

Weight Loss-R_x

Happy May!



It looks like we made it. Spring has finally arrived (although you wouldn't have known it from these past few days). But with the warmer weather comes a hidden danger. Lots of people feel that because they are moving more and getting a little exercise they can get sloppy

with their diets. Unfortunately, this isn't the case. Exercise is great for your heart and lungs, state of mind and building attractive muscle. But it will do almost nothing for actual fat loss, unless you are going to get really extreme about it. So while it is great that you are exercising, you still have to stay strict about your diet. Here are some simple things you can do at the grocery store to make it a lot easier.

1. Shop From The Perimeter Of The Store



The outside of the store is where the vast majority of your food should come from. That is where the fresh fruits, vegetables and lean protein are found. On the other hand, the aisles are loaded with processed,

engineered junk that in some cases is not even real food. And don't get too confused by the whole organic thing. There are certain foods that should be purchased organic when possible (click [here](#) for a link to "The dirty dozen" of organic foods), but even non-organic fruits and vegetables are vastly superior to stove top stuffing, beef-a-roni and cereal bars.

2. Protein!!!



I cannot over-emphasize how important it is to get enough protein.

- We need it for proper body processes
- It helps build muscle which is attractive on both men and women. And muscle burns fat while you sleep!

- As long as it is lean protein (like chicken, turkey, fish and very lean beef), it is quite low in calories
- It fills you up so you eat less unhealthy stuff

Aim for 1 gram of protein for each pound of ideal body weight. So if your goal is 140 pounds, try to get 140 grams of protein a day. As an example of what that really looks like, if you were going to get it all 140 grams from chicken breast, that would take about three 8 ounce chicken breasts a day. That may sound like a lot, but it's only 560 calories of protein, and everything else is carbohydrates and fat. Try it. I guarantee it will make a huge difference.

3. Go For Color



Did you know that you can get much of what your body needs just by eating a colorful variety of fruits and vegetables? Nature has found a clever way to highlight the nutrients in foods. Different nutrients actually impart different colors to the foods they're in. For instance:

- The anthocyanins that turn blueberries blue can also keep your mind sharp
- The lycopene that turns watermelon and tomatoes red may also help protect against prostate and breast cancers
- The beta carotene that makes carrots and sweet potatoes orange can help keep your bones strong, your eyes healthy and boost your immune system.

While fresh fruits and vegetables are great in season, frozen ones are convenient to keep on hand **and just as nutritious**. So load up!

4. It's Ok To Cheat. A Little!



None of us is a machine. We are emotional beings with real lives, challenges, and temptations. Lots of very fit people incorporate one "cheat day" into their diets where they allow themselves to eat some unhealthy stuff. It's a lot easier to eat chicken breast all week if you know that you can have a couple of slices of pizza and a beer on Saturday night. Just keep it within reason. Also, try to not go too crazy on the alcohol. That can linger into the next week and really sabotage your efforts. And lastly, never shop when you're hungry. That's a sure fire way to make really bad decisions.

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