

60 DAY

*Weight Loss Journey*

GUIDE - WEEKS 3 & 4



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# WEIGHT LOSS IS A SIMPLE HABIT

Weight loss does not need to be so complicated. Instead, consider it a simple lifestyle habit that you need to cultivate. There is no need to count your calories or follow a strict weight loss regimen word for word. What you simply need to do is to set your heart and mind in prioritizing a better and healthier lifestyle. The first step is to understand what is healthy and how you can achieve maximum health.

You need to learn good eating habits, eat healthy foods, stay away from processed foods, exercise regularly, drink plenty of water, and sleep enough. The problem is most of us are leading a lifestyle that is the opposite of what is healthy. On that note, you need to recognize the bad habits and set them straight.

The key to weight loss and staying healthy is consistency. You need to help yourself not fall back in the habit of eating out and eating processed foods. Weight loss is a simple habit and with consistency, you can engrave that habit so that it becomes your way of living.

## PREPPING YOUR KITCHEN FOR WEIGHT LOSS

Even though many say the kitchen is the heart of the home, in terms of weight loss, you want to make the kitchen a place to prepare meals only, not a place to hang out, do homework, or otherwise be near food. Socializing in the kitchen will often lead to overeating, whether you're hungry or not.

Before we can talk about batch cooking, we need to make sure your kitchen is cleaned on a regular basis. Not only will this keep your kitchen clutter-free but

it's a matter of food safety for the whole family. The easiest way to do this type of cleaning is to create daily and weekly cleaning routines, much like a restaurant.

The first and most important thing for keeping your kitchen clean is the realization that what you are going to do is important and you have to make it a routine in order to make your kitchen junk-free and clean. Often people start with passion and do a thorough cleaning, by spending hours and hours. Later on, they get tired and never try to set things right again. You should not do that. Go easy and create a daily cleaning routine.

## START WITH THE SINK

Before you start cooking for the day, make sure the sink and the dishwasher are clean and empty. A clean and empty sink provides clean surroundings for when you start your meal prep. Furthermore, now you can easily put the used dishes and bowls in the sink instead of placing them on the top of your counters, which makes your kitchen look dirty.

## CLEAN THE COUNTERS

Once you are done with the sink, it is time to clean up the counters. Put the dirty pans and dishes in the sink that you just cleaned. Pick up the peels, food particles, leftovers, and anything else that is there on a shelf or inside a pantry. Now take a good quality, all-purpose cleaner and clean all the counters and shelves. Once you have used the cutting board and knife, don't leave them there. Wash them instantly and keep them in their place.

## DISINFECT THE SINK AFTER EVERY WASH

Make a habit of disinfecting and cleaning the sink every time you wash dishes. It will give you a satisfying feel as well as disinfecting any raw meat germs.

## KEEP EVERYTHING IN ITS PLACE

The clutter of cooking tools, utensils and messy pans and pots put together on the kitchen shelf present a very disturbing look. Keep everything in its place. Place the dirty dishes in the dishwasher/sink, the clean plates on their stand, the spoons and serving utensils at their stands and your counter will be clean. Make a habit of putting everything back at its place right after you used it. This is the most simple and quick way to keep your kitchen clean.

## WASH OUT THE TRASH BIN

Remember, you need to wash the trash bin daily or else it will cause stinky smells in the whole kitchen. Once you are done with all your work in the kitchen, the last thing should be emptying out the trash basket, washing it and putting it back in place. Doing so would make your kitchen free from foul smells and germs.

Now let's make a weekly schedule for these other tasks. Choose a day for thorough and complete cleaning, preferably the same day of the week where you don't have other errands or activities to fit in.

## WASH AND ORGANIZE CABINETS

When was the last time you cleaned the drawers and cabinets of the kitchen? It's often a daunting task but when done on a weekly basis, it actually requires very little time. Open up cabinets one by one and take out all the stuff and stack them on the counters. Take a wet cloth and clean all the cabinets from the inside properly. Wash down all the shelves, too. Dry each cabinet before

putting things away and if you find any expired food, condiments, or spices, throw it all out.

## CLEAN THE DOORS

After cleaning and setting all these cabinets it is time to dust off them from the outside. Take a clean rag, dip it in lukewarm soapy water and clean the doors of all the cabinets one by one.

This seems to be time taking, right? Yes, it is, but only, for the first time. Once you make it a habit and start cleaning them every week, it would not be time-consuming anymore. Cleaning on a weekly basis would not let them get as dirty and so it won't take as much time.

## CLEAN MICROWAVE AND STOVE

After this, it is your microwave's turn. Get an all-purpose cleaner and sponge and clean the outer surface and door of the oven properly. Do the same with the stove top and clean it well.

# PLANNING, PREPARATION AND BATCH COOKING

In living a healthy lifestyle and losing weight, it pays off to consider planning, preparation, and batch cooking. As you come home each night, all you want is to unwind at the dinner table and not think of having to prepare dinner. When you're unprepared, relaxation is the last thing you're thinking of. Instead, you're in a frenzy to prepare dinner and your relaxation time is pushed later into the evening hours.

To avoid the dinnertime chaos, structure a routine for grocery shopping and your time for preparing meals. Buying your healthy groceries and cutting/portioning your foods ahead of time allows for quick meal assembly on busy nights. Meal planning allows you to defrost meats the day or night before you cook them. If you plan properly, you can even fill the slow cooker before leaving for work so your dinner is ready and waiting when you return. Here's a simple guide to planning, preparation and batch cooking:

## GROCERIES

To begin your batch cooking, plan out your meals and grocery list and shop for all the necessary ingredients at once. You'll have greater weight loss success by having all the necessary ingredients in your kitchen and prepping your vegetables for the week. Utilize your local farmers' markets as much as possible or choose organic meats and produce from your local grocery store.

Some people dedicate one whole day on the weekend to prepare their dinners for the week. Others simply prepare an extra serving of their favorite meals and freeze it for a future date. If you prefer to follow recipes, there are cookbooks specifically with recipes for batch cooking or look up recipes on Pinterest. Just make sure those recipes use whole, organic foods.



# BATCH COOKING

Decide when and how batch cooking will fit into your busy lifestyle. Do you want to dedicate a Sunday afternoon to the process or prepare extra servings during the week?

**Proteins:** This food group is considered the most time consuming to prepare on a daily basis so you'll save lots of time by preparing your proteins for the week and using those as the basis of your dinners. Hard boiled eggs are easy to grab for breakfast or snack, and meats, such as chicken breast, pork or beef can be prepared ahead of time and added to chili, salads, or soups. A dish like pulled pork or chicken can be the basis for multiple dinners throughout the week.

**Vegetables:** Veggies are a little harder to batch cook because you don't want to lose the firm texture of fresh vegetables but it all depends on the recipe and veggies you choose. For instance, sautéed zucchini will likely get soft and mushy when saved in the refrigerator but hardier veggies, like broccoli and cauliflower can hold up well cooked by themselves or thrown into a brown rice or quinoa casserole. At the very least, take time after your grocery shopping to wash and chop the vegetables as called for in the recipe so that's one less step you need to take during dinner time. A quick vegetable stir fry is indeed quick when the vegetables are already cut. Likewise with your salad produce, cut the vegetables ahead of time and either assemble the salad minus the dressing or just have the cut vegetables ready to toss together. Dressing will make the lettuce mushy so avoid putting that on until the very last minute.

# WEIGHT LOSS MINDSET

If you really aim to lose weight, you need to reframe your weight loss mindset. Even if it's difficult for you to get moving, you must personally motivate yourself to slim down.

## **Step 1**

Weigh yourself. Compare your weight to a healthy weight. That's the time that you will know if you are obese, overweight, or at a healthy weight.

## **Step 2**

Dig deep and think of all the reasons why you would want to lose weight. Your WHY should be more than wanting to look good in a bikini.

## **Step 3**

Focus on how being overweight has damaged your health. When you are overweight, you are more likely to develop cancer, diabetes, heart disease, high cholesterol, and high blood pressure. These are all diseases that can be avoided by way of weight loss.

## **Step 4**

Get some help and support from friends and family. They will help you and build you up.

## **Step 5**

Create an exercise plan that is deeply attuned to your goals. Write down the place, time, activity, and duration you would want to achieve each day.

## **Step 6**

Give yourself rewards after losing weight. Instead of focusing on losing a huge amount of weight, set smaller goals that you can be proud of when you reach those milestones. Reward yourself with something special (NOT food!) and be proud of yourself. Then move onto the next goal. Just follow all these steps to having a positive weight loss mindset!

# JUMPING HURDLES AND STAYING ON TRACK

Don't be fooled into thinking that anyone's weight-loss journey is struggle-free. Every single person who tries to lose weight – no matter if they want to lose 10 pounds or 100 pounds – will struggle from time to time, will lose their motivation, will face temptation, and may even consider quitting their program. It's part of being human.

Just remember that there is no secret pill and no secret formula to losing weight. It's all about eating well, exercising daily, practicing self-love, and remembering that there is no end date for being healthy. You don't follow a program until a certain date and then jump back into old habits. That's a surefire way to gain back all your weight.

You must always remember that through your journey to weight loss, you will encounter obstacles. You cannot be perfect and you can easily get thrown off track. But, this does not mean that you have messed up for good.

Never ever set yourself up for failure by simply believing that. When you mess up, acknowledge the slip up and get right back on program. The harm comes when you think, *"Oh, it's OK; it's just one (fill in the blank). I'll do better tomorrow."*

Don't wait until tomorrow! Don't procrastinate when it comes to your health.

When you want to lose weight and change certain lifestyle habits, you will need to be ready for ups and downs. Here are the common hurdles and the ways to stay on track:

1. **Shame**— If you have a bad day with food, don't shame yourself. Talk about why you used food to deal with your emotions.
2. **Unrealistic Deadlines**—You may have done this several times, trying to lose weight by a certain event or date. And, you only ended up gaining more fat.

To jump the hurdle and stay on track, set some realistic goals and focus all your efforts to it. Instead of wanting to lose 10 pounds in 4 weeks, consider losing 10 pounds in 10 weeks.

3. **Temptation**— If you have ever vowed never to eat “X” ever again, you may have discovered just how difficult those promises can be. Instead of eliminating certain foods, try to find healthy substitutes for those beloved foods you’re missing. If you can replicate the taste or texture of the food with a healthy alternative, your body will learn to not miss the unhealthy version.

# 3 WAYS TO STAY STRONG WHEN YOU WANT TO GIVE UP

Losing weight is not an easy thing to do but doing it in a sustainable and healthy way helps you continue towards your goal without wanting to give up. Here are 3 things to keep in mind to help you push through the tough times.

## GET BACK TO YOUR VISION OF SUCCESS

Always remember that your mind is a powerful and strong tool. Thus, when you feel de-motivated, use it to get back on track. Visualize yourself losing weight and getting sexier by day and fantasize about your family's and friends' reaction when you see them. Then apply that vision each day of your life and it will help you to stay motivated.

## REMIND YOURSELF OF WHAT IS AT STAKE

When you feel tempted to abandon your exercise plan and healthy eating progress, you need to tell yourself that your health is worth your extra effort. You need to keep in mind that losing a tremendous amount of weight is healthy compared to developing dangerous illnesses.

# WORK AND CHANGE YOUR NEGATIVE THOUGHT PROCESS

You need to allow influences and people into your life that support you, especially when it comes to losing weight. You need to distance yourself from powerful negative messages. Shut them all out and stop beating yourself up. Keep all these tips in mind to be able to push through when you really want to give up!

# GIVE YOURSELF PERMISSION TO LET GO OF THE WEIGHT

Why do you think you need to give yourself the permission to let go of the weight? That is simply because you need to care about your body. You need to distance yourself from the fat image in your head and stay happy. Let go of all the insults you've heard over the years and all the disappointment of past weight loss programs that failed. You of all people know how miserable it is to see yourself overweight. I'm guessing you have hated the way you looked for a very long time and you probably have also felt embarrassed. And you have stressed over food every single day of your life. Let go of those feelings along with the weight and imagine the new you, who has a thinner, healthier body and who is happy inside that body.

So, how exactly do you ever let go of the weight? You need to remember that your emotions are real, very real. Instead of letting your emotions control you, you need to be fully in control of them.

I want you to go deep today. Make a vision board of what you desire in life.

## HOW TO CREATE A VISION BOARD

How many times have you wished you had more of something in your life, whether it be success, money, love, health, or something else, but weren't sure how to make it happen? One way to make your desires a reality is by manifesting, or attracting, the life you want and deserve.

My go-to strategy for manifesting is creating vision boards. By creating a vision board, you surround yourself with encouraging thoughts, inspire yourself daily to accomplish your goals, and welcome positive energy into your life.

# WHAT IS A VISION BOARD?

A vision board, also referred to as a treasure map, is a simple and fun way to capture all the dreams you have for your life and turn them into a reality. A vision board is made from pictures cut from magazines, printed images from the internet, quotes, and/or photographs from your life that inspire you to be the best version of yourself.

On my vision board, I keep pictures of my family and my goals, as well as whatever else I want in my life. I also keep quotes that remind me of the person I strive to become.

In this instance, since we're talking about weight loss, look for healthy pictures that inspire you. You have complete control over these images and no one will judge if you choose toned bodies, the latest running shoes, or a delicious recipe. Maybe include some of the rewards you have set for yourself, whether it's a new watch, a mani/pedi, or another piece of jewelry. These images should inspire you and be important to you, no one else. Any image that moves and inspires you toward your goal daily belongs on your vision board. Your vision board will be your personal reminder that YOU create the blueprint for your life.

## **To begin your vision board:**

Get clear on your goals.

Get clear on what inspires you.

## **To create your vision board:**

Get a large poster board, corkboard or wall space. Use pushpins, tape and/or glue to display all your images together. Now you have one positive expression of your thoughts, goals, inspirations, ideas, and ideals.

Tap into what you want for yourself because when you get clear on your wants and your desires, you will also get clear on what you don't want.



# DO SOMETHING YOUR FUTURE SELF WILL THANK YOU FOR

Whenever you feel motivated, you need to remember that dreams really do come true when you work hard for them. The idea with manifesting your dreams isn't that you can just close your eyes and make a wish; the idea is that you will become in tune with what you truly desire in life and will recognize the opportunities that arise to make those dreams come true. It is essential to continue fighting and working for what you really want, in this case losing weight. Your future self will thank you for starting this healthy pathway and possibly bypassing many weight-related diseases in the future.

Help yourself achieve a healthy and good self-image by reversing all that negative self-talk you punish yourself with. Find the positive things about you, your day, your body, your life and write those in a gratitude journal every day. Whenever you feel down or start to hear negative thoughts in your mind, take a breath and turn those negative thoughts into positive thoughts. Just think how lucky you are to reap all these healthy benefits later and how much happier you will be. Avoid all those negative emotions that only lead you to eating more unhealthy foods. They only sap you of your energy and they only go away when you get focused on something else. It's quite common that weight problems can be attributed to negative thoughts. If you find yourself thinking of something and it only leaves you feeling bad, then it's time to change your mental habits.

Reduce the stress and replace the thought with a memory of success for the future.

# WEIGHT LOSS RECIPES

Do you feel overwhelmed when you search for healthy weight loss recipes? That is because you need to go through them all and with the vast array of recipes on the internet, the process can be overwhelming. Remember that Remember, you have 60 days of recipes to jumpstart your metabolism.

1. You have recipes that taste great and are easy to make
2. If you are out and you need to craft a simple meal, then try ordering a protein, healthy carb and fat, or a salad with protein. Always ask for dressing on the side. Tell the waiter you need a gluten free meal.
3. Traveling can feel stressful when it comes to weight loss but make it fun. Spend time researching healthy places to eat before you travel. Choose hotels that have healthy meals or resorts that cater to healthy eating.
4. If you are traveling for work, have juices delivered to your room or order a healthy grapefruit juice in the morning to jumpstart your metabolism while everyone else is eating a muffin. Pack a trail mix in your purse or briefcase. Pack an apple for a snack and a few almonds.
5. If you are at a holiday party, plan for it. Eat before you go and say no to the cheese platter. Look for the vegetable platter and make that your BFF.
6. Say no to alcohol. You are just consuming sugar in a glass. It may calm the nerves but it won't lessen the cellulite or flatten the abs. If you're drinking to relieve stress, try different stress relief techniques, such as deep breathing, stretching, or some essential oils like lavender.

# BREAK YOUR BAD WEIGHT LOSS HABITS

Do you struggle keeping your weight in control? If yes, then there are most certainly bad weight loss habits that affect your weight loss efforts. Find out below how to finally get back on the right track with your weight loss program.

## KEEPING ALL THOSE TEMPTING FOODS AROUND

It can really be so difficult to resist food temptations when they are all there prepared at the table or in your pantry. Break this habit by not buying tempting foods that are not on your eating plan. Ask for your family's support in not bringing junk into the house, at least until your temptations subside.

## SKIPPING BREAKFAST

You might think that when you skip a meal, it might help you reduce calories. But, this is not always true. Researchers and studies suggest that eating breakfast helps you to lose weight by jumpstarting your metabolism naturally, instead of using the caffeine from coffee to get you going. Plan to have a protein for breakfast along with a healthy low glycemic carb or fruit and you will lose weight successfully.

## DISTRACTED EATING

When you eat your meal alone, you usually reach for your phone and then start texting or playing games. Or you scan several sites and read the newspaper. All these distractions will remove yourself from eating your meal. These will even make it difficult for you to tune in to how full or satisfied you are. That could lead you to eating more.

There are still some more bad weight loss habits that you must avoid but these three are the most common of them all. Spend some time eliminating all these habits from your routine!

# HOMework

- Write down some of your favorite, unhealthy foods and think of healthy alternatives, especially for snacks. For instance, if you normally grab some chips when you need something crunchy and salty, eat some almonds instead.
- Take your grocery list and go shopping. If you shop around the outer perimeter of the store, you will find all of the freshest, whole foods. Avoid the inner aisles where the processed foods are located.
- Do a quick online search for farmer's markets. Do you have any that are local to you? What about local farm stores in general? That's where you'll find the freshest organic produce.
- Take time for yourself to work on your mindset. Ask your family and friends for support. You are deserving of this weight loss and deserve the best functioning body possible.
- Create a vision board with your dreams and goals. Hang it where you will see it every day and be inspired.
- Review the weight loss recipes and choose one that has new foods. You'll never know if you like something until you try it!