

# 60 DAY

# *Weight Loss Journey*

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## GUIDE - WEEKS 5 & 6



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# EASY HEALTHY EATING HABITS

Do you want to develop healthy eating habits yet you don't know what to do? There are easy and simple ways you can develop habits that will help you stay fit in body, mind and soul.

## GET BALANCE

Eat a well-balanced diet. I don't believe in counting calories. I believe that we need to find what makes us feel good and for each of us, this will be different. If you based your meals on the 80/20 rule, which states:

"The **principle** behind the **80/20 rule** is simple: **Eat** nutritious foods 80 percent of the time and allow yourself to indulge a little the other 20 percent of the time. ... Another way to follow the diet **principle** is to cheat four meals per week, assuming you **eat** the typical three meals per day."

<https://www.livestrong.com/article/540174-the-80-20-diet-rule>

I believe you, just as I have found, you will let go of the diet mentality and eating with intention.

- Eat the rainbow
- Eat a combination of raw and cooked foods
- Eat the protein that gives you energy
- If grains make you feel good, then eat them but if they make you feel blah, ditch them
- Eat healthy fats
- Hydrate

Keep it simple as we complicate our health and the foods we consume and then we end of over eating.

Healthy habits are about our rituals as well.

- Try eating always at the table
- Eat with chopsticks if you are a fast eater
- Take deep breaths before you eat
- Chew your foods at least 30 times

**“You reflect your plate”**

***Make it beautiful like you.***

## AVOID ARTIFICIAL FOODS

Always stick with only those real foods such as fruits, vegetables, lean meats, nuts, whole grain pastas, bread, and rice. Your main goal here is to avoid foods with chemicals and other additives you can't pronounce.

## KEEP A FOOD JOURNAL

People who write down foods that they eat usually have success at losing weight. Be accountable. No, you can't sneak a jelly bean (or 10) without writing it down! Write it down before it enters your mouth for best accountability. If you happen to gain weight one week, simply review the food journal for clues as to why this happened. The food journal is also used to record your feelings while eating. Do certain foods upset your stomach? Do you feel sleepy after a certain meal? Get used to carrying your journal with you always.

Take 15 minutes a day to journal about how food affects you emotional and physically. I like taking notes in the food diary or logging my food in [myfitnesspal.com](http://myfitnesspal.com)

## DRINK WATER BEFORE EACH MEAL

Part of successful weight loss is staying hydrated with lots of water, so drink a glass of water before each meal to help fill you up so you eat a smaller portion. Are you hungry or are you thirsty? These are some simple yet effective ways to implement healthy habits into your new healthy lifestyle and eating plan. So often we drink when we are thirsty. But, remember, never deprive as deprivation will lead to binging.

## CHANGE OF LIFESTYLE

Have you ever asked yourself why there are so many diet programs that end as a failure? What are the reasons behind people's easy weight gain once they drop the program or once they reach their goal?

If you've already tried using some fad diets, you may realize that these help you lose weight temporarily. Unfortunately, keeping excess pounds off primarily doesn't happen with different fad diets because they don't dive down into your emotions or mindset. They want you to see quick results – who doesn't want that! – but changing your mindset and changing those bad habits takes time. Losing weight is not just about counting calories or counting points, it is about changing your lifestyle.

When you change how you think about food, you will never have to diet again.

# LOSING WEIGHT IS NOT ALL ABOUT FOOD AND EXERCISE; IT'S A COMPLETE LIFESTYLE CHANGE.

Nevertheless, you do not really need to make drastic changes in your lifestyle just to obtain results. Even minor changes can create a big difference in your weight loss journey. The following are lifestyle changes you can make that help you lose weight effectively:

## INDULGE IN SMALL AND FREQUENT MEALS

Divide your intake to 5-6 meals instead of filling up three times a day. This helps in getting over mid-meals binges helping you energize on regular intervals. Eat carbs earlier of the day and then ensure that you take light dinner. Make smarter food choices and always stick to healthier options. This helps in boosting your metabolism, improving your digestion and keeping your energy levels high.

## USE SMALL PLATES

Making use of smaller bowls and plates mean less space to fill up with foods to make plates and bowls look full. With such approach, it is likely that you'll eat 20% less and feel just as full, most especially if you eat slowly. This helps in avoiding portion distortion.

## SKIP JUICES AND SODAS

Nowadays, individuals consume about 20% of their daily calories through liquids. Juices made from healthy vegetables are great but a huge glass of apple juice will spike your sugars. It would be best to stick with nondairy milk or water to reduce caloric intake vastly each day. Drinking the right amount of water regularly can also keep you hydrated.

## CONSUME HEALTHY SNACKS

There is nothing worse than always getting afternoon urge to eat snacks. If these snacks arrive and you're unprepared, you might just grab something instant from the vending machine. Most of these foods are loaded with sodium, empty calories and sugar. Snacks like walnuts and almonds, fresh vegetables and fruits, kale chips, flax crackers are all good and healthy choices. In order to refrain from consuming junk foods, keep healthy snacks on your desk all the time. Ensure to watch what you eat as well and be mindful about the level of calories.

## EXERCISE REGULARLY

While watching calories is essential, getting substantial workout or exercise is even more vital if you wanted to lose weight. According to some research, sedentary individuals have three-fold increased mortality than fit adults. It's also been proven that the less you work out, the more you are at risks for disease.

## KEEP A FOOD DIARY

Record every food that you eat all throughout the day in your food diary. This helps in understanding your dietary patterns and overcoming your flaws. This is stunning how individuals eat out of boredom, cravings and emotions. Accounting all these things can help you attain your specific health goals and maintain a balanced diet.

## KICK OUT UNHEALTHY AND OLD HABIT

It's never too late to realize and then reverse worst habits and dream towards having a healthier lifestyle. Be it drinking alcohol too much, smoking, overeating or sedentary lifestyle, kicking out old and unhealthy habits do you good and can also help you achieve your weight loss goals.

## STAY HYDRATED

Some individuals do not really understand the significance of water and because of incorrect and unhealthy lifestyle practices; they tend to not consume the suggested daily intake. Water can actually work as magic bullet and there's no diet which restricts water intake energizing muscles, controlling bowel movements and keeping the skin ultimately glowing. Staying hydrated can also support your weight loss goals.

## LETTING GO OF NEGATIVE THINKING

Catch yourself when you begin to have Negative Nelly thinking. This thinking will lead to emotional eating or self-doubt. Too often we are so hard on ourselves or beat ourselves up. Think of pioneers and leaders in this field like Tony Robbins, Marianna Williamson, Gabby Bernstein and how their work is about self-

love and self-talk. The way you sub consciously think will directly affect your life. Let go of negative thinking and live in the solution.

Follow these lifestyle changes and you will surely head towards achieving fitter and healthier body and you can finally say goodbye to unwanted and excessive weight.

## THREE IMPORTANT THINGS ABOUT DIETS

One important idea to wrap your head around during this weight loss process is that YOU are in charge of your destiny. If you don't feel in charge of your life or your weight, now is the time to take back that control. Don't allow your kids, spouse, boss, or anyone else on this planet control what you eat or how much you eat. Don't use them as excuses. YOU alone get to decide what healthy groceries to buy and what to cook for dinner. YOU deserve the healthiest version of you.

### GOAL SETTING

First, set your main weight loss goal. If it's a large number, don't get discouraged. You have to know the end game in order to proceed on the journey. Now, break that goal into much smaller goals. Is it realistic to lose 20 pounds in a month? Not likely. So why not start with one pound per week. That's certainly attainable, especially if you add exercise into the daily mix. If you don't want that weekly stress, turn your goals into measuring how much water you drink daily, or how many times a week you exercise, or how many times did you use your food journal, or how many times did you use the stairs at work. Goals can be anything you want and they should lead you down the path toward your final goal. And don't be afraid to make changes to these goals along the

way, especially if you realized you set unrealistic deadlines for yourself. Refocus and continue on.

## NUTRITION

Now that your goals are in place, focus on your nutrition. You have multiple resources right here in these guides so don't be afraid to use them. Write your food choices and thoughts in the Food Journal; use the meal plans and recipes to get organized and to guide you to healthy produce. Investigate if your town has any local farm stands or farmers' markets. YOU alone are in control of what you put in your mouth and YOUR body deserves the cleanest and most healthy food possible.

## EXERCISE

Dieting alone won't give you the ultimate results you want when it comes to weight loss. Catapult your results by adding some cardio and strength training exercises to your daily routine. No fear...you don't have to go to a fancy gym to get your exercise. In fact, it's more fun to look around your house and find creative exercise ideas. Start off with the simplest movements or exercises before turning to something more complex. For instance, walk around your neighborhood or your mall. Always use the stairs at the office. Do slow laps up and down the stairs at home. Search for exercise shows (stretching, cardio, yoga, etc.) on Netflix or On Demand channels. No matter what, get your body moving every single day. Not only does this benefit your weight loss but it helps keep your muscles in peak condition. As you get older you lose muscle mass and flexibility. Exercising daily NOW can reverse those effects.

# YOU CAN'T STARVE YOURSELF AND LOSE STOMACH FAT

All people want to lose their weight fast; they want to erase many years of bad eating habits with one magic spell. Unfortunately, they usually believe that for them to lose weight, they need to starve themselves. In reality, this is the worst possible thing that you can do.

To understand why starving is considered a bad thing, you need to understand how body fat works. Body fat is a stored energy. As you eat different types of foods, your body will eventually burn some calories but whatever is left will be stored as body fat.

Starving yourself inhibits your metabolism and slows everything down because the body thinks it's literally starving. To preserve itself, the body goes into 'starvation mode' which means the metabolism slows down and calories are not burned as quickly because the body doesn't know when it will eat again. The body also stores extra body fat for this reason. So, starving yourself actually has the reverse affect: your body is tricked into not losing weight which undermines your whole weight loss journey. If you want to lose fats, then do it in a proper way.

Starving is also a sure-fire cause of binge eating. I know, we think we are going to lose weight but the body goes into starvation mode and we end up eating late at night. In the worst case scenario, starving yourself can lead to serious and deadly eating disorders, which require hospitalization and treatment. Quite the opposite of optimum health.

Has this ever happened to you? How did you feel when you starved yourself? Your brain will be foggy and your hormones will suffer, too, because we need to eat for our body to release unwanted weight.

# HOMEWORK

- Have you been writing in your food diary every day? Don't forget this part of the plan. Not only does this give you accountability but it will help answer questions if you ever feel sick or tired after eating a meal.
- Have you been drinking half your body weight in ounces of water every day? Don't slouch on this. Your body needs water to flush the toxins away. When your body is free of toxins and working efficiently, weight loss will follow.
- How much sleep are you getting each night? If your answer is, "Not enough," then revise your nighttime routine to allow for 7-8 hours of sleep.
- Are you moving your body every day? Simple 10-minute walks during your day will help. Start slowly then work up to more intensive exercise.
- Try a new recipe or new food. Variety is the spice of life, as they say.
- Did you try batch cooking? How did it go? Did you find that you gained some time during the week? Plan your meals and prepare however it best fits into your schedule.
- Did you create daily and weekly kitchen cleaning routines? Stick with it and have your family help out too.