

5 Finger Method to Nutrition for Weight Loss with Calorie Restriction

1. Limit your calories to _____ per day. Use the My Fitness Pal or Lose It app to track this.
2. Protein: It keeps you full and helps build muscle leading to better metabolism. Eat 80-90 grams/day for women, 120-130 grams/day for men. This is 4 palm sized servings of lean meats, eggs, beans, or peas a day. Also 1 protein shake has around 30g of protein.
3. Get rid of most sweets and processed carbohydrates (chips, crackers, snack bars, most breads, most pastas, etc). These lead to rebound hunger. Instead eat natural carbs: fruits, vegetables, beans, peas, potatoes, whole grains or whole wheat bread or pasta.
4. Snacking: Keep snacks minimal. Do not eat if you are not hungry. You can skip meals. Try not to eat a carb without eating some protein with it. Be careful with high calorie snacks like nuts, peanut butter, cheese, or fatty meats like pepperoni.
5. Do not drink fluids that contain calories (sodas, lemonade, sweet tea, etc). Coffee creamer in coffee (including no sugar) can still have a lot of calories.