

33 Easy Weight-Loss Tips



By Dinneen Diette, Eat Without Guilt™

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It's not always easy to lose weight...

eat right, have motivation, and live well every day. These tips will help. Some you may already be doing, others you are not, but they all work. The key is to systematically add these to your lifestyle and you'll get results. Start TODAY and do one at a time.

- ❖ Eat breakfast
- ❖ Sit down when you eat
- ❖ Start reading food labels
- ❖ Find a weight-loss partner
- ❖ Don't go hungry - eat when your body tells you
- ❖ Limit the amount of "trigger foods" in your house
- ❖ Find an incentive
- ❖ Get used to leftovers
- ❖ Avoid all-you-can-eat buffets like the plague!
- ❖ Don't deny yourself
- ❖ Start a food journal
- ❖ Make sure you get enough protein
- ❖ Get rid of the "all or nothing" attitude
- ❖ Eat more whole grains
- ❖ Don't eat "diet" foods
- ❖ Have REALISTIC goals
- ❖ Pack your lunch for the office
- ❖ Make pasta a side dish, not the main one
- ❖ Create an action-plan
- ❖ Realize not all calories are equal
- ❖ Make eating a joyful experience, not a chore
- ❖ Don't "diet"
- ❖ Downsize your dinner plates
- ❖ Don't use artificial sweeteners
- ❖ Don't eat out of a box
- ❖ Eat a varied diet to avoid boredom
- ❖ Make sure you have the desire to lose weight
- ❖ Don't eat foods labeled as 'fat free'
- ❖ Don't eat foods with more than 15 ingredients
- ❖ Don't eat 'family style' with food in bowls on the table - it makes seconds more tempting
- ❖ Believe you can change your unhealthy habits
- ❖ Eat 80-90% of your meals at home
- ❖ Eat without guilt

Do you know 'what' you need to do to lose weight but don't know 'how' to do it?

Visit:
www.EatWithoutGuilt.com
or call today to schedule a get-acquainted session with Dinneen: 617-669-3833