AC 2/8/16 -- I like to swap out veggies for some high carb foods. A few examples:

- cauliflower mashed “potatoes” instead of mashed potatoes
- zucchini noodles instead of pasta
- Spaghetti squash instead of pasta
- Cauliflower “rice” instead of white/brown rice

JC 2/9/16 -- Here are some suggestions that have worked for me during past weight loss, that you can post:
- Planning my meals the night before: breakfast, lunch, dinner and healthy snacks like fresh fruit/veggies/nuts
- Drinking 1 glass of water before every meal, stops me from going for seconds unless I'm actually hungry
- Pact App-it pays you money if you log meals, exercise and/or eat fruits and veggies. You pay a minimum of $5 if you don't meet the minimum requirement you set for yourself for the week and you can schedule a break if you are sick or unable to complete the pact.

M.S. 2/10/16 -- Something I'm changing: I snack at night and want to stop, but in the meantime, if I have to have a snack, I try to make it a protein so I'm not eating more sugar or carbs right before bed.