



WEIGHT LOSS PROGRAMS

Cheat Sheets! SESSION 10

HELP I AM STUCK! HOW TO BOOST MY METABOLISM

7 Reasons You May Be Stuck

1. Sugar is back! It is very sneaky...
2. Too much “good fat” = extra calories
3. Maybe you are not respecting your macros (not enough protein?)
4. Portions are bigger – You are complacent
5. Not eating enough, while exercising too much
6. stressed out – cortisol > fat storing
7. Other: Mental blockage, body is inflamed, you have a medical situation, life’s OBSTACLES etc.



Solutions (Cheat Sheet)

Issue	Solutions
Sugar is back	Check what you eat, go back to your calorie counter and see how many carbs you are eating , count your bites!
Too much good fat to replace the carbs	Go back to your calorie counter and realize how many calories come from fat. Be careful with nuts, salads dressings, cheese etc.
Macros not respected	Too many carbs, or not enough protein (remember the 1g Protein to 2g Carbs ratio), too much fat maybe? You are not linking (remember each time you have a carb...)
Portions are bigger	Go back to basics, how many calories are you eating? Estimate what is on your plate, how much are you drinking incl. alcohol and sugary coffees etc.
Not eating enough	Go back to your BMR, you need to eat more when you exercise more, even when you want to lose weight
Too stressed out	Need to relax (breathing, visualizing, calming down etc.)
Mental blockage	Need to be more confident you can lose the next 10 lbs. But maybe you don't want to cut more – for the time being?

Obstacles - Are Temporary

- Obstacles are different from issues
- They relate to a life change:
 - Disease (Type 2 diabetes, fatty liver, depression etc.) and/or new medication (anti-depressants, anti-psychotics)
 - Exercise boredom – need to change the regimen
 - Family situations: You have to deal with them
 - Too much travel, too many restaurants...
 - Huge stress but temporary

Other Strategies to Boost Your Metabolism

1. Smaller meals every 3 to 5 hours BUT...This is not for everyone
2. Intermittent fasting
 - Only eating during a 6 to 8-hour window (example from 8am to 4pm)
3. Drinking enough water (including during meals)
4. Get enough sleep – 8 hours min. Not enough sleep raises cortisol levels and appetite especially for carbohydrates
5. Are you doing some HIIT at the gym – and are you doing it seriously?
6. Are you building muscle mass (consume 4 times more calories)

Other Strategies to Boost Your Metabolism: Supplements

1. Green tea
 - 8 cups per day/anti-oxidants/+17% metabolic increase
2. Probiotics
 - At least 10 Bio CFUS, and after 50 at least 50 Bio per day
3. Chromium piccolinate will help with insulin resistance - 200mcg a day
4. Magnesium – 350/500mg a day (pending the brand)
5. L – Glutamine 100 to 300mcg every 3-4 hours (insulin resistance)
6. Cinnamon, black pepper, Cayenne pepper, turmeric, spicy foods

My Plan

- Obstacles or Problems (be honest with yourself!):-----

- Supplements/New Foods: -----

- Strategies (intermittent fasting, cut portions...):-----

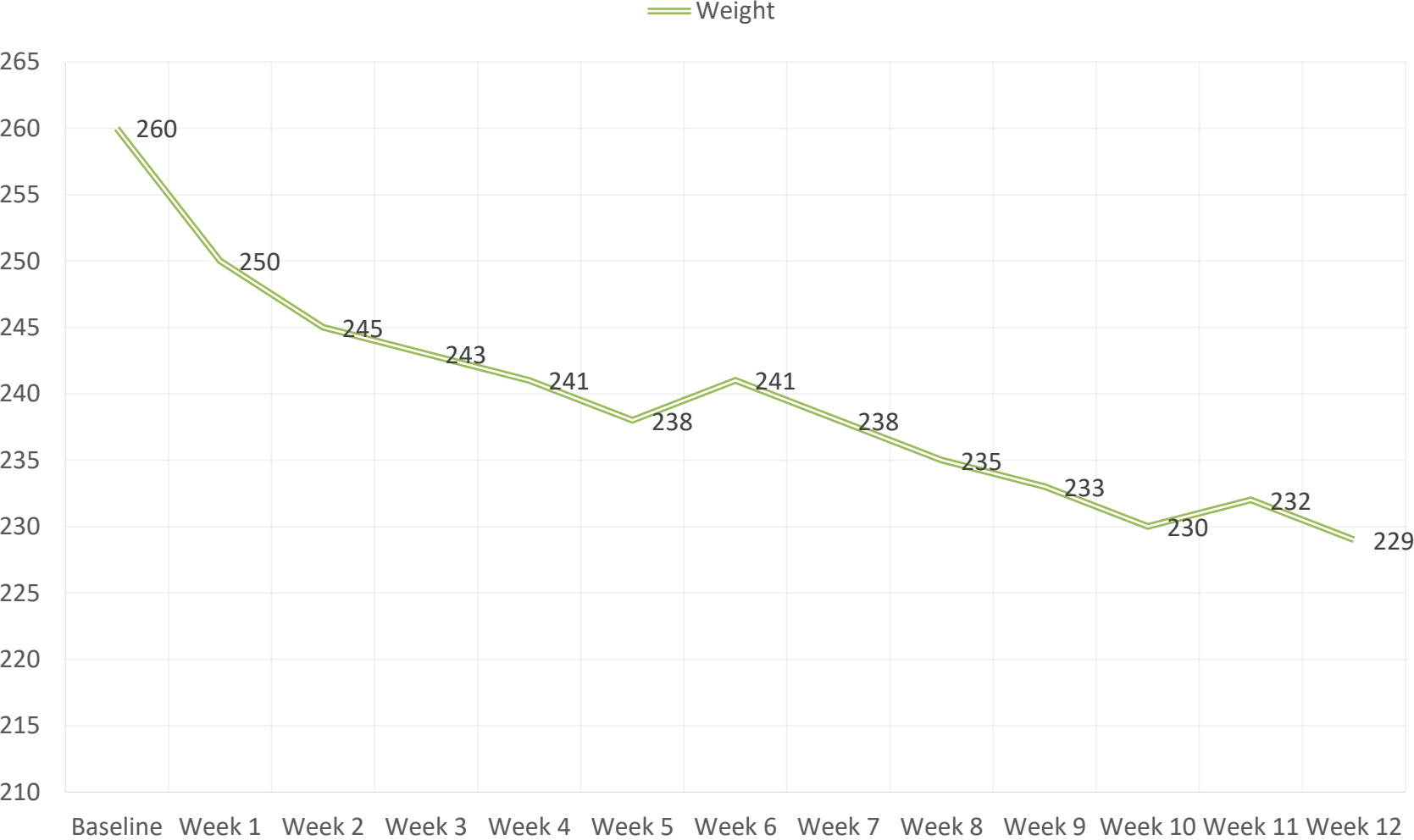
Your Experiments This Week

- Draw your weight loss journey so far in a graph.
 - Draw a trend and see where it leads you to within the next 3 months
- Observe your portions, macros, go back to your calorie counter, detect sugar (included in processed foods)
- Be honest with yourself, are you cheating?
- If frustrated, talk to your doctor:
 - Check your A1c and fasting glucose
 - Test your liver enzymes
 - Measure your body fat (if you have no muscle mass, it will be more difficult to lose weight)
 - Are you depressed?
- Try a supplement, sleep better and more, give it at least 2-3 weeks to show results
- Be PATIENT

Love from Veronique

An Xcel Sheet Has Been Embedded on This Page – Please Enter Your Own Data

MY WEIGHT LOSS



Manual Entry

Date	Weight	Difference (Loss or Gain)	Observations/Other measures
Baseline			
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Final Week			