

DISCLAIMER / TIP #1:

Make sure you are mentally and physically eligible for a diet.

You should not attempt to lose weight if you have a history of eating disorders or if you have a medical condition incompatible with weight loss or another contraindication to weight loss.

To be eligible for a weight loss program (such as **alleate**), you need to match **all** of these:

1. Be 18+ years or older
2. Your BMI should *not* reflect that you are *underweight* (calculate [here](#))
3. You should check with your doctor before starting a new weight loss program

If you are underweight or have struggled with anorexia, bulimia, or another eating disorder, please do not read the rest of this eBook. This eBook is NOT FOR YOU. Delete it. Your health should be in the caring hands of someone who is qualified to support you, such as a doctor or licensed therapist.

This eBook is for those who are physically eligible for a diet; i.e., those who are overweight or obese, who do not have a history of eating disorders, and who do not suspect that they are prone to any eating disorders.

This eBook was written by someone previously obese who lost 70+ lbs healthily and steadily, and who wants to share tips on how to make the weight loss process simpler, easier, and more efficient.

If you are underweight or struggling with an eating disorder, you do not need these tips. Delete this eBook and call someone you trust to talk.

SOME HELPFUL TIPS TO MAKE LOSING WEIGHT FEEL EASIER

THE BASIC HOW-TO'S

1. Keep it simple.

There are many fad diets and tactics out there to lose weight, but the oldest, most proven, and most efficient method is simply tracking calories in vs. calories out. If your bottom-line is losing weight, don't overcomplicate it. You can add whatever health goals you want on top-- intermittent fasting, low carb, low fat, high protein, etc.-- but, at minimum, meet your daily calorie allowance. It's the most reliable metric for losing weight.

One exception: **alleate** offers you the option to track your calories via an adjusted unit of measurement to make dieting a little easier. This adjusted allowance translates to a lower daily calorie target but it allows for you to eat untracked fruits and veggies (minus some exceptions). This is because it's very difficult to overeat on the allowed fruit and vegetables. If you want more flexibility and still lose weight efficiently, I recommend this approach.

2. Obligate yourself to succeed.

Find a way to obligate yourself to actually do the things you need to do and force yourself to tough it out long enough to see results. The best way to do this is by having some form of really great accountability. It is the **ONE THING** that made the difference in all my attempts at weight loss and made me go from yo-yo dieting every year to losing 73 lbs in one. It made losing weight feel like effortless effort. Forget about "willpower." *Find yourself the right kind of accountability.* Not a friend who makes a half-hearted pact to be gym buddies, not a health coach that costs \$400+ a month you can't afford, not just setting a date on your calendar and promising yourself you'll hit your goal by then, but something that you'll actually utilize and that actually **WORKS**.

My personal favorite (but I may be biased) is **alleate: streamlined accountability for simplified weight loss**. It utilizes the repetition of a few easy habits and capitalizes on your human nature to perform when you know others are watching. Get started today at alleate.com.

3. Track what you eat.

There are tons of tools on the internet to help you track your calories. Calculate your daily calorie allowance for weight loss with an [online calculator](#). Then use a tool like MyFitnessPal, Google, nutrition labels, or restaurant nutrition facts online to figure out the nutrition content of your food and drinks. Write it down somewhere for transparency.

4. Accuracy in your diet.

A major reason why people don't lose weight on their diets is because they're fudging the numbers or discounting bites here and there as negligible. If you find you tend to eyeball, round down, discount, or fudge the numbers, try using measuring cups, measuring spoons, and food scales to keep yourself honest.

5. P.T.E.

= Plan, Track, Eat. Remember this acronym. In that order. Plan what you'll have, write it down, then enjoy. You can eat and drink whatever you want, you just need to plan for it.

6. Keep data to track your progress.

When losing weight, it helps to track a metric that lets you know if you're moving in the right direction. Otherwise, how will you know if what you're doing is working? You can take your measurements, you can go based on how you feel, but tracking your weight is the easiest way to determine this. If you're eating your daily calorie allowance to a T and you're not losing the weight you expect, then you need to adjust your calories down or increase your average weekly physical activity. Try adjusting your daily calorie allowance in increments of 35 calories. Test it out for a week, reanalyze, and adjust if needed.

Caveat: This does not apply to those with metabolic disorders or certain other health problems. If you're eating less than the minimum daily recommended calories (1,200 for women and 1,500 for men), then speak to your doctor. Something else may be going on.

7. Weigh in once a week.

Weighing daily may fluctuate too much and discourage you. Weekly is a better picture of the trend of your progress. On weigh-in day, make sure to recalculate your calorie allowance-- it goes down as your weight goes down. As a general rule of thumb, your calorie allowance should go down about 35 calories for every 5 lbs you lose.

8. Practice consistent weigh-ins.

- Weigh in once a week in the morning right when you wake up, and as the second thing you do after using the bathroom.
- Weigh naked if possible or in the same light clothing, no shoes or accessories.
- Weigh before ingesting any food or beverage.

Note: drinking one 16oz bottle of water right before weighing in can make you believe you have 1 extra pound of weight on you. This will lead to demoralization and an inaccurate reflection of your actual weight. However, be sure to drink plenty of water throughout the day after weigh-in.

9. Don't make yourself miserable.

If you don't want to be miserable and overly hungry while losing weight, eat plenty of fruits, vegetables, protein, and high fiber foods. And take a daily multivitamin meant for you. If you're not nourishing your body and you're too hungry all the time (especially in the first 21 days as your mind & body are adjusting), you're more likely to quit and give up sooner or fall into a cycle of binge eating. This is how the yo-yo dieting starts.

THE MINDSET

10. Figure out your “why.”

Really ask yourself why you want to lose weight. Write it down. When the going gets tough, it's helpful to periodically remind yourself of your “why” throughout your weight loss journey.

11. Do this manifestation visualization.

Get into a dark, quiet room, put on some inspirational or uplifting meditation music, and take 5-10 minutes to close your eyes and do this exercise:

Imagine two future possibilities 2 years out into the future— one where you reach your goal and one where you do not. Spend time in the shoes of both future versions of you. Really feel the emotions of both. Picture what your life would be like and how it would change if you were to reach your goals vs. not reach them. Tap back into these feelings whenever you feel yourself struggling with your goals. KNOW that, with the right set of actions that are just lying there waiting for you take, you can achieve your weight loss goals. One of these future versions is going to happen. It's up to you which one does.

12. Yes, YOU can.

Know that you are not unique enough to be incapable of losing the weight. You, as you are, have the power to lose weight. You don't need to be special or born extraordinary, mentally or physically, or have any history of success with weight loss in order to succeed in losing weight this time. Believe that you can.

13. Honesty above all else.

Make sure you are honest with yourself and keep your promises to yourself throughout this process. A good, honest inner dialogue is the necessary foundation for success. You can lie to your mind, but you cannot lie to your body, so it's better to just be honest with both. You don't have to be perfect, you just have to be honest.

14. No feeling guilty.

Don't allow yourself to fall into a trap of guilt. You, the driver of the vehicle that is your body, are working with, *and against*, brain coding that is hundreds of thousands of years old. Your brain's sole purpose is to keep you alive. The coding in your brain believes that not eating every chance you get = imminent death, but there is no exception to this belief in the brain of those whose health is suffering due to being overweight or obese. So some days, you just won't meet your goal because you're working against a very strong force of intermittent irrationality. If you mess up once or twice– that's ok. In these instances, think like a scientist– get curious, analyze what went wrong, change the variables, and fix it for tomorrow.

15. Know that this is not forever.

It is a popular notion that dieting should be a “lifestyle change.” To some degree this is true– you should be adding in more fruits, vegetables, protein, and fiber, etc. into your daily diet and you should be increasing your overall daily activity– but losing weight, however, should not be forever. Losing weight is not sustainable for your entire life, otherwise you would end up to be nothing. With losing weight comes certain things that are reasonably undesirable: e.g. having to eat less of certain foods, having to say “no” more, having to exercise more, feeling physically or emotionally hungry more frequently (at least in the first 21 days; oftentimes the body & mind will adjust after this period), etc. If losing weight were easy, everyone would do it. There are just going to be aspects of losing weight that are not easy. When you're struggling with them, know that it is for an eventual goal that is not “forever” out in the distance.



16. “If you don’t sacrifice for what you want, then what you want becomes the sacrifice.”

SHIFTING EATING HABITS

17. Allow yourself holidays.

Part of not feeling guilty is knowing that you have reasonable needs, exceptions, and room for balance. You don’t have to do a weight loss plan 100% of every single day to lose weight. You can make an exception to intuitively eat during holidays, your birthday, or whatever occasion you feel you need in order to bring balance into your life. It’s not really going to make a huge difference in your life if you reach your goal in 100 days vs. in 105 days.

Important mental health note:

This is not to be used as excuse for cyclical binge eating. It is important to think ahead and know what days or occasions you may need to let yourself forget your weight loss plan and instead intuitively eat.

Intuitive eating should feel good, natural, guiltless, joyful, balanced, to satisfaction, etc.

Binge eating is often unplanned/unrelated to an occasion, done in secret, or followed by guilt and shame, and often follows a pattern.

18. Don’t be stuck in old rules, “musts,” and “when in Rome” thinking.

These inflexibilities are things we cling to in childhood. Analyze and make yourself aware of your “musts.” For example: “I must have eggs for breakfast every day.” “I must finish my plate.” “I must get the large coffee because it’s a better deal monetarily.” “I must not throw away food.” “I must have popcorn because I’m at a movie.” “I must finish my alcoholic beverage because it costs more than my meal.” If you’re ever struggling with any “musts” while dieting, ask yourself two questions in the moment: 1) “Can I fit this into my day?” If not, ask the next question: 2) Is maintaining this ‘must’ right now more important than my overall goal? What will happen if I just... don’t?”

Caveat: There are some reasonable moments where you should maintain a “must” and break your diet.

For example:

You must eat something whenever you take your medication.

You must eat something right now because your blood sugar is low.

You must eat an unplanned banana because you feel light-headed on a hike.



19. Save for later.

If you are lamenting stopping eating when you've had enough, remind yourself that you can save your food for later. Box it or put it in some Tupperware. If you are lamenting not purchasing a specific food or drink because you don't have room for it in your day, ask yourself when you can plan it into your day next, then mark it on a calendar.

20. Rank & prioritize your top food wants.

Figure out what qualities of food/drinks satisfy you the most and rank each quality from most important to least important for you. Then determine what meals/beverages you can plan in your diet that will satisfy your needs most while also still meeting your Daily Calorie Allowance. Here are some but you can add more qualities to this list: 1) tasty, savory, or sweet, 2) filling/large portions, 3) includes [insert specific food here; e.g., meat, cheese, bread, etc.], 4) healthy/super food, 5) at a specified time of day, 6) quick & easy, 7) inexpensive, etc.

21. Count to 10.

If you're ever struggling with *emotional/boredom hunger*, use the trick to "count to 10." Count "one" and let 5-10 minutes pass. If the urge comes back, count "two." Continue to do so until you reach 10. If you lose track of your count, start back at one. You likely will lose track of your count or reach your next planned meal before you reach 10.

If you are feeling *physical hunger*, it is recommended to eat some fruit, vegetables, protein, or a high fiber food and balance it with your next meal if necessary.

22. Maintenance & intuitive eating.

The key to avoiding the yo-yo dieting cycle and to not gaining back the weight is properly learning how to intuitively eat. To be clear, when you are gaining or losing weight, you are not intuitively eating. Learning how to properly lose weight does not equip you with the ability to maintain weight—these are different functions that require different approaches. For the majority of us who have a history of being overweight or obese, we likely have lost touch with intuitive eating at some point. There will be a future **alleate** eBook outlining techniques to get you back in touch with your natural ability to intuitively eat. You have never lost the ability, even if it seems so. That function is also ingrained in the ancient coding of your brain. You just need to get back in touch with it.

If you enjoyed these tips, follow me on
[Facebook](#) and [Instagram](#) at [@alleateHQ](#).



*If you need help staying accountable along
your weight loss journey and want to make the process
feel like “effortless effort,” then sign up for an
alleate accountability membership—
you’ll receive **streamlined support**
that makes losing weight feel
simple and inevitable.*