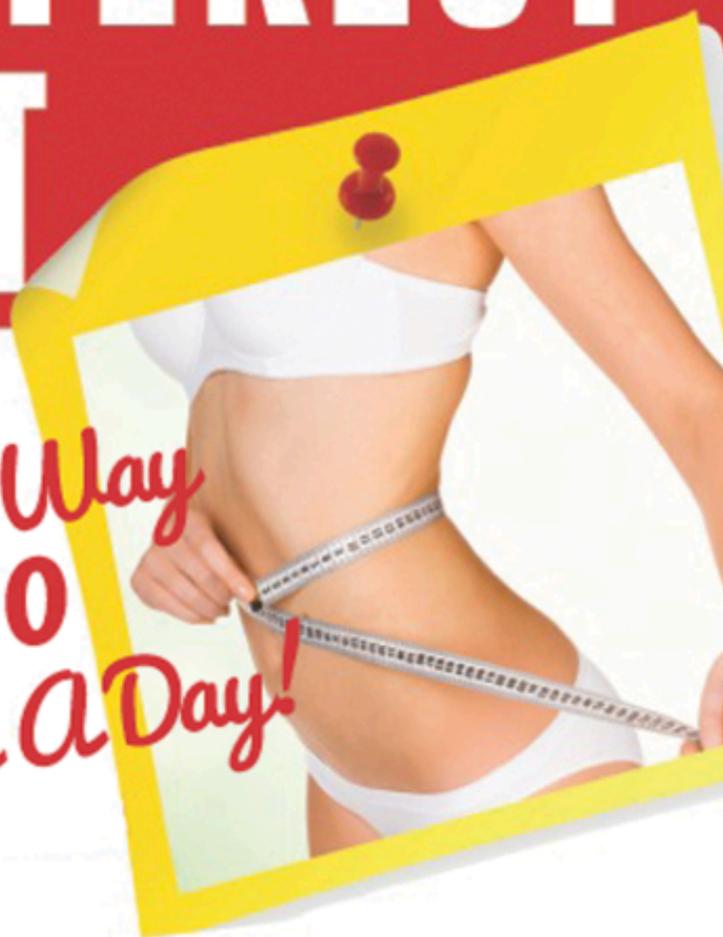


TRANSFORM YOUR LIFE IN 30 DAYS!

The
**PINTEREST
DIET**

*Pin Your Way
Thin In 10
Minutes A Day!*



Mitzi Dulan, RD America's Nutrition Expert®
and #1 Nutritionist on Pinterest

BONUS Chapter 15:

PIN YOUR WAY THIN IN 10 MINUTES A DAY

Congratulations! You've taken the first important steps toward pinning your way thin! As a special thank you for buying my book *The Pinterest Diet* and making a commitment to reaching your dream weight, I am proud to offer you a free online-only bonus: Chapter 15: Pin Your Way Thin In 10 Minutes A Day. In this chapter, I've provided you with a handy, Sunday-to-Saturday daily planning guide that will make reaching your weight-loss goals easier than ever.

You'll find this chapter most helpful after you've read *The Pinterest Diet* and are familiar with my Pin 10 rule. In case you need a refresher, Pin 10 simply means taking 10 minutes EVERY day to do nothing but enjoy Pinterest. Turn off your cell phone (unless you are pinning from it), log out of email, put the kids to bed, and focus fully on finding the inspiration you need on Pinterest. Always start by checking out my boards for great new workouts, recipes, words of inspiration, helpful products, and more. Then browse other reliable health and fitness sources like the list of my 12 favorites in *The Pinterest Diet*. You'll find a goldmine of good material to pin to your own Life Transformation boards.

To make your Pin 10 time even more user-friendly, here is a blueprint of specific day-by-day strategies for you to focus on each day of the week. If you haven't read my book yet, you can buy at Amazon.com.

PIN 10! Sunday

After enjoying your weekend, and perhaps eating a little more than you should have, it's time to get re-focused and ready for a productive week. Sunday is the ideal day to explore new recipes on Pinterest. Make it your goal to find two new ones that you WILL try this week. If you've got a busy week ahead, look for quick and simple dishes. If you have more time, be more adventurous.

Make your shopping list and go to the grocery store either later today or tomorrow. That way, you'll have all the ingredients you need on hand to make the two new recipes of your choice. No excuses!

Here are some easy ways to find tasty, healthful recipes on Pinterest.

1. Look at the recipes you've already pinned and been meaning to try but haven't made the time for yet.

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2. Look for tasty recipes on my boards, such as: MSF Factor Foods, Workout Plans, Protein Recipes, Beans and Legumes, Whole Grains, Fruits, or Vegetables.
3. Search for specific recipes by keywords. Type in your favorite ingredients or the names of dishes you love. Have some spinach on hand? Type in “spinach” to find a delectable new way to cook it. Or type in “spinach salad” to find sweet or savory new add-ins to give your salad more pizzazz. You’ll be amazed at how many tempting recipes you’ll find.

Go to the Health & Fitness or Food & Drink Search Categories on Pinterest. In the upper left-hand corner you’ll see a drop-down that lets you search both categories for new recipes.

PIN 10! Monday

Building on Sunday’s theme, today is all about food. Yesterday, you planned recipes to cook *this week*. Today, I want you to think ahead. Collect all the dishes you might want to try sometime in the future. Look for new recipes that appeal to you, fit your Unique Taste DNA, and include the Top 50 MSF Factor Foods outlined in my book.

Make sure you visit my MSF Factor Foods Board as well as my Workout Plans Board. I often pin great recipes here, too. Do a search like the one you did on Sunday, but type the different MSF Factor Foods from Chapter 4 into the keyword search. You might even decide a few of your new finds are too enticing to put on hold. If so, try them all this week! Who says you have to restrict yourself to adding only two new recipes to your repertoire?

Pin anything that interests you and looks like it adheres to the The Pinterest Diet Rules. Remember, you’ll find Mitzi’s Modification Tips in Chapter 10 that can help you adapt lots of recipes to fit the rules.

PIN 10! Tuesday

Tuesday is fitness day. Browse Pinterest until you find at least one or two new exercises you want to try. You might turn up a new ab exercise or a new super-quick workout you could fit into your morning routine. As you probably already know, exercise routines can get old fast. Mixing them up makes exercising more fun. It also helps you shape up faster because you work different muscle groups and challenge your body in new ways.

Be sure to visit my Workout Plans Board and look at the search category Health & Fitness for ideas. Pin whatever appeals to you to your Workout Plans Board. In Chapter 11, I provided you with a 30-day exercise plan so that will give you plenty to start but I would like you to start pinning new exercises this week to save for the future if and when you get bored. If you really want to try one now and add a specific exercise to my programs, go ahead. *The Pinterest Diet* is all about creating a plan that *works* for you. After the first 30 days, I would like you to try at least one new exercise each week from your Workout Plans Board.

Think of this as tone-up Tuesday!

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PIN 10! Wednesday

Focus on expanding your knowledge about nutrition, fitness, and health today. You might read and pin an article about “How to Choose the Safest Seafood” or a list of tips for stress reduction. Spend a minute or two reflecting on the past week. What challenges did you face? What changes might make your life easier? If clutter in your home is driving you crazy, search for simple tricks to lead a more clutter-free life. If you woke up exhausted every morning for the past week, search for articles on how to determine the amount of sleep your particular body needs. If you’re still struggling to get the kids to school and get yourself to work on time, search for easy morning organization strategies.

Visit my In The Know Board every Wednesday. It’s my catch-all for great articles like “10 Ways to Be Happier In Your Own Home”.

PIN 10! Thursday

Every Thursday, make it your goal to find five new interesting and inspiring boards or new Pinners on Pinterest to follow. Search the categories I’ve already mentioned on Pinterest to find inspiring new people to follow. One of my favorite ways to find new people to follow is by looking at some of my favorite pins. There are so many amazing food bloggers who pin great images on Pinterest. You can also add a few other keywords of your own when you do your searches based on your specific health and fitness needs and concerns. If you’re worried about your high blood pressure, you might find a cooking enthusiast who shares your concerns and posts scrumptious low-sodium recipes. If you’ve just discovered yoga, you might find an expert who pins great easy strength-training yoga poses for beginners.

It’s also a good idea to visit your favorite online sources for nutrition and fitness information and look at their homepages to see if they include a Pinterest social media icon.

PIN 10! Friday

The focus on Friday is inspiration. Look for at least one to two inspirational pins to help you prepare for the weekend. Research has shown that many adults undermine all the progress they’ve made during the week by overeating on the weekend. Talk about self-sabotage. It’s the equivalent of a salt and sugar hangover: Bingeing might seem fun on Friday night, but you’ll live to regret it Monday morning.

Fortunately, Pinterest is brim full of wise words and funny insights that will help you keep your priorities straight and remind you of why you set out on this journey in the first place. The right words will remind you that your health and fitness matter more than peer pressure to split a second pitcher of margaritas with your colleagues at happy hour or to have that huge second helping because your mom or your mother-in-law will be insulted if you pass.

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Pin the words that speak to you and help you face your biggest weekend challenges, whether it's beers and barbecue at tailgate parties before the game or eating non-stop all weekend.

PIN 10! Saturday

If you're like most of America, this is your free day. So, you get to pick what you want to pin today! Pin anything that supports your goals of getting healthy. Remember, you should be focusing on your mind and spirit as well as your body. Any topic is fair game as long as it helps you live a healthier, happier, more rich and fulfilled life.

You might find anything from an article on how being more optimistic can improve your quality of life to a list of the year's best new kitchen gadgets, including a silicone steamer for veggies or a device for removing strawberry stems. Pin any intriguing products that you want to check out. Have fun browsing and pinning to all five of your Life Transformation boards.

ABOUT THE AUTHOR

Mitzi Dulan, RD, America's Nutrition Expert[®], is one of the most highly recognized nutritionists in the country. She's an-award winning, internationally known, registered dietitian, speaker, nutrition spokesperson, author, and certified personal trainer, who has inspired millions to lose weight and get fit. With her unique blend of high energy and down-to-earth charm, Mitzi is passionate about motivating people to take action. Mitzi is the co-author of *The All-Pro Diet* with NFL future Hall-of-Famer Tony Gonzalez, helping people eat clean and get lean.

She is the team nutritionist for the Kansas City Royals Baseball Team. Before this, she served as the longtime team nutritionist for the Kansas City Chiefs Football Team.

Mitzi is a sought-after media source for trusted nutrition and fitness information. She has conducted more than 300 television interviews across the country and has been a featured guest on *The Dr. Oz Show* and CNN. She appears regularly on FOX News Channel and is a blogger for *U.S. News & World Report*.

Mitzi is frequently quoted in publications, such as *The Wall Street Journal*, *Newsweek*, *US Weekly*, *Family Circle*, *USA Today*, *Men's Fitness*, *Maxim*, *Glamour*, *Women's World*, *Fitness*, *Oxygen*, *Prevention*, *First*, the *San Francisco Chronicle*, and the *San Jose Mercury News* as well as online at HuffingtonPost.com, ESPN.com, MSN.com, FoodNetwork.com, Forbes.com, AOL.com, Yahoo.com, Shape.com, and Glamour.com. She has been a speaker for a number of Fortune 500 companies as well as for the U.S. Army and Morgan Stanley.

Mitzi has developed a highly engaged social media following on all of her social media outlets. She has more than three million followers on Pinterest and was named one of the Top 35 Diet and Nutrition Experts to Follow on Twitter by The Huffington Post. She was also named the #5 online influencer to help Americans Eat Better by ShareCare.com, behind Dr. Weil and Jamie Oliver.

Mitzi earned her dual B.S. degrees in Nutrition and Exercise Science, graduating cum laude in both from Kansas State University. She burst onto the nutrition scene and was awarded Recognized Young Dietitian of the Year by the Academy of Nutrition and

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Dietetics and won Kansas State University's *Entrepreneur of the Year* award.

When not traveling to share her message of persistence and hard work, she can be found at home living the lifestyle she teaches with her husband and two daughters. She loves experimenting with new recipes and cooking clean, real foods that burst with flavor. She lives with her family in Kansas City.

To learn more about Mitzi and to find her latest recipes, visit NutritionExpert.com or connect with her:

Facebook: [Facebook.com/NutritionExpert](https://www.facebook.com/NutritionExpert)

Instagram: [Instagram.com/NutritionExpert](https://www.instagram.com/NutritionExpert)

LinkedIn: [LinkedIn.com/in/MitziDulan](https://www.linkedin.com/in/MitziDulan)

Pinterest: [Pinterest.com/NutritionExpert](https://www.pinterest.com/NutritionExpert)

Twitter: [Twitter.com/NutritionExpert](https://twitter.com/NutritionExpert)

YouTube: [YouTube.com/TheNutritionExpert](https://www.youtube.com/TheNutritionExpert)