

WEIGHT LOSS SURVIVAL GUIDE

REAL-LIFE STRATEGIES TO STAY ON TRACK

- ✓ Stay consistent
- ✓ Handle any situation
- ✓ Reach your goals



WHAT TO DO WHEN YOU HAVE CRAVINGS



PAUSE FOR 10 MINUTES

Cravings usually pass. Distract yourself and wait it out.



DRINK WATER

You might be thirsty, not hungry. Drink a big glass of water.



EAT MORE PROTEIN

Protein keeps you full and reduces cravings throughout the day.



CHOOSE SMART SNACKS

Have low-calorie, high-protein options ready.



GET ENOUGH SLEEP

Poor sleep increases hunger and cravings.



REMEMBER:
Cravings don't control you. You control your choices.



EATING OUT WITHOUT RUINING YOUR PROGRESS



CHOOSE PROTEIN FIRST

Lean meat, fish, chicken, tofu or eggs.



LOAD UP ON VEGGIES

Fill your plate with non-starchy vegetables.



WATCH THE SAUCES

Sauces are often high in calories. Ask for them on the side.



CONTROL PORTIONS

You don't have to finish everything on your plate.



MAKE SMART SWAPS

Fries → Side salad
Soda → Water or Zero



ENJOY THE MOMENT, JUST STAY SMART.



FAST FOOD SMARTER CHOICES

✓ BETTER CHOICES

- Grilled chicken burger (no mayo)
- Grilled chicken wrap with veggies
- Side salad or fruit
- Water, Zero drinks or unsweetened tea

✗ AVOID

- Fried burgers & mayo-heavy sauces
- Cheesy, creamy wrapped options
- Fries, onion rings or cheesy sides
- Milkshakes, sugary drinks

80% OF RESULTS COME FROM WHAT YOU DO MOST OF THE TIME.



HOLIDAYS & VACATIONS STAY ON TRACK



Plan ahead

Check menus before you go.



Stay active

Walk, explore and move your body.



Portion control

Enjoy everything, just in moderation.



Don't skip meals

Skipping leads to overeating later.



Get back on track

One off-plan day won't ruin your progress.

CONSISTENCY OVER PERFECTION. ENJOY, LEARN, AND KEEP MOVING FORWARD.

ALCOHOL WITHOUT THE REGRET



Choose lower-calorie options

Wine, light beer or spirits with zero mixers.



Avoid sugary cocktails

They are loaded with hidden calories.



Stick to 1-2 drinks

More leads to more calories and poor choices.



Drink water in between

Stay hydrated and reduce overconsumption.



ALCOHOL WON'T KILL YOUR PROGRESS. HOW OFTEN AND HOW MUCH WILL.



THE 20 MOST FILLING FOODS



HIGH PROTEIN + HIGH FIBER = MAXIMUM SATIETY

HEALTHY SNACKS FOR THE GO



BE PREPARED = STAY ON TRACK.

HIT A PLATEAU? WHAT TO DO



Recheck your calorie intake. You might be eating more than you think.



Increase daily steps. More movement helps create a bigger deficit.



Strength train. Build muscle and boost your metabolism.



Improve sleep & stress. High stress and poor sleep slow down progress.



Be patient. Stay consistent and results will come.



FINAL REMINDER

You don't need a perfect plan. You need a plan you can stick to. Small, daily actions create massive results over time.

- ★ BE CONSISTENT
- ★ MAKE SMART CHOICES
- ★ TRUST THE PROCESS
- ★ BECOME YOUR BEST VERSION



YOUR FUTURE SELF WILL THANK YOU FOR TODAY'S DISCIPLINE.