



5 Weight loss tips that work



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1. EAT PLENTY OF PROTEIN



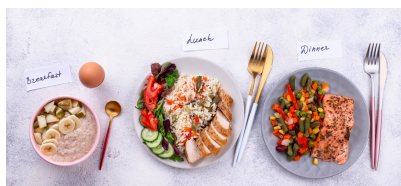
Protein is your magic weapon when it comes to weight loss in your 40's and 50's.

Protein keeps you fuller for longer, activates satiety signals which keeps hunger at bay.

Protein supports blood sugar balance helping to keep insulin, your fat storing hormone, under control.

As a rough guide aim for 1g per kg of bodyweight.

2. EAT 3 MEALS A DAY



The latest research suggests that three meals a day is better for our health.

Continual snacking forces your body to release insulin, our fat storage hormone and leads to poor blood sugar control.

Which means we put on weight!!





3. PRIORITISE SLEEP

After a bad night's sleep we often reach for sugary, fatty snacks and foods the next day.

This is because our hunger hormone, ghrelin, is increased whilst our satiety hormone, leptin, is decreased.

Prioritising sleep is essential if you want to lose weight.

4. MINERAL RICH FOODS

Magnesium and chromium are important minerals to consider when trying to lose weight.

These particular minerals help to improve insulin sensitivity, meaning we use the energy from our food instead of storing it as fat.

Other minerals such as selenium are important for thyroid health, this determines our overall metabolic rate and therefore how easily we gain weight.

Mineral rich foods should form the basis of your diet, include meat, liver, fish, eggs, fruit and vegetables.



5. WEIGHT TRAINING

When we lift weights we build muscles.

Our muscles are metabolically active, which means we burn more calories at rest.

Weight training also increases our sensitivity to insulin so our muscles are able to use the energy from our food instead of being converted into fat.

Breakfast is typically the hardest meal to boost full of protein - here are two delicious recipes that will set you up for the day!!

1

Scrambled eggs with smoked salmon

INGREDIENTS

Protein:

2 large eggs

A dash of milk

30g smoked salmon

Veggies:

2 handfuls of spinach (optional)

Flavours:

Your choice of fresh, chopped herbs

Salt and pepper to taste

METHOD

Cooking time 5 minutes

1. Whisk together the eggs and milk.
2. Pour into a lightly buttered frying pan.
3. Gently fold the eggs with a wooden spoon until cooked to your preferred consistency.
4. Wilt the spinach with a little butter if you want to boost your vegetable intake.
5. Transfer your eggs onto your plate and top with smoked salmon and herbs.



2

Super Protein Berry Breakfast Bowl

INGREDIENTS

Protein:

250g organic, natural yogurt (Yeo Valley is good)

1 scoop of unflavoured protein powder

Fruit:

70g fresh or frozen berries (raspberries, blueberries, strawberries)

Flavours:

1 tbsp unsweetened desiccated coconut(optional)

½ tsp ground cinnamon (optional)

1 tsp cacao nibs (optional)

METHOD

Preparation time: approximately 3 minutes

1. Combine the yogurt and protein powder and mix well.
2. Stir in the coconut or cinnamon.
3. Transfer to a bowl and top with berries.

