My Top 3

Tips to Start Losing Weight Now!

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#1 Don't eat after 7pm (no snacks, meals, alcohol or anything else).

Say no to below after dinner:



- Why? Eating after 7pm slows fat loss, by causing the body to utilize fuel from your food instead of your fat stores.
    - If you get hungry, leave the kitchen and distract yourself.
    - Hunger waves may come, but they will go. This is normal.
        - Try water or herbal tea
        - Or try non caloric gum or mints if needed.

#2 Make 50% of everything you eat fruits or non starchy vegetables.



- Why make ½ of everything you eat fruits (F) and non starchy veggies (NSV)?
- To feel full, the stomach stretches and sends a signal to your brain, your hypothalamus, that you are full.
- F and NSV are mostly water, and therefore lower in calories.
- When half of what you eat are fruits and non starchy veggies, you take in less calories to feel full and weight loss occurs.

Non starchy vegetables (not an exhaustive list)**:**

- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Radishes
- Spaghetti squash
- Spinach
- String beans
- Summer squash
- Swiss chard
- Tomatoes
- Zucchini

#3 Stop all alcohol for 6-12 weeks. This will reset you taste and tolerance and after 6-12 weeks you will drink less.

- Why? Alcohol slows body fat loss, by prioritizing alcohol detoxification.
- Alcohol lowers inhibition causing us to eat more

- Alcohol has empty calories and causes weight gain

There you go! For more information, support or accountability for healthy weight loss, feel free to schedule a free call below:

Nutrition Coaching Center
Schedule your appointment online Nutrition Coaching Center
acityscheduling.com

Yours in great health!

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www.nutritioncoachingcenter.com



