



Say goodbye to the diet mentality.

When people say “I can’t lose weight” what they actually mean is... “I can’t consistently maintain this diet”

Diets will teach you WHAT to do, but they don’t teach you WHY you’re doing it. Learning the 'why' behind your actions is what creates sustainable long-term fat loss.

Take the time to understand.

Most people choose to follow meal plans and quick fix diets, over a more mindful approach because the “rules” and boundaries have already been created for them. This helps us to feel safe and confident in our decisions, but the truth is — diets never go as planned.

If you don’t take the time to understand the purpose behind what you’re doing, you will be easily discouraged when times get tough.

Lots of questions.

When losing weight, you spend a lot of time in uncharted territory. You have to make tough decisions: should I do cardio? How much? Before or after I workout? How many meals should I eat? What time should I eat them? More fats and fewer carbs or fewer fats and more carbs - and on and on.

Long-term consistency.

So when you go off track on your '8-week' or 12-week' plan then what. Your 'diet' won't tell you what to do, but that's where success is ultimately determined. So you need to understand and learn how to manage your food intake when life throws a curve ball. If you want long-term sustainable fat loss, you must start educating yourself on how this process can be woven into the fabric of your everyday life, not just for the next 8 or 12 weeks.

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Stop searching for the “perfect” diet and start learning how to TRUST yourself to make smart and informed decisions about what you eat. Learn about your food - what do you enjoy? what satisfies you? what food fills you up? Don't restrict - just educate yourself.

When you reach for a snack then ask yourself...

- Am I hungry?
- Am I satisfied?
- Could I work out an hour from now and feel comfortable?



Chances are meal plans and diets haven't worked for you in the past and it's highly unlikely anything will change that outcome in the future. Instead, work on creating new healthy habits that will build the foundation for a long-term healthy lifestyle.