

HEALTHY WEIGHT GAIN VS UNHEALTHY WEIGHT GAIN

HEALTHY



Organic, good quality protein



Healthy fats



Unrefined complex carbs



Plenty of fresh fruits and vegetables



Nutrient-dense, high-protein shakes



Fresh fruit and vegetable juices



Eating several smaller meals throughout the day



Snacking on high-protein foods in between meals



7–9 hours of sleep per night



Stress-free environment



Strengthening exercises mixed with light cardio



UNHEALTHY

Processed, refined & packaged foods



Alcohol



Sweetened beverages



Added & artificial sugars



Sleeping less than 7 hours per night



Snacking on junk food (potato chips & baked goods)



Eating very large meals only 1–2 times daily



Being stressed out



Living a sedentary lifestyle



Not Gaining Weight Is A Past Gain Weight Live Better

Clemens Wendtner



Not Gaining Weight Is A Past Gain Weight Live Better:

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readiness is the key to paying attention to what's behind the symptoms as we seek the solutions for how to stop fighting food fighting with our fridge or fighting with our body but mainly with ourselves Only then we will find real joy with our bodies again

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