

10 Tips for Staying On Track!

The biggest challenge to a successful weight loss program can be the way you handle food cravings and snacking. So to help you stay on track, here's a little guide for smoothing out the bumps in the road.

1. Be prepared for those 'temptation moments'.



You'll be less likely to give in and eat something that'll completely blow your day. It's a lot easier to forgive a few extra calories from managed snacking, than it is to release the guilt after chomping down a candy bar.

2. Carry water with you at all times.



You gotta drink it anyway and it helps to keep it handy when hunger strikes. A sip or two can temporarily ease hunger pangs, and it soothes your body if you feel a little light-headed. Feeling a little light-headedness is common, especially in the first few days of a new diet. Your body needs time to adjust to the reduced calorie intake and water helps a lot.

If you get bored with plain water, pour in a packet of Crystal Lite or another sugar-free drink mix, or switch to a flavored water. There are loads to choose from, just make sure it's sugar-free.

3. Eat your first meal within 2 hours of rising.



Preferably breakfast*. It's important to have your first meal of the day as soon as possible after rising. You may not realize it, but your body's been fasting all night since your last meal was probably 10-12 hours ago.

Breakfast (breaking the fast) stabilizes your blood sugar and energy levels and aids in controlling your appetite throughout the day.

**Coffee is not a food! It has no nutritional value and doesn't count for meals.*

4. Eat 4-6 small meals at 2-3 hour intervals, rather than 1 or 2 large ones.



Most people can go 2-3 hours without giving into cravings. By eating small meals at frequent intervals, you're less likely to experience hunger or snack between meals. The small meals also aid in regulating blood sugar and energy levels. Eat your largest meal mid-day or early afternoon. This way your body has plenty of time to fully digest the food and use the energy.

Sit down to eat. Eat slowly, don't gobble your food. It takes about 20 minutes from the time you start eating for your mind to realize you're full.

5. Make your own snack packs for those between meal cravings.

If you must snack, create your own snack pack with small amounts of energy rich fruits, nuts and veggies (carrot & celery sticks, grape tomatoes, etc) to take with you if you get hungry between meals or while on the go.



Apple slices, orange sections, a handful of grapes, raisins, dried cranberries, a few chunks of cantaloupe or honeydew, etc work well for snacking. Make them small enough to fit in your purse or pocket. Chase them with water or sugar-free drinks to help you feel full until mealtime. Drinking fruit teas with sweeteners also help to satisfy cravings.

6. When eating out, don't order dessert with your meal.



If you must have dessert, order it after you've finished eating. Ask for 2 spoons or forks and share it with a friend. Eat it slowly, and savor every bit. Remember, it's dessert, not the main course. Once your sweet tooth is satisfied, stop eating and take the rest home! If you're like me, that chocolate cake won't be as tempting after eating a satisfying meal. Sip water or coffee with your dessert.

7. Gotta have your evening cocktail or glass of wine?



Dilute it with sugar-free sodas or tonic water. Make a wine-spritzer with 7-Up, sprite or any other lemon-lime flavored sodas. The soda has no calories, but you'll still get the satisfaction of having your evening drink. Try drinking flavored sparkling waters in place of your cocktail or the second glass of wine too.

Remember, it's only for the duration of the diet. Once you reach your goal you can have the full blown cocktail again. Unfortunately, I don't know an alternative for beer, so do your best to keep your beer consumption to a minimum if you can't eliminate it altogether.

8. Eat [Lyn's Cabbage Soup](#) as a between meal snack or with a small meal.

Cabbage soup has practically no calories, because it's made of vegetables that actually take more calories to digest than they contain. Take a cup or 2 with you and eat it between meals, or partner it with a sandwich for a hearty, satisfying low calorie meal.

This is an old recipe that I've modified to suit me. The original recipe calls for just the water and veggies. It's fine if you like it that way. My version adds a few insignificant calories, but makes it tastier and more filling. (See recipe below).

[Lyn's Cabbage Soup Recipe:](#)

4 c of water or chicken or beef broth (low salt or salt free)
(substitute 4 low salt/salt free chicken or beef bouillon cubes for broth)
½ head of cabbage
3 unpeeled carrots
3 celery stalks
1 large onion
1 medium garlic clove or ½ t granulated garlic
1 can of low salt/salt free stewed or diced tomatoes (optional)
¼ t vegetable oil or less (omit if you use broth or bouillon cubes)
1 can of tomato paste (low salt/salt free) (optional)
1 bay leaf
Salt & pepper to taste

Bring water/broth to a boil. Add sliced or cubed celery and carrots, garlic and seasonings to boiling water/broth. Then lower heat to medium and let them boil for about 5 minutes. Add remaining sliced/cubed vegetables and oil boil for another 5 minutes or until vegetables are tender.

The canned tomatoes and tomato paste add a rich hearty flavor and body to the soup, but can be omitted. Also, I like to add about a ½ t of dried parsley.

[Cooking Tip:](#)

Make your own broth by boiling chicken parts or cubed beef ahead of time. Let it cool, then skim off the excess fat that will turn solid and float on top. You won't need the additional oil if you do this or use bouillon cubes.

The oil can be omitted too, if you don't mind the squeaky feel of the cooked veggies on your teeth when you chew them. (It drives me crazy!)

9. Use protein shakes for fast food meal replacements instead of sugary, starchy foods like bagels or muffins.



When you're running late, hurrying to your next appointment, or rushing with the kids out the door, you're more likely to skip a meal or grab something off-program. This is where diet food supplements may come in handy.

Buy a good protein powder to use as a meal replacement. There are many on the market, but frankly some aren't worth the money. There are a few really good ones that will fill the bill. Try to avoid protein powders that are based on wheat products. They don't work as well as whey or soy powders and they tend to be loaded with fillers and have little nutritional value, and many people have wheat allergies.

A good whey or soy protein powder is a complete amino-acid source, better than meat or cheese. It's lower in calories and mixes well with water, milk or juice. Some protein powders don't satisfy your hunger or they give you hunger headaches in a short while. Read the labels and ask for assistance if you're not sure what the label says.

I've used several different protein powders over the years, and I finally found one I really like and highly recommend. If you'd like more information about the protein powder I use, click here: [About NutriiVeda Protein Powder](#). Click here to order [NutriiVeda](#).

I love it! It satisfies my hunger for hours, doesn't give me hunger-headaches, mixes well with water, milk and juice, and doesn't require a blender to mix. You can use any good shaker bottle, or order one of ours. They're a must for mixing your protein drink on the go!

10. Fall down 6, get up 7!

Simply put, no matter how many times you cheat or blow a day, start again the next day. You'll eventually reach your goal, but only if you stay with it. Giving up means you won't reach your goal weight. And even worse, you'll feel like a failure, and you'll probably go hog wild on sweet, sugary junk food to soothe your feelings. More than likely you'll gain back all the weight you did lose...and more!!

So hang in there and remember: Never Give Up...Never Surrender!!

