



The Permanent Weight Loss Playbook

**3 Tips for Long-Lasting Weight Loss
Without the Use of Drugs, Pills, Calorie
Counting, or Increased Exercise**

3 Tips for Long-Lasting Weight Loss

Tip #1

Don't Rely On Weight Loss Drugs or Supplements



Stop Calorie Counting

Tip #2

Tip #3

Don't Out-Exercise a Nutrient-Poor Diet





Tip 1: Don't Rely on Weight Loss Drugs or Supplements

In today's world, the internet contains more information than at any point in human history, and continues to evolve with every passing day. People looking for ways to improve their health are often bombarded with compelling claims and fancy marketing, which makes it hard to separate fact from fiction.

It's easy to fall for the promises of pharmaceutical companies and supplement manufacturers because they prey on our human desire to make changes quickly, easily, and pain-free.

No magical pill exists to cure a condition rooted in our lifestyle choices. However, one common challenge people face, whether it's in the context of weight loss or managing chronic conditions, is a tendency to think in the short term.

If you're like most people, you're looking for a quick answer to solve your health problems. But while thinking about the present, it's also imperative to think about the future. If you choose to make changes to your lifestyle, it's important to think about how those choices will affect your long-term weight, energy levels, and chronic disease risk.

Of course, you wouldn't want to put yourself at risk of unknown diseases. It's a good idea to dig into the research to make sure the choices you're making are supported by solid scientific evidence.

People with type 2 diabetes often receive Ozempic as a prescription to manage their blood glucose levels. However, an increasing number of individuals are exploring its use as an off-label weight loss aid, believing that a single weekly injection can work wonders.

But the reality is, for most people, Ozempic offers a short-term solution to those who may not be fully committed to making lifestyle changes. Essentially, it's like a high-tech, pricey band-aid.

When you consider that Ozempic's effects fade once you stop taking it, you're looking at a costly, complex, and potentially disappointing route.

Let's put it in simple terms – once Ozempic exits your system, all that remains are the results of your lifestyle choices. So if Ozempic is just a temporary solution, and your old habits that led to weight gain or chronic conditions are still lurking, well, you haven't truly made progress.

It's this very way of thinking – the quest for quick fixes – that often keeps people stuck in the cycle of chronic diseases for years. The most reliable path to maintaining a healthy weight and battling chronic conditions is by making everyday lifestyle choices, such as opting for a balanced, low-fat, whole-food, plant-based diet, incorporating daily exercise, reducing alcohol and tobacco consumption, and even exploring powerful tools like intermittent fasting.





Tip 2: Your One-Way Ticket Out of the Weight Loss Rollercoaster is to Stop Calorie Counting

Calories are a unit of energy in food, and over many years the weight loss industry has convinced millions of people around the world that calorie counting is required in order to lose weight.

It's true – calories do play a role in the weight-loss journey. But the great news is that you don't need to constantly tally them or meticulously watch your portion sizes to take charge of your health and achieve your ideal weight.

Why? **Because calorie counting isn't a sustainable approach to long-term weight loss.** It's a helpful tool that can help you understand what's in your food, but counting calories was never designed to be a long-term weight loss solution.

One big reason that people find themselves on the weight gain roller coaster is the inflexibility of their diets. What's more, it can create a mental barrier that might lead to a love-hate relationship with food, stress, or those persistent late-day sweet cravings when your brain starts rebelling against perceived starvation.

Unfortunately, calorie counting doesn't typically emphasize the importance of eating fiber-rich foods. Incorporating fiber-rich foods into your daily diet is a fantastic strategy for not only maintaining a healthy weight but also promoting overall well-being.

One of the key benefits of these foods is that they have a remarkable ability to keep you feeling full and satisfied while being low in calorie density. This means that you can consume a substantial volume of fiber-rich foods without consuming an excessive amount of calories.

The principles of calorie density are important to understand, because when you eat a low-calorie density diet, you actually feel more satisfied than you may predict. **Calorie density is a term that refers to the number of calories in a given weight of food, also referred to as the number of calories per pound of edible food.**

Foods that are high in fiber are low in calorie density. The magic of fiber-rich foods lies in their ability to distend your stomach and small intestine, stretching receptors in both tissues that create a sense of fullness that discourages overeating.

When you eat fiber-rich foods at every meal, you're significantly less likely to indulge in calorie-laden snacks or overly large portions, making weight management a more effortless and natural process.

Moreover, fiber-rich foods offer numerous health advantages beyond weight control. They play a crucial role in maintaining digestive health, promoting regular bowel movements, and reducing the risk of conditions like constipation and diverticulitis.

Additionally, a diet high in fiber has been associated with lower cholesterol levels, improved blood sugar control, and a reduced risk of heart disease. So, by choosing to incorporate fiber-rich foods into your meals, you not only support your weight management goals but also invest in your long-term health and well-being.



The research indicates that you can eat fiber-rich foods to satisfaction, even when they contain a significant carbohydrate content. It goes against everything you may have learned previously, but the research clearly demonstrates this powerful concept.

To make things simple, we recommend you freely eat green light foods containing 700 calories per pound or less, eat yellow light foods sparingly, and minimize or completely eliminate red light foods.

Take a look at this diagram to understand what foods are listed in each category:

Green Light Foods (Unprocessed whole plant foods naturally low in fat; can be fresh or frozen)	Yellow Light Foods (Minimally processed or whole plant foods containing a higher fat content)	Red Light Foods (Animal products and highly processed foods)
<ul style="list-style-type: none">• Fruits (e.g., bananas, mangoes, oranges)• Starchy vegetables (e.g., potatoes, butternut squash, corn)• Legumes (e.g., beans, lentils, peas)• Intact whole grains (e.g., brown rice, quinoa, farro)• Non-starchy vegetables (e.g., tomatoes, cucumbers, broccoli)• Leafy greens (e.g., lettuce, arugula, spinach)• Herbs and spices (fresh or dried)• Mushrooms (e.g., shiitake, cremini, portobello)	<ul style="list-style-type: none">• Avocados• Nuts and seeds• Nut and seed butters• Plant-based milks• Coconut meat• Soy products (edamame, tofu, tempeh)• Olives• Pasta alternatives (e.g., lentil, bean, brown rice)• Sprouted bread• Dried fruits (e.g., dates, raisins, dried apricots)• Fermented foods (e.g., sauerkraut, kimchi, coconut kefir)	<ul style="list-style-type: none">• Red meat• White meat• Eggs• All dairy products• Oils of any kind• Fish and shellfish• Processed baked goods (e.g., croissants, muffins, cookies)• Sweeteners (e.g., HFCS, sorbitol, maltodextrin)• Refined “white” foods (e.g., white pasta, white bread, white sugar, white flour)• Coconut products (processed, high-calorie products excluding coconut kefir and aminos, e.g., yogurt, ice cream)• Processed vegan foods (e.g., processed veggie burgers, vegan cheeses, nut milk ice creams)

Through our own experience, our experience with thousands of clients, the experience of our colleagues, and research into the healthiest long-lived populations in the world, we know that long-term success on a low-fat plant-based whole-food diet is dependent on **building meals around whole-plant foods in the green light category.**

Do your best to incorporate these principles into your diet and watch as the magic unfolds in a short period of time!



Tip 3: Don't Try to Out-Exercise a Nutrient-Poor Diet

We're all aware that physical activity does wonders for the human body. But when it comes to shedding those extra pounds, your diet deserves some serious attention too.

Here's a friendly perspective: think of it as 90% of the effort happening in the kitchen and the remaining 10% at the gym.

Many people view exercise as a means to dodge making changes to their eating habits. However, it's important to note that exercise may seem more fun than changing your diet, but is actually a less efficient way to create a calorie deficit.

To put it simply, you can't out exercise a nutrient-poor diet.



To paint a clearer picture, let's consider the typical Ironman triathlete who burns roughly 600-800 calories in a single hour on race day. Now, for most of us, burning that many calories through physical activity in an hour, let alone a whole day, is quite a tall order.

Indulging in just one serving of large fries and a hamburger can swiftly erase an entire day's worth of exercise. This striking contrast serves as a friendly reminder of how challenging it can be to compensate for less-than-ideal dietary choices through exercise alone.

Simply put, it's very hard to out-exercise your diet, but it's very easy to out-eat your exercise efforts.

The balance between calorie intake and expenditure is a fundamental principle of weight loss. While regular physical activity is undoubtedly crucial for overall health and can help you burn calories, it's a relatively inefficient way to create a calorie deficit compared to adjusting your dietary habits.

While physical activity is essential for many health benefits, it's far more effective when combined with a low-fat, plant-based, whole-food diet high in fiber to keep you satiated at a lower calorie intake.



Since starting MD I have lost over 50lbs and my wife has lost 40lbs

4m



Yesterday marked 3 months on the program for me. And this morning I'm down 20.2 lbs, 2 dress sizes.

and 35 others

8 comments

Comment

Send

Great news! I have had unbelievable results as well. I'm off of five of my seven medications. I'm feeling so much better. And for the first time in about 25 years, I don't wear plus sized clothes! I've lost 68 pounds since January, my A1C was 9 then, and 11, in November 2016. I can't wait to see what it is now. WFPB all the way!!

Yesterday at



Just now · 📷

4 months ago I found out that my A1c was 12.3 and my BG was 525. It really scared me. When the lab technician called me I immediately started eating vegan. I had my blood work done today and my A1c is now 6.5 and my BG was 140 and I have lost 60 pounds. I feel that this has saved my life! Thank you!

Like

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Just got my labs back, after 4 months on this program, my A1C is now normal. Praise the Lord and this program. Oh did I tell you I lost 55 lb?

When I got my diagnosis on July 28th, I weighed 166. This morning I was 150. I'm on the 3rd week of coaching.

8:40 AM





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