

-----Two Free chapters-----

D A W N A S T O N E

FASTING

KETO

LOW CARB

VEGAN

PALEO

LOW CAL

DIET STACKING

FIND YOUR STACK
AND LOSE WEIGHT FAST!

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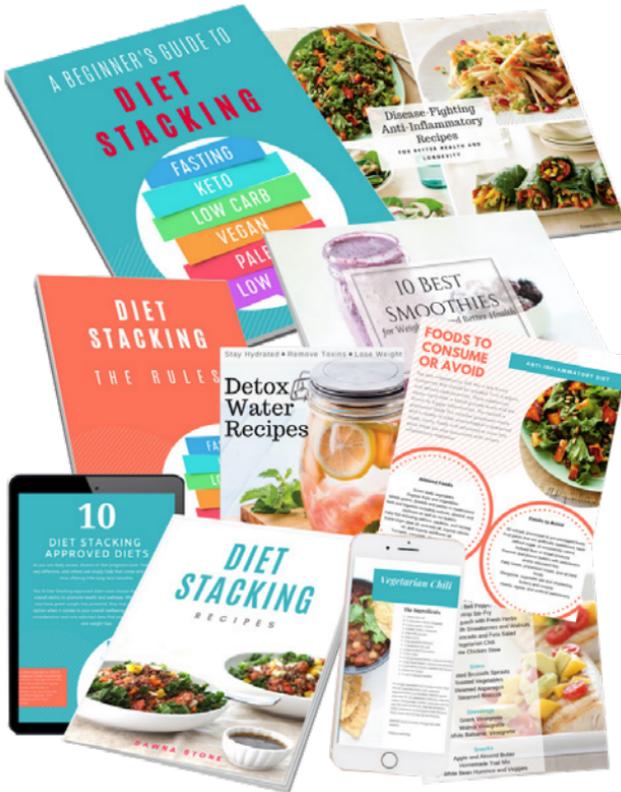
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INTRODUCTION: **IT'S TIME TO STACK!**

Michele stayed on the Keto diet for nearly a month and lost over 10 pounds. Although she saw great results, she couldn't find the motivation to stay on the diet any longer. She got tired of eating so few carbohydrates and struggled to get the recommended fat intake. She knew the diet had scientifically-proven health benefits, but those insights just weren't enough to keep her on the diet. As she stopped following the program, she slowly reverted back to her old habits, and within 60 days, she had gained back all the weight she had worked so hard to lose.

Sarah researched the Paleo diet and decided to give it a try. The first day went smoothly, and she thought she was finally on her way to losing those unwanted pounds. But mid-way through day three, she struggled to stick to the plan. By day four she gave in and returned to her old eating habits. She felt as though she failed yet again and decided Paleo just wasn't for her. She vowed to not give up on her weight loss goals but to find a diet that's right for her. She's still searching.

Joe and his wife found success with the Atkins diet. They even touted their low-carb lifestyle to friends and family. Each lost over 20 pounds and felt great. The diet however wasn't sustainable. Their social lifestyle made adhering to the program difficult. And as the struggle became more and

more difficult, they gave up on their low-carb lifestyle all together. When they went back to their previous ways of eating, the weight piled back on. Both felt the diet wasn't a good long-term solution.

The Keto diet, the Paleo diet, and the Atkins diet have all been proven to work as have many other top-rated diets. The Mediterranean diet, intermittent fasting, and the anti-inflammatory diet are some others that deserve mention. And all have many scientifically-proven health benefits that you will read about in the chapters to follow. The problem, however, is that most people find these diets difficult to “stick to” for long periods of time, and as their motivation wanes (or diminishes all together), so does their ability to follow the plan.

If you can relate to any of these stories, you're not alone. So many of us start a diet fully committed and motivated to finally succeed. Unfortunately, it's human nature to lose motivation over time. What may seem exciting and very doable on day one can often feel impossible by day four. This is where Diet Stacking comes to the rescue! Diet Stacking provides a structure that allows you to keep your motivation high over a much longer period of time—allowing for greater success and sustained weight loss.

So what is Diet Stacking? Diet Stacking is the process of stacking one diet on top of another as a way to maintain a high level of motivation and willpower. Research shows that motivation diminishes over time, and peak motivation only lasts for a few days before diminishing. 95% of weight

loss attempts fail. Why? They fail because people lose their motivation and no longer feel they can stay within the limits of the diets they have chosen.

Diet Stacking is the silver bullet in the quest to find a long-term solution to weight loss. Diet Stacking allows for a continued burst of motivation (motivation that often fades when a single diet is used alone). By stacking the best scientifically proven weight loss diets, you can reap the rewards of each diet—weight loss, better health, disease prevention, and more—without the motivational struggle to adhere to the same strict dietary rules for weeks, months or years. Want a program that is specifically designed to help you not only lose weight but keep it off for the long term? Diet Stacking is for you!

The average person goes through the following eight stages when starting a new diet or weight loss plan:

Stage One: Decision-Making

In stage one, we decide that we need to eat better or lose weight. Once that decision is made, we move on to stage two.

Stage Two: Planning

In this stage, we start planning how we are going to achieve our weight loss goals. During this stage, we typically choose our specific diet program or start setting diet rules for ourselves.

Stage Three: Determining Timing

In stage three, we set a start date (often a Monday) and determine how long we are willing to commit to our new diet (often a 7, 10, 15, 21 or 30-day time period).

Stage Four: Building Excitement

With our plan and start date set, we get excited about the success that we believe will come from finally achieving our goals.

Stage Five: Motivation Peaks

Stage five directly aligns with the first day of our new diet. This is the day that we've been waiting for. Our motivation is off the charts, and we feel exhilarated about our decision to make positive changes in our eating and lifestyle.

Stage Six: Motivation Tapers Off

In stage six, we remain motivated to reap the reward of our diet, but the initial excitement has lessened. We slowly begin to realize that our new diet is going to take some serious effort on our part to succeed in reaching our goals.

Stage Seven: Motivation Erodes Further

In stage seven, we try to find the mental toughness to continue, but we gradually start to wonder, "Is the effort really worth it?"

Stage Eight: Motivation is Replaced with Defeat

In this final stage, we have completely given up on our weight loss goals and blame ourselves for a lack of willpower.

We give up and resort back to our old ways. We might even binge or go to opposite dietary extremes for a few days.

With Diet Stacking, you can avoid the classic “Eight-Stage” experience that most have when dieting. Diet Stacking is your key to finding the motivation and willpower to succeed in achieving your weight loss goals. With Diet Stacking, you get a surge of new inspiration and excitement just before you start losing motivation. By stacking different diets, you stay just as excited throughout your diet plan as you were when you decided to take that first step! Just when most people are getting ready to throw in the towel, you enjoy a boost in motivation and excitement over and over again. That is what Diet Stacking can do for you!

By choosing to Diet Stack, you avoid the majority of the unwanted stages of dieting. Just as you start to feel hopeless in stage seven when your motivation begins to wane, you jump right back into stage four and become reenergized about the new diet that will start the following day. And instead of entering stage eight and feeling like a failure, you repeatedly gain a sense of empowerment as your motivation is reinvigorated. With Diet Stacking, you make the switch at the perfect time so that your chances of weight-loss success are the greatest.

Diet Stacking disrupts the normal dieting process and allows you to experience enhanced motivation and more willpower over the long term. Diet Stacking turns typical dieting on its head by eliminating the number one reason people fail to stick to a diet and lose weight—diminish-

ing willpower and motivation. Diet Stacking is the secret to staying motivated and reaching your weight loss goals! Sound appealing? Then keep reading to find out how Diet Stacking can work for you!

Download your **free Beginner's Guide to Diet Stacking** for quick and easy access to the art of Stacking. Download now: <https://dawnastone.com/beginners-guide-to-diet-stacking>

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Four video tutorials

- Welcome video
- The Simple Stack explained
- The Weight Loss Stack explained
- The Extreme Stack explained

Detailed and easy-to-follow meal plans

- Simple Stack Meal Plan
- Weight Loss Stack Meal Plan
- Extreme Stack Meal Plan

Shopping lists

50+ Diet Stacking Recipes (with photos)

Frequently Asked Questions Handbook

In addition, you will receive **three downloadable guides** to help ensure your success:

- The Beginner's Guide to Diet Stacking
- Diet Stacking Success Tips
- Diet Stacking 101: The Rules

Plus, if you sign up today, you'll receive **three incredible bonuses!**

- 4 Anti-Inflammatory Recipes
- 27 Detox Water Recipes
- 10 Best Smoothies



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SECTION I:
DIET STACKING 101

CHAPTER 1:

WHY WEIGHT LOSS IS SO DIFFICULT

At some point in time, most of us have gone on a diet. Our incentive might have been to simply be healthier or to have more energy throughout the day. But most choose to diet in an effort to lose excess weight. No matter the reason, most of the time our ability to achieve (and sustain) our goals falls short. For one reason or another, we start out strong only to lose momentum as time passes. And before long, we are right back where we started...or in some cases, even farther from our goals.

Several research studies have shown that our ability to succeed in dieting pursuits is severely lacking. In fact, researchers from the University of Minnesota and UCLA reviewed dozens of studies related to dieting and long-term weight loss. What they found was rather disheartening. While most people on diets did lose weight the first several months, almost all had gained the weight back, plus a couple of extra pounds, two to five years later.¹ Thus, it is understandable why skepticism abounds when it comes to new dieting strategies.

Unfortunately, we are in the midst of a major global epidemic when it comes to being overweight or obese. According to the Centers for Disease Control and Prevention, nearly 40 percent of all Americans are obese, and more than half are overweight. Similar statistics are now being

reported worldwide. And, notably, obesity is linked to many poor health outcomes. Heart disease, diabetes, stroke, and high blood pressure are just a few of the more serious ones.² It stands to reason that paying greater attention to our diets is needed perhaps more than ever.

This is where Diet Stacking offers hope. Diet Stacking is a revolutionary concept that can help you lose the weight you want and keep it off. Specifically, Diet Stacking addresses some of the most common obstacles that prevent you from achieving your weight loss goals while honoring healthy eating habits and proper nutrition. The more we learn about how our bodies react to dieting, and the more we understand about human motivation, the better we are in our approach to healthy weight loss. Diet Stacking considers these new insights and offers you a better way!

Looking Back at Dieting Approaches Over Time

Dieting is certainly not a novel idea. In fact, the word diet comes from the ancient Greek word “*diaita*,” which refers to eating specific foods for the purpose of weight loss and better health. The Greeks adopted some healthy approaches to dieting, but they also had some that were clearly not so healthy. Daily purging when overweight is one example of a less than desirable weight loss approach. Regardless, the association between diet, weight loss and health has been appreciated for a long time.

While dieting was prominent during the ancient Greek and Roman cultures, it really took off after the 18th century.

Rich foods and rising wealth meant upper-class members of society were packing on the pounds. Ultimately, this caused dieting to become more popular. In the 1800s, high protein, low carb diet fads gained momentum. And by the early 20th century, celebrity endorsements were in vogue.³ It's a small leap to see where these trends have taken us today.

It seems like there are an infinite number of diet plans on the market today, each with its own unique advantages and disadvantages. But despite this, we are hardly better off when it comes to controlling our weight. How can this be? While some of the answers lie in how our bodies respond to a particular diet, others simply involve human nature. Understanding how both of these factors play a role in dieting is important when considering innovative approaches to healthy weight loss.

Old Science Versus New Science

For many who have dieted over the years, one common formula may sound familiar. In order to lose one pound in weight, all you need to do is cut back your calorie intake by 3,500 calories. So, if you reduce your diet by 1,000 calories a day, assumedly you will lose a couple of pounds each week. This is known as the Wishofsky rule based on research done years ago. But there is only one problem...the formula isn't very accurate.

More recent research shows that our ability to lose weight by cutting back on our calories varies over time. In fact, there are two phases of weight loss whenever we start

a diet. During the first few days to weeks, weight loss is more rapid. It seems to take a much smaller decrease in your calorie intake to shed the pounds. But unfortunately, this all changes in the second phase. After a week or so, your body's metabolism slows in response to your diet change. From then on, you have to cut back even further on your calories to see the same response.⁴

How many times have you started a diet and seen great results in that first week? If you are trying to lose weight for some big event, this can certainly work to your advantage. This can also serve as great feedback in motivating you to stick to your diet. But then the "slowdown" phase kicks in, and your weight loss seems to slow to a crawl. Based on what science has shown about dieting and your metabolism, it makes perfect sense. But that hardly gives you a strong incentive to keep going.

Motivation Is the Key to Dieting Success

As science has shown, weight loss still occurs with dieting over time, even though it is slower than desired. But most of us simply do not persevere. What obstacles are in the way to keep us from realizing our weight loss goals? Based on surveys of men and women, three barriers seem to be the most important...time, taste and motivation.⁵ Naturally, time is a precious commodity today for all of us, and taste for specific foods is quite individualized. But all of us have the potential to improve our motivation, and this is where Diet Stacking can make a significant difference.

When it comes to motivation, a number of theories can help us identify how to best go about dieting. One of the most well known theories is Maslow's Hierarchy of Needs. In this motivational theory, various needs are ranked according to their level of priority. Physiological and safety needs, for example, are among the highest priorities. Certainly, having enough food is a basic need that motivates us to eat. Other needs are only considered after these basic needs are met, like the need for belonging and a positive sense of self-esteem. These are more likely to drive dieting and weight loss pursuits.

While Maslow's theory helps us understand our basic motivation to stick to a diet, it does not exactly explain why diets often fail. Another motivational theory provides greater insight in this regard. Vroom's Expectancy Theory of Motivation identifies three specific areas of motivation. These areas include the effort we put forth in dieting, whether or not we think the effort will produce results, and the actual value we assign to weight loss.⁶ These appear to actually have more relevance when it comes to weight loss and dieting.

For many diets, the amount of effort it takes to stay on the diet undermines its value to us. As time passes, eating the same types of foods and restricting calories becomes more of a struggle. This naturally reduces our level of motivation over time. Likewise, as the weight loss slows, our belief that our efforts will produce the results we want fades. We still want to lose the weight, but our motivation becomes less and less because we're simply not convinced the struggle is

worth it. Wouldn't it be nice if there was a diet that helped you overcome these challenges in your motivation?

Diet Stacking – A Fresh Look at Dieting

With an understanding of the realities of dieting, the challenges of successful weight loss become increasingly clear. First, while diets can help you achieve a healthier weight, their ability to be nutritious and meet your basic health needs is also essential. Second, healthy diets do not necessarily keep producing the same amount of weight loss over time...unfortunately. Appreciating this can at least help you know what to expect over time. Lastly, if we can maintain a higher level of motivation, the opportunity for success increases tremendously. Diet Stacking address all three of these “realities” when it comes to weight loss success.

In the next chapter, the concept and practice of Diet Stacking will be explained in greater detail. But without question, Diet Stacking can help you better achieve the weight loss results you want. Millions of people struggle with weight issues today, and a new approach is needed given the longstanding history of diet failures. By applying current evidence to better dieting practices, Diet Stacking provides a novel way to not only promote weight loss now but also help you maintain the weight you desire into the future.

CHAPTER 2: **WHY DIET STACKING WORKS**

Having discussed the challenges involved with weight loss and dieting, you can appreciate why a new approach is needed. Many of the diets recommended today offer numerous benefits. In fact, several offer healthy ways to lose weight while providing nutritious meal plans. But even with these select diets, the ability to stick to the plan often fades over time. A lack of quick results and the effort involved slowly erodes our motivation. Before long, our best intentions to lose weight and be healthy give in to temptations to cut corners. And eventually, we find ourselves reverting back to our same old habits.

What's the solution to these challenges? Isn't there a way to diet over the long-haul while maintaining a focus on our weight loss and health goals? Yes, there is! Diet Stacking provides a new strategy that preserves the benefits of many healthy diet plans while boosting motivation and results. You may be less than optimistic that such a diet plan exists given all the diets you have tried. But rest assured, Diet Stacking is not like anything you have ever tried before.

The Eight Common Stages of Dieting

Before describing Diet Stacking in greater detail and its potential for healthy weight loss, it helps to revisit what most people experience when trying a new diet. From start

to finish, eight common stages can usually be identified. And while some of the early stages will be the same for Diet Stacking, those that signal eminent failure can be better avoided.

Stage One: Decision Making

You may think about losing weight and eating a healthier diet often, but the actual dieting process doesn't begin until you decide to do something about it. Like any endeavor, dieting begins with a steadfast decision to take action.

Stage Two: Planning

Once the decision has been made to diet, you then determine how you want to go about it. This includes choosing your diet and knowing which dieting rules you will follow.

Stage Three: Determining Timing

With a plan in place, you now identify your weight loss and health goals, and you determine how long you will be on your diet plan and when you will start.

Stage Four: Building Excitement

With everything now in place, it's time to get started. Building excitement to launch your dieting plan might involve buying new foods, creating new schedules, and simply envisioning the weight you will lose.

Stage Five: Motivation Peaks

Usually on the first day of your diet, your levels of motivation and excitement are off the charts. You will feel empowered to succeed and committed to persevere.

Stage Six: Motivation Tapers Off

Though you are still motivated to achieve your weight loss goals, the initial excitement has faded and you appreciate the actual effort that will be involved. This often occurs around the second and third days of the diet.

Stage Seven: Motivation Erodes Further

Sticking to the diet begins to get tougher and tougher as you increasingly think about the foods you are missing. The positive feedback being received may not be enough to stay constantly focused on your weight loss goals. This may begin as early as the third day of the diet.

Stage Eight: Motivation is Replaced with Defeat

In this stage, you revert back to your old eating habits, and you might even binge. Realizing your lack of success in attaining your weight loss goals triggers feelings of defeat and self-blame. This can occur as early as the fourth day of your diet.

Do these eight stages of dieting sound familiar to you? If so, you are not alone. More than 95 percent of people attempting a diet fail to achieve their weight loss or health goals. And most diets fail within a week. As you can appreciate from the eight stages of dieting discussed, maintaining

a high level of motivation is the biggest problem. And this is where Diet Stacking offers some of its most significant advantages.

What Is Diet Stacking?

Today, we live in an attention-deficit type of environment. Snippets of information bombard us all day long, and we now prefer to get our news in quick videos or sound-bites. Regardless whether we think this is good or bad, it is a reality. And we have become accustomed to these types of interaction within our lives. Therefore, it makes logical sense that our ability to sustain attention for long periods of time has declined. In fact, a study performed by Microsoft® in 2015 showed that the average attention span fell from 12 seconds to 8 seconds over the course of the last 15 years.⁷

As human beings, we also crave variety. Mixing things up a bit keeps us engaged, interested, and involved. Research also supports this fact when looking at how to keep employees focused on their jobs. Jobs that allow people to use a variety of tasks and skills in their daily routine are naturally more engaged and productive. Compared to people who complete the same activities day after day, those who enjoy greater variety at work perform better over time.⁸

What do these research studies have to do with dieting? Actually, a lot! Think about the last time you went on a diet. Whatever diet you might have selected, there were rules that had to be followed. Rules meant you could include some foods in your diet plan and not others. It might have also

meant having to eat very similar foods day after day. In retrospect, how did the lack of variety and rules affect your ability to stay on the diet? If you're like most people, the impact was probably pretty significant.

Keeping this in mind, Diet Stacking lets you combine a variety of different diets in a structured way to help you stay focused on your weight loss goals. Depending on which Diet Stacking plan or "stack" you choose, you cycle through several different diet programs over time. You participate in each diet in your stack for three days before moving onto the next one. In doing so, you get to sample a variety of different diets, all of which have been proven to be effective individually.

For example, suppose you choose a "simple stack" that consists of three specific diets. Your first diet might be an intermittent fasting (IF) diet. After you have been on the IF diet for three days, you might then switch to a ketogenic diet for the next three days. Finally, you complete your cycle with a vegan diet for three days. Through the process, you have "stacked" three diets together (or completed a "3-Stack") as part of your personalized Diet Stacking program. And once you have completed the cycle, you might then choose to start the process over again.

As will be described later in the book, the Diet Stack that you select may contain three, five or seven of the Diet Stacking approved diets. Alternatively, you may decide to customize your own Diet Stack using these diets. The primary benefit to this approach, other than the potential

for sustained healthy weight loss, is Diet Stacking’s ability to help you avoid boredom. Just when you are about to get tired of a specific meal plan or diet, it’s time to switch to the next one! As you can see, Diet Stacking is perfect for those who prefer variety and shorter duration challenges.

As already mentioned, the different Diet Stacks are discussed in greater detail in chapters 14 through 18. But it makes sense to give you a high-level description of Diet Stacking before you move on to the Diet Stacking approved diets. Here are just a few high-level details to help you better understand the stacking process:

- 1) “Stacking” means completing one diet and then starting or “stacking” on your next diet.
- 2) Each diet in your Diet Stack only lasts for three days. After three days, you move on to the next diet in your stack.
- 3) There are infinite ways you can customize or personalize your Diet Stack. But the programs highlighted in the book—the Simple Stack, the Weight Loss Stack and the Extreme Stack—have been proven to work.

Diet Stacking—Overcoming Common Dieting Success Obstacles

By far, the biggest challenge for anyone dieting is staying motivated and having enough willpower to persevere. Many techniques can be used to increase motivation, and Diet Stacking takes advantage of several of them. In addition to

variety, Diet Stacking boosts motivation by providing quick weight loss, adding excitement to your diet program, and reducing the amount of effort it takes to lose weight. The following details why Diet Stacking is a great new approach to healthy weight loss:

- ***Cycling Through Your Diet Stack Is Fun!*** – Every three days, you get to try a new diet in your approach to weight loss. In addition to avoiding the boredom that eventually sets in with a single diet program, Diet Stacking lets you sample a variety of diets three days at a time. This is naturally more fun and engaging. And the more engaged you are, the better your motivation and commitment will be!
- ***Sticking to Your Diet Plan Takes Less Effort*** – Motivation for any task is affected by the amount of effort you have to exert. Even if you value weight loss a great deal, a significant amount of effort to achieve your goals can affect your desire to keep going. With Diet Stacking, however, it takes less effort to diet. Why? Because the drudgery of having to eat the same meal plans and follow the same dietary rules for long periods of time is avoided! And less effort means you are more likely to stay on track.
- ***Diet Stacking Increases Opportunities for Positive Feedback*** – Most diets provide great incentives the first few days or weeks of the program as you lose several pounds. But in time, these positive results may

be less and less profound. With Diet Stacking, you increase your chances for positive feedback during your dieting process. And even if your motivation starts to diminish after only a few days, you know you'll soon be changing to the next diet. Having the potential for more positive feedback as well as more control over the outcome and increased motivation naturally inspires you to continue with your plan.

- ***The Potential for Greater Weight Loss Success*** – If you consider other approaches to weight loss, like exercise, Diet Stacking may have additional benefits. Cross-training exercises boost metabolism by stimulating different energy systems in the body. It may be that Diet Stacking has similar effects through dietary “cross-training.” The science of dieting and its effects on the body’s hormone systems, metabolism, and brain reactions are still evolving. But the potential for Diet Stacking to offer some advantages here may very well exist also.

Diet Disruption—The Key Behind Diet Stacking

The choice to use the term “stacking” in the name Diet Stacking is an important one. In essence, you “stack” diets one after another in Diet Stacking no different than you would stack building blocks. One serves as a foundation for the next, and in the process, you achieve better results than you would using a single diet alone. The benefits of each

diet can be realized, and potentially, the ultimate outcome is more than the sum of their parts. In this way, the stacking of diets offers a completely new strategy to weight loss.

But more importantly, the primary benefit of Diet Stacking relates to its “Diet Disruption.” Single plan diets have repeatedly failed as numerous studies have shown. And the main reason they fail is due to a lack of motivation to persevere. By disrupting the dieting routine and schedule, Diet Stacking lets you have greater variety. This, in turn, helps boost motivation and interest. And the best part is that Diet Stacking offers a healthy approach to dieting success because it takes advantage of diets proven to be effective. In the next chapter, we will specifically describe which diets have been selected for the Diet Stacking program and the reasons behind this list of diets.

I hope you enjoyed your two free chapters. If you would like a copy of the book, you can purchase Diet Stacking on Amazon. Go to: <https://dawnastone.com/Diet-Stacking-Amazon-Page>

TAKE THE CHALLENGE

I want you to reach your weight loss goals and I'm here to support you! If you're ready to lose weight and get healthy you can reach your goals by following the steps-by-step Diet Stacking program outlined in this book. If you want to take it one step further and get additional support and reach your goals much more easily then the Diet Stacking Online Challenge is for you. Go to DawnaStone.com/DietStacking to learn more.

With the Diet Stacking online challenge, you will have everything you need to succeed and I will personally be your guide on this incredible journey. As part of the Diet Stacking Weight Loss Challenge you will receive:

Four video tutorials

- Welcome video
- The Simple Stack explained
- The Weight Loss Stack explained
- The Extreme Stack explained

Detailed and easy-to-follow meal plans

- Simple Stack Meal Plan
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Rules...50+ Recipes (with photos)...Diet
Stacking Approved Diets...FAQ's...and more!



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