

Eat Your Way To Health

"Successful Eating Strategies To
Help You Lose Weight"



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Before you begin!

This short report is a great guide for planning and implementing your healthy eating program. Everyone knows that a healthy diet will not shed those pounds automatically, but combined with a regime of weight loss exercises – these strategies can be MEGA powerful.

Click the link below to discover some of the most fantastic workouts you can perform to use in conjunction with this short report.

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Let us begin...

Successful Weight Loss Strategies

When people get together to discuss weight loss, they realize that many different strategies can work. No one specific weight loss or fitness program, diet, food plan, pill or other routine is a one-size-fits-all and none need to be. Instead, review basic weight loss strategies that work for many successful participants and customize a plan or fit for your own personal needs. Here are some basic strategies to review:

Exercise

As people grow older, a sedentary life tends to take over and the body's metabolism slows down. One of the healthiest ways to beat the battle is exercise at least 30 minutes a day. This can even be broken up, like into three 10-minutes segments. The more you want to lose, the more you need to beef up your program and monitor weight loss accordingly to see what works best for you and your health, under the advisement of your healthcare provider. In other words if you don't increase reps and / or resistance in your training, your body quickly adjusts to the routine and you can stop losing those unwanted pounds quickly.

Variety

Exercise can get to be too routine and boring to many. So make sure to vary it each month to get the most out of your health action plans. You can head indoors and work out in a low-cost gym like a local YMCA. You can mix in a monthly pass now and then to a more expensive fitness club that has all the works like an indoor pool, hot tub, sauna and much more. And you can also check into the option of a monthly or seasonal pass at a local

upscale hotel with an indoor pool and fitness area. And don't neglect home gym equipment, videos and audio cassettes to help with workouts. Then there are plenty of outdoor pursuits: hiking, biking, swimming, kayaking, ball games (football, basketball, etc.), tennis, bird watching, zoo and other tours, and much more. Keep a handy list of many choices and vary your exercise patterns to get more enjoyment out of them. This will help make exercise part of your daily life.

Eat Healthier

Eating healthy is the basis of this report. A healthy diet with an abundant supply of vitamins and a healthy balance of protein, fats and carbohydrates can make or break your weight loss efforts. Get it right and your weight loss goals will seem much more achievable, but get it wrong and your weight could remain stationary or even grow!

Diet Success Tips

Okay, you're reading this piece because you're about to go on a diet and want to make a success of it or you're already on a diet that's hit a snafu and you want to turn it around. Whatever the case may be, if you follow these tips, you can be rest assured that your diet is sure to succeed.

First things first, we're assuming that your "extra body" is not due to a medical condition – if it is, you'd be better off consulting a doctor. In fact, it is a good idea to get medical advice before going on a diet. We're also hoping you're not chomping on a 5-lb king-sized-burger and sipping on a cola (at least while reading this article).

Okay, here we go:

Tips to take your diet to a fitting finale:

1. Make a diet plan. Instead of wasting your time reading blogs or watching idiotic personal movies on sites such as YouTube.com, sit down and write a detailed plan about foods that are good for you, foods that agree with your body and foods that you enjoy the most. Get to know their calories and eliminate the foods that have high calorific content.
2. Reinforce your mind with steel. Know why you eat and hammer it in your head that you eat to survive, not to party. Ingrain, absorb and chew on this thought – it will help you become stronger mentally and help you avoid all kinds of junk and "just one more" foods.
3. Do not touch fat foods or drinks: For example, Mayonnaise has

enough calories to fill even your saliva with fat – avoid it. Avoid alcohol; Avoid junk food; Avoid carbonated beverages – even the “diet” variety because they are loaded with sugar. Read food labels carefully and don’t buy anything with a lot of fat content. Avoid extra sugar and sweets intake – remember, even sugar-substitutes, such as honey, are fat givers. Avoid restaurant food – it’s rich, sauced, creamy and waiting to inject fat cells into you.

4. Gather with a support group of dieters and diet along with them. Being in a group can help your diet cause.

5. Avoid frying your food – instead bake, broil or roast your food. Don’t forget to remove fat from your meat before baking, broiling or roasting it.

6. Eat less and eat more often. Break up your meals into small portions and have them 4–5 times a day (not 10–15 times). Schedule your eating times and remember not to eat just before going to bed because all that food you just ate will get converted to fat because sleep will make you inactive, thereby preventing the burning of fat.

Popular Diet Plans & Weight Loss Programs

We all know that diet is an essential part of a weight loss program. We start looking into some of the most popular diet plans and weight loss programs that are available. We all know there are many, we see the advertisements everywhere we look. We get them in emails, on nearly every website we visit, see them in newspapers, magazines, and on the television. However, with all the different diet plans which ones are the best? Which are most popular? Which should you choose? It could be very difficult. In this article, we will discuss a few of the most popular and help you decide.

Weight Watchers – This comprehensive weight loss program has been around for many years. Many people have found success with weight watchers. Not only does the program offer a diet, but it offers it in a way that is pleasing and appealing to you. You get to choose the foods you eat, you have control over your weight loss. The point system allows you to keep track of everything and decide what you should and should not eat. You prepare the foods, so you get what you like.

However, weight watchers is not a good program for people who are busy and constantly on the go. Because it requires a lot of measuring and journaling, it is not always the best choice for busy people. In order to get the proper points, you have to measure everything out. However, it does

come with a handy guide for eating at restaurants, as well as a heaping helping of support as you go on your weight loss journey. This support can come in the form of the message boards on their website or you could choose to attend regular meetings in your area. What is great is that you have people, just like you, who have gone through the program or are going through the program on your side.

NutriSystem – This weight loss program follows a diet plan with portion control. At one point, the company existed in weight loss centers. Today, it is exclusive only to the internet. This system is the more affordable version of the Jenny Craig diet plan. This is a good program for busy, on the go men and women looking to lose weight. The reason being is that the food is already prepared, all you have to do is heat it up and eat it. There is no measuring, no counting points, and it includes every meal and snack you might need during the day.

NutriSystem requires no members or contracts; all you have to do is buy the food. They do offer telephone and chat room counseling to assist you on your path to weight loss.

While there are many weight loss programs available to you today, these are just two of the most popular. Other popular diet plans include South Beach, Medifast, Diet.com, DietWatch, and The Sonoma Diet.

Not That Low-Carb Diet!

Just before you think that low-carbohydrates diet would save you from getting fat, better think again and weigh things up for your self. There is indeed a misconception in the arena of dieting that one must get rid of the carbohydrates-rich food group. We just do not realize that these food included in carbohydrates' circle are the major source of energy that we need to keep up with the hard work we do every day.

Did you now that this type of diet is only good for temporary purposes? On the other these low- carb diets even have long-term risks. They are so alarming but one need not panic- all you have to do is to start healthier this time around.

There is a risk of osteoporosis. Diets which are very high in protein like animal protein from meat heightens the risk for osteoporosis for women because the body takes calcium from the bone to neutralize the acids that build up in the blood as a result of digesting large amounts of protein.

In addition, according to the American Institute for Cancer Research, any low-carb diet which is *low* in fruits, vegetables and whole grains but high in animal foods increases the risk of acquiring kinds of cancers.

Low carb diets your body to take high fats. An international studies show

that countries low rate of breast cancer, are countries that have high fat intakes while those with a high fat consumption have high rates. Diets which use high-fiber food are better and they would help to gradually overcome the risks of breast cancer.

The most alarming id the risk of heart diseases, yes it is. Over-consumption of saturated fat is a known risk factor for raised LDL cholesterol, heart disease and stroke.

This common misconception must be alternated by a new fact that for one to determine how to slim down or lose weight, metabolism affects how much a person could lose weight and not merely rely on the idea that ignoring rice, and all the nutrients they provide.

Healthy Eating 101

It's time to get healthy! And a good place to start is by eating healthy with these super diet tips.

- Drink plenty of good, filtered or bottled water each day. It's cheaper long-term to install a water filter in your kitchen than to keep buying bottled water. So check into it! Also, drink water with meals instead of sugary drinks so that you can taste the food better and not fill up on soda instead.
- Eat plenty of fresh fruit. Fresh fruit is actually better for you than fruit juices that often contain a lot of added sugars. If you do opt for the juice, go half-and-half, watering it down as you would for a baby so that it's healthier for you.
- Your stomach is only as large as y our fist. So don't overeat.
- Eat slow so that your stomach does fill up and you can not only enjoy your foods more and longer, but feel when your stomach is full and stop eating.
- Look into healthy diet plans if you are having difficulty controlling your eating and figuring out what to eat. There are a bunch of popular choices at eDiets.com with program descriptions, trial offers, free subscriptions to newsletters, recipes, helpful articles with more tips and a lot more.
- Buddy up and find a friend or neighbor or your mate to get

healthier with together. Take turns cooking or team up and learn to prepare healthier meals together.

- Eat plenty of protein and a variety of protein. Protein isn't just beef. Try different kinds of nuts, add in eggs, chicken, fish, etc.
- Experiment with plenty of different recipes on a regular basis. Eating the same old, same old gets boring and invites unhealthy snacking and meals. Search for recipes online and cookbooks at local bookstores, the library and online at Amazon.com and eBay.com.
- Try baking on a cookie sheet instead of pan frying your foods. And instead of grease, line the sheets with aluminum foil for easy cleanup, then spray with cooking spray.
- Experiment with low-fat and no-fat dips and salad dressings to liven up your veggies – both raw and cooked.
- Brush your teeth after each meal and snack. This helps cut down on what you eat in between, because you'll want to keep that clean, fresh feeling in your mouth and you won't want to go brush your teeth again so soon.

Breaking the Bad Habit of Overeating

Obesity is a top concern in the USA today and round the globe. And especially as more people join the computer-using world, more people sit longer, are less active, eat more and lose / burn-off less. So it's time for a time out and tips for breaking the bad habit of overeating.

Take a Time-Out

Start with a checkup at your doctor's office for advice and approval before beginning a new diet and / or exercise program. Then do some homework and research diet and fitness program online or at your local library. Online you can start at eDiets.com, as seen on television. Some of their featured diet and fitness plans at this time are:

- The eDiets Plan
- Bob Greene Plan

- The Suzanne Somers, "Lose weight and look great," plan.
- The G.I. Diet Plan, "Lose weight, increase energy," boasted as being Europe's hottest diet.
- The Atkins Approach, "Get slim & healthy on the original carb-smart plan."

This company also offers fitness programs, recipes, helpful articles and ezines and a lot more. For more information, contact them offline and online at:

eDiets.com

1000 Corporate Drive

Suite 600

Ft. Lauderdale, FL 33334

Toll-Free Nutrition Support: (800) 265-6170

Nutrition Support Email: nutrition@ediets.com

Healthy Alternatives

Toss aside that bad habit and replace it with healthier ones like these:

- Instead of overeating, work a part-time job or extra hours to earn money for your new diet and fitness fun and clothes.
- Instead of overeating, over-read and learn how to cook healthy meals and how to build up your body.
- Instead of overeating, have fun with friends or by yourself. Take a hike, ride a bike, go to a movie, volunteer, baby-sit for a friend in need, take a class and park far from the entrance for more exercise.
- Instead of overeating, shop for healthy fresh fruits and vegetables plus low-fat or no-fat dips to go with them.
- Instead of overeating, go out with a friend who is also trying to lose weight and top overeating. Team up and help each other beat your bad habits!
- Instead of overeating, plan your success path, how many pounds you'll lose per week (2 is average) and how you'll get there (exercising more, eating less) and log your meals, snacks, fitness activities each day. Plus fill in your thoughts, successes, failures....

Be your own best friend and finally take time to take care of yourself. Go for it!

Healthy and Good Tasting **Fitness Snack Recipes**

Now that you know about how to plan a perfect diet to suit your own needs, why not try these healthy snack recipes.

Healthy snacks don't have to be difficult to make, although some may take a little extra work. Regardless of the work involved, though, they sure do not have to lack great taste. Here are some recipes to try with your family and friends at the gym.

Reese's Cups

2 T butter
1/3 c chunky (or plain) peanut butter
1 oz unsweetened chocolate
1/3 c ricotta
10 pkts Splenda®
1 t vanilla

Melt butter, peanut butter and chocolate in microwave. Cool slightly, then add ricotta, sweetener and vanilla. Spoon onto wax paper and refrigerate. Serves 22.

Layered Peanut Butter Pie

CRUST:

1 c crushed or ground pecans
4 t melted butter

CHOCOLATE:

2 T butter
1 oz unsw chocolate
2 T cream
1 t vanilla
8 pkgs Equal Sweetener

PEANUT BUTTER:

5 T peanut butter
4 oz cream cheese
1/3 c Splenda®

WHIPPED CREAM:

1 cup heavy cream
1 t vanilla

1 T cocoa

1. Crust: mix pecans and butter. Pour in pie plate, spread to cover bottom of plate and put in freezer.
2. Chocolate layer: Melt butter and chocolate in microwave approx. 2 min. Mix in cream and vanilla. Stir well. Add equal. Pour over frozen pie crust and put back in freezer.
3. Peanut Butter layer: Mix peanut butter, cream cheese and Splenda® with food processor or blender. Spread over frozen pie.
4. Whip cream with vanilla and cocoa until stiff peaks. Spread over pie and refrigerate. Serves 8.

Cheesecake Muffins

1 pkg gelatin (plain)
1 c boiling water
16 oz soft cream cheese
1 t vanilla
16 pkgs Splenda®
1 oz unsw. Chocolate, melted (optional)

Dissolve gelatin in boiling water and stir well. Cut cheese into small pieces and place in dissolved gelatin. Add melted chocolate (if using) and mix. Add vanilla, sweetener and beat well with electric mixer (2 min. on med/hi). Pour into buttered pie pan or 12 muffin cups. (If using muffin cups, put cupcake paper in cup first). Chill until firm, 2-3 hours. Makes 12.

Pumpkin Cheesecake Bars

Crust:

1 cup almond flour
1/4 cup brown sugar twin
1/2 cup butter
1/2 cup chopped walnuts

Filling:

8 oz cream cheese
1/2 cup Slenda®
2 eggs
1/2 cup pumpkin
1 tsp vanilla
1/4 tsp nutmeg
1/2 tsp ginger
1 tsp cinnamon

Blend crust ingredients in food processor until blended. Press into an 8x8" greased pan. Bake at 350 for 15 min; cool slightly. Meanwhile, make filling: Blend all ingredients until smooth. Pour over crust and bake 35 min until set. Cool and cut in bars. Makes 16 bars.

Basic Cookie Recipe

Ingredients

2 1/2 cups almond flour

1 1/2 cups splenda
1 tsp guar or xanthan gum
1 cup butter, soft
1 egg
1 1/2 tsp baking powder
1 tsp vanilla
1/4 tsp salt

Mix all ingredients in mixer until blended. Divide into 4 bowls and flavor according to your tastes. Refrigerate at least 4 hours before baking. Make cookies by forming dough into 1/2" balls, placing on cookie sheet. Dip bottom of a glass in Splenda® (or Splenda® / cinnamon) mixture and flatten balls. Bake at 375 8-12 min, until lightly browned. Makes about 12 cookies.

To flavor: add 1 tsp extract to each portion. For chocolate, add 1 oz melted unsweetened chocolate to one portion, and additional tablespoon of Splenda®.

Enjoy!!!

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