

HOW TO LOSE WEIGHT BY DIETING ALONE!



If you're planning to shed those extra pounds, you need to adopt a healthy meal plan and exercise on a regular basis.

But with today's lifestyle, it's becoming extremely difficult to incorporate a serious exercise regime.

Nevertheless, you can still lose weight by cutting down on calorie intake.

I'll let you in on a little secret....it's actually much easier to cut calories through diet than by burning them off through exercise! Here is a detailed guide on how to lose weight by dieting alone!

How To Lose 1-2 Pounds A Week By Dieting Alone!

Losing weight is a simple math - take fewer calories than what your body uses. While exercising every day may sound ideal, you should concentrate on cutting calories for better results.

Dozens of studies suggest that exercise burns fewer calories than we actually think. Not to mention, you have to be consistent to achieve the desired results. However, this does not mean that you should rely on crash dieting.



While devising a plan to lose the excess weight may seem cumbersome, dieting alone *can do the magic*. First, you must set a realistic goal.

A healthy weight loss plan should allow you to lose “1-2 pounds” even without doing strenuous exercises. To shed 1 or 2 pounds a week you should minimize your

food intake by 500 to 800 calories.

According to modern science, one pound weighs 3500 calories. This means, if you set a target of eating 500 fewer calories every day, you’ll lose 1 pound without exercising.

And if you cut your food intake by 750 calories a day you’ll lose 1.5 pounds (holding other factors constant).

To lose 2 pounds a week, you should eat 1000 calories less every day. However, reducing calorie intake does not mean you give up the taste. The secret is to include plant-based foods like whole grains, vegetables, and fruits.

To achieve your goals, strive on a variety. You need to sacrifice some foods to sustain a low-calorie intake. Also, consistency is important to achieve your weight loss goals.

It's unfortunate that most people who adopt a healthy eating plan only to go back to their old habits after a few weeks.

Try The “10 Calories Per Pound Of Bodyweight” Rule!



By following the 10 calories per pound of body weight rule, you don't have to waste money on expensive supplements and pills.

While the exact amount of calories to take every day varies from person to person, this formula fits all people. It will ensure you have enough energy to support your metabolic activities while still shedding weight.

According to researchers, you should multiply your body weight by 10 to know the exact amount of calories you need every day.

For example, a 200-pound person needs 2000 calories to maintain his or her metabolic activities.

How do you customize this formula? First, you should decide on your ideal healthy weight. Say, you weigh 180 pounds but you want to maintain a healthy weight of 130 pounds.

This means you should aim for 1300 calories a day. This caloric formula “works wonders” *without any exercise*. It’s just a method of managing your eating habits.

When using this rule, you must set realistic expectations. For example, you can’t say you want to lose 50 pounds a week. If you take less than the recommended 1500 calories per day, you’ll get malnourished, have headaches, grow cranky and then quit. Try to stick to 1-2 pounds a week.

Stave Off Your Hunger By Eating Protein Rich Foods!

Another secret to losing weight is eating foods that take longer to digest. Foods rich in protein like meat and fish promote the feeling of fullness because they take longer to digest!

When you’re full for longer, it’s unlikely you’ll engage in unhealthy snacking so you’re unlikely to consume more calories than what you’re trying to lose. Scientifically, proteins take longer to digest than fruits and vegetables.

Try Low-Calorie, High Protein Meal Replacement Shakes!



Sometimes it's not always practical to prepare complete meals consisting of protein.

While whole food should be your first choice, a high-protein replacement shake is a healthy alternative.

For example, a 200 calorie protein shake is better than taking in a 700 calorie meal while still satisfying your hunger.

Ideally, we should consume 1 gram of protein per pound. This is enough to sustain the body process while preventing the breakdown of muscle.

The foundation of your shake should be based on a high-quality protein powder. The older you are, the more protein you need.

To ensure you get healthier as you lose weight you can add a scoop of fiber like Psyllium husk, one tbsp. of flax-seed, and some veggies/fruits. This is a very practical plan backed by clinical studies.

Now you know how to lose weight by dieting alone. While we often hear that a little exercise is a must for a healthy weight loss, it often backfires when you're not consistent - it's all about cutting down the calories.

If you're aiming to lose weight on dieting only, be sure to maintain a disciplined daily routine. Needless to say, you should consume fresh foods and try to abstain from processed foods. It's as simple as that!