



7 DAY DIET

PLAN FOR

WEIGHT LOSS

Instamart 

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Introduction

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need”.

Ayurvedic Proverb

Our health is highly dependent on our lifestyle and habits. 60% of the quality of health and life expectancy depend on the habits of the individual. Who could have believed that? Health problems are caused by a number of factors, including smoking, alcohol abuse, malnutrition, and a passive lifestyle. These factors contribute to the rapid development of diseases, even from a genetic point of view. Weight gain occurs when more energy (as calories from food and beverage consumption) is gained than the energy expended by daily activities. If enough weight is gained due to increased body fat deposits, one may become overweight or obese, generally defined as having more body fat (adipose tissue) than is considered good for health.

The Body Mass Index (BMI) measures body weight in proportion to height and defines optimal, insufficient, and excessive weight based on the ratio. Having excess adipose tissue (fat) is a common condition, especially where food supplies are plentiful and lifestyles are sedentary. Being overweight and obese may increase the risk of several diseases, such as diabetes, heart disease, and some cancers, and may lead to short- and long-term health problems during pregnancy. Rates of obesity worldwide tripled from 1975 to 2016 to involve some 1.8 billion people and 39% of the world's adult population.

Weight gain can result from an increase in body fluid, muscle mass, or fat. An increase in body fluid can come from medications, fluid and salt retention, intravenous fluid infusion, and kidney or heart failure. An increase in muscle mass is commonly seen with exercising. An increase in body fat is commonly seen as a result of diet or lack of exercise as the body converts muscle to fat. An excessive weight gain is referred to as obesity. Obesity is a function of environmental (diet, exercise, lifestyle, etc.), hormonal, and inherited (genetic) factors in varying degrees. Weight gain is a normal part of pregnancy.

Gaining weight as an adult increases the risk for several cancers, even if the weight gain doesn't result in overweight or obesity. It isn't known exactly how being overweight increases cancer risk. Fat cells may release hormones that affect cell growth, leading to cancer

We all want to live for a long time and have a good time I must say. The simple solution is to adopt a healthy diet to put the odds on our side! Even Hippocrates, the father of modern medicine, said: "Let your food be your medicine, and your medicine, your food." Unfortunately, under the influence of our environment and with industrial food, we have more or less lost this ability to separate the wheat from the chaff. We are looking for the magic potion or the miracle diet that will have beneficial effects on our bodies.

Unhealthy Habits that lead to weight gain

Our eating habits have a real impact on our health. What are the right choices to fully enjoy life? Focus on winning foods and good habits to adopt!

Because of everyday life, our concerns or lack of knowledge, we often have a lot of bad habits. These are long-term habits that can cause serious health problems. There is a long list of habits that are very harmful to our health. They are harmful because they affect the important organs for the proper functioning of our body. Here are some of them:

1. Drinking

■ Not drinking enough water:

Studies estimate that up to 16–28% of adults are dehydrated, with older people at an increased risk. Not drinking enough water can make you thirsty. Interestingly, thirst may be mistaken as a sign of hunger or food cravings by the body.

In one study, scientists found that people who drank two cups of water right before breakfast ate 22% fewer calories at that meal than people who did not drink water.

Best of all, plain water has zero calories. Some studies have found that replacing sugar-sweetened beverages with water may reduce calorie intake by up to 200 calories per day.

If you find plain water boring, try adding slices of cucumber, lemon or your favorite fruit to add a dash of flavor.

If you do not drink enough water, the kidneys can be affected, because it is the element they need to perform their function such as eliminating toxins from the body and metabolic waste.

■ Drinking Your Calories

Drinking fruit juices, soft drinks and other beverages might be making you gain fat. Your brain does not register calories from beverages the same way it registers calories from foods, meaning you're likely to compensate by eating more food later on.

In a study carried out, 40 people consumed 300 calories from either whole apples, applesauce or an apple with their meal at six different times. Scientists found whole apples the most filling, while apple juice was the least filling. Get your calories from whole foods rather than beverages. Whole foods take more time to chew and swallow, which means your brain has more time to process hunger signals.

2. Eating

■ Eating Quickly

In today's world, people are busier than ever and tend to eat their meals quickly. Unfortunately, eating quickly might be making you gain fat. Studies show that people who eat their meals quickly are more likely to be overweight or obese. This is because it takes time for your body to tell your brain that it is full. Thus, people who eat quickly can easily eat more food than their body needs before feeling full. If you're a quick eater, try to consciously slow down by chewing more and taking smaller bites.

■ Preoccupied Eating

People often eat while watching TV, browsing the Internet or reading the paper. However, it has been observed that eating while distracted could make you eat more food. Interestingly, those who ate while distracted also ate significantly more food later in the day. This might be because they didn't realize how much food they ate during the meal. While you're eating, aim to remove all distractions and focus on your meal. This is known as mindful eating and helps make eating a more enjoyable and conscious experience.

■ Eating From Large Containers

The size of your plates and bowls could have a significant impact on your waistline. In a study, it was observed that people ate more food when it was served on larger plates and bowls than on smaller plates and bowls without even realizing it. On average, people who ate from larger tableware consumed 16% more calories per meal. This happens because larger plates can make a serving of food look smaller than it is. This tricks your brain into thinking you haven't eaten enough food. Simply switching to smaller tableware may help you eat less food without feeling hungry.

■ Not Eating Enough Protein

A lack of protein in your diet might be making you gain fat. This important nutrient can help you stay fuller for longer while eating less food. Protein tells the body to make more fullness hormones like peptide YY,

GIP and GLP-1. It also tells the body to make fewer hunger hormones like ghrelin. Studies have also shown that a higher protein diet can help boost your metabolism and preserve muscle mass — two factors important for maintaining a healthy weight. To increase your protein intake, try eating more protein-rich foods like eggs, meats, and fish, but remember quantity is key.

■ **Not Eating Enough Fibre**

A lack of fibre in your diet could be making you gain fat. This is because fibre helps control your appetite to keep you fuller for longer. Eating an extra 14 grams of fibre per day may decrease your calorie intake by up to 10%. This could lead to a loss of up to 4.2 pounds (1.9 kg) over four months. You can increase your fibre intake by eating more vegetables, especially beans and legumes.

■ **Not Having Healthy Snacks**

Hunger is one of the biggest reasons why people gain weight. When people are hungry, they are more likely to eat larger portions of food. In addition, hunger can increase your cravings for unhealthy foods. Having healthy snacks handy can help combat hunger and curb your cravings for unhealthy foods. Just remember to keep your portion sizes at meals in check. Otherwise, eating too many healthy snacks alongside large meals can still affect your weight.

■ **Consuming Unhealthy Fats**

Healthy fats like avocado, coconut oil and olive oil are an important part of a healthy diet. Too much of everything is bad and this also applies to healthy fats, as they are high in calories. For example, a single tablespoon of olive oil contains 119 calories. If you add multiple spoons of oil to your meals, the calories can add up quickly.

Although healthy fats are high in calories, they are nutritious and should not be avoided. Instead, eat in small portions. In addition, aim to eat a good balance of healthy fats, lean proteins, fruits and vegetables. This should naturally balance out your diet and lower your daily calorie intake.

■ **Not Consuming Enough Fruits and Veggies**

Fewer than 1 in 10 Nigerians meet the recommendations for fruit and vegetable intake. Not only are fruits and vegetables loaded with beneficial nutrients, but they are also quite low in calories, which is great for your waistline. Many studies have also shown that people who eat more vegetables and fruits are more likely to be at a healthier weight.

If you find it hard to eat your fruits and veggies, here are a few helpful tips:

- Add some fruit to your morning oatmeal.
- Prepare some raw veggie sticks and take them with you to work.
- Add plenty of chopped vegetables to your soups, stews and lasagnas.
- Eat vegetable-rich soups and stews as it gets colder outside.
- If you find it hard to prepare fresh veggies, try mixing them up with frozen veggies.

■ **Having Irregular Mealtimes**

While delaying a meal every now and then isn't harmful, constantly eating at irregular times may be harmful to your health and your waistline. In one study of 11 people, scientists found that people who had regular mealtimes felt less hungry before a meal and more full after a meal. This means people with irregular mealtimes may often feel more hungry and eat more food.

Most concerning is that people who have irregular mealtimes have a higher risk of chronic diseases. This includes metabolic syndrome, heart disease, insulin resistance and poor blood sugar control. In theory, irregular mealtimes may promote these harmful effects by affecting your body's internal clock. This internal clock helps regular processes like appetite, metabolism and digestion, so irregular eating may disrupt their rhythm.

■ **Not Eating Healthy on the Weekend**

People often find it easier to eat healthy during the week because they typically have a daily routine with their work and life commitments. Conversely, weekends tend to have less structure. In addition, people may be around more unhealthy temptations, which can lead to weight gain.

In one study, scientists observed the diet and exercise habits of 48 people. They found that people gained weight on weekends, as they ate more food and were less active. Fortunately, you also have more time on the weekends to go outdoors and exercise. Moreover, you can avoid temptation by removing unhealthy foods from the household.

3. Not Getting Enough Sleep

Unfortunately, a lack of sleep is strongly linked to weight gain. This is due to many factors, including hormonal changes and a lack of motivation to exercise. In a study, scientists analyzed the sleeping habits of over 68,000 women over 16 years. They discovered that women who slept fewer than 5 hours per night had a much higher risk of gaining weight than people who slept 7 hours or more.

What's worse, people who don't get enough sleep are more likely to gain belly fat or visceral fat. Carrying more visceral fat is linked to a higher risk of harmful diseases like heart disease and type 2 diabetes.

4. Stress

A lot of us live very busy lives and never have time for ourselves. Sadly, not having time to relax could make you feel constantly stressed and gain some fat. Research has shown that constant stress is linked to belly fat. It seems that this stress makes people unconsciously crave unhealthy "comfort foods" to relieve stress and make them feel better. Meditation is a great alternative for dealing with stress. Aside from meditation, you can also try yoga, cutting back on caffeine and practising mindfulness to help relieve stress.

5. Fasting

After hours of sleep, the body needs nutrients to recover, and it is possible, thanks to breakfast. By eliminating breakfast, blood sugar levels are high which leads to serious health problems, because high glucose levels are harmful to important organs such as the brain.

6. Lifestyle

- **Sedentary lifestyle;** It is also known as an inactive lifestyle, basically a lot of sitting and lying down with little to no exercise. The lockdown this year made a lot of us live like this. This is one of the most harmful health habits and can trigger different types of cancer and even premature death. According to the World Health Organization, the lack of physical activity is the fourth leading cause of death in the world.

- **Social Life**

Having a social life is important for maintaining a happy work-life balance. However, being too social might be making you gain fat. Social situations often involve food or alcohol, which can easily add unwanted calories to your diet. In addition, research shows that people tend to eat like the people they are with. So if your friends eat big portions or prefer unhealthy foods, you're more likely to follow suit. You can stay healthy without giving up your social life, it is important to find a balance.

- **Sitting Too Long**

Research has shown that the average adult sits for 9 to 11 hours per day. Although it seems harmless, studies show that people who sit longer are more likely to be overweight. In addition, they have higher risks of chronic diseases and early death. If your work involves sitting for long intervals, make sure you exercise either before work, during lunch or after work a few times per week. You can also try using a standing desk.

- **Taking the Elevator Instead of the Stairs**

If you take the elevator instead of the stairs at work, you're missing out on an easy workout. Research shows that you burn 8 calories for every 20 steps you climb. While 8 calories may seem insignificant, it can easily add up to an extra hundred calories per day if you often travel between many floors. Taking the stairs will improve overall fitness, better heart and brain health.

- **Shopping Without a Grocery List**

Shopping without a grocery list might be making you gain fat. Not only can a shopping list help you save money, but it can also stop you from making impulse purchases, which are often unhealthy. Shopping with a grocery list would help you eat healthier, carry less weight and save more money.

Here are a few tips for making a grocery list:

- Arrange foods by category so that they are easier to locate.
- If you're familiar with the store, list your foods in order from closest to the entrance to furthest from the entrance. This will help save you time and avoid temptation.
- Make sure your grocery list matches your weekly meal plan so that you don't have to go back to the store again.

Examples of other various unhealthy lifestyles include;

- Nibbling in front of the TV for hours
- Going regularly to fast food, drinking sodas, eating industrial foods
- Taking the car for the least distance, even 5 minutes from home
- Smoking cigarettes, weed, etc.
- Drinking alcohol (without moderation)
- Neglecting workouts or exercises

There are many little things that can make you gain fat. However, you can make lifestyle changes today to account for them.