

Lean Forward

Hydration
& Nutrition

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Why Hydration Matters

Water is often overlooked, but it's crucial for weight loss success. Here's why:

- **Boosts Metabolism:** Drinking water can temporarily increase your metabolic rate, helping you burn more calories.
- **Reduces Appetite:** Water can help you feel full, reducing cravings and overeating.
- **Aids in Digestion:** Water is essential for proper digestion and nutrient absorption.
- **Supports Exercise Performance:** Staying hydrated is crucial for optimal exercise performance and recovery.

Did you know? The human body is about 60% water.

Water is essential for every cell, organ, and function in your body.



How Hydration Supports Weight Loss

1. **Boosts Metabolism:** Drinking water can increase calorie burning by up to 30% for an hour.
2. **Reduces Appetite:** Often, thirst is mistaken for hunger.
3. **Enhances Fat Breakdown:** Water is essential for metabolizing stored fat.
4. **Improves Exercise Performance:** Hydration boosts energy and stamina.

Busting Myths About Hydration

Myth: You need to drink exactly 8 glasses of water daily.

Truth: Needs vary based on age, weight, activity level, and climate.

Myth: Coffee and tea dehydrate you.

Truth: They count towards hydration, but water is still best.

Signs of Dehydration



Physical Symptoms:

- Thirst
- Dry mouth
- Fatigue
- Dark yellow urine

Emotional Symptoms:

- Irritability
- Lack of focus



1. Start Your Day with Water: Drink a glass of water first thing in the morning.
2. Set a Schedule: Aim for enough water to support your physical activities
3. Make it Fun: Add fruits, herbs, or cucumber for flavor.
4. Track Your Intake: Use apps or water bottles with measurements.
5. Choose Water-Rich Foods: Include fruits and vegetables like watermelon and cucumber.

Tips for Staying Hydrated



Nutrition Guidelines

- **Protein Focus:** Include 4–6 oz of lean protein per meal (e.g., chicken, turkey, fish, tofu, or legumes for plant-based options).
- **Vegetables:** Center meals around 8 oz of non-starchy vegetables such as leafy greens, broccoli, cauliflower, zucchini, and bell peppers. Rotate vegetables to maximize nutrient diversity.
- **Low-Sugar Fruits:** Incorporate berries, green apples, and citrus fruits in small portions (1/2 cup per serving).
- **Healthy Fats:** Include avocados, olive oil, nuts, and seeds in moderation to support satiety and nutrient absorption.
- **Grains & Starches:** Minimize or eliminate grains and starchy vegetables. If included, opt for small portions of quinoa or sweet potatoes.
- **Eliminate Processed Foods:** Strictly avoid processed meats, refined sugars, and packaged foods.
- **Hydration:** Drink at least 2–3 liters of water daily. Herbal teas can be included.





The 7-Day Meal Plan

Day	Breakfast	Lunch	Snack	Dinner
1	Protein shake	Grilled chicken breast, roasted Brussels sprouts, and olive oil	1 small green apple	Baked salmon, steamed asparagus, and 1/4 avocado
2	Scrambled eggs	Turkey burger patty (no bun), mixed greens with balsamic vinegar dressing	Handful of fresh raspberries	Grilled shrimp, roasted zucchini and yellow squash, and 1 tbsp tahini
3	Protein shake	Grilled cod, steamed green bean, with lemon juice	1 small orange	Herb-roasted chicken thighs (skinless), sautéed mushrooms and kale
4	Chia pudding	Roasted turkey breast, grilled eggplant and bell peppers	1 cup strawberries	Baked cod with roasted broccoli and cauliflower
5	Protein shake	Grilled chicken breast, steamed carrots and green beans	1 small pear	Grilled mahi-mahi, sautéed spinach and mushrooms
6	Chia pudding	Grilled turkey breast, steamed spinach, and fresh lemon juice	1 small handful of walnuts	Grilled chicken thighs, roasted broccoli and cauliflower
7	Protein shake	Pan-seared cod with roasted bell peppers and zucchini	1 small green apple	Herb-roasted salmon, sautéed kale and mushrooms



The 7-Day Latin American Meal Plan

Day	Breakfast	Lunch	Snack	Dinner
1	Scrambled eggs with diced tomatoes and onions, 1 small corn tortilla	Grilled chicken breast, black beans, and sautéed zucchini	1 small mango or 1/2 cup papaya slices	Grilled tenderloin with roasted sweet potatoes and sautéed kale
2	Avocado toast on 1 slice of whole-grain bread with lime and 2 boiled eggs	Roasted turkey breast with rice and pigeon peas, and a mixed green salad	1 small handful of almonds (10 pcs)	Fish tacos with grilled white fish in lettuce wraps with lime and cilantro
3	Protein shake (unsweetened almond milk, 1 scoop protein powder, 1/2 banana, ice)	Grilled mahi-mahi with steamed yuca and roasted asparagus	1 small orange	Chicken soup with shredded chicken, yuca, and vegetables (carrots, celery)
4	Chia pudding (2 tbsp chia seeds in coconut milk, topped with mango cubes)	Beef picadillo (lean ground beef) with cauliflower rice and avocado slices	1 small green apple	Pan-seared tilapia with sautéed spinach and garlic, and a slice of tomatoes
5	Omelette with bell peppers and spinach, served with a slice of papaya	Baked tilapia with quinoa and sautéed green beans	1 cup strawberries or blueberries	Grilled steak with roasted peppers and onions
6	Protein shake (unsweetened almond milk, 1 scoop protein powder, 1/4 cup pineapple, ice)	Herb-marinated chicken thighs with arroz con gandules and a cucumber salad	1 small handful of walnuts (10 pcs)	Shrimp ceviche with a side of cucumber slices and lime
7	Sweet plantain slices with cottage cheese (1/2 cup)	Grilled shrimp with roasted plantains and a side of sautéed spinach	1 small pear or guava slices	Grilled chicken breast with steamed broccoli and cauliflower

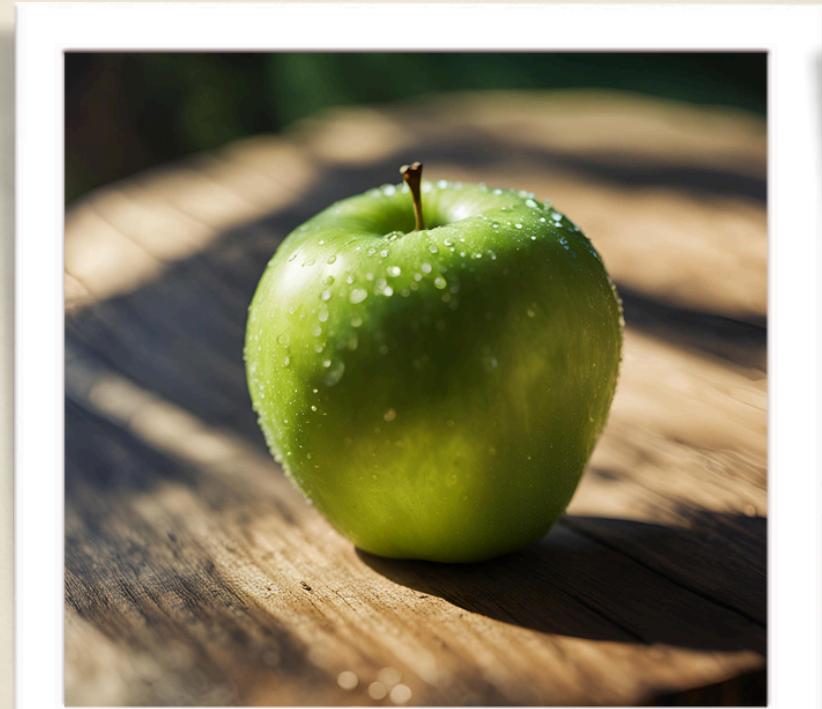
Example of Healthy Day



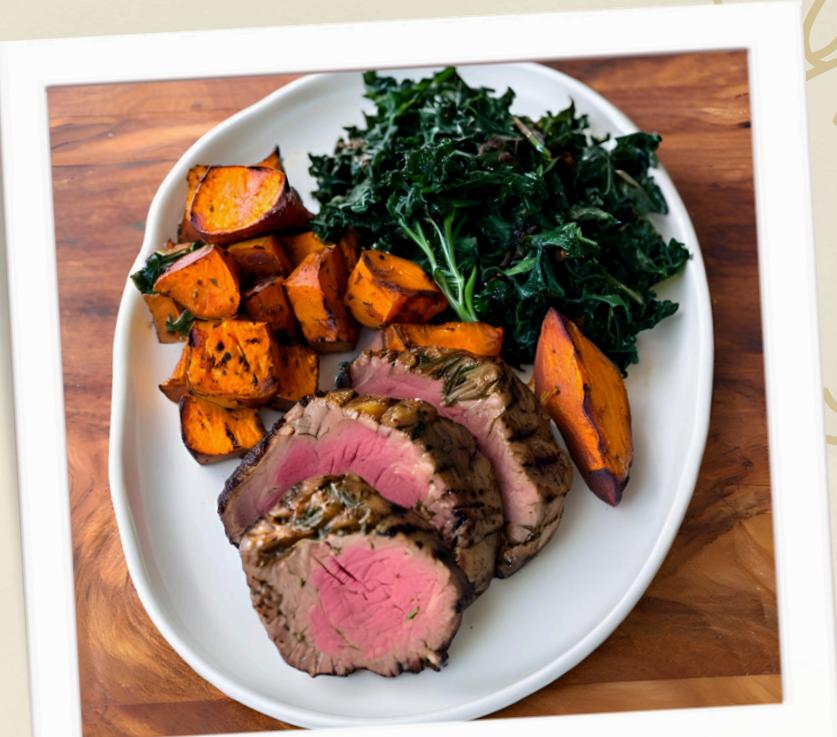
Protein Shake



Lunch



Fruits



Dinner

The Grocery List

- Chicken breast
- Salmon fillets
- Cod fillets
- Mahi-mahi fillets
- Shrimp (peeled)
- Turkey burger patties
- Herb-roasted chicken thighs
(skinless)
- Protein powder (unsweetened)
- Eggs (whole and whites)



- Spinach (fresh)
- Brussels sprouts
- Asparagus
- Zucchini
- Yellow squash
- Green beans
- Mushrooms
- Kale
- Broccoli
- Cauliflower
- Carrots

The Grocery List

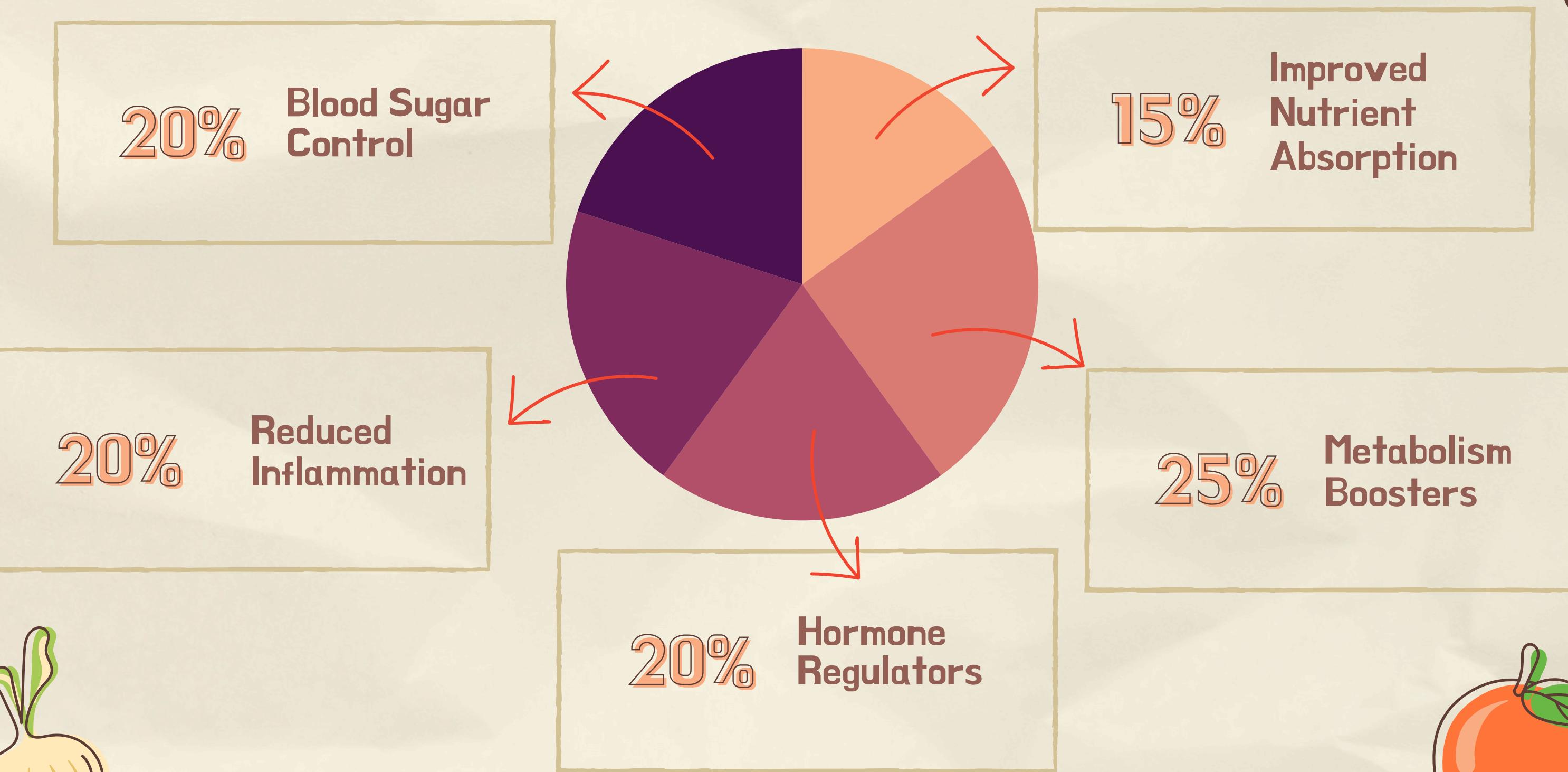
- Green apples
- Raspberries
- Small oranges
- Strawberries
- Frozen berries
- Bananas
- Pears
- Almond butter
- Coconut oil
- Tahini
- Olive oil
- Avocados

- Chia seeds
- Unsweetened almond milk
- Cinnamon
- Balsamic vinegar
- Coconut milk
- Lime
- Cilantro
- Olive oil



Micronutrients

And Their Role in Weight Loss



Micronutrients:

Tiny Powerhouses for Weight Loss



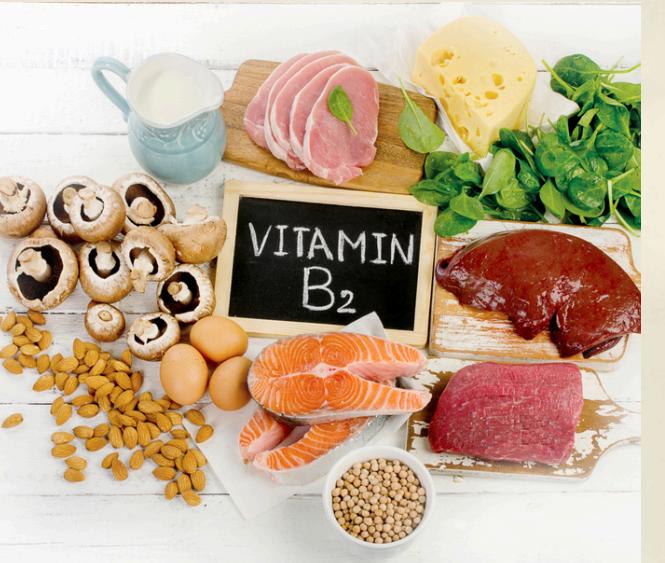
Metabolism Boosters:

Some micronutrients rev up your metabolism, helping your body burn more calories at rest. Think of them as your body's internal furnace, keeping the flames burning bright like: Magnesium: Found in nuts, seeds, and dark leafy greens.



Hormone Regulators:

Many hormones involved in weight management depend on specific micronutrients. For example, adequate levels of certain vitamins are crucial for proper thyroid function, which directly impacts your metabolism.



Improved Nutrient Absorption

Some micronutrients are essential for the proper absorption of other nutrients. For instance, Vitamin C: Found in citrus fruits, helps absorb iron more effectively

Blood Sugar Control:

Micronutrients like chromium and B vitamins help regulate blood sugar levels. Stable blood sugar prevents energy crashes and cravings, making it easier to stick to your calorie goals.

Reduced Inflammation

Chronic inflammation can sabotage weight loss efforts. Antioxidants like vitamins C and E help combat inflammation, creating a more favorable environment for fat burning.

Decoding Food Labels

Your Guide to Smart Choices

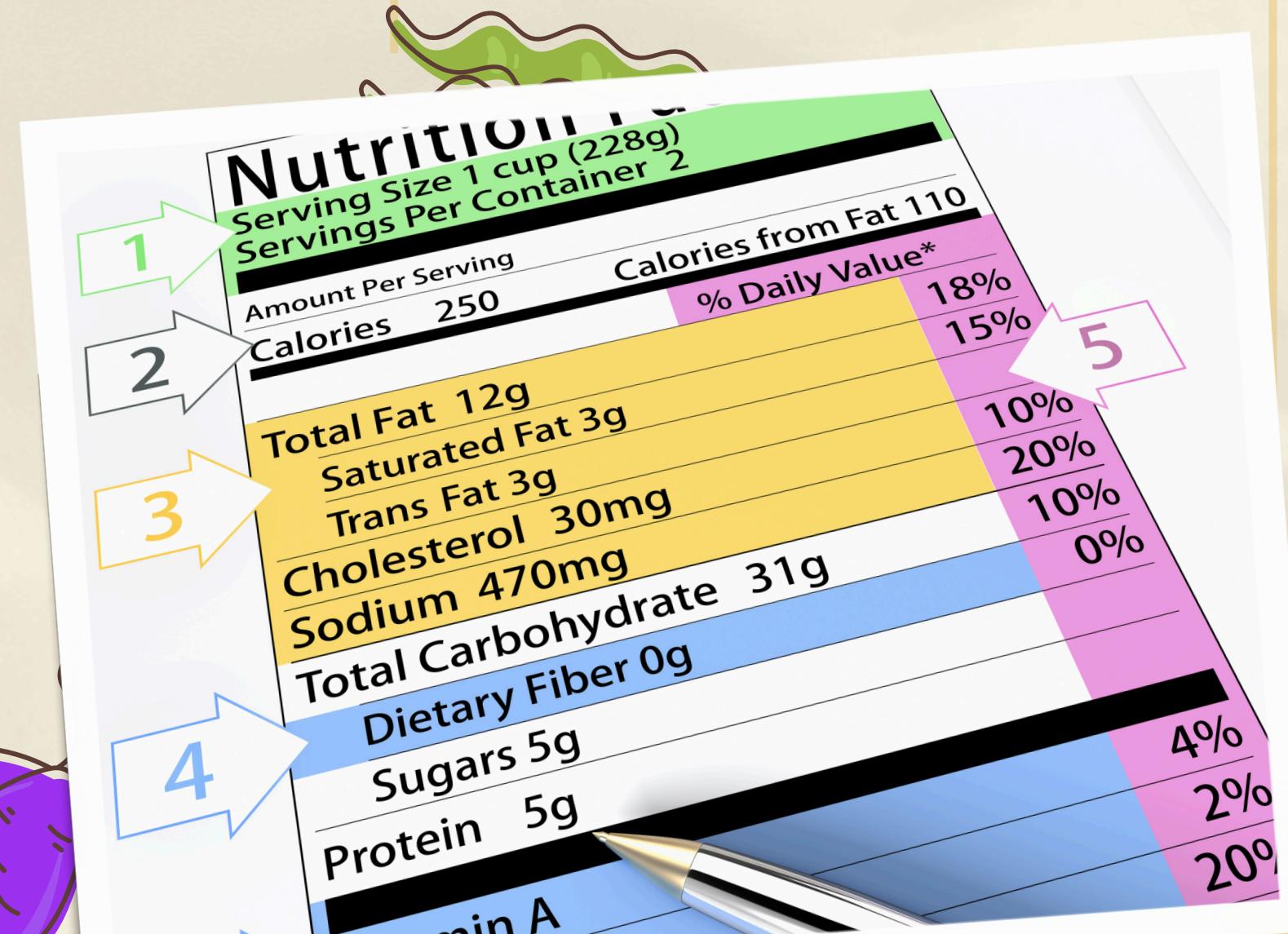
% Daily Value (%DV)

- A quick guide: 5% DV or less is considered low.
- 20% DV or more is considered high.



Serving Size:

- **1. Pay close attention:** This is often smaller than you might expect (like a single cookie instead of the whole package).
- **2. Multiply accordingly:** If you eat the entire package, multiply the listed nutrients by the number of servings.



Nutrients to Limit:

- **Saturated Fat:** Linked to heart disease. Aim for low levels.
- **Trans Fat:** Generally considered unhealthy. Avoid if possible.
- **Cholesterol:** High levels can increase heart disease risk.
- **Sodium:** Excess sodium can raise blood pressure.

Nutrients to Look For:

- **Fiber:** Promotes digestive health and can help you feel full.
- **Protein:** Builds and repairs tissues, helps you feel satisfied.
- **Vitamins and Minerals:** Essential for overall health.

Calories:

- **Key for weight management:** Aim for calorie-controlled choices that fit within your daily budget for calories.



Decoding Food Labels

Ingredients List:

- Read carefully: Ingredients are listed in descending order by weight.
- Be mindful of added sugars: Look for terms like high-fructose corn syrup, sucrose, and dextrose.

Health Claims:

- Understanding Common Terms:
- **Low-Fat:** Contains 3 grams of fat or less per serving.
- **Reduced Sugar:** At least 25% less sugar than the original product.
- **Whole Grain:** Contains all parts of the grain kernel (bran, germ, and endosperm) for maximum nutrients.

Tips for Label Savvy Shoppers:

- Compare similar products: Choose the option with the lowest calories, saturated fat, and sodium.
- Look beyond the front of the package: Marketing claims can be misleading.
- Use a food journal: Track your intake to identify areas for improvement.

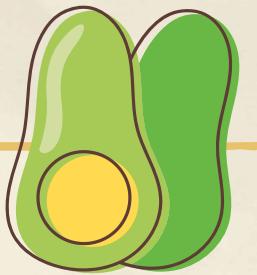


Key Points Recap



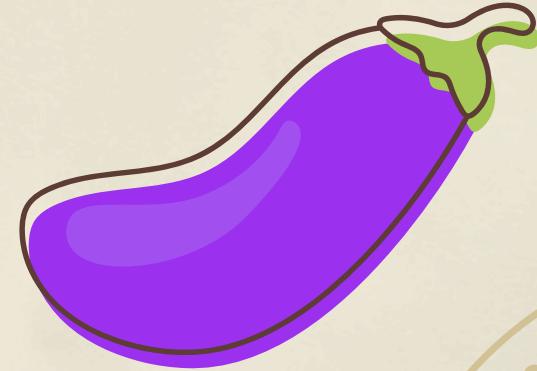
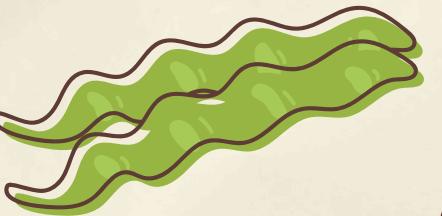
Secret Weapon

Hydration boosts metabolism, reduces appetite, and improves fat breakdown.



How is hungry?

Focus on whole, colorful foods like fruits, vegetables, whole grains, lean proteins, and healthy fats for a diverse range of micronutrients



Read that label

Food labels can seem overwhelming, but they're your secret weapon for making informed decisions at the grocery store





**Success is the
sum of small
efforts, repeated
day in and day
out**

- Robert Collier

Thank you!

Do You Have Any Question?