

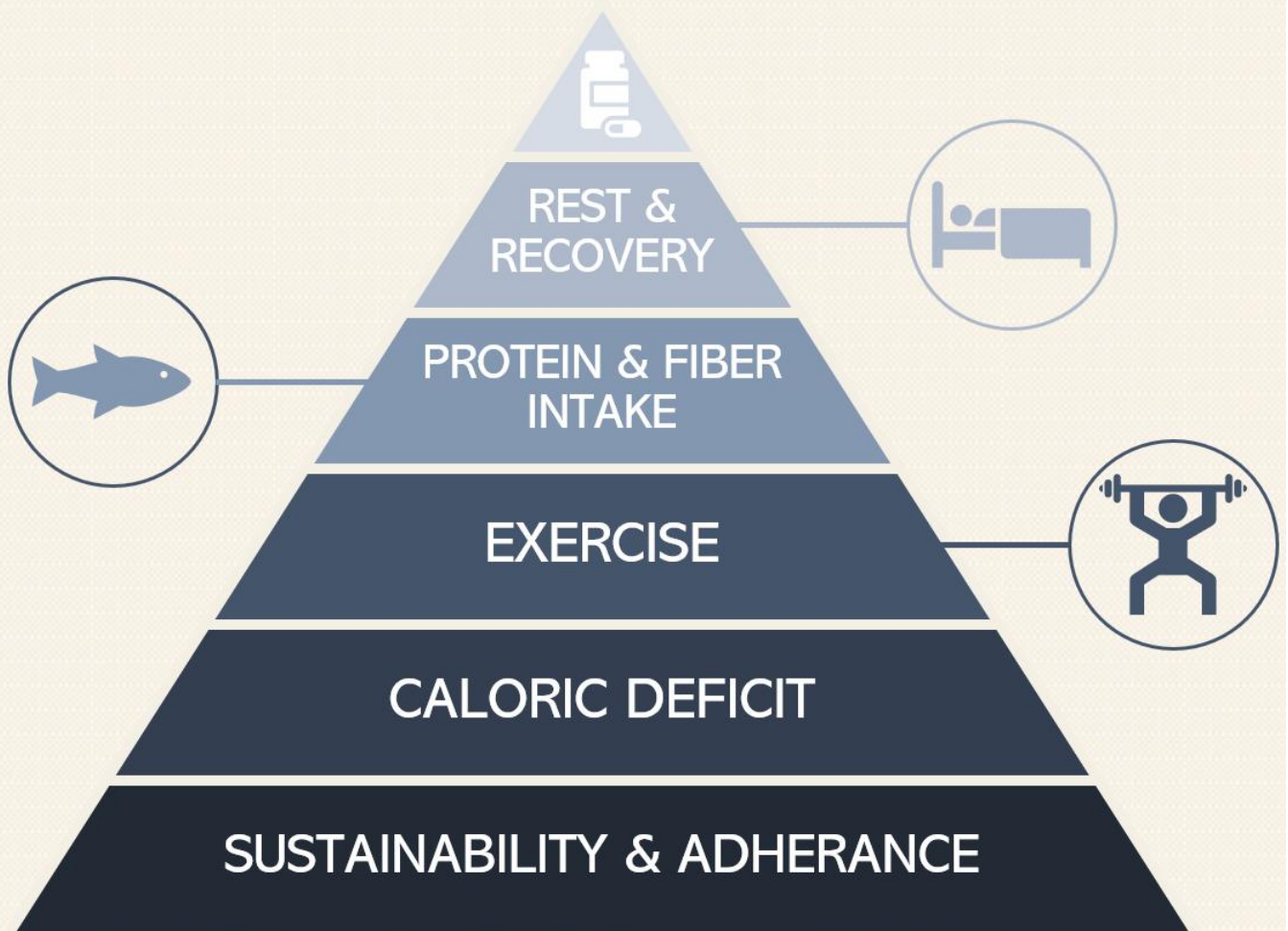
# Midwest 360 Wellness & Rejuvenation



## Understanding the Basics of Diet and Weight Loss

@TheRestoreClinic

### THE *SUCCESSFUL FAT LOSS* HIERARCHY



"I only cheat on the weekends,  
but still gain weight"

@Justin\_L\_Groce

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



1200 cal



1200 cal



1200 cal



1200 cal



1200 cal



1200 cal



1200 cal

**Daily average 1200 calories**

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



1200 cal



1200 cal



1200 cal



1200 cal



1200 cal



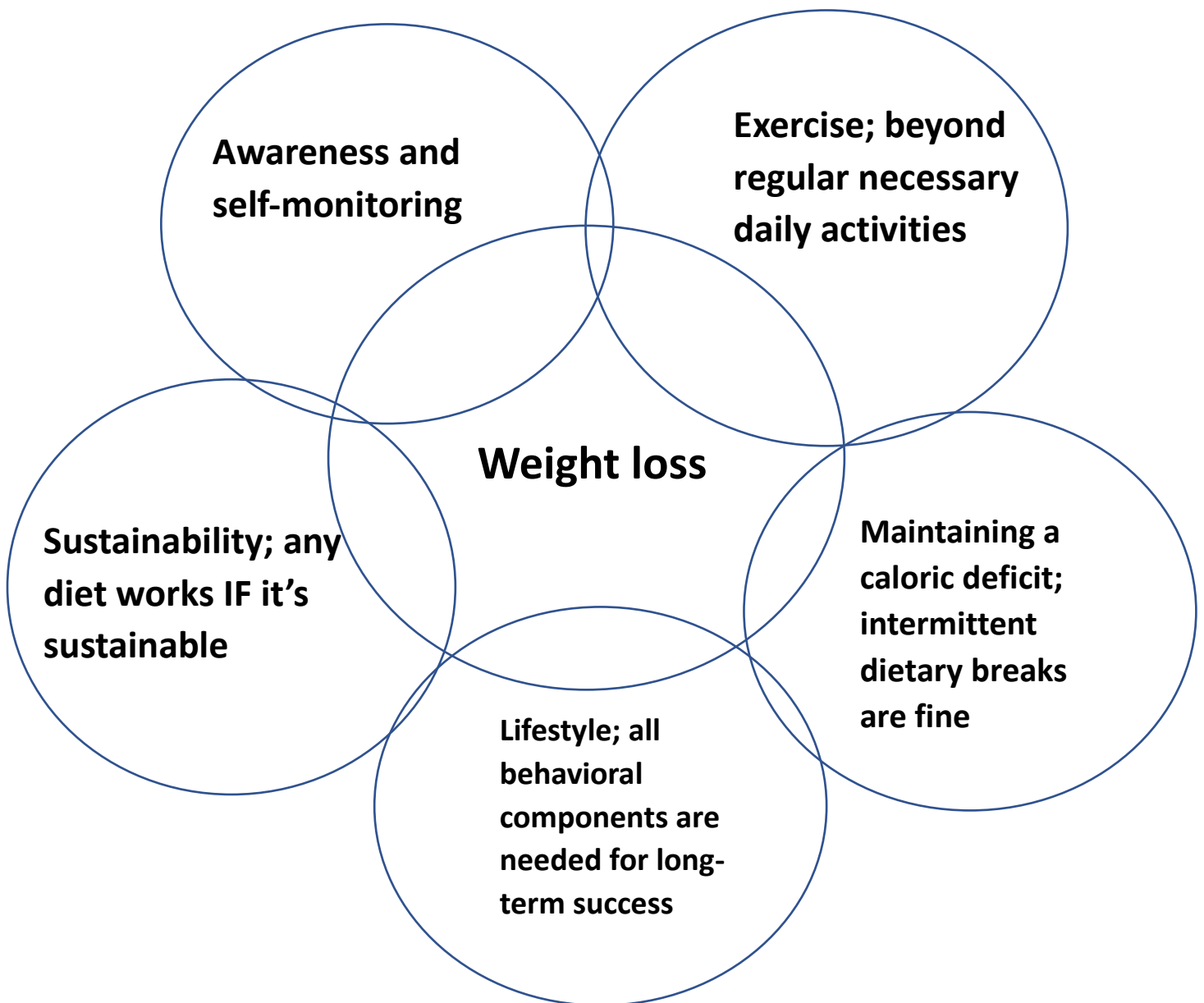
5000 cal

5000 cal

**Daily average 2285 calories**

The weekend can easily double your entire week

# Weight Loss Venn Diagram



Do you ever ask yourself...

# WHY AM I NOT LOSING WEIGHT??

What they thought... VS. What they had... Difference:



2065 cal



**3100 cal**

**+1035 cal**



1570 cal



**2400 cal**

**+830 cal**

@ms.haleygolightly  
@justin\_l\_groce

**This could mean up to an 8 pound weight gain in a month!**

Bailey R. Evaluating calorie intake. Retrieved from: <https://datasciencecampus.ons.gov.uk/eclipse/>. February 2018.  
Lichman S. Discrepancy between self reported and actual caloric intake and exercise in obese subjects. NEJM. 1992; 327: 1893-1898.

# What do keto, intermittent fasting, Paleo, low-fat, and IIFYM diets all have in common?

IG@Justin\_L\_Groce

## Keto diet

Reduces overall calories by removing carbohydrates



## Intermittent fasting

Reduces overall calories by shortening your eating window



## Paleo

Reduces overall calories by focusing on nutrient-dense foods while eliminating high-calorie, nutrient-poor foods (i.e. fast foods, snack foods, pre-packaged foods, etc)



## Low-fat diet

Reduces overall calories by reducing dietary fat intake



## If it fits your macros (IIFYM)

Reduces overall calories by eating to a macronutrient budget that still puts you in a caloric deficit



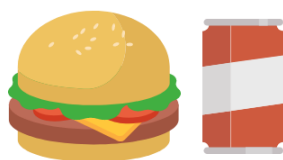
*Bottom line -  
All diets reduce your caloric intake...however, each diet has a different method taking you there*

# How prepping one meal a day leads to weight loss

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600 calories



750 calories

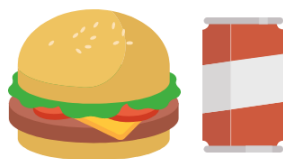


900 calories

**2250 calories total**



600 calories



750 calories



450 calories

**1800 calories total**

This leads to 3150 calories less per week -- that's almost one pound weight loss per week!!

# "Eat to 80"

Eating 100% satiety



Eating 80% satiety



There's a 20% reduction in consumed food volume

**Rating of Perceived Exertion Chart**  
(Cardiovascular Endurance)

#10		I am dead!!!	
#9		I am probably going to die!	
#8		I can grunt in response to your questions and can only keep this pace for a short time period.	
#7		I can still talk but I don't really want to and I am sweating like a pig!	
#6		I can still talk but I am slightly breathless and definitely sweating.	
#5		I'm just above comfortable, I am sweating more and can talk easily.	
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.	
#3		I am still comfortable, but I'm breathing a bit harder.	
#2		I'm comfortable and I can maintain this pace all day long.	
#1		I'm watching TV and eating bon bons.	

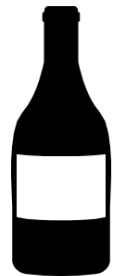
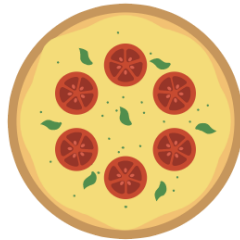
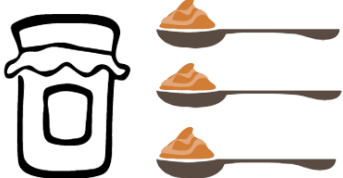
# Notice something...???

@Justin\_L\_Groce







This is fine....



This is NOT...



Remember, everything in moderation. Anything at the wrong "dose" can be harmful to you. Think of it this way -- one Tylenol is good for headaches; twelve Tylenols is hepatotoxic.

	<p><b>Thumb Tip = 1 Teaspoon</b> A serving of butter is 1 tsp, about the size of your thumb finger-tip.</p> 	<p><b>1 Thumb = 1 Ounce</b> A serving of nut butters is 1 oz, about the size of your thumb. A serving of hard cheese is 1.5oz, about your thumb and a half. A serving of nuts is about 2 oz or two thumbs up!</p>   
<p><b>Palm = 3 Ounces</b> A serving of meat is 3 oz, about the size &amp; thickness of your palm</p> 	<p><b>Closed Fist = 1 Cup</b> A serving a vegetables, fruits, and starches (such as pasta, rice, and potatoes) is 1 cup, about the size of your closed fist. A serving of leafy green vegetables is 2 cups, or 2 closed fists.</p> 