

How I ate what I wanted and still lost weight  
with  
*The Beer and Chili Diet*

A Personal Fitness Diary  
In Ebook form

by

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**Disclaimer:** This is a light-hearted look at the process I personally used to quickly lose a lot of body fat. I am not a medical service provider or doctor, and the information in this publican is provided for entertainment and informational purposes only. The results you experience may be different than what I report. Making changes to your diet or exercise plan without your medical care provider's review and consent is solely your responsibility, as are injuries sustained in the process of exercise.

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## 1. Background

I used to have my chest on upside down. That's where the part that sticks out is on the bottom, not the top. I got tired of my granddaughters poking fun at my potbelly.

I kept telling myself, "Look, I'm active, and at 6'-6", it's OK for me to weigh 240 pounds.

But when a doctor commented on my potbelly too, I decided it was time to launch a "frontal attack."

My wife gets these women's magazines, and they are loaded with these girly froo-froo recipes that require a lot of preparation. They look pretty, but a real guy wouldn't touch one of those with a ten-foot pole. I needed something a lot quicker. A recipe where all you need is a can opener and a spoon, or maybe just a hatchet and a stick.

I jumped on the Internet and hit the local library. I read tons of articles and threw about as many out.

But once in a while, I came across something I could use. A gem of wisdom. Something that rang true. I added the best parts together, and tried to come up with the best diet a guy could ever have.

One result of my research was that I found a quick way to eliminate three-fourths of the scams and diets on the Internet and in magazines: if they have a miracle discovery or breakthrough for you to try, they probably care more about helping your pocketbook lose weight than your belly.

Sorry, readers, I don't have anything to sell, nor do you need to buy a single thing to lose major pounds with the **Beer and Chile Diet**. My plan is "fat free."

You don't actually *have* to consume chili *or* beer for this diet to work, but you can. I'm not even advocating drinking beer, but in moderation I guess it's OK. I gave the diet that name to be attractive to guys, and to point out that this is a diet a lot of guys can live with. Your guy has a pretty good chance to successfully lose that roll of heart attack causing raw materials called a potbelly on this diet.

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But neither can you live *exclusively* on chili and beer, well not on this side of redneck Heaven anyway.

But I found that you don't have to "give up" your favorite foods or beverages to lose weight. You can eat or drink whatever keeps you going through the day. You just have to do it a little differently (AKA smarter).

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## **2. Some Personal Results**

I've lost 20 lbs in the last two months using this diet. I had to punch a couple more holes in my belt to keep my pants up. And I haven't given up a single food or beverage to do it!

This diet is for guys, but it might even work for girls.

Just so you know, I'd rather usually take a beating than go to the doctor (typical guy). The last real physical I had before this year was when I went into the Army in 1968. And back then; they were only looking for warm pieces of meat that could carry a rifle across a rice paddy.

Now almost fifty years later, at my wife's constant "urging, urging, urging," I made an appointment for a physical at the Veterans Administration.

But I had already put my plan into effect sometime earlier. I had been doing some light exercise and weight lifting, walking, and had been eating smarter for a while. The lab results showed it.

"Just keep doing what you're doing," the doctor said at the end of the exam. "Cut out some more animal fat to lower your LDL a bit. See you in a year."

No pills, no special diets, no special tests. Just hearing aids and glasses, but after all, I'm 72.

Keep reading. The whole process is outlined below.

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### **3. My Credentials and the Field Studies Which I Conducted**

Thought I'd better add *something* here.

*Credentials.* I don't have a degree in nutrition from a major university, nor anything even close. Nor do I have a medical degree, or even a First Aid Certificate. And the credentials I do have I keep hidden under my tee shirt. There used to be a big belly there; now there isn't one. What's under your tee shirt?

*Field studies.* It seemed to work about as well in a field as it did in the city, but it was a cloudy day.

I just know what works for me. If you can make it work for you, go for it! You might have to tweak a few things here and there. It's definitely not rocket science, and you can figure it out!

Bottom Line: All the stuff I wrote in this ebook is for entertainment and educational purposes only. I am not a professional healthcare provider, and my results and claims may be different than you experience. Do not make changes to your diet and/or exercise plan without consulting your doctor or healthcare provider.

Enough about me. Here's what I found:

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#### 4. Exercise

Exercise is an approach that *doesn't* work near as well as people think. I walk on my local track everyday, so I know who is new there. I often see new faces, and some are busting their humps trying to run the fat off.

They don't realize that exercise won't cut much fat. Exercise only helps a smart eating plan succeed faster.

Say for example you start running to lose 30 lbs. 1 pound of fat equals 3500 calories, so your exercise must burn up  $3500 \times 30 = 105,000$  calories. Depending on your weight and speed, running a mile burns up about 100 calories. So all you have to do is run a little over a thousand miles. Right.

At 3 miles per day, it will take almost a year of running every day, rain or shine, to run off that blubber.

But think about it. If you're 30 lbs overweight now, your eating is already out of control. If you continue eating like you do now (calories in vs. calories out) you might even weigh *more* at the end of the year in spite of running every day.

And that's assuming your cholesterol doesn't kill you before Christmas.

You're going to have to learn to eat right anyway, so let your diet take care of most of the fat loss. Let all the young people run the thousand miles. Hopefully they won't become discouraged when they find out how far they have to run to take off a pound of fat.

All I do is walk about 10 miles total per week at the park. I work around the house on remodeling projects (and walk lots of miles looking for stuff I put down and can't find). I also get a lot of roadwork in thinking about the Hereafter. I often walk into a room and ask, "Now what am I here after?"

I eat around 2500 calories per day and lose at least 10 lbs per month on that easy exercise schedule. I eat or drink anything I want. Some days, I don't make the 2500 goal. Some days I go over, *way* over. But it still works.

If you want to eat smart *and* run, your plan succeeds just that much faster.

But if you're not in a hurry to lose a lot weight, you really don't have to exercise **at all**.

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Life is more about direction than destination. Which is better: to weigh 220 lbs and be losing weight according to your plan, or to weigh 120 lbs and be gaining weight in an out-of-control spiral?

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## 5. Getting Set Up

An old rule of thumb was to take the weight you wish to be and multiply it by 14. You will *eventually* weigh that much if you eat that many calories per day. That number does not include any exercise at all.

For example, if you wish to weigh 135 lbs., take 135 times 14 to get 1890 calories for a daily intake. Stay under 1890 calories per day and you will *someday* weigh 135 lbs.

Exercise will speed up the process, but is not necessary. What you weigh today doesn't matter nearly as much as what you eat today.

Choose some way to record your calorie intake for the day. My wife likes to write her calorie intake in a journal, but I record them on a smart phone app that comes on Samsung phones called S Health. By the way, she's lost over 20 lbs and hasn't exercised a lick!

I get instantaneous feedback with the electronics as to what I've eaten so far that day, and maybe more importantly, how many calories I have **left** for the day.

A while back, a friend had his favorite high calorie adult beverage chilling in the man-cave. It was calling his name, so to speak. But it was four hundred calories, and he only had a hundred left for the day. He had to drink a light beer instead. Be tough! You're worth it!

**Set a goal weight.** It could be the result of an online Body Mass Index (BMI) calculator or the fact that you have a whole wardrobe of a particular size. You might just remember a weight you felt good at in the past.

I picked two hundred fifteen pounds as my goal weight because it was the top of the "normal range" for an active 6'-6" male of my age. Maybe next year it will be lower.

Besides, I just want to be "normal" about *something* in my life for a change.

Age should be taken into consideration when setting your goal. Sometimes when older adults get sick, they lose too much weight and then can't get it back.

Being underweight has health risks, too. Consider keeping a few extra pounds on just as a safety reserve.

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## **6. MENU IDEAS**

Favorite food: Roast Beef Stew. Cook a large roast in the crock-pot with veggies. I only eat vegetables that grow above ground (except carrots). If I eat canned beef stews on other days, I lick the gravy off the potatoes and then let the birds peck them off the driveway.

Favorite Salad: Jerry's Spinach Knock-Out, made with baby spinach and kale, diced tomatoes, sunflower seeds, mushrooms, shredded carrots, small broccoli and cauliflower florets, peas, olives, shredded cheese, halved grapes, cubed chicken breast, and anything else in the fridge (except the frozen trout Grandpa caught in 1957), all covered in gobs of red wine vinaigrette dressing.

Peppers, radishes, and lettuce gas me up, so nada on them. Ditto for turnips. Your choice.

Favorite fast foods: 1. Chicken tenders or strips and iced tea.  
2. Double stack burger- throw the bun out for the birds.

Favorite Candy: Semi-sweet dark chocolate. Must nibble each piece. Has health benefits.

Favorite Snack food: Beef Jerky. Satisfying, with almost no fats (calories).

Comfort Foods: corned beef, cheddar cheese, Fritos, coffee.

No-fly list: Pizza. I'll eat one piece occasionally to be sociable.(no crust)

Bread, white or any other color.

Bakery: puts my ADD into hyper-drive. Ugly. (the ADD, not me)

Potatoes: especially sweet potatoes.

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## 7. Guidelines/ Rules

RULE 1. If you consume it, write down the calories it contains. It doesn't matter whether the calories are from protein, carbohydrates, fats, or alcohols. It is your choice how you spend your calorie budget. Plan ahead. Don't cheat!

Follow the link below to the Twinkie Diet and get ready to laugh your head off. This nutrition professor lost 27 of weight eating Twinkies, chips, and cookies.  
<http://www.cnn.com/2010/HEALTH/11/08/twinkie.diet.professor/index.html>

Maybe some professor will study the Beer and Chile Diet as well.

RULE 2. Your calorie goal for the day is not carved in stone. If, despite your best efforts, you continually go over your calorie goal, raise it up for a while. Remember the story of the tortoise and the hare? Sky down, Dude.

RULE 3. Consuming alcohol changes the plan. So you've exercised hard and have this marvelous juiced up metabolism fat burning phase going. This heightened fat burn can continue for up to two hours. To celebrate, you can have a drink. But not yet!

The body sees alcohol as a poison, and will cease fat burning immediately and shift into alcohol burning mode. Knowing this, you simply wait for a couple hours after exercise to imbibe. By then it doesn't matter as much. Cheers!

RULE 4. Don't believe all the old standard hype. We've heard for years not to eat bacon and egg yolks for breakfast because the fats will kill you. New research suggests that the first meal of the day "programs" the body to more effectively digest food for the rest of the day.

I cook my wife's breakfast every morning. After 50 years, I figure it's about my turn to step up to the microwave. It's always the same: 2 whole eggs and two strips of bacon. Yep, she's lost over 20 lbs eating bacon and eggs every morning.

**BONUS: Secret Recipe for a 10 minute Bacon and Egg Breakfasts.** Get small cardboard bowls to cook in. Spray them or rub in olive oil. Drop two eggs in each, add a dash of milk, seasoning, and scramble. Microwave on high for 169 seconds. Get precooked bacon at the store and put 2 slices on top of the eggs. Heat for 10 seconds more to warm up the bacon. Serve. Rake in mass Brownie Points.

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It takes only 10 minutes to cook both our breakfasts, there is virtually no clean up, and we wash the forks on Saturday (usually)(probably)(sometimes Monday). This breakfast usually sticks with me until early afternoon. That's it.

**RULE 5 Weighing in.** Set the scale up in the same place, and step on it in the same manner each time you weigh yourself. The lowest weight you EVER record is now your official weight! Weigh every day or not; who cares?

Daily fluctuations may include not having gone to the bathroom yet, extra food late at night, water retention, etc. You might not hit that low number again for a week, but no matter, that's your new "official" weight. High five!

**True confession:** I have occasionally removed my watch and false teeth to hit a certain weight goal!

**Another Strategy:** You might also want to record your calories on a weekly basis. The beauty of this is that you can sort of "save up" calories to treat yourself with an EAT ANYTHING DAY at the All-You-Can-Eat-Restaurant once each week.

A planned Eat Anything Day, or at least an Eat Anything meal, may make the difference between your plan becoming a success rather than another failure. The difference is that if your body gets used to your new eating plan and the weight loss hits a plateau, an "eat anything" day is often just enough to kick start your progress again.

Remember, it is not what you eat, but how much you eat, and when, that makes the difference.

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## **8. The Secret Behind the Beer and Chili Diet**

While not totally necessary, exercise can become your next best friend in losing weight. The information I have read indicates that muscles store glycogen (sugars) for instant energy. (AKA Caveman outruns dinosaur.)

As long as the muscles have that readily available energy, you will not burn an ounce of stored fat. Studies indicate this muscle energy may be enough to power the body for up to 30 minutes of light exercise.

You have to exercise to the point that the muscles run out of that quick energy. Then, and only then, will the body start using fat for energy. I call that point the Depletion Level.

I've worked a lot of hard construction jobs in my day, but the difference is that the work is not "sustained." You shovel like crazy for 10 minutes then wait a while for the next truck to show up.

Lighter "sustained" exercise seems to work better for fat burning than heavier "sporadic" exercise. Maybe the body uses the lull to restock the "quick" energy through digestion rather than burning fat.

Simple physics will also explain that moving the same weight faster uses more energy, just as your car uses more gas when you go faster. More intense exercise will get you to the Depletion Level faster.

Quiz time: If your light exercise routine is 20 minutes long, how much stored fat are you probably burning? Hint: Pick a number somewhere around zero.

I try to get at least 6000 steps (about 3 miles) per day, with half of that number at the Helicopter Park. The rest of the steps I get just walking around the house looking for stuff I can't find.

I'm pretty easy to spot when I'm on the track walking. I walk pretty slowly for a big guy, and I always carry a pack. Most days I just amble along with my big cup of coffee and a 3 packet-of-natural-sugar smile. That's because 50 calories of natural sweetener is better than killing off half the good gut bacteria with some artificial sweeteners, leading to indigestion.

I'm usually not walking for distance or speed, but for duration. Forty minutes (about 1 ½ miles) takes me to the Depletion Zone, then everything after that is gravy, er, fat burn.

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You may learn to recognize when your body switches over if you are paying attention. You begin to feel like the Energizer bunny with an afterburner starting to kick in.

On some days, I walk on the grass around the track, zigzagging up and down every possible berm, hill, and ditch beside the track while carrying that daypack on my back. That's an hour and a half of non-stop hill climbing and dip descending, walking just as fast as I can walk.

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## 9. Final Thoughts

I just got back from a visit to the Veterans Administration optometrist. She said my eyes looked “wonderfully healthy inside.” If the eyes are the windows of the soul, I might be around for quite a long time, so I better to plan ahead.

It is mostly my choice whether I spend my autumn years in health, or spend them in pain while stuffing medications down my throat. I am very fortunate, (and admittedly the beneficiary of great genes) to be able to live at 72 years of age without medication.

But my choices play a crucial part in how long my health lasts, as will the choices **you** make in your life. If the pace of life has led you to put your health on the back burner, perhaps the **Beer and Chili Diet** can help you can work your way back to better health. It won't as tough as you might think if you check with your doctor and then get started.

If you've found some useful ideas, directions, and hope in the **Beer and Chili Diet**, make sure to pass it along to all your friends and family. Maybe I'll meet you in the Helicopter Park someday. Here's to your health!