

TOP 5 REASONS YOUR DIET'S FAILING

And 7 reasons you know it's working!

Client Success Stories
Review Case Studies
Answer Questions
Tips & FAQs



DIET'S FAILING

1. You're Eating Too Little

- Yes! You actually can eat too little. Eating too little can have a detrimental affect on your metabolism.

2. You Are Required to Cut Out an Entire Food Group

- This is a major sign that you are missing out on key nutrients.

3. You're Relying on Supplements

- Whole foods should always come first
- Supplements are just that...to supplement!

4. You're Not Doing The Work

- Even though you've changed your diet, if you aren't adjusting other areas of your life, you'll struggle

5. You're Ignoring Your Body's Cues

- If you are hungry...you eat
- If you are full...you should stop eating





DIET'S WORKING

1. You Don't Look At It As A "Diet"

- It's not short term
- These are sustainable choices that you can do forever

2. You Achieve Balance and Diversity

- All food groups are present and balanced
- Tons of color, variety, and swaps

3. You Have "Foundation Meals"

- You've got balanced go-tos to fall back on

4. You're Allowed To Eat Anything

- No restriction = total control

5. You Listen To Your Body

- Check in with your hunger and fullness

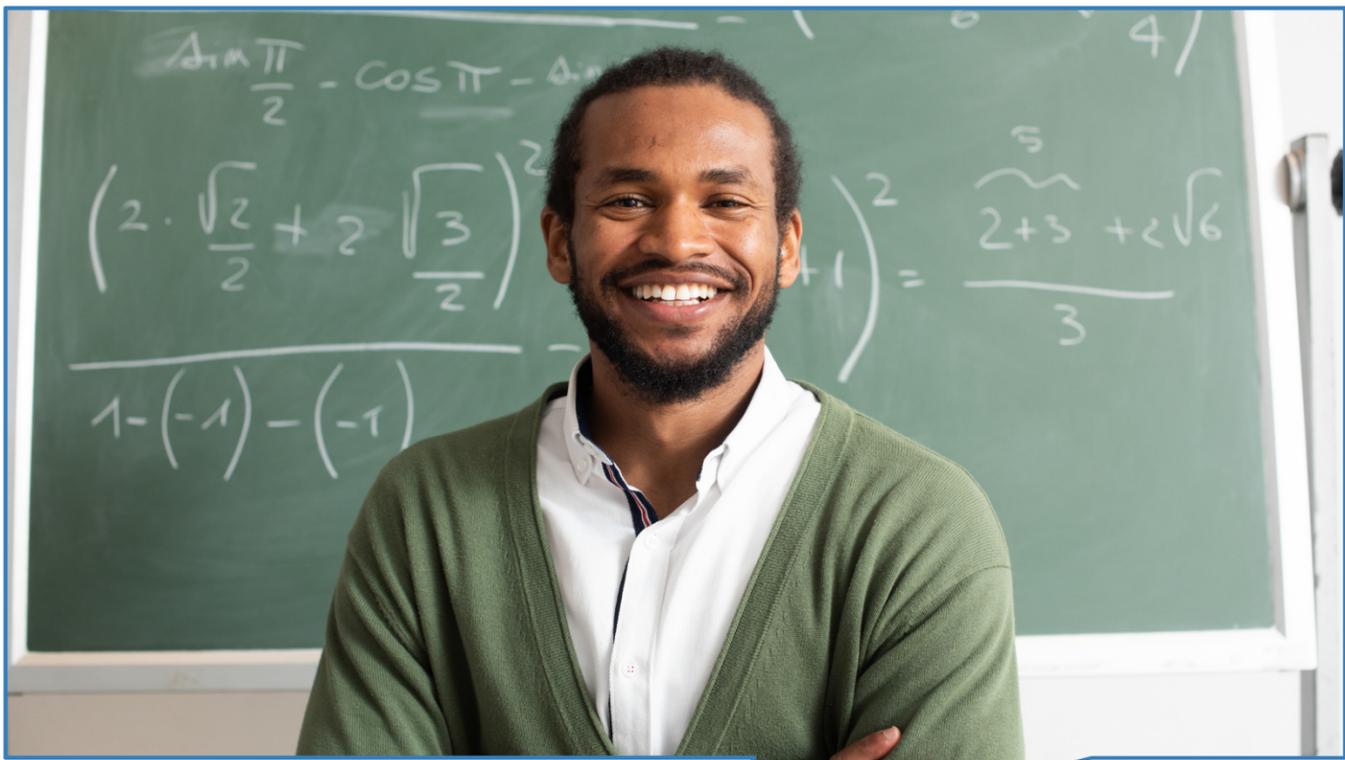
6. You Don't Overthink It

- You've built good habits that are simple and sustainable

7. You Are Prepared!

- Prepping = success
- You've got the tools to succeed





Cast Study 1

Diet is not working. Plant based teacher - he has been ignoring his hunger cues during the day and then binge eating at night. He takes many supplements because he is unsure of how to properly fuel while on a plant based diet.

Guidance

1. Learn how to listen to body's hunger and fullness cues
2. Nutrition education - learn how to build a balanced plate for plant based
3. Nutrition education - learn how to meeting nutritional needs with a plant based diet so that he can cut back on the supplements.



Cast Study 2

Diet Is Working! She's great at knowing what her body needs and honoring her hunger cues. Used to emotionally eat and crash diet, but has found sustainable options and eats enough to balance and control her cravings. She just struggles to know what to eat and how to stay on top of her diet.

Guidance

1. Build a base of foundation meals and food items
2. Great protein, starch, and produce options to have on hand
3. Go-to meals that she loves and can make easily
4. Plan and prep!
5. Plan around these foundation meals and food prep ahead of time.

1 THING

Calorie deficit does not always mean weight loss.

Eating too little calories can cause your metabolism to slow down, meaning your body will conserve energy and stop weight loss (and may even cause weight gain)!

**LEARN
MORE**



DID YOU KNOW

Crash dieting is nothing new.

Keto is the same thing as the South Beach Diet and the Atkins Diet, just 20–30 years later. Same goes for low fat diets. There's a reason they keep coming back with different names– they don't work!

MYTH

OR

FACT

Diet and exercise are the only things that control your weight.

Myth! Sleep, stress, genetics, hormones, and habits are also huge factors when it comes to weight management. Honing in on winning diet goals helps, but it's important to focus on habits and behaviors around it, as well.



THANK YOU!



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