

# Best Tools For Flexible Dieting

Here some of the tools for flexible dieting that help you reach your goals. these inexpensive products to be key to your success. Stock up with everything you need to eat to perform at your best!

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## Digital Scale



This the first thing you'll need to begin your flexible dieting journey. Weighing your food will be the cornerstone of your success, especially when you're just starting out. Measuring what you're eating will completely changed how you eat. It's very easy to underestimate how much you're eating and portion control is key to successful flexible dieting. By weighing your food, you'll have the confidence you're eating just what you need, not more and not less.

By measuring out exact serving sizes, it allows you to include any and all foods in your diet, in moderation, meaning nothing is off limits as long as you can make it work in your macros.

You don't need anything fancy. A food scale can cost under \$20 and you'll use it time and again with no issues.

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## Silicone Pan Divider



This little tool is a handy kitchen gadget if you're cooking the same dish for more than one person or more than one meal in different amounts. Simply pop it into the pan, add your measure foods on either side and you're all set.

No more estimating after the fact, or having to use multiple pots and pans to cook.

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## Vegetable Spiralizer, Julianne Peeler



A spiral slicer can be a favorite kitchen tool. It can be used many few times a week. You can make healthy, pasta-inspired dishes from low carb vegetables like zucchini. When you're counting macros, you'll want to include a lot of high volume, low calories foods in your diet to help you feel full without breaking the macro bank.

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## Mandolin



A mandolin is great for making fat-free, low carb veggie chips, a must have when a salty and crunchy craving strikes! You can make delicious oven-baked chips from beets, zucchini, potato, sweet potato and even carrot! Simply slice evenly on the mandolin, toss with your favorite spices and bake in the oven until crispy.

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## Food Storage Containers



Having a good set of food storage containers is a great idea. Have them in various sizes so you can always be prepared with healthy options. Planning and prepping can make or break your success with flexible dieting.

Fill up your containers with fresh, clean veggies & lean proteins ready to snack on or cook, prep homemade protein bars ahead of time, prepare all your snacks and your lunch the night before and if needed, keep your freezer stocked with meals that can easily be re-heated when you're extra busy. Even better if they're oven-proof for re-heating!

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## Meal Management Bag



This is optional, but can come in handy if you are someone always on the go. A full meal management cooler bag can fit all your food for the day, keeps it cool and has plenty of handy compartments. They're a bit of an investment, but the quality is fantastic.

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## Measuring Tape



Use a measuring tape to track your progress is better than solely going by the scale. This will give you a much better idea of changes since you may lose fat while gaining muscle and that change won't necessarily be reflected in bodyweight. Once every week, jot down the measurements listed in the "Measurements" PDF.

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## Digital Bathroom Scale



Scales are great to check-in once a week. Depending on your goals you can weigh yourself weekly or monthly.

Try to weigh-in at the same time every week if you're taking your weight daily. The main reason to weigh in weekly is to make sure that you aren't becoming obsessed with what the scale says and determine all of you efforts on that despite having improvements in other areas in the body.

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## Food Processor



Food processed and/or blender can and should be used throughout the week. Use it them to make smoothies, dips, dressings, sauces, soups, nut butters, homemade flours and even to mix up the batter for healthy desserts.

Think of enjoyable foods such as dressings, soups and sauces, banana ice cream and protein cookie dough!



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## Digital Mixing Bowl Scale



If you like to bake, it's a must have. Weighing certain ingredients is key to ensure accuracy, rather than going by volume amounts like 1 cup, 1 tbsp etc. You can use one of these mixing bowl scales so you can keep adding ingredients onto the scale, rather than measuring then using a separate bowl. It also makes it easier to determine serving sizes if you're making no-bake protein balls, for instance, since you'll have the total gram amount of the whole recipe.



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## Slow Cooker



If you like to bake, it's a must have. Weighing certain ingredients is key to ensure accuracy, rather than going by volume amounts like 1 cup, 1 tbsp etc. You can use one of these mixing bowl scales so you can keep adding ingredients onto the scale, rather than measuring then using a separate bowl. It also makes it easier to determine serving sizes if you're making no-bake protein balls, for instance, since you'll have the total gram amount of the whole recipe.

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## **Water Bottle**



Staying hydrated is important regardless of how you eat. Having a water bottle makes that easier. I'd recommend aiming for 80+ ounces of water or more per day.

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## **Travel Digital Scale**



Depending on your goals and experience with flexible dieting, it might be something you want to look into though, especially if you travel a lot for work.

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## **Healthy Treat Recipe Resources**

The internet is a fabulous place for you to find many recipes that will help build your daily plate. Google, Pinterest, clean eating food blogs, paleo websites, healthy eating searches, and lastly - "What Foods Should I Eat" are great places to find ideas for you.

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## MyFitnessPal

myfitnesspal

Tracking Macros and your calorie amounts can be challenging, but MyFitnessPal is a free app that makes the process so much easier.

It has a huge database of foods, it allows you to scan an item's barcode, and it integrates with a plethora of fitness tracking apps and devices. Easily check in on your overall macros for the day by looking under the nutrition tab.

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## Activity Tracker



To get the most accurate measure of your calorie burn, heart rate must also be factored into the equation. Activity trackers like FitBit give you the ability to do just that.

This way you can determine a more precise calorie burn from the exercises you do and then use that data to better adjust your TDEE and macros accordingly.

Not all activity trackers monitor heart rate so if you want to get one, make sure the model you choose does.

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## Exercise Bands



And to complete this list out for flexible dieting tools, add these exercise bands into your fitness routine make a convenient workout anywhere you go. Choose from pushing, pulling, core, legs, and full body exercises that will make your muscles sore and get your heart rate up.