

The 6 Habits

Of Lean Petite Eating

P

Prepare Your Food All At Once

How many times has something come up that stopped you from making a healthy meal? Do you ever get home and just feel too tired to cook? The first step to fat loss that every petite has to master is batch cooking.

E

Eliminate Refined Sugars

Do you ever have food cravings that you know you should ignore but they just become unbearable and you ruin your diet? Are you constantly tired and moody? Once you eliminate refined sugars from your diet your body will naturally rid you of these unpleasant feelings holding you back.

T

Take Out The Grains

A major part of losing fat is controlling your blood sugar and other hormones which are affected most by carbohydrates. Learning what kind to eat and when to eat them can increase your body's fat burning potential.

I

Include Protein With Each Meal

Protein is an essential part of shaping your overall body as it helps preserve and build lean muscle. Eating the right types of proteins can speed up your metabolism and help control food cravings.

T

Trade Processed Fats For Healthy Fats

Fats found in natural sources like plants and animals aren't the same as the fat in a donut. One gives you the nutrients your body needs to survive and keeps you feeling full. The other leads to health problems and fat gain. Knowing which fats and oils to use can drastically improve your ability to lose fat.

E

Eat For Your Height

The amount of calories you need to lose weight is best determined by your height. Tailoring your calories to your height combined with the above steps is the key to lifelong fat loss for a petite woman.