

WEIGHT LOSS TIPS FROM HOLLYWOOD CHEFS



Hollywood chefs have learned important nutrition, weight loss, and fitness essentials that help celebrities maintain beautiful bodies. Luckily, however, you can discover this information without having to travel to Hollywood.

Benefit from their wise advice by following these tips:

Focus on
balance.

- ▶ Find a balance between losing weight, avoiding cravings, and staying healthy. Experiment with different diet plans to find one that works for you.
- ▶ ***It's important to find a diet plan that still gives you energy to work and play.***
- ▶ Avoid fad diets and focus on healthier diet plans.

Eat protein and
carbohydrates
for breakfast.

- ▶ Chefs recommend that your breakfast have both protein and carbs to stay full longer and maintain healthy blood sugar levels.
- ▶ Avoid skipping breakfast or turning it into a high-carbohydrate snack.
- ▶ Your breakfast sets up your entire day, so the meal you choose matters. The balance of carbs with protein will help you lose weight.

Enjoy variety.

- ▶ The same lunch or snacks can get boring, so you're more tempted by cravings and junk food. Eat a variety of foods and have several different choices in how they are prepared and served.
- ▶ Try new vegetables, fruits, spices, and other foods to make your meals more interesting.

Increase good fats to fight sugar cravings.

- ▶ ***Celebrities aren't immune from sugar cravings, but their chefs have learned that healthy fats, such as in avocados, can help fight them.***

Make your dishes beautiful.

- ▶ A clump of granola on a paper napkin isn't an attractive way to start your day.
- ▶ If your dishes are beautiful and arranged in a pleasing manner, then you're more likely to eat the healthy foods. This can help you lose weight and encourage you to stay on the diet.

Use more spices.

- ▶ Spices and herbs are an easy way to vary the taste of the same foods and make your meals more fun.
- ▶ Certain spices can also boost your metabolism and help you lose weight.

Eat more vegetables by hiding them in your food.

- ▶ Puree vegetables and mix them into sauces. Shred veggies and use them as substitutes for pasta.
- ▶ Add vegetables to soups, salads, lasagnas, casseroles, and other dishes.
- ▶ Vegetables are high in fiber. They help you stay full longer and lose weight. They also have minerals, vitamins, and other nutrients that help your body. They can also help you avoid cravings as you diet.

You don't have to be a celebrity to benefit from the weight loss tips of Hollywood chefs. Their advice can help you lose weight, maintain good health, and stay in shape.