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**10 WEIGHT LOSS TIPS
CHEAT SHEET**

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1. Start each meal with soups, salads or fruit.

This is a calorie density thing. For any meal that you eat start with calorie light foods, such as leafy greens from salads, soups made from vegetables and any non starchy vegetable like onions, peppers. Cruciferous vegetables. These will fill you up with nutrient dense food that are rich in fibre. Then add the more calorie dense foods like starches, grains, legumes and beans.

There are calorie light foods and calorie dense foods.

Non caloric dense foods

Non starchy vegetables, fresh veggies. These are roughly, 100 calories per pound (1/2 kilo)

Like anything you would find on a salad bar. So you will fill up your belly with nutrients dense foods not calorie dense foods and you can then eat more calorie dense foods. Fill up as much as you can on the as you can. This will stop you from over eating and leave you feeling full.

Caloric dense foods

Whole starches are caloric dense foods with on average, 500 calories per pound.

Beans, rice, lentils

Fruit is around 300 calories per lb

2. Use the 50 : 50 rule

When you are planning your plate, half your plate with non-starchy vegetables, and leafy greens and salad type foods and 1/2 with minimally processed starchy foods. Look for whole plant-based foods. i.e. vegetables and then other half with potatoes, beans, rice = this is a reasonable mix, you will fill up. Have lots of energy, and lots of good calories too. This eating will help you to loose the fat stores and regain your usual weight that the body feel comfortable at. This way of eating is not just a diet it's the ultimate way to eat.

3. Greatly reduce your salt and sugar intake

You can replace salt easily and sugar with the

Greatly reduce your salt and sugar intake as they cause us to over eat. The taste buds get excited by salt, sugar and fat the 3 things that make us want to eat more. Like the fat in the cheese & the caesomorphines that are taken in that excite the brain to want more and more and more.

4. Eliminate all animal foods

These foods are linked to, too many of the top 15 ways that we tend to die, to the regular symptoms we have daily such as,

Cancer

Heart disease

High blood pressure

Heart attacks

Stroke

Cholesterol issues and the list goes on.

The REMOVE meat tells in more detail on how meat adds to weight gain.

5. Eliminate all fats and reduce whole food fats.

For maximum weight loss stick to foods that are 500 calories per pound or less. NUTS SEEDS AVOCADOS ARE ALL HIGHER THAN THIS

6. Eliminate all oil

Oil is 100% fat and the fat you eat will be the fat you wear according to Dr John McDougall. Did you know that just 1 tablespoon of oil is 120 calories.

If you ate 1 tablespoon every day you will have added 3600 calories to your diet. That equates to 1lb / 0.5kg of fat is 3500 calories. So after a month you will have added a lb or 1/2 a kilo to your body.

Eliminate all together is the best way to aid weight loss.

7. Eliminate all processed, calorie dense "foods"

Such as white flour products

Breads 2500 calories per lb /1/5 kilo

Bagels

muffins

crackers

biscuits

Dried cereals

Cakes

Puff cereals

Popped popcorn

Dried fruit - a processed food as the liquid has been taken out

All these should be avoided to be avoided if you want maximum weight loss gains.

8 Fruit Smoothies, hold back

This is tricking your calories as you are not chewing and taking in so much bulk. This mostly applies to fruit smoothies.

Green smoothies are better but still concentrated calories - better to eat as whole foods. I can see where this argument is going but smoothies are a great way to get a quick meal on the go and quite cool for post work outs. Check out the smoothies section in ALL RECIPES for smoothies that are more vegetable based.

9. Check in on your eating principles

1. Eat until you are comfortably full
2. Don't starve yourself and don't stuff yourself, eat more frequently with smaller portions if you can.
3. If you follow the principles above you will be sufficiently full
4. You won't need to be deprived like a diet
5. Stage your eating by having fruits salads and soups first. First then you can eat the calories dense foods like legumes and potatoes to fill you up.

10 Aim for 30 minutes of moderate exercise

Try to not be sedentary, sitting at a desk all day is said to be the new smoking.

You do not need to do 2 hours of mountain climbing, every day to lose weight. Just eat the right foods as outlined above. Whether you do 30 minutes or 60 minutes its been shown to have the same effect on the body.

You do not need to do a whole lot more.

Weight loss is not working your but off in the gym

Weight loss comes from eating the right food

You have to ensure that you stay active but you do not need to lose yourself in the gym.

Great news right! The benefits of exercise is getting more oxygen to the body and cells, feeling very good after you have done your 30 minutes and building muscle, important to the body to keep active.