

## IN10SITY'S QUICK GUIDE TO HEALTHY EATING

Are you eating healthy meals, but aren't really sure?

If your weight loss has slowed, or even stopped, then there's a good chance that you haven't been eating as healthy as you should be. I'm going to end the guesswork for you, once and for all, with my 5 steps to a healthy meal. By following these 5 guidelines you'll know that your meals are healthy and fitness friendly. And as a result you'll experience healthy weight loss.

### 5 Steps to a Healthy Meal:

#### Step 1: Quality Ingredients

These are the building blocks to a healthy meal. While you certainly don't need to dine in gourmet restaurants in order to ensure quality ingredients, you should pay attention to the quality of the foods you eat.

#### Choose foods that are:

- Fresh and organic
- Pronounceable ingredients
- Whole foods

#### Step 2: Cooking Method

The way a meal is cooked determines how many calories, how much added fat, and the number of nutrients that survive. This simple factor will make or break your weight loss goal.

#### Avoid foods prepared like this:

- Fried and battered
- Processed and packaged
- Doused with cream sauce
- Sautéed

#### Choose foods that are prepared like this:

- Grilled
- Baked

- Broiled
- Steamed

### **Step 3: Eat Mostly Protein**

The bulk of your calories should be coming from a quality source of protein. With the first 2 guidelines in mind, these will be high quality, healthfully prepared.

#### **Good choices of protein include:**

- Fish
- Chicken/Turkey
- Eggs
- Lean red meat
- Beans

### **Step 4: Lots of Fibre**

Fibre is a huge part of eating healthy and being lean. Fibrous foods will fill you up while delivering vitamins and nutrient in low-calorie packages. Fill at least half/two thirds of your plate with fibrous vegetables.

#### **Try these forms of fibre:**

- Salad
- Seasonal vegetables
- Fruit
- Legumes

### **Step 5: Lay Off the Starches**

Here's where many well-meaning dieters lose it. The facts are simple, in order to maintain the low-carb, high protein diet required for healthy weight loss, there is no room for starchy foods.

#### **Starches to Avoid:**

- White Potatoes
- Pasta
- Rice and cereals
- Bread and crackers

For faster results, pair your clean eating with a challenging IN10SITY exercise routine.