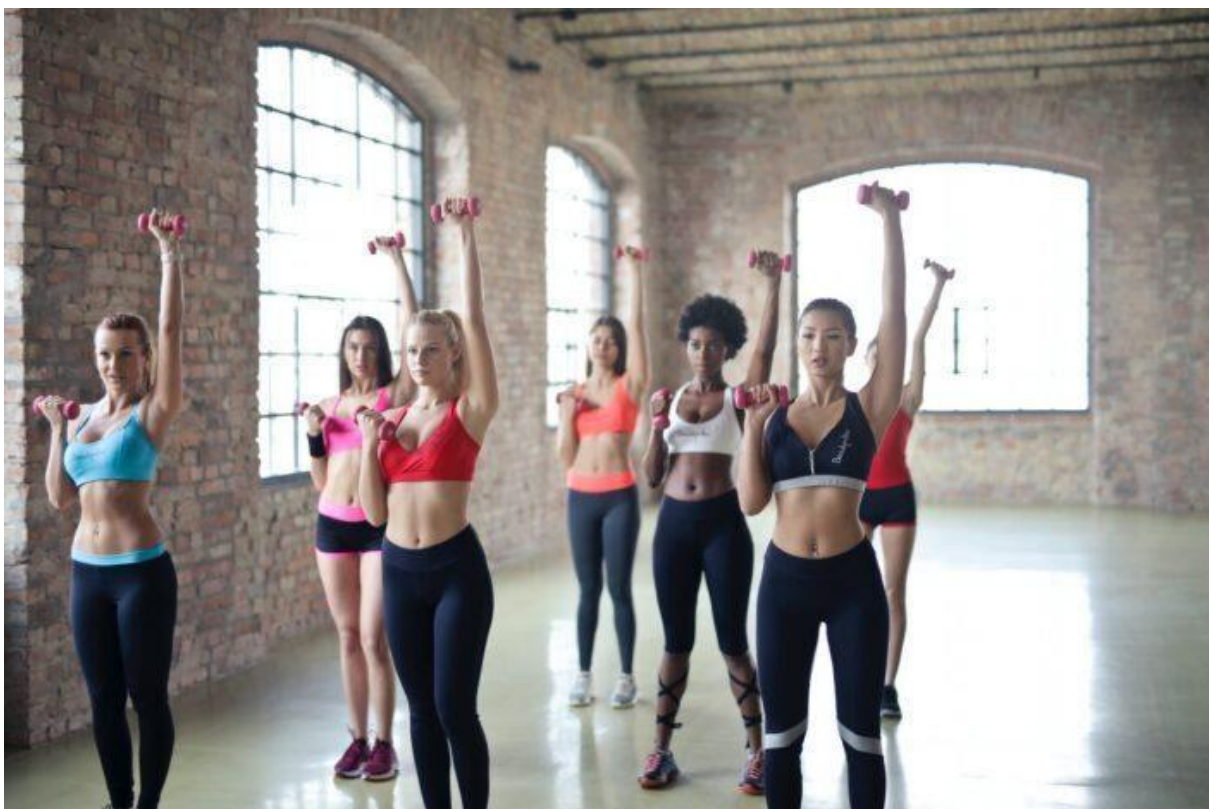


5 Simple Steps to Losing Weight

Attaining and maintaining your goal weight can be hard and most times rigorous; this is usually frustrating and discouraging. If your doctor recommends weight loss, there are simple, safe, effective, and proven tips on weight loss. A steady weight loss of 1 to 2 pounds per week is recommended for the most effective long-term weight management.



Most eating plans leave you feeling hungry or unsatisfied. That's one of the major reasons you might find it hard to stick to a healthy eating plan and achieve weight loss.

While making a meal plan, low carb diets, whole-food, lower-calorie diets can be very effective for weight loss and may be easier to stick to than other diets.

These are some ways to lose weight that employ healthy eating, potentially lower carbs:

1-Rollback on refined carbs:

One fast way to lose weight quickly is to cut back sugars and starches, or carbohydrates. Research has confirmed that low-carb diets are extremely effective for weight loss. This could be achieved with a low-carb meal plan or by removing refined carbs entirely from your diet and replacing them with whole grains.

Doing this not only reduces your hunger levels but makes you end up eating fewer calories. This means you'll burn and utilize stored fat for energy instead of carbs.

If you choose to eat more complex carbs like whole grains along with a calorie deficit, you'll benefit from higher fiber and digest them more slowly. This makes them more filling to keep you satisfied.

Research has also suggested that a low-carb diet can reduce appetite, which may lead to eating fewer calories without thinking about it or feeling hungry. It may be a little difficult to adhere to a low-carb diet, which may lead to less success in maintaining a healthy weight.

Reducing sugars and starches, or carbs, in your meal plan from your diet can help check your appetite, lower your insulin levels, and make you lose weight. A reduced-calorie diet could be more sustainable.

2- Fat, protein, and vegetables in your diet:

Totally removing fatty foods from your diet may lead to malnourishment. Therefore, your meals should include:

- Fat source
- Protein source.
- A small portion of low carbs, like whole grains
- Vegetables.

Healthy fats:

You shouldn't be scared of eating fats .

Your body still requires healthy fats, which are mono and polyunsaturated, no matter what eating plan you choose. Oils like olive oil, peanut oils, and avocado oil are great choices for including in your eating plan. Also, foods containing omega-3 fatty acids like sardines, trout, walnuts, etc, and omega-6 [fatty acids](#) such as sunflower oil, roasted soybeans, and soy nut butter. Fats like butter and coconut oil should be used in moderation due to their higher saturated fat content.

Protein:

Research has suggested that eating protein increases metabolism, appetite and a recommended amount of protein is essential to help preserve your health and muscle mass while losing weight evidence suggests that eating adequate protein may improve appetite, cardiometabolic risk factors, and body weight. Many factors determine your specific needs, but generally, an average male needs 56-91 grams per day and an average female 46-75 grams of protein per day. Diets with adequate protein can also help:

- Reduce cravings and obsessive thoughts about food by 60%
- Make you feel full Protein digestion boosts calorie burning by more than 20-30%, which is more than twice as much as fat or carbs.

Healthy protein sources include may :

- **meat:** beef, chicken, pork, and lamb
- **fish and seafood:** salmon, trout, and shrimp
- **eggs:** whole eggs with the yolk
- **Resistance,** beans, legumes, quinoa, tempeh, and tofu.

Low carb and leafy greenvegetables:

Leafy green vegetables are typically low in calories and fat and high in protein per calorie, vitamin K, and dietary fiber. They are an excellent addition to your meal plan because they are packed with nutrients, and you can eat very large amounts without increasing calories and carbs. Since leafy green is bulky they fill you up faster and curb your appetite too. It's best to add a side of cooked or raw greens, tomatoes, or other veggies at any meal, including breakfast.

Here is a low carb or low-calorie food list:

These are some foods you should eat. Your diet should be based on real, unprocessed, low-carb foods.

- **Vegetables:** Carrots, lettuce, spinach, broccoli, cauliflower, and many others.
- **Meat:** Beef, pork, lamb, chicken, and others; opt for grass-fed.
- **Fish:** Salmon, trout, haddock, and many others.
- **Fats and oils:** Fish oil, coconut oil, butter, lard, and olive oil.
- **Fruits:** Apples, oranges, pears, blueberries, strawberries.
- **Eggs:** Omega-3-enriched or pastured eggs are best.
- **Nuts and seeds:** Almonds, walnuts, sunflower seeds, etc.
- **High-fat dairy:** Cheese, butter, heavy cream, yogurt.

3-Try Exercise: Move your body:

There is no doubt that exercising can help you lose weight more quickly. Including weightlifting in your routine has particularly good benefits as you'll burn lots of calories which prevents your metabolism from slowing down, which is a common side effect of losing weight.

Set a realistic goal, make a committed and intentional effort to achieve it. You can try going to the gym three to four times a week to lift weights. Ask a trainer for some advice and healthy exercise plans to fit your needs. Also, inform your doctor of these new exercise routines.

Cardio workouts are another great option for losing weight. They are activities such as walking, jogging, running, cycling, or swimming is very beneficial for weight loss and general health.

Combining cardio, aerobic exercise, high-intensity interval training (HIIT) and weightlifting can help with weight loss.

4-Try Intermittent Fasting:

Intermittent fasting is currently one of the world's most popular health and fitness trends. It is majorly used to lose weight or improve health and simplify lifestyles.

What Is Intermittent Fasting? Intermittent fasting (IF) can be described as an eating pattern that cycles between periods of fasting and eating.

It specifies the time to eat food and not the food. It involves going for long periods without eating, typically between 16-48 hours.

The practice has been credited with promoting the loss of body fat and weight. Research has proven that several intermittent fasting led to a 3-8% weight loss and 3-7% decrease in waist circumference within 4-25 weeks.

5 six different methods of intermittent fasting include:

1. Alternate-day fasting: In this method of fasting, you fast about every other day. There are several different versions of this method. Some of them allow about as much as 500 calories during the fasting days.

2. The 16/8 method: This method involves fasting every day for about 16 hours and restricting your daily eating window to approximately 8 hours or less.

3. The 5:2 diet: The 5:2 diet involves eating what you typically eat 5 days of the week in 2 days and restricting your calorie intake to 500-600.

4. The Warrior Diet: This diet was popularized by a fitness expert named Ori Hofmekler. This diet involves eating small amounts of raw fruits and vegetables during the day and eating one huge meal at night before 9 pm.

5. Spontaneous meal skipping: In this method, you don't need to follow a structured intermittent fasting plan to reap some of its benefits. Meals can be skipped from time to time, such as when you don't feel hungry or are too busy to cook and eat.

Intermittent fasting may help you consume fewer calories, maintain muscle mass and preserve your metabolic rate during weight loss.

5-Replace soda drinks with water and green tea:

Soda beverages contain a lot of sugar which leads to weight gain and belly fat. Beverages like green tea and even water are found to have the opposite and can boost metabolism by 24-30% for 1.5 hours after drinking a 17-ounce (500-ml) serving. This can translate into weight loss over time, especially in those who consume water before meals, which may help reduce food intake. Taking coffee can also help in weight loss due to the high level of [caffeine](#) it contains. Regular intake of water, coffee, or tea can help boost your metabolic rate and assist with weight loss. Caffeine and EGCG have been shown to promote fat burning.

Summary:

Losing weight loss can be hard, frustrating and demoralizing. However, the tips above are safe, simple, proven and effective steps to help you achieve your goal.

Sample Day of Eating:

This is exactly what I ate while losing weight on a plant-based diet. Meal prep large batches and enjoy throughout the week!

Breakfast	Lunch	Dinner	Snacks
Peanut-butter and Jelly Smoothie	Burrito Bowl Servings are per bowl. Make large batches of each ingredient to meal prep. Then add the following to your bowl for lunch:	Bowl of Sweet Potato & White Bean Fall Stew Recipe below makes about 4-5 bowls.	I ate one snack mid-morning and one either between lunch/dinner or after dinner.
1 cup Soy milk	⅓ cup brown rice	1 medium onion	Apple and ¼ cup mixed nuts
1 Tbsp flax seeds	2 handfuls spinach	1 sweet potato or butternut squash	Carrots and hummus
1 Tbsp flax seeds	1 cup sauteed black and pinto beans (spiced with garlic powder, onion powder, cumin, paprika, and a pinch of cayenne pepper - all to taste)	1 apple 1 package of seitan pufs 2 cups spinach	Plant-based yogurt with raspberries
1 medium banana	½ bell pepper, sliced 1 cup steamed broccoli ¼ avocado (sliced and placed on top)	Sauté above ingredients until soft Once soft, fill most of the pot with water, bring to a boil Once boiling, lower to a simmer. Let simmer for 30-45 minutes Raise heat to medium-high and add: 1 cup pearled couscous 1 can white beans	

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