



April 25, 2011 – Grand Rapids, MI

## Decree: Mixed Meal Day

I, Dr. Chet, by the power vested in me, by me, do hereby declare tomorrow, Tuesday, April 26, 2011, Mixed Meal Day. You will eat your typical lunch for breakfast, your typical dinner for lunch, and your typical breakfast for dinner.

Before you think I've lost my mind, Paula and I watched *The King's Speech* yesterday—wonderful movie, so see it if you can—and it left me wanting to decree something. For some time, I've wanted to recommend that everyone try this, so that was all the excuse I needed.

There's a reason for Mixed Meal Day that I'll talk about in Wednesday's message. But this gives you time to prepare to mix up your meals. It will feel different. If you're typical, you're going to have your biggest meal at lunch time and your lightest meal for dinner. Note how you feel after every meal especially lunch and dinner. I'll ask for feedback after Wednesday's message.

What are you prepared to do today?

*Dr. Chet*

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