

# Countdown to Thanksgiving



The countdown has begun...

And the clock is ticking.

If you're going to do Plan Z this year, I'm guessing you'll want to be well into ZReboot for Thanksgiving.

Won't you?

Plan Z is fast – up to four times faster than “regular” diets. But ZReduction lasts for 50 days. And Thanksgiving happens to fall on November 28th this year.

If you're like me, you want to relax and enjoy a wonderful Thanksgiving meal without the added stress of worrying about your diet. So let's run the numbers to see where you can be on Thanksgiving Day.

**ZReduction**



**Diet Days:** 1-50 (includes ZBinge)

**You Eat:** Lean protein, low glycemic fruit and non-starchy veggies

**You Avoid:** Fats, starches, starchy veggies, sugar & alcohol

If you want to be finished with ZReduction by Thanksgiving, then you need to **start by October 9th.**

**ZReboot**



**Diet Days:** 51-74

**You Eat:** Protein (any kind), all fruit (except the super sweet stuff), all veggies (except starchy stuff like corn & potatoes), full-fat foods (like real yogurt, nuts and healthy cooking oils), alcohol, and low carb snacks.

**You Avoid:** High-starch foods, high-carb foods and sugar

**Wanna be in ZReboot by Thanksgiving?**

**Start now and you'll have plenty of time!**

The longer you delay, the fewer food options you'll have over the holidays. Of course, you can always wait until next year. But why make a resolution to lose weight *next year* when you already have a plan to get the weight off right now?

Make it easy on yourself and get the dieting out of the way *before* your relatives gather for Thanksgiving.

The Plan Z staff is hustling to make sure all orders are shipped right away.

Cheers,