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The Misconception About Meal Quality And Fat Loss

For anyone that has followed a diet plan or perhaps just read about weight loss there's a general opinion that in order to lose unwanted weight you should eat absolutely nothing but low calorie, low fat wholesome foods. Wouldn't it be great in the event you could lose weight although still stuffing your face full of potato chips and ice cream? In this post I'm going to explain how you can do precisely that.

[Diets](#) fail for many individuals simply because they can not stick to them. The food they've to eat may be bland and it becomes boring consuming exactly the same issues more than and more than once more. You may frequently hear individuals who're on diets saying issues like "I'm so sick of consuming this or that". But have ever notice you never hear anyone say they're sick of consuming junk food or burgers and fries?

Would you agree to eat a salad every day if it was accompanied by a high fat dressing along with a hearty steak and baked potato? How about some peas or corn along with your fried chicken and mashed potatoes? You ought to eat some healthy food, especially vegetables, but is it necessary to eat only healthy food if you would like to lose weight? Completely not.

You don't have to trim the fat from your meat or take the skin off of your chicken or even broil every piece of fish which you eat in order to lose weight. I think that butter, natural fats, cheese, and that chicken skin are not only OK to eat, they're really very good for you and include vital nutrients. They're part of my natural diet regime that also consists of vegetables and fruit.

So how can you eat these issues and still lose weight?

There's only 1 principle in weight reduction that is an absolute. You must eat less calories than you burn. It's that straightforward. Does that mean that in order to lose weight you'll need to have to eat tiny portions of all those foods which you adore? No. The truth is, consuming tiny portions will only slow your metabolism down, and maybe make you acquire weight.

What's easier; burning much more calories or consuming fewer calories? By consuming these high calorie foods you can preserve your body's metabolism at top speed as opposed to permit it to go into starvation mode like a lot of diets do. So then, exactly where does the weight reduction come in?

Whenever you follow this strategy you'll lose the weight: eat all you would like after which stop consuming for a although. Not a lengthy although, just 24 hours or so. Then quickly begin consuming once more. Your body doesn't even notice that you're not consuming and just continues to help keep on burning calories at an accelerated rate. Maintain consuming for some days after which stop once more.

Due to the fact of the way you've been consuming, you'll not going to feel weak and, in reality, you'll hardly notice you're not consuming on your "days off". The method is named "intermittent fasting" and it's helping individuals who hate to diet regime or even physical exercise lose weight and preserve it off. There's no calorie counting, label reading or food restrictions.

The only factor you must do is follow the correct strategy as to if you need to have to stop and begin consuming. As soon as you learn it, you'll keep in mind it for life and is going to be able to implement it and manage your weight at will. Imagine finally being able to manage your weight without having dieting.

For much more details on this revolutionary weight loss strategy check out [Weight Loss For Men](#) .

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