

Weight Loss Nutrition

I am sure you have heard by now the fundamental principle of weight loss. “You have to burn more calories than you take in.” That is correct. But here is the **real** secret...

Changing the speed at which this happens.

This can be accomplished using a variety of tried and proven methods which we will explore in this section. First let us start with the basics.

How Much Should I Eat?

This has been an issue that has been debated for decades. I have read countless theories on finding your daily caloric needs (or Basal Metabolic Rate) and most seem to be close to the same answer. However, for the sake of simplicity I suggest that you **multiply your morning bodyweight (in pounds) by the number 10**. This is how many calories you need to be eating for weight loss to occur. Your morning weight times the number 12 will generally be your body maintenance level. That is, how many calories you need to maintain your weight?

Do I Really Have To Count Calories?

Yes! There is simply no way to tell by guessing. You will be wasting your time. Weight loss is a science and if you follow the rules you will succeed! Once the truth is accepted (fad diets don't work) you may then rely on effective **proven** principles (even secrets!) that will make losing weight **much easier** for you.

After all, you don't want to waste your time and energy on something that *might* be working, correct? After you have a set meal plan (or plans) written out that you want to follow it won't be such a chore. You will automatically know what you are eating.

Don't have a calorie counter? Here are some good links:

www.caloriecontrol.org

www.caloriecountercharts.com

When Do I Eat?

The best thing to do is split your 2-3 daily meals into smaller more frequent meals. Here's why:

It will speed up your metabolism!

Believe it or not the less meals you eat on a daily basis the more likely your body thinks it is starving. It therefore prepares for a famine. It stores the food as fat! Conversely, if you consume a steady supply of nutrient rich meals throughout the day your metabolism will be kept in overdrive. Again, **faster** weight loss! For the best results eat no less than 4 meals daily! Five would be optimum.

What Do I Eat?

I am sure you keep hearing the big debate over which diet is better, high protein or high carbohydrate. The answer is both! Although **what** you eat is important, **how** you eat it is as equally important. With too many carbohydrates your body will burn sugar instead of fat. They

release insulin which in turn promotes fat storage. Limiting your carbs (especially in the evening) will help to speed your fat loss up.

Too little carbohydrates are just as bad. **You will start burning muscle instead of fat.** What you need is **balance**. Moderation is the key.

So Which Foods Are The Best To Eat?

Here is a listing of the best foods to consume for safe, healthy weight loss. You won't find cabbage soup!

Protein Rich Foods

Lean Hamburger
Chicken Breast
Egg Whites
Skim Milk
Protein Shakes
Light Cheese

Great Sources Of Carbs

Oatmeal
Whole Wheat Bread
Pasta
Bran Cereal

You just want to stick to the basics. You can then expand and add more foods when maintaining your weight. Better tasting ones! On that note, if you are curious about whether a certain food is good or not just ask!

Can You Provide A Daily Menu For Me?

Here is a sample eating plan you may use. Only adjust the calories for your own needs. For those of you who want something that is easier to stick to and that will give you good results, here is a great meal plan:

Meal 1

1 bowl of bran cereal with skim milk.

Meal 2

2 extra lean hamburgers, one with low fat cheese. Either broil them or use something like the George Foreman Grill, which is great by the way! You may use ketchup and onions.

Meal 3

4 ounces of extra lean hamburger mixed with pasta and tomato sauce. No butter!

Meal 4

Protein Shake and meat if you wish.

This plan is not too hard to follow, and it works! Notice the absence of carbs during your last meal. A good guideline is to limit carbs 4 hours before bedtime.

The meals in this plan are dropped to 4. This gives you more food quantity during each meal. You will feel more satisfied. Notice also the absence of things like butter, mayonnaise and most condiments. It is not necessarily the fat content (certain fats are good for you!) but that they are calorie dense. If you want to add flavor use things such as onions and spices.

One gram of fat has 9 calories compared to the 4 that carbohydrates and protein contain. You have to watch not to exceed your BMR. This also makes things easier by allowing you to consume more food with relatively less calories.

More food = more motivation!

Here are other variations that you may use: Simply substitute the total calories to suit your needs.

Meal 1

8 ounces of skim milk with 1 scoop of Designer Whey Protein and 1 bran muffin
Calories 383 - Protein 26.3

Meal 2

2 cheese sandwiches (whole wheat bread) using 2 slices of Kraft Light cheese
Calories 438 - Protein 7.8

Meal 3

1 cup of minute rice mixed with 1 can of tuna
Calories 460 - Protein 35

Meal 4

8 ounces of skim milk with 1 scoop of Designer Whey Protein
Calories 186 - Protein 26.3

Totals:

Calories = 1467

Protein = 95.4

Meal 1

Protein Shake

Meal 2

1 plate of spaghetti with meat sauce (extra lean hamburger) and water.

Meal 3

2 veggie burgers with ketchup, onions and a can of Diet Coke and/or water.

Meal 4

Protein Shake

Now let's move on to the protein shakes, as I am sure you are curious about that. If you can't afford or don't want to buy protein powder I have a quick solution for you. Here is a very effective recipe that I use all of the time.

8 ounces of skim milk.
1/3 of a cup of skim milk powder
1 egg
A little squirt of Nesquik (made by Nestle) chocolate syrup.

This will provide approximately 357 calories, 51 grams of carbohydrate, 24 grams of protein and 5.7 grams of fat. Very healthy!

If you are worried about salmonella poisoning from the egg just place it in boiling water for at least 30 seconds. And then place it in the blender.

Don't worry, you won't taste the egg, in fact this drink tastes just like a milkshake!

Remember, most supplements are used for **convenience** only! The only supplement I would really recommend at this point would be good multivitamin and mineral tablets. I personally use Centrum 29. Vitamin C is also recommended for repairing the damage your body takes during strenuous exercise. It will also help to keep your immune system strong and prevent illness. 1,000-2,000 milligrams daily is advised.

Another Major Key To Weight Loss

Muscle retention is a major key to weight loss. The **more muscle that you have the more calories you will burn at rest**. Fat does nothing, it just sits there. In order to preserve as much muscle as you can it is recommended that you try and keep your protein intake a little higher than normal. Protein is what builds and maintains muscle. Your protein should come from animal sources only. Don't include protein from things like rice and pasta when you are calculating your totals. Try to have at least 2 protein shakes per day and some kind of meat with 1 of your meals if you can.

How Much Weight Can I Expect To Lose?

Almost every reliable source will tell you that you should be losing no more than 2 pounds per week. Any quicker than that and you are probably losing muscle. As you have read this will be detrimental to you in the long run. The longer it takes to lose the weight the easier it will be to keep off. **Starving yourself is not the answer!**

Take note that you could very well lose more than 2 pounds the first week of dieting. When you first start to lose weight and eat better you will also lose water weight as well. Now, on to the secrets!

Weight Loss Nutrition Secrets!

The following tips will help to make losing weight much easier for you. Just plug them into the above information and you will be all set!

- **Drink Ice Cold Water Throughout Your Day.** Studies show that your body requires energy to warm it up after you take it in therefore burning extra calories! Water also helps the kidneys to function at their peak. If you fail to take in enough water the liver has to come to the aid of the kidney and the main function of the liver is to metabolize stored body fat! When combined with food, water also helps to make you feel more satisfied.
- **Don't Miss Meals.** When you know it is time to eat, eat! Skipping meals will only cause you to overcompensate down the road and binge. Try your best to stick your plan. Consume your 4-5 meals every 2-3 hours.
- **High Fiber Foods Will Make You More Full.** Not only are foods such as bran cereal 'heavy' but they are packed with fiber. Your body cannot digest fiber. Therefore you may eat more food with fewer calories.
- **Have A Treat Day Once Per Week.** We have already discussed how eating smaller, more frequent meals can boost your metabolism. This is almost the same thing but on a larger scale. When your calories are at a slight deficit for a certain period of time your metabolism will tend to regulate itself towards that level. Introducing a higher number of calories on a weekly basis will give your metabolism something to work with therefore speeding it up. So 1 day per week eat whatever you want. This will also cure those cravings!
- **Be Consistent When You Weigh Yourself.** Weigh yourself once a week in the morning with no clothes on. Also, make sure that it is not after a junk day. Sodium can make you hold water therefore giving you inaccurate measurements.

What To Do...

- Multiply your morning bodyweight in pounds by 10. Construct your menu accordingly.
- Eat at least 4 meals each day. Four are better if you like larger meals and prefer to wait 3 hours between them due to time constraints or other reasons. You will also feel fuller!
- Drink 1, 8 ounce glass of cold water before and after each meal. No calories mean more food!
- Choose your foods wisely and combine them well. Pasta, chicken, rice, fiber etc. A balance of protein and carbohydrates at each meal except the last is recommended. This will help stabilize your blood sugar as protein slows down the speed the carbs are converted to sugar. Write out your menu beforehand and keep it someplace handy like on the fridge. It is always better to plan ahead. And watch not to miss any meals! Time them first until you get into a routine. A great resource for low fat recipes is www.low-fat-recipes.com All recipes include fat gram and calorie counts!

Reference; <http://www.weightlossguidance.com>