

Eating Slim

When following the Sureslim Programs, it is absolutely essential that you consume all of the food that is on your menu planner according to the exact guidelines given.

It is a myth that eating less will make you lose weight faster.

Eating the right amount of foods and the correct types of foods will ensure that your metabolism functions at its best and your weight loss Program successful.

Make sure you make time to eat even if you are too busy, too tired or too stressed.

One of the keys to successful weight loss is to plan ahead. Save time by weighing out your raw portions, and then refrigerating or freezing them individually. Set a reminder on your cell phone or e-mail to remind you that it is time to eat your lunch.

Weighing your food while you are on Quick Loss will not only ensure that you are getting enough to eat, as well as a correct balance of protein, carbohydrates (this includes both your vegetable carbohydrates and your starches) and fats, but will also ensure that you are not overeating. Remember, rather than estimating your portion sizes, weigh your food using digital kitchen scales as this will help you to reach your goal weight faster!

Proteins are made up of building blocks called amino acids which are needed in the body for growth, maintenance and repair of body tissues.

Carbohydrates are converted into sugars to provide energy to your cells.

Dietary fats are healthy for your heart as they can help reduce cholesterol, reduce the risk of heart attack and stroke and reduce inflammation and boost the immune function.



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