

FIGHTING OBESITY



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CANADA EDITION

FITNESS AND DIET
ITOUCHFOOD CULINARY CENTER INC.

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RECLAIM
YOUR YOUTHFUL
GLOW INSTANTLY

"EMBRACE HEALTH, BREAK THE
CHAINS OF OBESITY!"



10 OBESITY SIGNS YOU SHOULD KNOW



1. Obesity: Being significantly overweight or having a high body mass index (BMI).
2. Increased Waist Circumference: Excessive fat accumulation around the waistline.
3. Breathlessness: Experiencing shortness of breath during physical exertion or even at rest.
4. Joint Pain: Experiencing discomfort or pain in the joints, often due to increased stress on weight-bearing joints.
5. Insulin Resistance: Developing a resistance to the hormone insulin, which can lead to metabolic disorders like type 2 diabetes.
6. High Blood Pressure: Having elevated blood pressure levels, which increases the risk of cardiovascular diseases.
7. Sleep Apnea: Experiencing pauses in breathing during sleep, often accompanied by loud snoring and poor sleep quality.
8. Low Self-Esteem: Struggling with body image issues and a negative perception of oneself due to weight-related concerns.
9. Fatigue: Feeling constantly tired or lacking energy, which can impact daily activities and quality of life.
10. Psychological Impact: Dealing with emotional and psychological challenges, such as depression, anxiety, or social isolation, as a result of weight-related issues.

HOW TO MAKE THE DECISION TO LOSE WEIGHT?



1. **Reflect on Your Motivation:** Take time to understand your reasons for wanting to lose weight. Whether it's improving your health, increasing confidence, or enhancing overall well-being, having a clear motivation will help you stay committed to your goals.
 2. **Set Realistic Goals:** Define specific and achievable weight loss goals. Consider factors like your current weight, health conditions, and lifestyle. Setting realistic targets will keep you motivated and prevent disappointment.
 3. **Educate Yourself:** Learn about healthy eating patterns, portion control, and the importance of regular physical activity. Understanding the basics of nutrition and fitness will help you make informed choices and develop a sustainable weight loss plan.
 4. **Seek Support:** Reach out to a healthcare professional or registered dietitian for guidance and support. They can provide personalized advice, help you create a tailored plan, and offer accountability throughout your journey.
 5. **Implement Healthy Habits:** Focus on incorporating healthy habits into your daily routine. This includes making nutritious food choices, practicing portion control, staying physically active, getting adequate sleep, and managing stress levels. Small, consistent changes over time can lead to significant results.
- Remember, weight loss is a gradual process, and everyone's journey is unique. Be patient with yourself, celebrate small victories along the way, and prioritize your overall well-being rather than solely focusing on the numbers on the scale.



WHY DO WE GAIN WEIGHT?

1. **Caloric Imbalance:** Consuming more calories than the body needs for energy expenditure leads to weight gain. This can occur due to overeating or consuming calorie-dense foods.
2. **Unhealthy Diet:** Consuming a diet high in processed foods, sugary beverages, and unhealthy fats can contribute to weight gain. These foods are often low in nutrients and high in calories.
3. **Sedentary Lifestyle:** Lack of physical activity and a sedentary lifestyle can lead to weight gain. When we don't burn enough calories through exercise or daily activities, the excess energy is stored as fat.
4. **Genetics:** Some individuals may have a genetic predisposition to gain weight more easily. Genetic factors can influence metabolism, fat storage, and appetite regulation.
5. **Hormonal Imbalances:** Hormonal changes or imbalances, such as those occurring during pregnancy, menopause, or certain medical conditions, can contribute to weight gain.
6. **Emotional Factors:** Emotional eating, using food as a coping mechanism for stress or other emotions, can lead to weight gain. Emotional factors can also affect metabolism and food choices.
7. **Lack of Sleep:** Inadequate sleep or poor sleep quality can disrupt hormonal balance, leading to increased hunger and appetite, which can result in weight gain.
8. **Medications:** Some medications, such as certain antidepressants, antipsychotics, or corticosteroids, may cause weight gain as a side effect.
9. **Environmental Factors:** The environment we live in can influence weight gain, such as easy access to unhealthy food options, food marketing, and obesogenic environments.
10. **Medical Conditions:** Certain medical conditions, such as hypothyroidism, polycystic ovary syndrome (PCOS), and Cushing's syndrome, can contribute to weight gain.

Ingredients:

- 1 cup unsweetened almond milk
- 1 small ripe banana
- 1 cup fresh spinach leaves
- 1/2 medium cucumber, peeled and sliced
- 1/2 medium avocado, pitted and peeled
- 1 tablespoon chia seeds
- 1 tablespoon lemon juice
- Optional: 1 teaspoon honey or a natural sweetener of your choice
- Ice cubes (optional)

Instructions:

1. Gather all the ingredients and prepare them as mentioned in the list.
 2. Add the unsweetened almond milk to your blender. Almond milk is a low-calorie base that provides a creamy texture without adding excessive sugar or fat.
 3. Peel the banana and break it into chunks. Place the banana chunks into the blender. Bananas offer natural sweetness and help to make the smoothie creamy.
 4. Add the fresh spinach leaves to the blender. Spinach is rich in fiber and nutrients while being low in calories, making it an excellent choice for weight loss.
 5. Add the sliced cucumber to the blender. Cucumbers are hydrating, low in calories, and can help with detoxification due to their high water content.
 6. Place the avocado flesh into the blender. Avocado provides healthy fats and a creamy texture, making the smoothie more satisfying and promoting satiety.
 7. Sprinkle the chia seeds over the other ingredients. Chia seeds are high in fiber, omega-3 fatty acids, and antioxidants, which can aid in weight loss and promote overall health.
 8. Squeeze in the fresh lemon juice. Lemon juice adds a refreshing flavor and may help with digestion and detoxification.
 9. Optionally, add a teaspoon of honey or a natural sweetener if desired. Be mindful of the additional calories when using sweeteners.
 10. If you prefer a colder smoothie, add a few ice cubes to the blender.
 11. Blend all the ingredients together until smooth and creamy. If the consistency is too thick, you can add a little more almond milk or water to achieve your desired thickness.
 12. Once blended, pour the smoothie into a glass and serve immediately.
- Enjoy this Green Detox Smoothie as part of a balanced diet and an active lifestyle to support your weight loss journey.

RECIPE: GREEN DETOX SMOOTHIE



RECIPE: GRILLED CHICKEN AND QUINOA SALAD

Preparation Time: 15 minutes Cooking Time: 20 minutes

Total Time: 35 minutes

Ingredients:

- 1 boneless, skinless chicken breast
- 1/2 cup cooked quinoa
- 2 cups mixed salad greens
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

1. Preheat the grill or grill pan over medium heat.
2. Season the chicken breast with salt and pepper. Grill the chicken for about 6-8 minutes per side, or until it reaches an internal temperature of 165°F (74°C). Set aside to cool slightly.
3. In a large bowl, combine the cooked quinoa, mixed salad greens, cherry tomatoes, cucumber, red onion, and feta cheese.
4. In a small bowl, whisk together the extra-virgin olive oil, lemon juice, minced garlic, salt, and pepper to make the dressing.
5. Slice the grilled chicken breast into thin strips.
6. Drizzle the dressing over the salad and toss gently to coat all the ingredients.
7. Divide the salad onto serving plates or bowls.
8. Arrange the sliced grilled chicken on top of the salad.
9. Garnish with additional feta cheese and a sprinkle of freshly ground black pepper, if desired.
10. Serve immediately and enjoy this nutritious and delicious Grilled Chicken and Quinoa Salad for a healthy lunch.

This recipe provides a balanced combination of lean protein, whole grains, and fresh vegetables. It's a satisfying meal that will keep you energized throughout the day. Remember to adjust the portion sizes and ingredients according to your preferences and dietary needs.





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**WHICH
ONE?**





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The secret to having a flat stomach

Remember, achieving a flat stomach takes time and consistency. It's important to focus on overall health and well-being rather than solely obsessing over appearance. Embrace a healthy lifestyle that supports your body and make sustainable changes that you can maintain in the long run.

- **Clean and Balanced Diet:** Focus on consuming whole, unprocessed foods such as fruits, vegetables, lean proteins, whole grains, and healthy fats. Limit your intake of refined sugars, saturated fats, and processed foods.
- **Portion Control:** Be mindful of portion sizes and avoid overeating. Listen to your body's hunger and fullness cues, and eat until you're satisfied, not overly stuffed.
- **Hydration:** Stay properly hydrated by drinking an adequate amount of water throughout the day. Water helps to flush out toxins, aids digestion, and can help reduce bloating.
- **Regular Exercise:** Engage in a combination of cardio exercises (such as jogging, swimming, or cycling) and strength training (including exercises targeting the core muscles) to burn calories, build lean muscle, and promote a toned abdomen.
- **Core-Strengthening Exercises:** Incorporate exercises that specifically target the abdominal muscles, such as planks, crunches, and leg raises, into your workout routine to strengthen and tone the core.
- **Reduce Stress:** High levels of stress can lead to weight gain and increased belly fat. Practice stress-reducing techniques like meditation, deep breathing exercises, or engaging in activities you enjoy to manage stress levels.
- **Get Sufficient Sleep:** Aim for 7-9 hours of quality sleep each night. Inadequate sleep can disrupt hormone levels, increase appetite, and lead to weight gain, including abdominal fat.
- **Limit Alcohol Consumption:** Alcoholic beverages are often high in calories and can contribute to abdominal weight gain. Limit your alcohol intake or opt for healthier alternatives like sparkling water with a splash of fruit juice.

A BALANCED MEAL PLAN

for Overweight individuals for 1 week



Day 1:

- Breakfast: Vegetable omelet made with egg whites, spinach, mushrooms, and bell peppers.
- Snack: Greek yogurt with berries.
- Lunch: Grilled chicken breast with quinoa and steamed vegetables.
- Snack: Carrot sticks with hummus.
- Dinner: Baked salmon with roasted sweet potatoes and a side salad.
- Dessert: A small piece of dark chocolate.

Day 2:

- Breakfast: Overnight oats made with rolled oats, almond milk, chia seeds, and topped with sliced almonds and berries.
- Snack: Apple slices with almond butter.
- Lunch: Turkey or tofu lettuce wraps with avocado, shredded carrots, and a light dressing.
- Snack: Raw almonds.
- Dinner: Grilled shrimp skewers with brown rice and steamed broccoli.
- Dessert: A fruit salad.

Day 3:

- Breakfast: Whole grain toast topped with smashed avocado and sliced tomatoes.
- Snack: Cottage cheese with cucumber slices.
- Lunch: Quinoa salad with mixed vegetables, chickpeas, and a lemon-tahini dressing.
- Snack: Hard-boiled eggs.
- Dinner: Baked chicken breast with roasted Brussels sprouts and quinoa.
- Dessert: A small serving of low-sugar yogurt with fresh fruit.

A BALANCED MEAL PLAN

for Overweight individuals for 1 week



Day 4:

- Breakfast: Protein smoothie made with unsweetened almond milk, spinach, banana, and a scoop of protein powder.
- Snack: Mixed nuts.
- Lunch: Grilled vegetable and chicken or tofu skewers with brown rice.
- Snack: Celery sticks with almond butter.
- Dinner: Baked white fish with steamed asparagus and quinoa.
- Dessert: A small portion of homemade fruit sorbet.

Day 5:

- Breakfast: Veggie scramble with eggs, diced tomatoes, onions, and spinach.
- Snack: Sliced bell peppers with hummus.
- Lunch: Quinoa and black bean salad with corn, tomatoes, and a lime-cilantro dressing.
- Snack: Greek yogurt with a sprinkle of granola.
- Dinner: Stir-fried chicken or tofu with mixed vegetables and brown rice.
- Dessert: A small handful of mixed berries.

Day 6:

- Breakfast: High-fiber cereal with almond milk and fresh fruit.
- Snack: Rice cakes with almond butter.
- Lunch: Grilled salmon salad with mixed greens, cucumber, tomatoes, and a light vinaigrette.
- Snack: Edamame.
- Dinner: Baked turkey or veggie meatballs with zucchini noodles and marinara sauce.
- Dessert: A small portion of low-fat frozen yogurt.

A BALANCED MEAL PLAN

for Overweight individuals for 1 week



Day 7:

- Breakfast: Spinach and mushroom frittata made with egg whites.
- Snack: Sliced kiwi.
- Lunch: Lentil soup with a side of mixed green salad.
- Snack: Air-popped popcorn.
- Dinner: Grilled lean steak or portobello mushroom with roasted sweet potatoes and steamed green beans.
- Dessert: A small serving of homemade banana nice cream.

Please note that this is just an example, and it's important to customize the meal plan based on individual preferences, dietary restrictions, and specific nutritional needs. It's also recommended to consult with a healthcare professional or registered dietitian for personalized guidance and support.

- The above meal plan serves as an example and is for example only.
- It is very important to consult a nutritionist and seek help from a healthcare professional when creating a personalized meal plan.
- Individual nutritional needs, medical conditions, and dietary considerations vary and require individualized guidance.
- The meal plan provided should not be considered a substitute for professional medical advice, diagnosis or treatment.
- Working closely with a dietitian, nutritionist, or registered health care provider is essential to creating a meal plan tailored to your specific needs.
- Regular monitoring and adjustment of the diet may be necessary.
- Tell your health care provider and dietitian about any underlying medical conditions, allergies, or dietary restrictions.
- While this sample meal plan provides a balanced approach to nutrition, it is important to seek professional guidance for a personalized meal plan.



What is?

HEALTHY FOOD

Nutrient-Rich: Healthy foods are packed with essential nutrients, including vitamins, minerals, and antioxidants. They provide the body with the fuel and building blocks it needs to function optimally.

Whole and Minimally Processed: Healthy foods are often in their natural state or minimally processed. They are free from additives, artificial ingredients, and excessive refining, which can strip away nutrients and add unwanted substances.

Balanced Macronutrients: Healthy foods contain a balanced combination of carbohydrates, proteins, and fats. This balance helps provide energy, support muscle growth and repair, and maintain various bodily functions.

Low in Added Sugars and Sodium: Healthy foods are typically low in added sugars and sodium. Excess consumption of these can contribute to health issues such as obesity, diabetes, and hypertension.

Diverse and Colorful: Healthy foods include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Eating a range of different foods ensures a diverse intake of nutrients, vitamins, and minerals.