

# 5 FOODS TO AVOID ON A WEIGHT LOSS JOURNEY

*Weight loss is 80% Diet and  
20% Exercise.*

*Fix your diet and watch the weight drop off with ease.*



**Honitreatz**

Healthy Food Connoisseur  
in Port Harcourt

## INTRODUCTION

Embarking on a weight loss journey requires more than just exercising — it's actually about fueling your body with the right foods. Because as research has proven, weight loss is 80% diet and 20% exercise.

With this knowledge, many foods you're eating can, and are actually sabotaging your progress without you even realizing it.

And these foods can be the reason why the weight isn't dropping off on the scale. By simply cutting out these foods from your diet, your weight loss journey will become a lot faster and smoother.

In this guide, we'll highlight 5 common foods to avoid and suggest healthier alternatives you can enjoy guilt-free as you embark on a healthier you, on your weight loss journey!

### 1. Fizzy Drinks (Soft Drinks/Soda)

Fizzy drinks are loaded with sugar and empty calories ie calories that don't give your body any nutrients. So your body goes through the stress of breaking down these calories just to find absolutely nothing but insane amounts of sugar. Annoying, right?

Even more annoying for your cells that do the thankless task of breaking down these drinks.

These sugary drinks also spike your insulin levels which leads to weight gain and cravings for more sugar.

Some popular soft drinks in Nigeria to watch out for include:

- **Coca-Cola**
- **Pepsi**
- **Fanta**

- **Sprite**
- **La Casera**
- **Mirinda**
- **All kinds of Malta**
- **Teem**
- **Energy drinks**
- **And the list goes on and on**

### **Healthier Alternative:**

You can choose to eliminate these drinks from your diet and just stick to plain old water.

Or

You can swap those sugary soft drinks with Honitreatz freshly squeezed **fruit juices**, packed with nutrients and natural sweetness, without the unhealthy sugars.

Our fruit juices are made from the highest quality fresh fruits and vegetables and are all natural.

Nourishing your body with amazing nutrients, vitamins and minerals and satisfying your sweet tooth as well. Plus, they are low calorie and weight loss friendly!

So it's an all round win!

Your body gets nourished, your sweet tooth is satisfied and your weight loss journey is not jeopardized!

How amazing?!

## **2. Overly Processed Foods**

Processed foods are often full of unhealthy fats, added sugars, chemicals that slow down your metabolism and make weight loss difficult, flavor enhancers that cause you to overeat which leads to weight gain, and empty calories that don't do anything good for

your body.

Examples of overly processed foods include:

- **Sugary snacks** like biscuits, cookies, candy, gummy bears, and chocolate etc
- **Cereals** especially those with high sugar content
- **Instant noodles** like indomie, and all other brands of noodles in Nigeria.
- **Junk food** like chips and crackers etc

#### **Healthier Alternative:**

Being on a weight loss journey doesn't mean you can't have snacks, it simply means you have to make smarter choices when it comes to what you eat and that includes snacks.

Instead of sugary snacks and processed foods, enjoy wholesome, nutrient-dense meals like Honitreatz **granola with Greek yogurt or parfait, even chicken salad**. These will keep you full and energized without the extra calories, whilst also nourishing your body with the needed nutrients and satisfying your cravings.

## **3. Pastries**

Pastries are another big culprit when it comes to hidden unhealthy fats, high carbs, excess sugars, high empty calories.

Popular examples are:

- **Meat pies, puff puff, cake, donuts, sausage rolls**
- **Fish pies, chicken pies, cupcakes, sharwarma**
- **Burgers, Pizza**
- **Et cetera et cetera**

#### **Healthier Alternative:**

Instead of indulging in high-calorie pastries that make you fat and don't do much good for your body and/or health in the long run, opt for the delicious and healthier **Honitreatz chicken wrap**. It's loaded with lean protein, low calorie wrap, lots of fresh veggies, and a creamy delicious sauce, perfect for keeping you full, satisfied and on track

with you weight loss goals.

It is so filling and can serve as a full meal, so feel free to make it your breakfast, lunch or dinner, plus it tastes way better than 99.9% of sharwarmas out there.

Talk about having a guilty-pleasure but WITHOUT ANY GUILT!

It actually doesn't get better than this!

## 4. Highly Fried Foods

Fried foods may taste delicious, but they're often soaked in layers and layers of unhealthy oils that lead to excess weight gain because oils are very high calories and unfortunately have a low nutrient profile. Meaning your body gets little to no nutrients from these oils that coated the foods you fry.

And fried foods contain very little nutrient because frying kills the nutrients in the foods because these nutrients can not stand or survive the high temperature points required for foods to become fried.

Common fried foods include:

- Fried chicken, plantain, yam, akara, dodo, jollof rice, stew, soups, and all kinds of foods that require frying in the cooking process.

### **Healthier Alternative:**

Replace frying with healthier alternatives like boiled, grilling, roasting, baking etc. These methods do not require a lot of or any oil at all to cook your food, and they preserve the nutrients in the foods as it cooks.

Also, none of Honitreatz foods are ever fried. So you can enjoy any and every of our products such as the nutrient-rich and satisfying **Honitreatz chicken salad** or **grilled chicken wrap** without any guilt or fear. Because these meals are flavorful without the extra oils and fats.

## 5. Ice Cream

Ice cream is a tempting treat, but it's packed with sugar, unhealthy fats and (say it with

me) empty calories, making it a weight loss nightmare.

Even small servings can derail your progress.

### **Healthier Alternative:**

For a creamy, indulgent, yet healthy alternative, try Honitreatz **Greek yogurt & parfait**. They are delicious, packed with protein, and high quality nutrients for your body, and will satisfy your cravings without the added calories.

## **CONCLUSION**

At Honitreatz, we believe that weight loss doesn't have to be about deprivation — it's about making healthier swaps and nourishing your body with the right foods.

That's why we created the **Weight Shredder Pack**, designed to help you reach your weight loss goals while enjoying nutritious and delicious meals.

The **Weight Shredder Pack** includes:

- **Detox juices** to flush out toxins and boost metabolism
- **Unsweetened parfait** made with Greek yogurt to support digestion and satiety
- **Chicken Salad** to provide veggies and lean protein, and help you stay full for longer.

With 3 convenient options (small, medium, large), you can choose the pack that best suits your journey.

Plus, when you order now, you'll receive:

- A **Calorie Calculator** to help you track your daily intake (<https://www.calculator.net/calorie-calculator.html>)
- The **5 Foods to Avoid on a Weight Loss Journey Guide** (this guide!)

Congratulations on making the smarter choice today and ordering the **Weight Shredder Pack** from Honitreatz to kickstart/support your weight loss journey the healthy way!

## **Contact Us**

- Instagram @honitreatz
- WhatsApp: +234 7031070857