



9 TIPS TO HELP YOU LOSE WEIGHT WITHOUT COUNTING CALORIES

Counting calories is not for everyone. Luckily, calorie counting is just one tool of many that we can implement when we want to lose weight or simply improve our health. In this little guide I want to provide you with a few additional tools and valuable insights on how you can cultivate sustainable habits, make mindful choices, and achieve your health goals without the need to count calories.

01

Practice Mindful Eating.

Research shows that when people eat while distracted , they eat faster and bigger portions, don't remember what they ate, feel significantly less full and continue to eat more throughout the day.

02

Eat till 80% full.

Think of it as, instead of eating until you are full - eating until you are no longer hungry.

Eating to 80 percent full means you stop eating when you're just satisfied. Not still hungry, but not stuffed or even completely full. It's about feeling content, with a little room left over.

03

Focus on improving the quality of your food

Food is not only calories ,
its also nutrients. Hyper
palatable and ultra-
processed foods are very
easy to over consume.

Focusing on making more
nutritious choices can
drastically reduce your
calories while actually
having you consume
MORE food.

04

Walk more

Add a 20-30 min walk to your day . Walking (more) is the most underrated activity for both weight loss and general health. If it's too difficult to walk for 30 minutes at one time, do regular small bouts (10 minutes) 3 times per day and gradually build up to longer sessions.

05

Embrace routine & structure

Have similar meals most days and create a structure and routine that works for you . Simplifying is key! Once you have a strong foundation with your meals you can introduce more variety!

06

Limit or eliminate liquid calories

Liquid calories quickly add up without really providing any staying power (as in its not keeping us full). Reducing or completely eliminating liquid calories can make a huge impact on your daily energy intake, without actually negatively impacting your appetite/hunger!

07

Avoid mindless snacking in between meals.

We tend to drastically underestimate how much we are eating.

All those little snacks that you reach for during the day: out of boredom, because someone brought snacks to the office, that little handful of nuts, little bits of leftovers from the fridge, the peanut butter you lick off the spoon but don't account for in your food log, the cheese you snack on while preparing dinner and all other little bites, nibbles and tastes here and there.

This type of mindless eating and snacking quickly adds up and can easily throw you out of a deficit.

08

Prioritize Protein

Prioritize protein with every meal! Protein keeps us full which makes adhering to a deficit much easier - and is important for maintaining lean mass (=muscle) .

09

Replace some of your carbs with veggies

Key word here is “some”, not all! Carbs are not the reason you’re not losing weight (nor are they the reason you are gaining weight), this is just an easy way to reduce calories while keeping food volume high! Also note - I say replace, not just cut out. Veggies add fiber and volume, which also helps to keep you full (for less calories)

Remember!

You don't have to count calories but calories always count. You can do all these things but if you aren't creating a calorie deficit (consuming less calories than your body needs) you will not lose weight/fat.

WORK WITH ME



In need of more personalized guidance? Let's make it happen. Drop me a message, and let's chat about how we can make your health and fitness goals come true. To explore how we can work together or if you have any questions, don't hesitate to reach out. A discovery call is always for free - and if I am not the right coach for you, I will do my best to refer you to someone who is!



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