

THE TYLADFIT FAT LOSS GUIDE

LIVE YOUR LIFE IN
AN EMPOWERED BODY & MIND



**FEEL YOUR MOST CONFIDENT
BE FIT FOR ANYTHING
FIND THE PERFECT SOCIAL AND WORK BALANCE**

tyladfit@gmail.com

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VOLUME EATING

Can you spot the difference?



900kcal



600kcal

The key points:

Both plates look similar.

Both plates look full

They have very different nutritional value.

You should be eating a full plate when dieting.

Filling up on fibre and high-volume foods to make yourself feel full.

Your plate should include:

A Lean Protein source (chicken, lean mince, tuna, quorn, turkey)

Complex carb (pasta, potato, rice, oats) to make you feel full and satisfied

Colour (veg, salad, fruit) to provide micronutrient benefits and extra volume

Flavour (don't be afraid to add flavour to your meals) dry seasonings are all fine to include, try and steer away from shop bought sauces and sachets.