

# ARE YOU EATING ENOUGH?

You may need to eat more to lose more.

**Client Success Stories**  
**Review Case Studies**  
**Answer Questions**  
**Tips & FAQs**



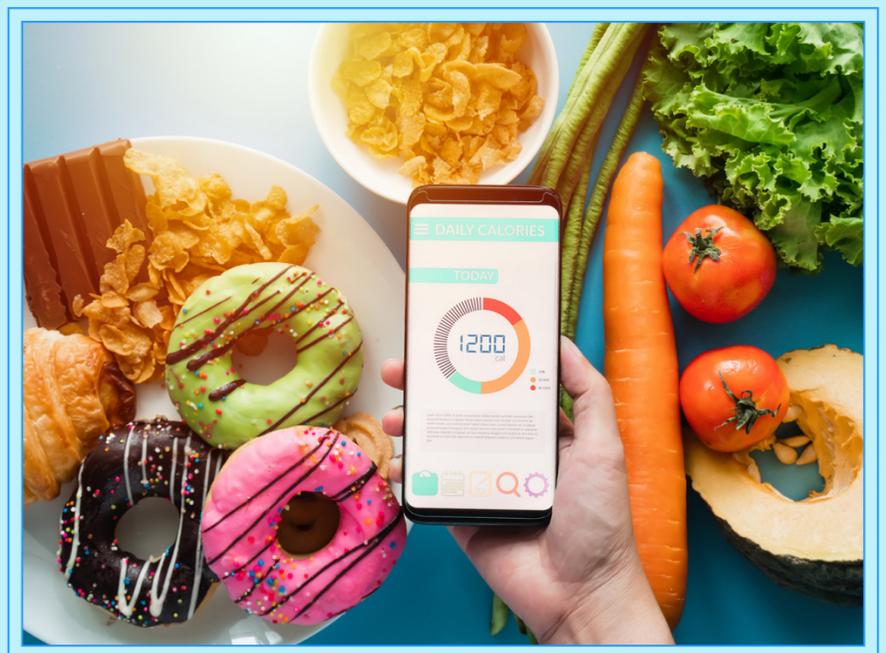
# INTRO TO CALORIES

Caloric deficit doesn't always mean weight loss

1. There is a such thing as eating too little calories!
2. Calories are dynamic NOT static - and are more complicated than they seem
3. Your calorie allotment
  - a.  $BMR + TEF + \text{Daily Activity} + \text{Intentional Activity}$

Don't Eat At OR Below Your BMR

1. BMR = basal metabolic rate
2. The amount of energy your vital organs need to survive
3. Eating at or below this number is incredibly dangerous





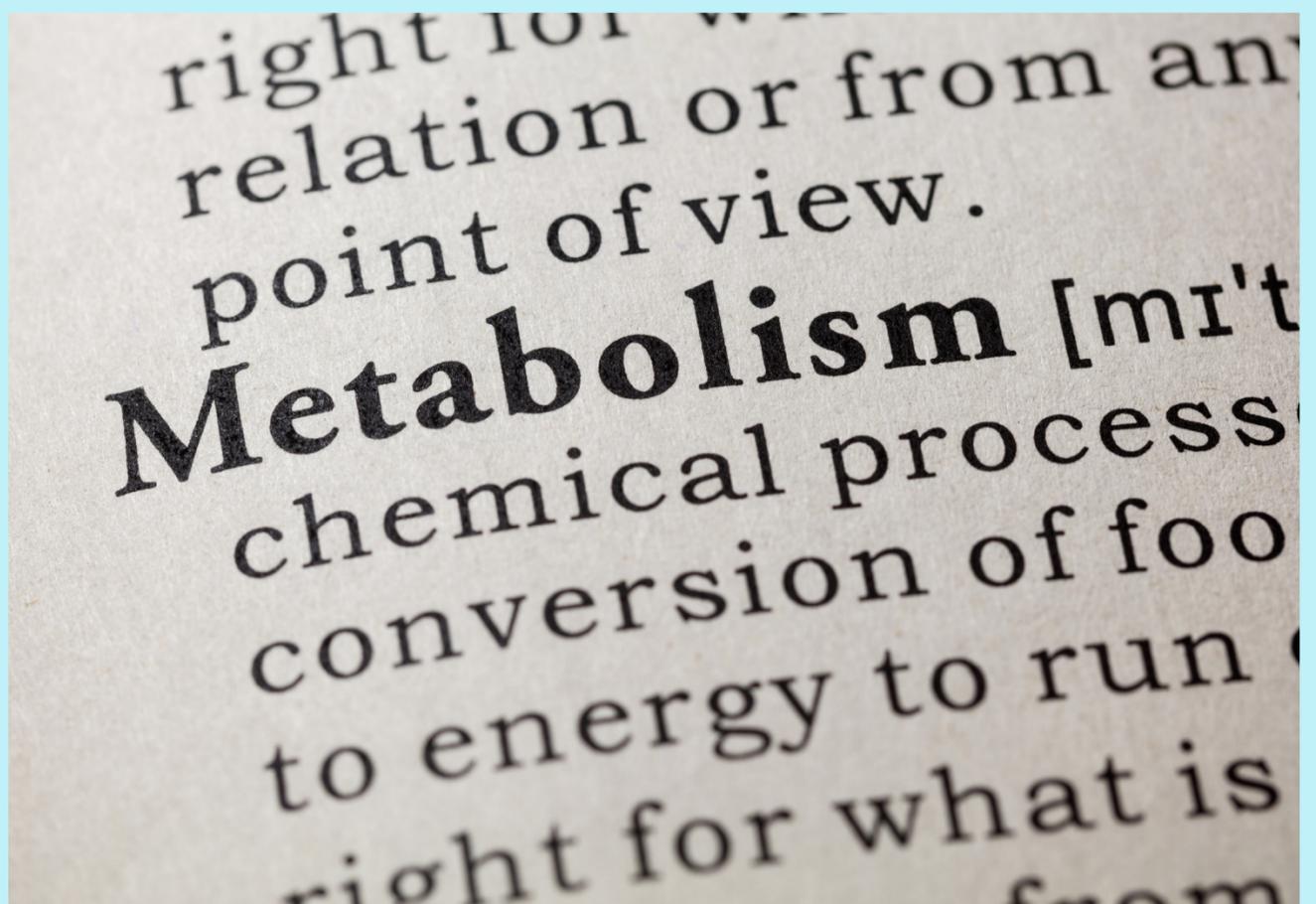
# INTRO TO METABOLISM

## Metabolic Health

1. Fuel the fire!
2. Eat consistently and with balance for more energy, weight maintenance, and better metabolic health

## How To Start Eating More

1. Start eating snacks
2. Increase your portion sizes
3. Practice eating on a loose schedule (or hit a meal/snack goal)
4. Add something to your plate



## **Cast Study 1**

Jordan- was eating too little and only focused on weight loss. Decided to try eating more and saw a change!

### **Guidance**

1. Increasing intake over all. Now eating around 3,000 calories per day
2. Add more energy to meals
3. Eat snacks when needed

## Cast Study 1



### Guidance

1. Add carbs to your meals
2. Carbs= fast energy
3. Eat snacks! Energy dips probably means that you're hungry
4. Don't eat below your BMR



## Cast Study 3

SAH Mom who doesn't want to eat more because she isn't hungry and is scared to gain weight.

## Guidance

1. Start low and slow
2. Introduce small, nutritious snacks
3. Promote return of hunger cues
4. Walk through nutrition education and the effect of low calorie intake on muscle growth and calorie utilization

# 1 THING

**It can be scary to start eating more.**

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**We 100% understand that eating more can be scary. But with all of this info, just think, what am I scared of?**



# DID YOU KNOW

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**Your 2 year old kid needs  
1,200–1,400 calories, not  
you!**

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**That's right! Toddlers need  
the same amount of calories  
as those outdated caloric  
recommendations, so don't  
be afraid to eat at or above  
your BMR!**

**MYTH**

**OR**

**FACT**

**Intermittent fasting boosts metabolism.**

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**Myth! There is no better way to ignore you're metabolism's cues than eating on a tight schedule.**

**LEARN  
MORE**





# THANK YOU!



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**LEARN  
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