



Don't Skip Breakfast

Craig Ramsay, a fitness expert, an author and the winner of season 8 of The Amazing Race Canada, offers health tips.

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Here are some slim-down tips:

Eat before drinking coffee.

Doriot Kim

Split your lunch into two portions.

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Cut out carbs in the evening.

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Space out your meals every two to three hours.

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Eating six small meals a day will increase your metabolic rate and help you burn more calories throughout the day.

Doriot Kim

Craig Ramsay is a fitness expert, an author and the winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigamsayfit](#).

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<http://beta.docker.poz.com/article/skip-breakfast>