



# HEALTHY EATING WEIGHT LOSS GUIDE

Seiani.com

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A hand holding a pineapple against a sunset background. The pineapple is on the left side of the frame, and the hand is at the bottom. The background is a soft, warm sunset over a body of water.

## **WEIGHT LOSS HEALTHY FOOD GUIDE**

- How weight loss works
- How to properly track calories
- 50+ Healthy Food options
- Meal prep examples
- How to properly balance out your meals
- How to lose weight + still eat foods you enjoy

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Thank you for your support!



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## The Basics:How Building Weight Loss

1lb of fat=3500 Calories

Lose 1lb a weel= -3500 calories a week

Cut back 500 calories per day x 7=3500 Calories which= 1lb lost per week

"But how do I know how many calories to cut 500 from?"

You can use any calorie tracking app (my favorite is MYFITNESSPAL) or even google and this will give you the exact amount of calories you need to take in each day to reach your weekly goal, you won't have to worry about subtracting the 500 calories!

"What is this number based off of?"

Your daily calorie amount is based off of age, height, gender, and current weight.

A calorie deficit is the key component to weight loss!

Add weight training + HIIT & start really dropping those pounds like crazy!

## Calories Remaining

2,660 - 0 + 0 = 2,660  
Goal Food Exercise Remaining

328 iPhone Steps (0.14 mi)

10,000

## 10 Winter Walking Wonderlands

2 hrs ago via MyFitnessPal Blog

Plan an active vacation to one of these walking-friendly destinations.

## Success Boil-in-bag Brown Rice

Rice, 1 cup cooked



84%

19.5 g

Carbs

7%

0.8 g

Fat

9%

2 g

Protein

Serving Size

1 cup cook

Number of Servings

0

Hide Nutrition Facts ^

Calories

9

Total Fat

0.8

Saturated

0

Trans

0

Fractions

Decimal

1/4

1/2

3/4

0

1/2

Servings

## App: MYFITNESSPAL

Daily goal after entering all of my goals & info: 2,660

Ex. I have 0.5 cups of the brand "success" brown rice & thats 90 calories according to the packaging + MyFitnesspal app

After entering this, I now have 2,570 calories left to eat today

Weight loss:  
Do NOT go over your daily #, you will be overeating at that point!



# PROTEIN GROCERY LIST

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CHICKEN BREAST  
EGGS/EGG WHITES  
SHRIMP  
STEAK  
SALMON  
TROUT  
LEAN GROUND BEEF  
TURKEY BREAST  
BASS  
TUNA  
CRAB  
SHRIMP  
OYSTER  
CALAMARI  
GROUND TUKEY  
LAMB  
BEEF JERKY



# HEALTHY CARB GROCERY LIST

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BROWN RICE  
QUINOA  
SWEET POTATOES  
OATMEAL  
WHOLE WHEAT PASTA  
COUSCOUS  
BUCKWHEAT  
LENTILS  
LEGUMES  
CHICKPEAS  
TARO  
PUMPKIN  
WILD RICE  
SOYBEANS  
BARLEY  
WHOLE WHEAT BREAD



# HEALTHY FATS GROCERY LIST CONT.

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OLIVES  
CHEESE  
WALNUTS  
PEANUTS  
SUNFLOWER  
SEEDS  
PEANUT  
BUTTER  
CHIA SEEDS  
CASHEWS  
DARK  
CHOCOLATE  
PEANUT OIL  
EXTRA  
VIRGIN  
OLIVE OIL  
COCONUT  
OIL  
FLAXSEED  
ALMONDS  
COCONUT  
MILK



# VEGETABLES GROCERY LIST CONT.

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1. LETTUCE
2. CABBAGE
3. CAULIFLOWER
4. BROCCOLI
5. BRUSSEL  
SPROUTS
6. BEETS
7. MUSHROOMS
8. GREENBEANS
9. PEAS
10. BELLPEPPERS
11. CARROTS
12. ZUCCHINI
13. CELERY
14. SPINACH
15. ONIONS
16. CUCUMBERS
17. ASPARAGUS
18. KALE

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## MEAL PLAN IDEAS

### BREAKFAST

2 eggs  
1 slide of whole grain toast +  
avocado

### LUNCH

Brown rice  
Ground turkey  
bell pepper  
zucchini

### DINNER

steak  
sweet potatoes  
broccoli  
brown rice

Measurements are  
determined based off of  
your daily calorie needs

MEASURE ACCORDINGLY





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# HOW TO BALANCE DIET

**BALANCED DIET-INCLUDES FOODS  
FROM 5 FOOD GROUPS AND  
FULFILLS ALL OF A PERSON'S  
NUTRITIONAL NEEDS**

- Fruits
- Grains
- Vegetables
- Protein
- Dairy



# HOW TO BALANCE DIET CONT.



## Protein ex.

- Boneless Skinless Chicken Breast
- Lean Ground Beef
- Salmon
- Turkey

## Vegetables

- Eggplant
- Zucchini
- Leafy Greens
- Red or orange vegetables

## Fruits

- Apples
- Oranges
- Bananas
- Mango
- Pears

## Grains

- Oats
- Brown Rice
- Quinoa
- Buckwheat

## Dairy

- Yogurt
- Low Fat Milk (Milk alternatives OK)
- Cottage Cheese

# HOW TO LOSE WEIGHT & STILL SEIFIT ENJOY THE FOODS YOU LOVE

## 80/20 Rule

"The 80/20 is an approach to healthy eating teaching you balance, moderation and indulging without a guilty feeling."

How to incorporate this into your daily lifestyle: You should be cooking and eating healthy 80% of the time. Cooking using fresh ingredients and fresh vegetables.

You can choose to save your 20% for the weekend or use it really whenever you want. As long as you remember to still stay mindful of how many calories you take in each day & don't overindulge.

A calorie DEFICIT is the #1 Key component to weight loss! Not cutting carbs, not fasting, no supplements, etc!

Note: You cannot eat whatever you want whenever you want and expect to have achieve your dream body. Its all about balance and consistency!