

# How to Prepare A Healthier Weight Loss Meal

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Every day, hundreds of diet books are sold around the country, from Atkins to South Beach, from Amazon to Borders. Thousands of Americans are constantly in search of ways to make themselves look like they do in their fantasies, or like they dream when they close their eyes at night and wish for the perfect body. The perfect body may be unattainable for some, and it could be just around the corner for others.

Regardless of your personal reasons for wanting to drop some weight (be it health or beauty, or a combination of both), there are ways to go about it that have nothing to do with fancy diets or the latest (insert vital nutrient here) craze. Just making some simple substitutions when you cook or eat out can make all the difference in the world.

Take Melinda Carloni, for example. This thirty-four year old wife and mother of two young boys had been through every diet book she found in the bookstore. She had jumped on the no carb craze and ridden it until she couldn't stand to look at another piece of meat. She had gone in the opposite direction and cut meat out of her diet entirely. She had eaten a fruit only diet (this she was able to stay on for only about a week before going on an eating binge that included—but was not limited to—five bowls of Breyer's French Vanilla ice cream and two separate trips to McDonalds).

On each of her diets, she would lose a little bit of weight, but she could never get the results to stick. This is because the vast majority of fad diets out there are nearly impossible to sustain for any substantial length of time. And the minute you return to a normal eating pattern, the pounds start piling back on, in many instances more quickly than they came off to begin with. This was certainly true for Melinda. Even though she sometimes felt she was either on one diet or another, and even though she lost weight on each, her aggregate weight continued to rise.

It wasn't until Melinda gave up the endless search for the perfect diet that she started to really lose some weight. And a large part of the changes she made in her life are outlined in this report. Simple, sensible, and best of all—reasonable changes that she was able to incorporate without feeling as though she was depriving herself.

The key to long term success in the weight loss game is the same as the key to success on the stock market. In order to win big and obtain results that last, you have to plan for the long haul. Trying to get rich quick or lose weight instantly is like setting yourself up for a fall. In the stock market, this means having a sound, low risk investment strategy and staying the course over the years. With weight loss, it's the same deal. Incorporate small, subtle strategies and keep them with you for your entire life. In both instances, the results will speak for themselves. You'll have friends and family asking you —'How?' How did you do it? Was it Atkins? Was it Weight Watchers? And you'll be able to shrug innocently and say, "Nah, just made a couple of changes."

So, without further ado, here are the top ten ways you can prepare healthier meals and start losing weight, forging a path to a new and beautiful you.

## **#10: GRAIN IT!**

One of the best ways to start subbing good things for bad in your diet has nothing to do with getting rid of carbs, but rather making a small change to the ones you're eating. Few meals are as good without a little bread on the side. Sometimes, bread makes up the best part of a meal, in the case of simple lunches like sandwiches. And, this is good to remember and commit to your mind: 'It's okay!' Bread is all right, and so is rice, and pasta!

The key is to choose those breads, rice, and pastas that are made with whole grains. This means whole wheat breads, brown rice, and whole wheat spaghetti. And here's the great part: while it may take some getting used to the darker, richer texture of these grains after a lifetime of processed whites, they are ten times as filling. Where you might have eaten three pieces of white bread with dinner, you may find yourself only reaching for a single slice of whole wheat bread. It makes that much of a difference.

Whole wheat is not only healthier for you, it can directly contribute to your weight loss. Instead of turning into a sugary glop in your belly (and being shuttled directly to your thighs), these carbs are harder for your body to digest. This, believe it or not, is a good thing. Unless you habitually run a few miles after every meal (and, let's face it—you don't, or you wouldn't be reading this), you need foods that won't provide you with "quick energy." You need calories that will stay a while, and be burned slowly. Whole wheat is your answer.

## **#9: VEGETIZE IT!**

A lot of cooks (especially those who grew up in the South), believe that the answer to vegetables with the meal is to load them up in a casserole with plenty of cheese and butter. They eat these veggies, thinking that the calories contained in the cooking process are somehow lessened by the fact that they are still—at heart—vegetables. But how does this make any sense? Would you dumb a few carrots into your milkshake and believe that it's somehow not going to count all of a sudden? Of course not (and not just because the combination sounds gag-worthy)!

There is a plethora of ways to serve vegetables while not robbing them of their benefits. One of the best ways is to steam them. Steaming vegetables can be a revelation, even for those people who think they don't like vegetables. Steaming lets vegetables retain their crispiness, while cooking them lets them get soggy and not-so-appetizing. This is where all that butter and cheese come into play. You certainly don't want to taste those soggy green beans and asparagus. Got to cover them up with something, quick!

Of course, where nutrients are concerned, nothing is better for you than eating your veggies raw. This can be an acquired taste, but try it a few times, with a few different vegetables, and see what you think. If you find a few that you like this way, great! If not, stick with the steaming! If you still find you need some butter, avail yourself of the no-calorie spray butter found in the dairy section of the grocery store. While no one is quite vouching for the nutritional content of these sprays, at least they aren't adding empty calories. And they do, strangely enough, taste remarkably like butter.

## **#8: FRUIT IS FIT!**

It can be difficult to give up the temptation and habit of eating dessert, and if you have a sweet tooth, these desserts can tend to follow you around throughout the day, calling out to you. This can come in the form of doughnuts at breakfast time, muffins (which, let's face it, are pretty much just cupcakes in disguise), and ice cream while you watch TV at night. But the great thing about fruit is this: it's sweet, and it won't cost you near as many calories. After all, when was the last time you met someone obese, observed their eating habits, and came away thinking. . .yeah, they eat too many grapes. That's the problem.

## **#7: TRIM IT!**

Most of the most common meats you'll find yourself serving at your family meals are perfectly healthy for you and excellent choices for a weight loss strategy. However, there are some simple things you can do to make the meat even healthier, and you should take advantage of these things whenever possible.

Meats such as turkey and steak are rife with parts that can be trimmed before eating to make them lower in fat. Though some might complain that this robs them of their flavor, we're sure you can make up that flavor with spices and juicy cooking.

## **#6: POWDER IT!**

Most people have grown up drinking milk for most of their lives. Unless you're lactose intolerant, chances are you may have never even tried to powdered variety. This should change if you're serious about making some simple changes and substitutions in the way you eat.

Powdered milk has been given the credit for many who thought there was nothing else they could do to lose weight. Put into a glass in place of a drink may not be what the doctor called for, but substitute into your baking recipes and the chances are: you won't even be able to tell the difference.

## **#5: ASK IT!**

While making simple substitutions at home might seem like a chore, making those substitutions when you go out to eat can seem like an absolute nightmare. One recent survey suggested that over seventy percent of dieters met their downfall in the form of restaurants and eating out with friends. This is discouraging, as everyone likes to eat out every now and again.

Thankfully, there are things you can do to make eating out a better choice for your waistline. But you'll have to either be assertive at the restaurant, or you'll need to do your research before heading out. Asking the waiter how much of this and that is in your favorite entrée can be embarrassing, so you might want to choose the latter.

In today's health conscious and informational world, finding the nutritional facts about your favorite meals is only a click away. Most restaurant chains have this sort of information on their websites (though it may be hidden, so devote yourself to giving the website more than a once over). If we're talking about a local place, you can go to a general calorie website and estimate by adding up the various foods that make up your menu selection.

## **#4: (DON'T) DRINK IT!**

Alcohol can make a great night better (or worse, depending on your ability to limit yourself), but it can also take a big toll on your waistline. Many alcoholic drinks are packed with calories, and you don't even realize it as your putting away that third glass of wine. If you're serious about losing some weight, and not so serious about your drinking, cutting back can help a lot when it comes to the battle of the bulge.

### **#3: DESERT IT!**

When it comes to your dessert, you simply must make some substitutions. We spoke about fruit earlier, but, let's face it, fruit just isn't going to cut it all the time, especially if you have a rabid sweet tooth. Today, though, there are plenty of products out there that you can utilize to help you enjoy dessert without loading on the calories. Beware of labels that say "fat free" as these products are usually loaded with twice the sugar to make up for the fat. Either way, the calories are going to be sky high. Watch the calories. That's where the danger is.

### **#2: SLOW IT!**

Studies have shown time and again that those who take the time to enjoy every bite of their food usually eat much less than those who are in a hurry to scarf it down. Chew thoughtfully and carefully, savoring the food as you eat. Take a drink between each bite and pause a moment before having another bite. Talk to your friends around you. Don't look at it like a race. You don't have to finish your meal. There's always tomorrow, or later on. Enjoy the atmosphere, and enjoy the meal.

### **#1: PORTION IT!**

Portion sizes have gotten out of control in America. This is not only true at restaurants, but at home as well. If you have enormous dinner plates, trade them in for a smaller size, if necessary. We have been trained as a culture to turn our noses up at a half-full plate. But if the plate is full, but half the size, we are tricking ourselves into feeling that psychological satisfaction while accomplishing the same feat.

Eating well and losing weight—it has been said time and again—is about making permanent changes. It's not about fad dieting. If you want to lose weight and lose it for good, put these tips to work for you. You won't feel that sense of acute deprivation you feel on a diet, and therefore you'll be able to stick with it for a long time to come.

Good luck, and enjoy the results as they show up on the scale!

I hope that you found this report helpful.

Best wishes,

Scott Soloff

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