Early to Rise Customer Support

What do you do to lose weight if you have to adhere to a low-fiber diet?

Kerri -- ETR Customer Support - 2020-02-20 - Chef Gui Eat More Burn More

I'll assume you mean a "high-fiber" diet; not a "low-fiber". As a general rule, you want to increase the amount of fiber in your diet.

I wouldn't say that Eat More Burn More is a high-fiber diet. Rather, I advocate focusing on good food with little restrictions, but better choices. It's just a better way of eating and enjoying food.

If you are interested in increasing the amount of fiber in your diet, I recommend eating more vegetables, including high-fiber ones like leafy green vegetables (spinach, chard, kale, etc…), seeds and nuts, whole-grain products, as well as lentils and beans.

If you are receiving my emails and are involved in my cooking Master Class, then you'll start enjoying very good food that is both delicious and healthy. I hope this helps.