

# Fat Loss Diet

## *Why you must watch what you eat to lose weight*

**When exercising at higher intensities it is very important to watch what you eat... Here's why:**

- 1) If you exercise hard you place greater demands on your muscles and expend a lot of energy.
- 2) The body will look to replace that energy with FOOD.
- 3) A person who exercises intensely may have the tendency to overeat slightly
- 4) This overeating may actually lead to weight gain  
- *some will be muscle and some will be fat*
- 5) Although this is healthy weight gain, many women will be disappointed at their weight increase
- 6) **If your goal is to lose body fat then you must watch your food intake**

→ If the extra weight is not a problem then keep working out hard... You are becoming healthier although the scale may show a few extra pounds.

For exact diets that are easy to follow try [figurecompetitiondiets.com](http://figurecompetitiondiets.com)

### **The key to eating better is fairly simple:**

- A) increase protein intake
- B) increase vegetables (*low in calories*)
- C) decrease carbs (*high in calories*)
- D) use healthy fats (*olive oil, flax oil, fish oil etc*)

Without following a specific diet, I have seen many women lose weight by just following the above guidelines.

Here are the foods that should make up the majority of your diet. Take one food from each group and combine them into meals. The largest portions will come from the protein and fibrous carb groups and the smallest portions will come from the complex carb group. **IT IS NOT NECESSARY TO TAKE CARBS OUT OF YOUR DIET.** Just don't eat too many of them.

#### **Proteins**

**Chicken breast**  
**Fish**  
**Cottage cheese**  
**Turkey breast**  
**Protein powder**  
**Egg whites**

#### **Fibrous Carbs**

**All green vegetables**  
**Red/yellow peppers**  
**Cucumbers**  
**Mushrooms**  
**Celery**  
**Onions**

#### **Complex carbs**

**Potatoes** (preferably *sweet*)  
**Rice** (preferably brown rice)  
**Bread** (preferably wheat)  
**Pasta** (preferably whole wheat)  
**Oatmeal**  
**Cereal** (*Total* is good)  
**Beans**  
**Lentils**  
**Peas, carrots, corn**