Look each and every day for
one thing that made you
happy that day and share it!.





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**Being aware of the moments that
make you happy helps your journey
towards a Healthier Lifestyle.**

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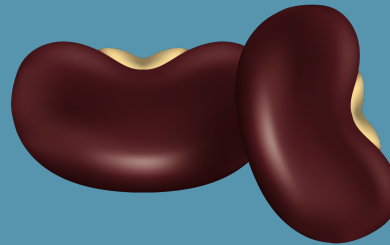
LEGUMES

This Week will all 1-2 Spoons of
Cooked beans, lentils or chickpeas.

Plus

ONE CHEAT MEAL A WEEK!

Eat everything... EVERYTHING you
want in one Meal one day a week.



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Add the miracle smoothie a day

½ Cup of Nopal Cactus
½ Medium Cucumber
½ Mirliton squash
1 Cup of Natural Orange Juice
or 1 Cup of Apple Juice
1 Slice of Pineapple o
½ Apple
1 Teaspoon of Honey



No more than 2 times a day.
This smoothie can replace Breakfast.

*CREATED BY THE CARDIOLOGY INSTITUTE OF MEXICO

Support



JOIN DR. BOLIO'S COMMUNITY

Ahí veras como otras personas están
haciendo el reto, verás sus resultados y
resolverás dudas.

<https://web.facebook.com/groups/drbolio>



CHECK OUT OUR WEEKLY FACEBOOK LIVE TRANSMISSIONS

Every Tuesday at 7:00 pm
Pacific Time.



We hope to see
positive changes
in you.



#drbolio

