

Title:

3 Blunders To Avoid on Your Weight Loss Journey

Word Count:

668

Summary:

There are times on your weight loss journey when progress can come to a halt. Days or weeks ca

Keywords:

weight loss, Weight Watchers, Jenny Craig

Article Body:

There are times on your weight loss journey when progress can come to a halt. Days or weeks ca

1) Eating more than you think you are.

Weight Watchers, Jenny Craig, Zone Delivery Service, and other diet systems have one undeniable

By fixing in your head what a serving size or ^portion~ of food looks like, we can better esti

Two good rules of thumb:

A portion of meat (3 oz.) is the size of a deck of cards.

A portion of carbohydrates (1 cup) is the size of a tennis ball.

Please remember to fill up on non-starchy vegetables ~ they are full of nutrients, have very l

2) Not eating frequently enough.

It is a social custom to eat ^three square meals~ a day. While this may do for social purposes

Additionally, frequent feedings maximize your metabolism, as your body is constantly busy, bur

3) Choosing to drink your calories instead of eating them.

This is a very common problem among those attempting weight loss, due to the abundance of ^hea

First, many of the liquid diet shakes on the market and all fruit smoothies have an abundance

Secondly, most weight loss shakes are devoid of fiber. Fiber is one of your most precious alli

Lastly, the amount of calories that can be concentrated into a shake or smoothie is far greater

Think about it- when making major dietary changes, you want to get the most out of your calori

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>