

3 Weight Loss Mistakes You Need to Fix Video #1

Have you ever tried to eat healthy and lose weight, or wondered why some people have no trouble preparing healthy food while others are stuck and have no motivation?

You've wanted to lose weight for such a long time. You know it's going to turn your life around, make you healthier for your family. But you feel lost. You've tried so many diets, so many new recipes. But nothing's helped you stick to your weight loss.

My name is Jaime, founder of Meal Prep for Weight Loss and Meal Planning 911. Welcome to my brand new training series, "3 Weight Loss Mistakes You Need to Fix".

In today's video, you're going to learn how not eating the right foods (or even enough food in general) is holding you back, and some tips that will get you on the right track to weight loss. Once you get this down, you'll understand more about how the right foods affect your body and keep you motivated to lose weight.

My goal for this training series is to help you lose weight in a healthy way and stick to those habits even after you hit your goal.

I developed this framework because I saw so many people who want to lose weight, but they're stuck. They don't know how to prepare healthy food to lose weight, or even how to find the motivation to do so.

But the reality is that I could relate to that struggle, because that struggle has a lot to do with my story too.

You see, back in 2015 my daughter Allison was a year and a half and I still had my baby weight to lose. After a trip to the ER with heart palpitations that wouldn't stop, I was pretty scared. After doing some research, I found that a healthy diet, along with exercise and losing weight, could help prevent those palpitations from happening again.

That was my turning point, and I didn't look back. Sure, I had my ups and downs. There were lots of learning curves. But after 8 months of exercise and changing what I ate, I lost that 20 pounds of baby weight and have kept it off

since. And I'm happy to say that my heart palpitations have not come back!

But this story doesn't stop with me.

The training I am about to share with you is a plan I developed in order to get you motivated to start your weight loss. And that's what I want for you. You wouldn't be watching this if you weren't stuck and needing a breakthrough. But luckily, there's a solution.

The purpose of this series is to help you quickly overcome that frustration of being stalled with weight loss so that you can finally figure out what works for you and stick to it!

So as we go through this training, I want you to listen and think of how this can apply to your situation.

You ready? Let's get started.

One mistake you could be making with weight loss is not eating the right foods.

So technically, you could live on a diet of donuts and candy bars and still lose weight, as long as you're eating at a calorie deficit. But what do you think that would do to you, both physically and mentally? All that simple sugar will give you surges of energy and then make you crash soon after. You'll feel sluggish and moody, which may lead you to eating more to get that burst of energy again.

Now, I'm not saying you should never eat donuts. They can actually be part of a healthy lifestyle. But eating mostly refined sugars and other processed foods prevents your body from enjoying the steady flow of energy you get from eating whole grains and good-quality meats and produce.

This means that instead of eating a double chocolate chip muffin and orange juice for breakfast, you eat some scrambled eggs, whole wheat toast with a little butter, and an orange. While the muffin is totally delicious and okay to eat at times, that's not going to keep you satisfied until lunch. It's pretty much nothing but simple carbohydrates, which will give you tons of energy for the first hour but doesn't have the protein or fat to balance everything out.

But if you have a good balance of protein (The eggs), fat (The eggs and butter), and carbs (The bread and orange), your body can absorb that energy more slowly and keep you full much longer.

I try to live by the 80/20 rule: 80% of the time I focus on whole foods that are in

their most natural state, that will make my body feel good and give me the energy I need. And the other 20% I save for desserts, eating out, or hanging out with friends. Doing that fairly consistently is what helped me lose my 20 pounds of baby weight.

Another mistake you could be making with food is not eating enough.

Does this sound counter-intuitive? Eating LESS is supposed to help you lose weight, right? Not necessarily.

You see, in addition to keeping you full, protein actually helps raise your metabolism. That's because protein takes more energy to break down in the body, so you actually burn more calories when you eat more protein. So if you're not eating enough protein, you're keeping yourself hungry as well as not giving your body what it needs to create energy.

Now, don't overdo it. Focus on eating 1-2 servings of quality protein at each meal. Chicken, eggs, black beans, and Greek yogurt are excellent sources of protein.

Every body is different, so your protein and calorie needs and expenses will vary from other people's bodies. But if you find yourself stalling in weight loss, take a look at what you're eating and see if adding more protein can help boost your metabolism and help lose weight.

Okay, so now that we've worked on the foods you should focus on, the BIG question is, how do you fix the accountability issues?

Losing weight is one thing. But if you don't have a support system, you're more likely to fall behind and eventually off the wagon entirely. You NEED somebody, or something, to keep you accountable.

So how do you deal with this? Well, that's exactly what I'm going to show you in Video

#2! I'm also going to introduce you to a case study and give you a weight loss tracker that you can download and use as an ongoing reference and tool.

Solving the accountability problem is easy and I'll show you how in Video #2.

Before we go today, I want you to leave a comment right below this video and tell me

one thing you can change about your diet THIS WEEK. Start small!

Remember- You are beautiful, and you are worth all of the hard work you're about to do. Weight loss is simple but not easy to implement- but you're stronger than you think.

I can't wait to see you in the next video!

Sources:

<https://www.healthline.com/nutrition/how-protein-can-help-you-lose-weight#section2>