

Simple tips for sustainable weight loss

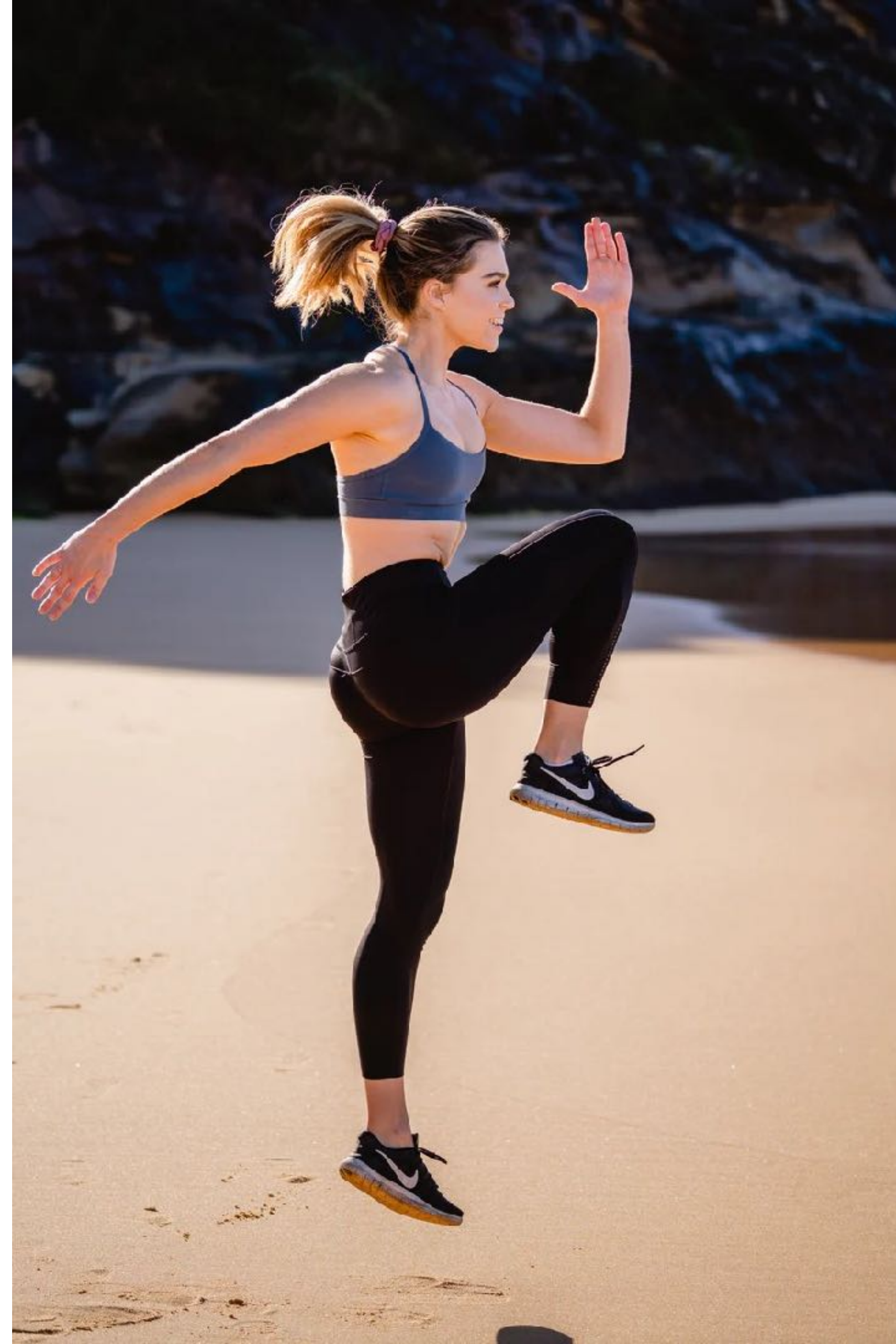
A quick guide to blood sugar balance and its impact

Nutrition and exercise go hand in hand when it comes to sustainable weight management. Whilst building muscle and regular movement is a major contributor towards fitness, health and burning excess fat, it's important to also fuel your body the right way to support your efforts and ultimately allow your body to use stored fat efficiently.

What you need to know:

One of the key factors that is often overlooked when it comes to weight management is blood sugar balance. Your blood sugar levels play a huge role in your cravings, your energy levels and how easily your body will be able to let go of stored fat. They also impact your hormonal health! So let's explore this further.

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When your blood sugar levels are not balanced you will experience spikes and dips throughout the day (the blood sugar roller coaster). This causes dips in energy levels, cravings for sugar or high carb foods and more importantly consistent release of insulin, also known as 'the fat storage hormone'.

In this guide I'm going to share my top hacks for balancing blood sugar levels and reducing insulin to help you maximise your efforts.

1. Reduce sugar, processed carbs and artificial sweeteners (sweeteners also spike insulin as your body doesn't understand it's not sugar!)
2. Get enough protein - this slows down absorption of glucose (sugar) and increases satiety
3. Increase fibre by eating more fruit & vegetables as this also slows down absorption of glucose

Over the next slides I'm going to share some simple recipes and ideas to help you implement these hacks.



Breakfasts

Overnight Oats

- 4 tablespoons oats
 - 1 tablespoon chia seeds
 - 1 tablespoon linseeds
 - 1-1.5 cups unsweetened almond milk
 - 1 tablespoon nut butter of choice
 - 1/2 teaspoon cinnamon
- (1 portion)

Mix and stir well. Leave in fridge overnight. Add fresh or frozen fruit of choice in the morning.



Lunch

Salmon & Egg Wraps



For gluten free wrap options see:
[Gluten Free Sweet Potatoe Wraps](#)

- 1-2 slices of smoked salmon
- 1-2 hard-boiled eggs
- 1 handful baby spinach + some extra on the side
- 1 tbsp mayonnaise
- 1/2 tsp Dijon Mustard
- 1 spring onion

Serve with a side salad

Afternoon snack

Yoghurt and Berries

This is a great post workout snack but also works well for breakfast or any time of day really.

1. Always opt for high protein, full fat yoghurt (such as Yeo Valley).
2. Add your favourite berries (fresh or frozen).
3. Sprinkle with seeds, cacao nibs or low carb granola.



Dinner

QUICK STIR FRY

Base:

- Rice Vermicelli Noodles

Topped with

Stir fried -

- Garlic, onions, fresh chili
- Bok Choi, carrots, baby corn, aubergine, green beans
- Soy sauce
- Garlic butter king prawns
- Fresh parsley

For vegan option use: Tofoo Marinated Tofu

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Uta Boellinger

**BANT Registered Nutritionist[®]
& Women's Health Expert**

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www.cannelle.co.uk info@cannelle.co.uk

07722 797246



[@cannelle_nutrition](https://www.instagram.com/cannelle_nutrition)

