

MIKE CHANG'S

SIXPACK
SHORTCUTS

**ZERO WILL-POWER
EATING SYSTEM
GUIDE**



What's more important, Working Out or Eating Healthy?

It's safe to say that anyone spending time working out would love to have a Ripped Body and Six Pack Abs. It's important to consider the reasons that many people find themselves in a gym, sweating profusely, gasping for breath, for hours on end, day after day, and just don't see the six-pack they are looking for. Obviously if we could just sit on the couch, watch TV, eat popcorn all day and get a six-pack we probably wouldn't spend too much time in a gym. Am I right?

A solid exercise program is without a doubt crucial to anyone with a fitness goal, whether it's getting a six pack losing weight or adding muscle. There are many correct and incorrect ways to go about working out, and it's important to take the time to learn efficient and effective ways to exercise. However, the mystery remains... Why do people who know the proper way to workout find themselves spending hours and hours in a gym and still don't have a Six Pack or the LEAN... RIPPED body they are looking for? The answer is simple... Your diet.

Let me let you in on a little secret about me..... You may not be able to tell from the outside, but inside I'm just a little fat kid who loves junk food like potato chips, candy bars, sodas, ice cream and especially pizza. And believe it or not, I still love all those unhealthy foods. But this system of eating I'm about to share with you allows me to still eat the foods I love while maintaining my six pack! And you can too! This way you can enjoy all the great foods this world has to offer, while still sporting a lean and ripped body.

There are a lot of fad diets like the Atkins diet, Paleo, The South Beach Diet, Weight Watchers and Jenny Craig. These diets are very easy to get excited about with their celebrity sponsors and marketing campaigns. Not to take anything away from any of these diets. They have collectively helped hundreds of thousands of people loss excess weight, and live healthier lives. They promote eating Healthy foods in controlled portions. There is only one issue.... They are ok for the short-term fat loss... but they are not sustainable for the long term.

Each of these diets have one thing in common **they restrict certain foods or nutrients your body needs so that your body will be able to metabolize fat at an accelerated rate**. To make permanent life long changes to your body, get a six-pack and keep it; you do not need a 30 to 90-day diet program. **You need a lifestyle change.** You need to find a diet program tailored to your specifics likes and dislikes where you feed your body proper nutrients... but actually **ENJOY** the foods you are fueling your body with. Bottom line **if you are not enjoying your meals you won't consistently eat them...** You will fall off the wagon and end up right back where you were before you began.

I can't tell you how many people I speak to who have just thrown their hands up in the air and given up on getting a Six-Pack or achieving their fitness goals. They come to me frustrated, discouraged, and lost. They feel like they are doing all of the right things, but just aren't seeing any results! I will give them a bit of advice on how to improve their workouts, maybe a few ways they can take the workouts they already know and compound them together in a different way to continue to shock the muscles and prevent hitting a plateau. This is always well received and absorbed.

Then I'll ask the question... "How's your diet?" I laugh every time I ask this question because I instantly feel a wall of defense shoot up... "Oh I eat healthy"... or "I'm a vegetarian... I don't even eat red meat, or carbs"... or "I'm on the new XYZ diet that the movie stars follow"... Or "I only eat 2 small meals a day... I always eat well... I should be losing weight." Etc. etc. etc....

Right now I want to take a minute to tell you why these common myths about healthy eating are not healthy at all...

ONE LINE SUMMARY:

YOUR DIET IS JUST AS IMPORTANT AS WORKING OUT AND YOU NEED TO DO BOTH IN ORDER TO GET SIX PACK ABS.

[ZWES Video Series – Cooking Intro](#)

Eating Less = Losing Weight

Let me preface this by saying yes I understand that if you fast for 3 days... You will lose weight. This being said... Let me explain to you what happens to your body when you neglect it the proper daily caloric intake it needs to function. Quite simply, your body goes into '**starvation mode!**' Your body basically thinks it's starving so instead of burning the calories you eat, your body will start to store all those calories turning it directly into fat. When your body thinks it's "starving," fat becomes the most valuable energy source and it will instead break down Lean Tissue and Muscle to provide it with the calories it needs to keep functioning. This directly leads to a loss of muscle, increase in fat, and a slower metabolism. Of course, this is the perfect solution if you're in a famine situation. But if your goal is to lose fat, you must give your body the calories it needs to function properly so it continues to burn fat.

ONE LINE SUMMARY: DON'T STARVE YOURSELF OR YOUR BODY WILL STORE ITS FAT AND WILL BURN YOUR MUSCLE FOR ENERGY INSTEAD, WHICH LEADS TO YOU GETTING FATTER.

ZWES Video Series – Cooking Intro

Counting Calories

It really bothers me that I find as many people as I do staring at the labels on foods trying to target a certain amount of calories they believe they need to consume to lose weight. This is just absurd. Everyone's metabolism functions at a different rate... And just as it is nearly impossible to say exactly how many calories you are consuming it is even harder to tell exactly how many calories you are burning. Obviously to lose weight your **caloric intake must be less than you are exerting**. As counting calories is about as big a waste of time as there is... How do you ensure that happens? Simple. Control your portions... **Eat until you are content, but do not over indulge.** Spend the time you used to spend counting calories at the gym working out!

ONE LINE SUMMARY: YOU MUST EAT LESS CALORIES THAN YOU BURN IN ORDER TO LOSE FAT, BUT THERE ARE BETTER SOLUTIONS THAN WASTING YOUR TIME COUNTING CALORIES.

ZWES Video Series – Calories for your Metabolism

No Carb Diets

When you are exerting energy your body has to channel its fuel from somewhere. Just like a car needs fuel to get you from point A to B, so does your body. Carbohydrates are the body's main source of fuel. They are necessary for your muscles, brain, and Kidney function; they also help eliminate waste from your intestines.

The idea of no carb diets is that if you cut out the carbs your body will go straight to burning fat. Now scientifically this is true, however remember to lose weight and keep it off you have to change your lifestyle and not just "Yo-Yo" diet every time you need to shed 20 lbs. before a vacation. There is also significant side effects people experience when they cut carbs out of their diets for significant periods of time...

- Bad breath
- Constipation
- Constant fatigue
- Poor brain function
- Increase risk of disease

[ZWES Video Series – Carbohydrates for Energy](#)

There are short-term tricks on manipulating your carb intake that you can use to jump-start your fat loss or get ready for an event on short notice. When you only have 1 week to look your best, these tricks really do come in handy. You can find these advanced eating strategies in the Zero Will Power Eating System Video Series or go <http://www.zerowillpowereatingsystem.com>.

Red Meat

There is a big stigma around red meat these days. Any type of processed meat is definitely not ideal. As long as you have a balanced diet, there is nothing wrong with including red meat just as long as it is lean. A high protein diet based on red meat has been proven to assist with weight loss. It is high in zinc, which is crucial to having a healthy immune system. There is also more iron in red meat than pretty much any other protein source. Iron in red meat is processed by the body much more efficiently apposed to when it comes from other sources as well. Other benefits of red meat include being a great source of essential vitamins, minerals, such as phosphorus, potassium, magnesium, selenium and b vitamins.

[ZWES Video Series – Right Proteins to Build Muscle](#)

OK, SO WHAT DO I DO?!?

There is a big stigma around red meat these days. Any type of processed meat is definitely not ideal. As long as you have a balanced diet, there is nothing wrong with including red meat just as long as it is lean. A high protein diet based on red meat has been proven to assist with weight loss. It is high in zinc, which is crucial to having a healthy immune system. There is also more iron in red meat than pretty much any other protein source. Iron in red meat is processed by the body much more efficiently apposed to when it comes from other sources as well. Other benefits of red meat include being a great source of essential vitamins, minerals, such as phosphorus, potassium, magnesium, selenium and b vitamins.

Zero Willpower Eating System Guide

The Zero Willpower Eating System or ZWES, since its creation, has helped thousands of men and women build lean and ripped bodies and maintained a healthy eating lifestyle (including myself) Since then, I have created a easy to follow guide to illustrate the most important parts of the ZWES.

So here's the truth. There are a lot of reasons why you're probably not eating healthy right now but out of all those reasons, there is one that stands out the most... Will Power. Eating healthy requires a lot of will power. Lack of will power is the number one reason why people fail to eat healthy for extended periods of time. Think about it. Every time you eat, you have to make a choice to eat something healthy. You should be eating 5 times a day. That means you have to make 5 eating choices a day. That's 150 eating choices a month. That's a lot of choices! With that many choices, what are the odds that you will make the right choice EVERYTIME? The odds are against you to say the least. And here's the kicker... It's not your fault! Everywhere you turn, you are tempted and surrounded by unhealthy foods. This includes over 90 percent of ALL restaurants, fast food places, food stores, cafeterias, and even grocery stores!!

Are you starting to see why it's so hard to eat healthy and why most people fail? There are simply too many opportunities to eat unhealthy foods. Plus out of the 90 percent of restaurants that are unhealthy, a lot of them use marketing tactics to label their food as healthy, when its really not, making it even harder for you to make the right choice.

[ZWES Video Series – Fat Burning Jump-Start](#)

Your Solution: Take the Will Power OUT!

There is a big stigma around red meat these days. Any type of processed meat is definitely not ideal. As long as you have a balanced diet, there is nothing wrong with including red meat just as long as it is lean. A high protein diet based on red meat has been proven to assist with weight loss. It is high in zinc, which is crucial to having a healthy immune system. There is also more iron in red meat than pretty much any other protein source. Iron in red meat is processed by the body much more efficiently apposed to when it comes from other sources as well. Other benefits of red meat include being a great source of essential vitamins, minerals, such as phosphorus, potassium, magnesium, selenium and b vitamins.

Here are some key benefits of utilizing this system!

- Every meal you eat is healthy and getting you one step closer to six pack abs.
- You never starve, you actually end up eating more food than usual
- You save a lot of money each week just on food alone!
- Only takes 90 minutes or less per week to set up, saving you time on driving somewhere to get food, ordering and waiting, and the time to drive back.

Anytime you are hungry, just grab one of your healthy meals of your choice, heat it up for about 3 min, and eat. That's it! Plus if you learn some cool tips on how to prep your meals, it will end up tasting even better than ordering out.

There are certain strategies in the ZWES that are crucial when it comes to how to buy, prepare, cook and setting up your meals. These tips will teach you how to save time, money, never be hungry, and always eat healthy!

I am limited in discussing these strategies and will not be able to demonstrate the specific techniques since this is a book. However, you can find the complete Zero Will Power Eating System Video Series where I go from beginning to end filming how I make my entire week's meals using every trick and technique I know by simply going to ZWES.com. If you never made a whole week of food in advance, I would definitely suggest checking out the ZWES Video Series. This will make the difference in spending 90 minutes or less in the kitchen per week.... Instead of spending over 8 hours just preparing your meals. Go to
<http://www.zerowillpowereatingsystem.com>

5 Rules of ZWES

There are only 5 simple rules to follow in the ZWES. Make sure you memorize them, as they will be used as your guide when picking out your food choices.

- Rule #1 - Carb, Protein, and Vegetable in every meal.
- Rule #2 - Low Fat, Low Calories, and Low Sugar in every meal.
- Rule #3 – Meal size needs to be a 1.5 times your fist. (portion control)
- Rule #4 – 4 - 6 Meals per day (frequency of meals)
- Rule#5 - 80/20 rule

Rule # 1 - Carb, Protein, and Vegetable in every meal

A balanced diet is very important. You need to make sure you supply your body with adequate amounts of all the necessary vitamins, minerals and nutrients. A multi-vitamin helps, however you can do very well with simply making sure you have a carb, protein and vegetable in every meal. Your muscles need protein to grow. Your body needs carbs so you have the energy to exercise to build muscle. Vegetables provide the body with all the other vitamins and minerals the body needs to function properly. Here is a list of my top 5 protein sources, carbs, and vegetables. Feel free to mix and match when you are creating your meals. These are only examples. You can also use any other food sources you like just as long they are low in cal, fat and sugar. (Rule #2)

Proteins:

1. Chicken Breast (skinless)
2. Egg whites
3. Turkey Breast
4. Fish (Tilapia, Salmon)
5. Lean Ground Beef (97/3 fat free is best)

Carbs:

1. Oatmeal
2. Brown rice
3. Quinoa
4. Yams/ sweet potatoes
5. Fresh fruits (bananas, mangos, and apples)

Vegetables:

1. Dark green Kale
2. Asparagus
3. Broccoli
4. Spinach
5. Green beans

TIP: I recommend buying frozen vegetables instead of fresh.

- a. Frozen veggies come precut – Saves you time on washing, cutting, peeling.
- b. They come in varieties of different combinations – If you bought fresh veggies, you would have to buy 5 separate types VS having it all in one bag and premade for you. Plus the cost for you is the same but you save a lot of time.
- c. You can buy in bulk and freeze your veggies, so you don't have to waste your time with grocery shopping.

ZWES Video Series – Rule #1: Protein and Carbs in Every Meal

Rule # 2- Low calories, Low fat, Low Sugar

Every meal needs to be low in calories, fat, and sugar. Remember, your body does not recognize the amount of calories you are consuming. It only responds to volume. So for example if you ate 2lbs of chicken breast and brown rice VS eating 2lbs of a greasy hamburger your body won't be able to tell the difference and will be equally as full. The only difference is the hamburger has so much more calories and fat (which will make you fat) while the chicken and rice is super low in calories and provides your body with all the nutrients you need to build muscle and lose fat fast. While only your taste buds can tell the difference, there are a lot of ways to fix that by making healthy food taste delicious.

The Majority of your sugars should come from fresh fruits. Artificial sugars (candy bars, sodas, and juices) should be avoided as much as possible. Artificial sugars are not only very hard to digest, but also directly metabolize into fats. **Any excess of artificial sugars can quickly ruin your progress of having six pack abs.**

ZWES Video Series – Rule #2: Low Cal, Fat, Sugar

Rule #3 - Meal size needs to be a 1.5 times your fist

This rule is simply ensuring your portions are controlled and you do not over eat or consume an excess of calories in any one meal. This does not have to be a tedious task when you are preparing your meals. For example, if I had prepared ground beef, brown rice, and broccoli for the week, I would just take a hand full of ground beef and then equal portions of both the brown rice and broccoli totaling about half the size of the serving of protein. If you are trying to lose weight, your entire meal should be no more than 1.5 times the size of your fist. If you are trying to add mass the portion of your entire meal should be somewhere between 2 and 3 times the size of your fist. You never want to be hungry but no matter what your goal may be.

Here is a saying that I use very often: EAT TILL YOUR NOT HUNGRY, NOT TILL YOU ARE FULL.

ZWES Video Series – Rule #3: Meal Size = 1.5 times fist

Rule #4 – 4 - 6 meals per day (frequency of meals)

Your body is a machine and responds to consistency. Just like a car needs gas every few hundred miles or it will stop running... Your body needs consistent attention, upkeep and refueling... and more frequently than every few hundred miles... just FYI ;). We do this by training the body to expect fuel. You should be eating every 2.5- 3 hours, or up to 6 times per day max. Start off with 4 meals per day and slowly work your way up if needed. Your first meal being no more than 30 minutes after waking up, and then your last meal being 1 hour or less before you call it a night. This will ensure you are always keeping your energy high and your body running like the well-oiled machine it is... or has the potential of being. I call this 'food memory.' When your body learns to expect fuel every few hours your metabolism will begin to be trained to burn more calories than it is used to burning. You want to make sure your metabolism is never stagnant and storing calories instead of burning them. You do this by eating meals consistently throughout the day.

ZWES Video Series – Rule #4: Meal Frequency

Rule #5 - 80/20 Rule

I really want this system to promote a life style change. It should be something that you continue for the long run. This being said, I do not want you to feel restricted. **The 80/20 rule** states that you should follow the system 80 percent of the time and then treat yourself 20 percent of the time. How I do this is by following the system Monday-Saturday and then taking Sundays to go get a nice juicy burger, or some amazing enchilada's at my favorite Mexican Restaurant. You can delegate your "cheat" day/meals as you wish but remember... **The more you cheat... The longer it will take you to get your SIXPACK!**

Sometimes when I'm really trying to get really lean, like before a summer vacation, spring break, or a photo shoot, I will go 2-3 weeks without cheating. This is only necessary when you are trying to get a certain look for a specific event.

Now that you understand the concepts and basic rules of how to eat healthy, there are a few more things I want to cover to ensure that no matter where you find yourself you are able to still maintain a Healthy Lifestyle!

ZWES Video Series – Rule #5: 80/20

SNACKING

I personally love to snack. Watching a movie, hanging out at the lake, even on long road trips... I snack a lot. I know many of you enjoy snacking as well, so I want to give you a list of great healthy snack that taste great but keep you away from the addictive foods like potato chips, or snacks with artificial sugars.

- Nuts (almonds, cashews)
- Dried Fruits (cranberries, apricots, mangos)
- Fresh Fruits (bananas, mangos)
- Trail mix
- Hummus
- Carrots
- Guacamole
- Edamame
- Beef jerky

All of these snacks are very lean. Be careful with snacking on nuts like almonds because they are very high in calories and its very easy to over eat them.

TIP – If you happen to overeat on your snacks make sure to balance it out by eating less or cutting out one of your meals. Don't make a habit of replacing your meals with Snacks. They simply do not have the nutrients you need to fuel your body.

[ZWES Video Series – Healthy Snacks for ABs](#)

Eating In Social Situations

It is inevitable that birthdays, anniversaries, graduations, vacations and other festive events will arrive. Going out to dinner or lunch is one thing. But an event where the food is free is even worst. This is a bad place for anyone who is new to these healthy eating habits. So here are some tips to make the best out of not such great situation.

- Whenever possible, eat a ZWES meal before attending an event or dinner. Drink water or have only small snacks while with company.
- Whenever possible stay away from fried foods.
- Wine, or a mixed drink is always better than beer... even light beer. Also limit alcohol consumption. It tends to lower your willpower and resolve.

- Don't over eat little finger foods.
- If you lose yourself... don't beat yourself up in the morning just make up for it the next day by sticking to the eating system fully.

TIP: The Zero Will Power Eating System is here take care of all your nutritional needs. Going out to eat with friends and family OR going to any social event should be treated strictly as a SOCIAL EVENT, not mealtime. Remember, you are out to enjoy other people's company, and talk, laugh, have fun, make jokes, etc..... BUT you are not out to eat meals. You can enjoy your social events just as much without eating all the unhealthy foods that's available to you.

[ZWES Video Series – Eating Strategies for Social Situations](#)

Liquid Calories

Beverages are the easiest way for you to let your caloric intake to get out of control. In juices especially there is roughly 100 calories in a typical 8-ounce glass of orange juice. Now who really just drinks 8 ounces of OJ? The average drink is usually about 18-24 ounces per meal. That can quickly get up to almost 1000 calories in a day if you aren't careful. A standard soda (non-diet) has roughly 150 calories per every 12-ounce can. Just 2-3 a day and add up to a pound a week!

As you can tell, liquid that you drink can easily cause you to over consume on your calories per day. It's important to realize this and keep it under control. The majority of your beverages should be water. Even Diet drinks have chemicals that are not healthy for you body. Water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Shoot for 9-13 cups day. Hydrating your body is very important but there is no reason to take on the extra calories!

[ZWES Video Series – Guide to Liquid Calories](#)

How to Prep, Cook, and Make Your Meals

I know when I first heard of these concepts and style of eating I was over-whelmed. To start off, I hate cooking (plus I'm terrible at it). I despise spending too much time in the kitchen. I rather do anything else... As far as recipes go, I was never able to follow one because I didn't have the patience to marinate, or let something simmer for 40 minutes on low heat while stirring it every 5 minutes so it won't stick. No offense to the chefs out there, but for me...I'll go crazy! ...Plus I hate going to the grocery store just to buy a seasoning I never heard of because it was needed in the recipe.

Still determined to get a ripped body and Six Pack Abs, I spent hours upon hours perfecting the craft and coming up with an easy standardized way to COOK, PREPARE, and STORE an entire weeks worth of meals in LESS THAN 90 minutes. I still remember days where I spend over 8 hours of time grocery shopping, seasoning, cutting and chopping, cooking and packaging my meals. I knew there was a better way and I spent the last ten years perfecting the entire process. I went from spending 8 hours a day to only spending 4, and eventually I streamlined every step of the process cutting down my entire meal making time to under 90 minutes.

This was not easy. People pay hundreds and thousands of dollars per month to hire private chefs to do for them exactly what you can do in 90 minutes a week or less.

In this book, I will go over every step you need to take so you will have the most efficient way to make your meals. Once you learn these steps, if it still takes you more than 90 minutes a week to cook your meals, then you definitely need the full ZWES Video Series so you can follow along with me as I cook all my meals for that entire week. <http://www.zerowillpowereatingsystem.com>

Your Cooking Tools

Here are the cooking supplies that you must have in order to make your meals. These items are very important in streamlining the meal making process.

1. 72 inch George Foreman Grill

I found that George Forman Grills tends to cook most meat faster than other devices due to having 2 surfaces for cooking plus it's easy to clean. The larger the grill, the more meat you can cook at one time, the more time you will save. Get a 72 inch or bigger if available. There are other similar grills available on the market, but I found these to be the easiest to use and cheapest to buy. Avg Price: \$49 - \$69 dollars.

2. 4 Large bowls for food preparation

Make sure the diameter of the bowl is at least about 14 inches. You will need them to marinate your meats and later used for cooked meat as well. Make sure to get 4 of these so you don't run out of bowls. Large pots can also be used. Avg Price: \$3 – \$6 dollars each

3. Rice Cooker

Brown Rice is one of the fastest and easiest carb sources to make plus also one of the best for fat burning. A rice cooker allows you to cook the rice without having to check on it. With the right amount of water, you will never overcook it, and you can leave it on as you finish cooking your meats. Don't waste your money on fancy rice cookers, depending on your area, a rice cooker should cost anywhere from \$20 – 40 dollars.

3. 30 Tupperware Containers

You will need about 5 a day or 30 for the week. Any container is fine to use just as long the size is from 24 oz. – 48 oz. with a tight sealed lid; microwavable safe; durable enough to be reused and plastic so its unbreakable. Make sure that once you decide on what to use, use the same container and don't try to mix and match. Matching lid to container later on becomes a hassle and your goal is to streamline the entire process. I used a brand called GLAD for many years; they are sturdy, cheap, and perfect in size.

4. Cleaning Brush

A cleaning brush allows you to clean the surface of a hot foreman grill without burning your hand. You will need to do this b/t cooking different meats. Avg price \$2 - \$5

[ZWES Video Series – Getting Started](#)

Buy your food in BULK

The benefits of buying in bulk allows you to:

- Save money on meats by buying in bulk when there is a sale.
- Save time by not going to the grocery store every week.
- Going to the grocery store less will lessen the chances of you buying unhealthy foods. EX: Just think about the last time you went to the store to buy 3 things BUT walked out with 10 items instead. It happens to all of us. ***Going to the store less means you will limit yourself of buying the unhealthy foods that entices you while in the store.**
- Saves money on your total food cost. It's harder to track how much money you spend when it's a lot of small amounts causing you to spend more than you necessary.

How to Prep, Season, and Cook your food

Step 1 - Always cook your carbs first. Carbs are very hard to overcook and need minimum attention. They also take the longest to cook so you need to cook them first.

Step 2 – While your carb is being cooked, plug in your George Forman Grill as it takes a few minutes to heat up. Take your meats out of the package and put them in the large bowls. If you choose to eat different types of meats for the week, keep them in separate bowls. Make sure you have enough room in each bowl to season and stir without spilling.

Step 3 – Season your meats. You can use any spices and seasoning you like, stay away from sugar based sauces or creamy sauces that are high in calories, fat or sugar. Tip: As soon as you're done seasoning the first batch of meat, put it on the grill. The goal is to spend the next 90 minutes the best you can without any "down time" so you're constantly cooking, washing supplies, or putting together the tupperwares.

Step 4 – Cook the meats until it is about 90% percent cooked. If you fully cook your meat, the meat will be overcooked later in the microwave when you are ready to eat and will come out very dry. **Tip: Put as many pieces of meat as you can fit on the grill surface. Try to position the meats to cover every inch the cooking surface. For EX: I usually cook about 7 pieces of chicken breast at a time. It usually takes under 5 minutes to cook a batch of meat on the foreman grill which means you can cook 30 pieces of meat in about 35 minutes. (Your whole week's worth of protein)**

Step 5 – Once your carbs are done cooking, lay out all your tupperwares and put drop all the carbs evenly in each tupperware. Do the same with your vegetables. Tip: You do not need to cook your vegetables. Once you microwave your tupperwave, the steam will cook the veggies for you. At the end, put all your meats in the tupperwares, wash all remaining dishes, and you are done!

[ZWES Video Series – Cooking Proteins](#)

[ZWES Video Series – Cooking Carbs](#)

[ZWES Video Series – Cooking Vegetables](#)

[ZWES Video Series – Cooking Wrap-Up](#)

Secret Tip#1 – The secret in making healthy food taste good is the sauce you use. Even though the food is seasoned, I always put a new flavor sauce on top of it to give it more flavor. You can use as much spices as you like, but when it comes to sauces with calories and sugar, limit the amount per Tupperware to keep your calorie intake low.

TIP: Your meals should have a refrigerator life of up to 7 days. Certain foods will last longer than others. Use your best judgment and if you're not sure if a meal has gone bad, play it safe and throw it away.

To learn more about the The Zero Will Power Eating System go to
<http://www.zerowillpowereatingsystem.com>