

Weight Loss Tips

Losing weight can be a difficult and daunting task, so here are a few tips to help you stay on track. Some tips you may have heard of before, but hopefully there is at least one new idea or reminder to help you set realistic goals and get back on track.

Don't skip breakfast

By skipping breakfast, you could miss out on essential nutrients that our body's need. Also, you may end up snacking more throughout the day because you feel hungry. If you can opt for a high protein breakfast like a black bean omelet or a peanut butter and banana oatmeal, super delicious and helps you to feel full throughout the day.

Eat plenty of fruit and vegetables

Fruit and vegetables are key for our diets, they provide plenty of vitamins and minerals. Try and incorporate more veg into your meals and snack on fruit when you're hungry. They also are low in calories and fat and high in fiber, which are essential ingredients for successful weight loss.

Drink plenty of water

We often confuse thirst with hunger, so next time you're feeling hungry have a glass of water instead, always try and have a water bottle with you so you can drink plenty throughout the day. Try and drink 6-8 glasses of water a day (that's 1.5- 2 liters).

Don't ban foods

Don't ban any food from your diet, this will only result in you craving them more. There is no reason you can't enjoy your favorite high calorie foods on occasion.

Cut down on alcohol

Alcohol is high in calories; a standard glass of wine can have anywhere from 120-170 calories a glass. Excessive alcohol consumption can easily result in weight gain, you're also more likely to opt for poor food choices after drinking.

Plan your meals

Meal prepping might not be for everyone but if you plan your breakfast, lunch, dinner and snacks for the week you can fit this into your weekly calories' deficit. It's also a good money saver and helps with reducing food waste so it's a win-win all round.

Make dinner time fun

Try not to sit and eat in front of the TV, sit at the table, get people over. Make it an evening activity. By doing this you're more likely to remember dinner time and it becomes something you look forward to.

