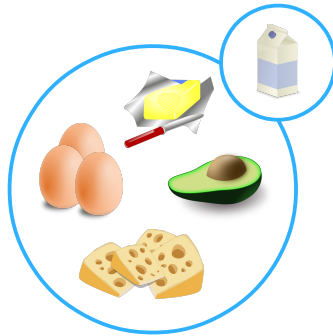
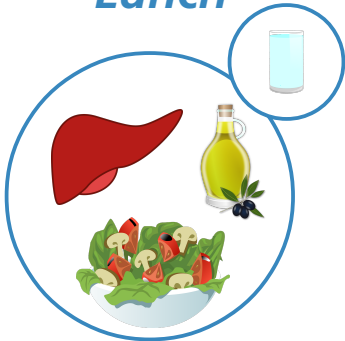
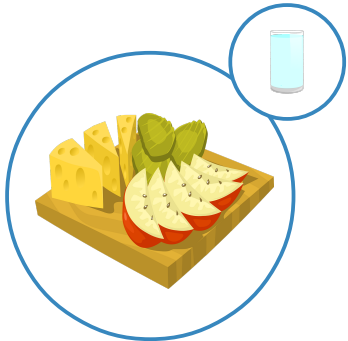


# What Do Real Food Meals For Weight Loss Look Like?

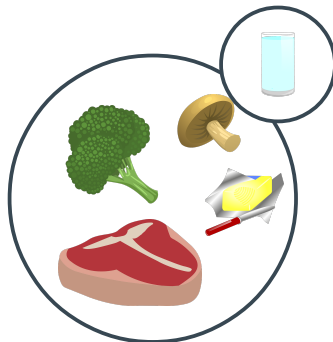
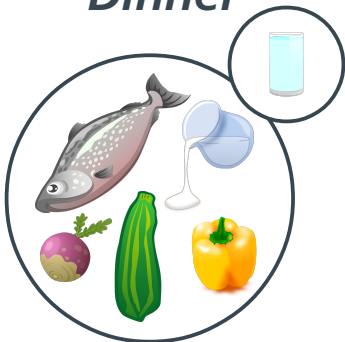
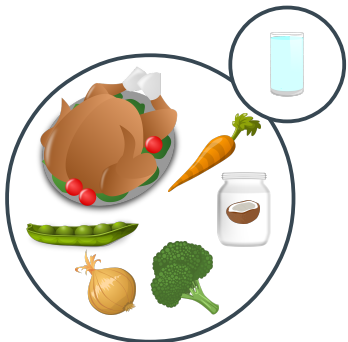
## Breakfast



## Lunch



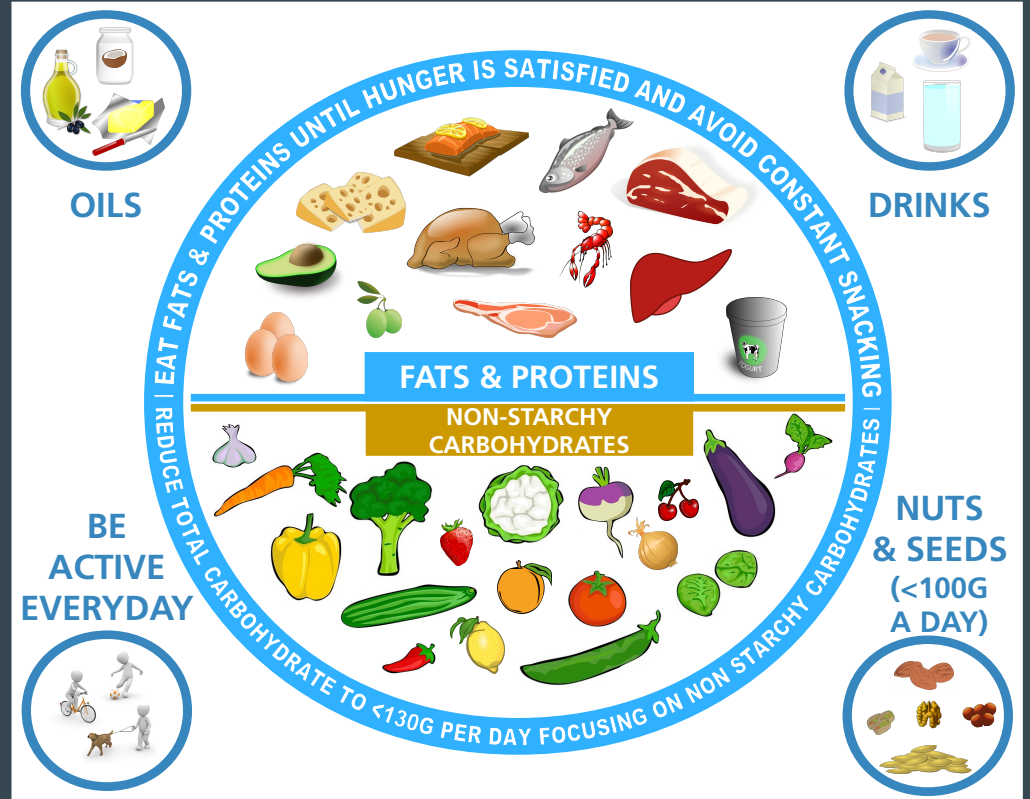
## Dinner



# Public Health Collaboration

## THE REAL FOOD LIFESTYLE FOR WEIGHT LOSS

CREATE A PERSONAL PURPOSE AS TO WHY YOU WANT TO LOSE WEIGHT...



...BECAUSE WITH A STRONG ENOUGH WHY YOU CAN OVERCOME ANY HOW  
**EAT REAL FOOD | AVOID FAKE FOOD | BE ACTIVE EVERYDAY**

Find out more on our website  
[www.PublicHealthCollaboration.org](http://www.PublicHealthCollaboration.org)

## What Real Foods For Weight Loss Can I Eat?

Real foods are naturally nutrient dense and are minimally altered from their natural state, which will nourish you and satisfy hunger. For weight loss it's also important to avoid starchy carbohydrates.



## What Are Fake Foods I Should Avoid?

Fake foods have been highly-processed from their natural state with free-sugars and highly-processed oils, which will not nourish you.



## How Does The Real Food Lifestyle For Weight Loss Work?

The Real Food Lifestyle For Weight Loss focuses on real food but also focuses on reducing total carbohydrate consumption to less than 130g per day.

The amount of carbohydrate in food is available on the majority of food labels or on supermarket websites but as long as you avoid starchy carbohydrates and focus on eating non-starchy vegetables and high-fibre fruits that are ideally less than 10g carbohydrate per 100g you will easily eat less than 130g per day.

Another focus of The Real Food Lifestyle For Weight Loss is to be active everyday. This doesn't mean you have to do a vigorous workout every single day, rather it means that you should move your body in which ever way you enjoy. It could be football with friends, cycling with your family or walking the dog.

Finally, be sure to set a personal purpose as to why you want to lose weight and become healthier. This helps you focus on your end goal.

## Who Is The Real Food Lifestyle For Weight Loss For?

The Real Food Lifestyle For Weight Loss is for those not maintaining personal good health. Personal good health is defined as:

1. Waist circumference less than 90cm (35.5 inches) for men and less than 80cm (31.5 inches) for women.
2. Fasting blood glucose less than 5.6 mmol/L.
3. Blood pressure less than 140 mmHg for systolic and less than 90 mmHg for diastolic.
4. Fasting triglycerides less than 1.7 mmol/L.
5. Fasting HDL-cholesterol greater than 1.03 mmol/L for men and greater than 1.29 mmol/L for women.

If three or more out of the five are out of range, it means you have metabolic syndrome and are no longer maintaining good personal health. If this is the case you should follow The Real Food Lifestyle For Weight Loss until you regain personal good health. **If you are taking any medications you should seek medical advice before following The Real Food Lifestyle For Weight Loss.**