

Imaginary Diet™

Dieting for a ^{higher} cause.

Save \$\$\$, Lose Fat, Save Lives

Yum.



*If you imagine eating a piece of this pie,
your brain thinks you are eating the pie.*

FamilyGreenSurvival, Inc.

A 501c3 Non-Profit

www.familygreensurvival.org

Imaginary Diet™

Dieting for a ^{higher} cause.

Save \$\$\$, Lose Fat, Save Lives

The statistics are staggering, 1 in 7 adults and 1 in 5 children around us face hunger – they often don't know where their next meal is coming from. The hungry person could be a neighbor, a friend, a co-worker, many are veterans. To help solve this hunger problem, we invite you to practice the innovative and spiritually uplifting Imaginary Diet™ once a month.

The Imaginary Diet™ is based on the scientifically proven fact that our brain has difficulty discerning between real and imaginary events; it treats both in the same manner. Successful athletes routinely imagine their feats to success. The intriguing result is that replacing the eating of real food with *imaginary* eating can result in the feeling that you have *actually* eaten the food. Hence, our revolutionary solution:

Imaginary Diet™

With the Imaginary Diet*, you don't miss a meal, you imagine eating your favorite meal – smell, chew, taste, swallow, and enjoy. The Imaginary Diet™ program has multiple benefits:

1. **Save \$\$\$:** With each imaginary meal, you save real dollars.
2. **Lose Fat:** Not consuming the real calories could result in you losing fat.
3. **Save Lives:** If you choose to make a tax deductible donation, people facing hunger in our communities receive the nutritious, delicious, and easy to cook BagOfLife® meals. Each \$1 donation helps us provide two servings of the GrandHotCereal™. Thank you.



Make Your Pledge
[Imaginary Diet Pledge](#)
Thank You

* Consult with your health care provider before changing your diet.

FamilyGreenSurvival, Inc.

A 501c3 Non-Profit

FamilyGreenSurvival, Inc. is a 501c3 non-profit charitable organization with a mission to EndLocalHunger. With 1 in 7 fellow Americans facing food insecurity and resulting malnutrition, our mission:

1. Donate nutritious, delicious, and easy to cook BagOfLife® meals to those facing hunger through food banks, community service organizations, and college/university food pantries.
2. Deliver a program of nutrition education, smart food shopping, and healthy cooking skills to the under-served community to help combat chronic diseases.
3. Build empathy and deep commitment in the general public for the under-served population in our communities.



Placer Food Bank



The Gathering Inn

With the help of our donors, we have provided over 100,000 nutritious and delicious BagOfLife® meals to those facing hunger. Join us and be a part of the solution.

BagOfLife® Recipients

EveryONE Matters
Ministries
Excel
Home Start
Keaton Raphael
Memorial
KidsFirst
Lake County Fire
Victims
Los Rios Community
Colleges

Meals on Wheels
Placer Food Bank
Renaissance Church
RPAL
Sacramento Food Bank
SNAH Center
Second Harvest
Sierra College Food
Pantry
St. John's Shelter

St. Vincent DePaul
Food Pantry
The Forgotten Soldier
Program
The Gathering Inn
The Honor Group
The Salt Mine
Twin Lakes Food Bank
UC Davis Food Pantry
Wounded Veterans

Make Your Pledge
[Imaginary Diet Pledge](#)
Thank You

Imaginary Diet™

Dieting for a higher cause.

TESTIMONIALS

“My initial thoughts were that I was very hungry. Typically I do not skip lunch. After settling down I was able to imagine that I was having a turkey sandwich. I could imagine first smelling the sandwich, followed by tasting it. Chewing wasn't a big factor; however smelling and tasting were in that order. You go through in your mind what all of the ingredients in the sandwich are and whether or not you can taste each one. From there I wondered what it must be like to be hungry all of the time...” AB.

“This morning I elected to miss my favorite breakfast – omelet with mushrooms, peppers, and a bit of sharp cheese. I vividly imagined grinding fresh black pepper, could smell the aroma. Enjoyed it with a toasted slice of Ezekiel bread drizzled with aromatic olive oil, my mouth was watering. Finished with sipping freshly brewed coffee. I thanked the Good Lord that I missed this meal by choice while there are those in our communities who don't know where their next meal will come from...” GK.



“I imagined breakfast this morning. Going in the kitchen and getting a bowl and spoon, with the dogs following close behind. Get the cherries and Raisin Bran out of the cupboard, dogs are paying rapt attention. Poured a mixture of both cereals, then milk. Ooh that first bite☺👉. Then the dogs get imaginary bites. This continue until done. Tastes good and helps to dry by first thought of "I'm hungry ". JG.

“I imagine my favorite grilled juicy pork chop marinated with maple syrup, salt and freshly ground black pepper, minced rosemary, thyme, garlic, onions and a touch of lemon, complimented with sautéed mushrooms and yellow squash and seasoned wild rice. Top with a glass of Riesling. Desert is my favorite warm apricot pie with vanilla ice cream. Then I thought about children and adults who are hungry. My gourmet dinner could feed at least four meals for those who don't have much to eat.” LNC.

“So, I skipped lunch recently but imagined I was having a spinach and arugula salad with grapes, apples, almonds, feta cheese, avocado, green onions, some red pepper flakes and a pile of grilled chicken. DELICIOUS!!! I am reminded that I have the great fortune in life to imagine a meal while having the luxury of abundance all around me. Let's help more people who have to skip meals.” CH.

“My latest ‘Imaginary’ meal was breakfast. I went through the motions of eating crispy flakes made with whole grain, dried fruits, and almonds. To this I added fresh ‘imaginary’ strawberries for added nutrition, all with non-fat milk. I also enjoyed a glass of non-existent orange juice. This meal was slowly eaten, enjoying the benefits and imaginary taste as my spoon dipped in the imaginary bowl of cereal and fruit. Also the richness of fresh imaginary orange juice ... so delightful.” JD.

A missed mid-day meal lead me to a strong craving for cookies. Even with the ‘offset’ to drink water, my desire for a snack kept ‘eatables’ at the forefront of my thoughts. Later, when I looked thru the paper and magazines and viewed TV, food ads were everywhere – quiet a distraction. Eventually, the clock caught up with dinner time. A ‘real’ meal was not only enjoyed but was much appreciated; it was topped off with a most welcome cookie for dessert. JB.

“Skipped dinner last night in observance of Imaginary Diet, imagined a plate of grilled salmon, steamed greens and roasted sweet potato “fries”, accompanied by a glass of lovely Petite Syrah, followed by an almond cookie and cup of coffee. Delicious!” Imagining a fine meal while sitting with an empty belly is a whole new experience. Makes one think about those who have to go without. GA.

Make Your Pledge
[Imaginary Diet Pledge](#)
Thank You