



5 Tips for Healthy Weight Loss

...without feeling deprived

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Hello Hello!

I've been a Dietitian for over 10 years, and I've heard many stories from men and women about their struggles and challenges with weight loss. So I wanted to give you some tips that I share with my clients that will help you lose weight, without feeling deprived!

On the following pages, you'll find strategies that we often forget about, and some that you probably haven't thought about. Most importantly, they are tried and true, and they work!

Enjoy!

Maria



DISCLAIMER

These recommendations are not medical guidelines but are for educational and informational purposes only. See your Physician before starting any exercise or nutrition program. The recommendations in this program are not intended as a substitute for any routine or treatment or dietary regimen that may have been prescribed by your Physician or Dietitian. If you are taking any medications, you must talk to your Physician or a Registered Dietitian before making any behavioural changes. If your Physician or Dietitian advises that you don't follow these recommendations for any reason, you must follow your Doctor's or Dietitian's orders.

This program is designed for healthy individuals, 18 years and older only. The information in this program is meant to supplement not replace proper nutritional training. All nutritional modifications pose some inherent risks. Maria Thomas advises readers to take full responsibility for their safety and know their limits.



5 healthy weight loss tips

When you think of the word DIET, what comes to mind? Probably thoughts like

- Deprivation
- Can't have your favourite foods
- No desserts
- Starving!

These are just a few of the things come to mind for many of us when we start thinking about changing our eating habits. But it doesn't have to be this way-I promise!

I'm going to share with you the 5 tips that have the biggest impact on my client's weight loss success. Plus, I'm also going to give you some of the tools I use in my programs to get you started. All you need to do is commit to these strategies for the next 30 days, and you'll get results.



Tip 1

Journal for 30 Days

You need to figure out what you actually eat. You probably think you have a good idea of what you usually eat, but trust me, when you actually write it down, it tells a whole other story. Research has shown that people are more successful at losing weight when they journal

Write down what you eat for the next 30 days. This will paint the picture of what you're eating habits are really like, and where your challenges are, so you can come up with strategies. Below are 5 dietary mistakes that will sabotage your weight loss efforts

1. Big gaps between meals-i.e. Greater than 5 hours without eating
2. Eating late-within an hour or two of bedtime (the exception is if your doctor told you to for medical reasons)
3. Skipping breakfast
4. Over eating at meals-if you feel tired after a meal, you've probably over eaten
5. Drinking your calories

There are many on-line programs you can use to monitor your food intake, but to get you started I have included a simple tracker for you to write down everything you eat. The food tracker is for 7 days, so over the next 30 days, you'll need 4-5 food trackers. When tracking, make sure to include portions and meal timing, as these play a key role in discovering what your challenges are, and how to move forward

Tip 2

Plan Your Meals 1 Week in Advance

Next we need to come up with meal ideas for you. Often we're so excited to get started that we don't plan ahead what we're going to eat, so we end up eating nothing but salads and broiled chicken breast, and trust me, this gets tired and boring fast.

Tired and boring means there's no way you're going to stick with your weight loss plan for 30 days.

For most of my clients, the most challenging meal for them is dinner. They tell me they want variety with dinner meals and don't want to eat the same food 3 days in a row, but they also don't want to spend 4 hours cooking, and another 2 hours doing dishes.

Three delicious recipes you won't be able to resist

To get you started, I've provided you with 3 of my favourite EASY Dinner recipes. They are recipes that I've specially tweaked for weight loss. I've included the recipes at the end of this guide, but here is a glimpse of what you have to look forward to. Yum!



*Curry Chicken
With Coconut Milk*



*Salmon with Lemon
& Rosemary*



*Spinach Salad &
fresh strawberries*



What's a Serving?

One serving or portion of the protein is approximately 3-4 oz. Add a tasty side dish of vegetables such as the spinach salad, and a portion of whole grains or starchy vegetables to the salmon and chicken dish, such as brown rice or yam.

One portion of grains or starchy vegetables (such as corn, yam or potato) is ½ cup, cooked. I'm including starchy vegetables with grains because they are similar to grains with regards to carbohydrate and calories. Most vegetables otherwise are free, meaning they contribute very few calories (10-50 per serving) so don't worry about portions of these vegetables, just enjoy!

Want More Recipe Ideas?

I will be regularly posting new recipes, so make sure to check the recipes section on www.urbannutrition.com.

In the meantime, a great cookbook is ***Cook!*** by Dietitians of Canada. The nutrients and calories are provided for each meal, so you know exactly what you are getting. Another great place to go for recipes is the foodnetwork.ca, eating well section. Check out ***Eat, Shrink and Be Merry***. The recipes are from 2 sisters- Greta and Janet Podleski, a Dietitian & Chef team, who take high fat dishes and make them delicious, but without all the extra fat and calories! Both books can be found anywhere books are sold

Tip 3

Set up your environment for success

One of the best tips I give my clients is to set up their environment for success. We often think we should have enough will power to resist foods in our cupboards, but why do we put ourselves through this? Let me help put this into perspective for you.

If you were a smoker trying to quit smoking, would you leave your favourite cigarettes lying in front of you, at the times you usually smoke? Of course not-that would be crazy!! So why leave your favourite foods in your kitchen for you to see when a craving hits? And trust me, just like with smoking, food cravings will kick in, especially when you are in the beginning of your weight loss journey.

You have to remember that your body is used to expecting certain foods at certain times, so we need to break your patterns and habits and get your body to forget about these foods it got so used to having.

So forget about will power, and quit torturing yourself. Make this journey as easy as possible for you to be successful and get rid of the foods you lose control with. You know the ones I'm talking about...it's the boxes of crackers that you start nibbling and before you know it, the box is empty.

Raid and clear out the junk from

- Cupboards
- Fridge
- Counter

Don't worry, we won't leave your fridge and your cupboards empty. We're going to replace those foods with ones that are tasty, convenient, and will make it easy for you to stay on track.



Tip 4

Grocery shop at least once a week

Now that we've removed the foods that require way too much will power, it's time to re-stock with healthy tasty convenient foods.

Healthy foods that you enjoy with natural ingredients that are convenient, especially for days you don't have the time to prepare everything from scratch, will save you time and energy, satisfy your cravings and appetite and help shrink your waistline.

My top 9 'Must-Have' Foods for your grocery list

I've specifically chosen these foods for my 'Must-Have' list, because in addition to being delicious and making this journey much more simple for you, they actually each have unique health properties that will further assist you as you lose weight. For example, the dense bread will stabilize your blood sugar levels, helping curb cravings, and the pumpkin seeds can help boost energy and your immune system if your body is deficient, as they are loaded with iron, and women in particular often don't get enough of this nutrient.

1. grapes
2. Frozen berries
3. Edamame
4. Spinach
5. Frozen vegetables
6. Pumpkin seeds
7. Low fat Greek yogurt
8. Curry paste
9. Dense bread-pumpernickel or whole grain



Tip 5

Eat out regularly? Don't fall into the "Extra 300 Calories" trap

Last but not least, *eating out*. Now I've got to be honest, eating out while trying to lose weight is tough. Research has shown that women who eat out more than 5 times a week consume nearly 300 more calories per day than women who eat out less often. In 1 year that's 31 pounds!!!! Yikes.

So, if you eat out regularly, it is definitely something you need to be aware of. Having said that, food is social, so how can you eat out and still lose weight?

Eating Out without blowing your diet

There are 3 keys to eating out without blowing your diet

1. Order a la carte
2. Watch the Fat
3. Doggie Bag

Order a la carte

A typical restaurant meal can provide 1200-1500 calories or more. When trying to lose weight, this is almost your full calorie needs in 1 day! Luckily, nowadays restaurants are quite accommodating, as they want you to enjoy your food, and of course, come back! So, don't be afraid to make some requests with your meal.



3 simple requests that can help you shed 15 pounds in 1 year

These 3 simple requests can save you 150-200 calories each. If you follow just one of these tips, it can help you shed 15 pounds in a year

- Salad dressing on the side
- ½ serving of carbs (rice, potato, noodles, bread, pasta) and double the vegetables
- No mayo or sauce on sandwiches

Watch the fat

We used to avoid fat like the plague, but we now know we need healthy fats in our diet. Not only can it enhance the flavour of foods, it can also help us feel more satiated after a meal. We only need a little fat however, and a restaurant meal can easily provide more fat in one dish than you need in a day. The bottom line

HIGH FAT = HIGH CALORIES = YOU SWEATING LONGER ON THE TREADMILL.

Let me give you an example-Grilled Chicken Caesar Salad. Sounds relatively healthy, and low calorie right? Well, it is...without the high fat dressing. With dressing, this innocent sounding meal provides almost 1200 calories! This is the same amount of calories as if you had A Big Mac, large fries and a can of coke.

Your safest bet when eating out is to skip dishes that

- have heavy ingredients like cream (butter chicken, Alfredo sauces)
- are fried then covered in sauce (sesame or kung pao chicken)
- are smothered in full fat cheese (enchiladas, pizza)

Doggie Bag

Now if you are just having one of those days where you feel like a higher fat dish, or you just love a particular meal at a restaurant, then order it as is, but commit to eating just ½ and get a doggie bag, so you can save the other ½ to enjoy the next day.



Let's go!

So now that you have my 5 tips that have the biggest impact on my client's success, let's get started! Remember, these tips will work as long as you follow them, so commit for the next 30 days to focusing on these changes and you will start to see results.

Remember...

- Journal for 30 days
- Plan your meals 1 week in advance
- Set up your environment for success
- Grocery shop at least once a week
- Eat out regularly? Don't fall into the "Extra 300 Calories" trap

Want to see results faster? Get a **Meal Plan**

Having a weight loss meal plan with a grocery list, recipes and nutrition tips for developing healthy habits will make it easier for you achieve your health and weight loss goals.



Recipes

Curry Chicken with Coconut Milk



Original Recipe Yield 4-6 servings

Ingredients

- 1 pound (454 g) boneless skinless chicken breasts, cut into 1/2-inch chunks
- 1 teaspoon salt and pepper, or to taste
- 1 tablespoon vegetable oil
- 2 tablespoons curry powder
- 1/2 onion, thinly sliced
- 2 cloves garlic, crushed
- 3/4 cup reduced fat coconut milk
- 3/4 cup tomato sauce
- 1 red pepper, sliced

Directions

1. Season chicken pieces with salt and pepper.
2. Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions and garlic, and cook 1 minute more. Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook for 7 to 10 minutes, or until chicken is no longer pink in center and juices run clear.
3. Add sliced red pepper, cook for 2 minutes. Pour coconut milk, tomatoes, tomato sauce, and sugar into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 to 40 minutes.

Salmon with Lemon & Rosemary



Original Recipe Yield 2 servings

Ingredients

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 wild salmon fillets, bones and skin removed
- coarse salt to taste
- 1 tablespoon olive oil

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil.
3. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

Spinach Salad & Fresh Strawberries



Original Recipe yield 3-4 servings

Ingredients

- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- ¼ tsp sugar
- 454 g container of fresh spinach
- 8-10 strawberries-cleaned, hulled and sliced
- ¼ English cucumber, sliced
- ¼ cup slivered almonds

Directions

1. In a small bowl, whisk together the balsamic vinegar, sugar and olive oil, Cover, and set aside.
2. In a large bowl, combine the spinach, strawberries, cucumber and almonds. Pour dressing over salad, toss and serve

Note:

Enjoy this fresh salad without dressing, as in the picture, or use the simple balsamic vinegar dressing included in the recipe. If you would like to use a different salad dressing, 3 tbsp for the total recipe, or 1 tbsp dressing per serving.



Food Tracker



FOOD TRACKER...Remember to note the time you ate and your portions!

Breakfast						
Snack						
Lunch						
Snack						
Dinner						