WEIGHT LOSS CHEAT SHEET

A Jump Start Guide To Losing Weight On A Plant-Based Diet

Hannah Howlett
WELCOME

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THANK YOU
Welcome To Our Family!
Hello!

I’m really glad that you’ve downloaded and are reading through this Cheat Sheet.

I know how frustrating weight loss can be. With so many different offers that you’re exposed to on a daily basis, it can be frustrating and confusing.

If you’re looking for a quick fix solution for weight loss, I can’t help you out with that. I promote lifestyle changes that will give you sustainable results over the long term.

That means no magical teas, meal replacement shakes or calorie restriction.

I also just didn’t come up with my weight loss plan out of thin air either. I promote a starch centered plant-based diet that has been popularized by Dr. John McDougall. He has been in the health and weight loss field for over 30 years now. He has helped tens of thousands of people through his advice including myself.

You can be assured that what I promote is backed by science as you’ll see in the next section. This isn’t a solution that has just worked for myself and no one else. There are variations of a plant-based diet that are promoted heavily that just don’t make a lot of sense. For example, one couple promotes eating a minimum number of calories everyday, whether you’re hungry for it or not, and that in order to lose weight, you need to eat more.
On top of that, they promote an exercise regimen that is just not practical for most people that have busy lives with work, school, friends and family.

It’s this type of pseudo science advice that unfortunately gives people the wrong impression of what a plant-based diet is supposed to be.

What I promote is practical for students in college or university, young professionals or parents who have busy lives. It is designed to improve your relationship with food. I want you to feel happy and healthy eating an amount of food that satisfies you. Starving yourself with calorie restriction is not a long-term solution for weight loss.

The lifestyle is focused around foods like rice, potatoes, beans, legumes, vegetables and greens. These are foods that are inherently satisfying and healthy. Who doesn’t enjoy carbs!?

Many of us have been led to believe that carbs are the devil for weight loss and that isn’t the full truth. Carbs are the fuel for our body. Eating a meal of rice or potatoes is the same as filling up your gas tank at the station. It gives you the fuel to live your best life.

If your car will go 300 miles on a full tank of gas but you only fill it up halfway and then expect it to go 300 miles, is a bit silly.

The reason why you’ve gained fat on your body is not because you’ve been eating steamed rice,
potatoes and other non-starchy vegetables. It's all of the processed foods that are laced with sugar, oil and salt. So instead of thinking you've gained weight because of an excess of carbohydrates, think of it as an excess of processed foods. That is why I promote a whole foods plant-based diet.

Processed foods are designed to be tantalizing to your taste buds. They fool your hunger and satiation receptors which causes you to eat far more of those foods than you need. Do you sit down and eat just a few spoonfuls of ice cream or do you eat the entire pint?

You might be thinking that if I don't promote calorie restriction, then how do you lose weight on the whole food plant-based lifestyle?

From an evolutionary and biological stand point our bodies are designed to be trim. Our chances of survival and reproduction are lower when we are overweight. So naturally our bodies dial down our hunger drive in order to lose weight.

The problem is that we're still eating foods that are high in oil, sugar and salt. These foods are not nutritionally complete and overeating is likely and that inhibits our ability to lose weight.

Once we focus on eating foods that are lower in caloric density like potatoes, rice, beans, and non-starchy vegetables that our bodies recognize, we can then eat a number of calories that allows us to lose weight effortlessly.
On the left side of the graph you can see vegetables, fruit, starches, and beans all with a very low caloric density. On the right side you can see, oils, nuts, cereals, sugars, and breads with a high caloric density. You might need to zoom in to see the graph a bit clearer.

This is the foundation for weight loss on a whole foods plant-based diet. You can eat a large volume of health building starches, fruits, and vegetables while still keeping your calorie consumption lower then if you were consuming processed foods high in oil and sugar.

Our bodies do best when we consume foods that have a caloric density between 100-500 calories per pound. On average we consume between 3-4 pounds of food per day so it is important for us to focus on these foods that are lower in caloric density if our desire is to lose weight.
This is the most basic explanation of why a whole foods plant-based diet is ideal for weight loss. There are other benefits that plant-based foods have for weight loss but I want to keep this Cheat Sheet simple and to the point.

Not only are whole plant-based foods great for weight loss but think about all the vitamins, minerals and phytonutrients you will be absorbing as well. Fruits, starches and vegetables are health-building foods so when I talk about feeling vibrant and healthy, this is why.

The rate of weight loss is slower than many of the gimmicks that are advertised. For people that have over 40lbs to lose, on average they will lose between 1-2lbs per week. This is sustainable weight loss.

You might think 1-2lbs per week is awfully slow but extrapolate that over 52 weeks. To lose my first 50lbs, it took me one year to do so, which is just under 1lb per week. This is a lifestyle, not a 30 day cleanse.

The great thing is that I’m not starving myself. I eat until I’m full, therefore I’m satisfied. How often do you feel ravenous or hangry (hungry and angry) when trying to follow a 1200 calorie per day low carb diet? Pretty often.

I also recommend daily movement. Not a complicated workout or exercise plan. A simple one that busy people can easily do. Mild exercise is easy on the body, healthy and something you can do for months and years.
In the next section I will be going over some scientific studies that show that the people who eat more whole plant-based foods are naturally trimmer. You don’t see these types of studies in the main stream media though.

Again, thank you for downloading and reading this Cheat Sheet. I hope you gain some insights that will help transform your life.

All of my love,

Hannah
WHY PLANT-BASED

The Scientific Reasons To Choose A Plant-Based Diet For Weight Loss
Now you may be curious as to what is a whole food plant based diet? What types of foods am I supposed to be eating? This falls in to 6 categories: fruits, vegetables, legumes, whole grains, nuts and seeds.

When you look down at your plate, you want to see the majority of your calories coming from fruits, vegetables, legumes and whole grains. Nuts and seeds are more like a condiment.

**Fruits**

Fruits are wonderful foods. They get a lot of flack for being weight gaining foods because they are high in sugar. While that is true they are also high in water and fibre content which makes them calorically dilute. This means they are less likely to cause weight gain unless you were consuming more calories then your body is expending. They are also rich in vitamin C.

**Whole Grains**

Whole grains are a great source of complex carbohydrates that are satiating to our body and provide us the energy to really live our life. This includes foods like barley, buckwheat, corn, millet, oats, brown rice, rye, sorghum, wheat, wild rice.
We love to build our meals around hearty grains, as well as starchy vegetables since these are rich in fibre, protein, B vitamins and zinc.

**Legumes**

Another important plant-based group is the bean group which also includes peas and lentils and chickpeas. Legumes are well known as great source of fibre as well as protein, iron, calcium, zinc and B vitamins.

**Vegetables**

We like to categorize vegetables in two sections. Non-starchy vegetables and starchy vegetables.

Starchy vegetables include several types of roots and bulbs. Potatoes, sweet potatoes, pumpkin, squash, carrots, zucchini and yams are all examples of healthy starchy vegetables.

Non-starchy vegetables are typically flowering parts of the plant bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery, chives, collard greens, eggplant, garlic, green beans, kale, leeks, lettuce, mustard greens, okra, onions, peppers, radishes, rhubarb, scallions, spinach, summer squashes, turnips, zucchini are all considered non-starchy vegetables.

Now on to the science!
The first study we want to talk about is this one from May of 2009. A large population study of Seventh-Day Adventist church members (over 60,000 people) showed very strong correlations between BMI and the prevalence of type 2 diabetes.

The study goes on to investigate the differences between 4 different vegetarian diets and a non-vegetarian diet. The difference is BMI between the vegan diet and the non-vegetarian diet was 23.6 and 28.8 respectively. The other 3 vegetarian diets fall between those numbers.

The difference in weight is substantial over this spread. Someone at 5’6 with a BMI of 23.6 weighs 146lbs with someone at a BMI of 28.8 weighing in at 178lbs. That’s a 32lb spread! The vegans were the only group in this study that had an average BMI that was under 25. A BMI over 25 is considered to be overweight. This is one of the first studies that actually compared people eating a plant-based diet to those eating other vegetarian diets and nonvegetarian diets. It clearly shows a very strong correlation between those eating a plant-based diet and those eating a nonvegetarian diet and how that affects their BMI and instances of type 2 diabetes.
Conclusion: The 5-unit BMI difference between vegans and nonvegetarians indicates a substantial potential of vegetarianism to protect against obesity. Increased conformity to vegetarian diets protected against risk of type 2 diabetes after lifestyle characteristics and BMI were taken into account. Pesco- and semi-vegetarian diets afforded intermediate protection.

- Type of Vegetarian Diet, Body Weight, and Prevalence of Type 2 Diabetes

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<th></th>
<th>Vegan</th>
<th>Lacto-ovo vegetarian</th>
<th>Pesco-vegetarian</th>
<th>Semi-vegetarian</th>
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<td>BMI (kg/m²)</td>
<td>23.6 ± 4.4</td>
<td>25.7 ± 5.1</td>
<td>26.3 ± 5.2</td>
<td>27.3 ± 5.7</td>
<td>28.8 ± 6.3</td>
<td>&lt;0.0001</td>
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</table>
The next study we want to investigate is this one from 2004. It found that participants in this randomized controlled study to lose weight just by altering their fat intake (to 18% from 30%+) and no change to their caloric intake.

Over a period of 12 weeks, the control group who made no changes to their diet, didn’t gain or lose weight any weight but the control who modified their food intake to include more complex high carbohydrate foods (rice, potatoes, etc) lost on average about 7lbs. Furthermore, when they included 45 minutes of stationary bike exercise 4 times weekly, they lost on average 11lbs.

18% dietary fat may be a bit high for some people. If you follow a strict whole food plant-based diet, that percentage can drop below 10% dietary fat and could be even more effective as a long-term weight loss strategy.
Conclusion: A high-carbohydrate diet consumed ad libitum, with no attempt at energy restriction or change in energy intake, results in losses of body weight and body fat in older men and women.

- Effects of an Ad Libitum Low-Fat, High-Carbohydrate Diet on Body Weight, Body Composition, and Fat Distribution in Older Men and Women
In another very large population study published in August of 2010, the objective was to assess the association between consumption of total meat, red meat, poultry, and processed meat and weight gain after a 5 year of follow-up, on average, in the large European population who participated in the European Prospective Investigation into Cancer and Nutrition-Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating Out of Home and Obesity (EPIC-PANACEA) project.

We normally think that the reason why people are heavier while eating animal products is because the animal products are denser in calories and therefore consume more calories but this study adjusted overall energy intake. They still found that just by consuming more meat and poultry, it would still lead to weight gain.

Conclusion: Total meat consumption was positively associated with weight gain in men and women, in normal-weight and overweight subjects, and in smokers and nonsmokers. With adjustment for estimated energy intake, an increase in meat intake of 250 g/d (eg, one steak at approximately 450 kcal) would lead to a 2-kg higher weight gain after 5 y (95% CI: 1.5, 2.7 kg). Positive associations were observed for red meat, poultry, and processed meat.

- Meat consumption and prospective weight change in participants of the EPIC-PANACEA study.
In a randomized control trial in 2013 where 50 participants completed the study. It investigated 5 different diet types: vegan, vegetarian, pesco-vegetarian, semi-vegetarian and omnivorous. It found that the linear trend for weight loss at 2 months and 6 months was significant. At 6 months they found that the weight loss between the vegan group and the omnivorous group was significantly different.

Even the Obesity Society recognized this study and posted an article about it. The important thing with this study is that there wasn’t an emphasis on calorie restriction. The change was in what foods they were eating.

Dr. Turner-McGrievy continued, “Diets that focus primarily on calorie restriction are a cornerstone of weight loss programs; however, they usually involve dietary self-monitoring, which many individuals find burdensome and can limit adherence.”

Because weight loss achieved by patients following plant-based diets in this study occurred without emphasizing caloric restriction, some individuals may find these types of dietary patterns easier to follow over the long term, according to the researchers.

“This pilot study could have implications for those struggling to cut back on calories to lose weight,” said Adam Tsai, MD, TOS Public Affairs Committee Chair and Assistant Professor at the University of Colorado. “These results show that weight loss can be achieved by following vegan and vegetarian dietary patterns that do not focus primarily on calorie restriction.”
Conclusion: Vegan diets may result in greater weight loss than more modest recommendations.

- Comparative effectiveness of plant-based diets for weight loss: a randomized controlled trial of five different diets.

- Plant-Based Diets Show More Weight Loss Without Emphasizing Caloric Restriction

With all that science out of the way with... why does a whole food plant-based diet work for sustainable weight loss?

Starches, vegetables and fruit are low in caloric density. Where as animal foods and products (meat, milk, cheese, yogurt, eggs, fish, etc) are very high in caloric density due to the high fat content. You can fill up on starches, fruits and vegetables so you feel full but you will typically consume less calories. This means you don’t have to worry about portion control. People find that they can eat until they are satisfied and still lose weight effortlessly.

The animal fat you eat is the fat you wear. Animal fat is stored effortessly as fat on the body. This is definitely true for animal products and refined oils but we’ve seen some research that suggests eating small amounts of nuts (high in fat) isn’t correlated to weight gain. Moving towards more plant-based foods low in fat and caloric density means you will be eating a lot less animal fats.

Carbohydrates satiate your hunger drive. People love carbohydrates. When they go on low-carb...
ketogenic diets, they tend to go crazy. They are depriving their body of carbohydrates and they get ravenous for carbs. Eating a low-fat starch-based diet allows you to eat a very high carbohydrate diet that is satiating but since it is so low in caloric density, can assist you in your weight loss goals.

Ok, that was a lot of information to digest but I think I made my point. It is clear from population studies and control randomized trials that a low-fat plant-based diet is optimal for weight loss.

You don’t have to focus on eating less food, you have to focus on eating the right foods with the right caloric density - whole plant-based foods.
Q&A

Common Questions About A Plant-Based Diet
Q&A #1: What About Protein?

Where do you get your protein? The biggest question for most people regarding a plant-based diet is that they’re concerned with protein. The general public has been sold the myth through advertising, friends and even textbooks that plant-based diets are deficient in protein.

The reality is that all plant foods contain protein. Use any nutrition website like Cronometer (http://www.cronometer.com) and look up your favorite fruit, vegetable, grain, root or legume. They all have protein in them. Some of the largest animals on earth (elephants, giraffes, gorillas, cows) are primarily herbivores. They eat only plant foods.

So where do they get their protein from? The food they eat! Protein cannot be synthesized within the human body or in the body of a cow. The cow gets its protein from the grass it eats. I’m not suggesting you eat grass for protein, just illustrating the point that protein is found in all plant foods and the very best source is from fruits, starches and vegetables.

So what if all plants contain protein, will I get enough protein eating a plant-based diet? Yes you will. The World Health Organization discovered in the 1970s that humans require only 2.5% of their calories from protein to live a healthy life. They doubled their protein recommendation to 5% in order to be ‘safe’. The time when our bodies are growing the most is the first years of our life. We literally double in size our first year and this is when protein is needed the most in order to aid the body in growth. How much protein is in mother’s milk? 6% of the calories from mother’s milk comes from protein.
The majority of fruits range from 4-10% of their calories from protein meanwhile vegetables and leafy greens have even more protein than fruit. If you don’t want your body to double in size, keep your protein intake low. It is impossible to design a diet of whole plant foods that is deficient in protein. Infact, you should be concerned with consuming too much protein as that raises your chances for cancer, heart disease, obesity and auto-immune diseases.

- Where do you get your protein?
Q&A #2: Carbs Are Fattening?

Many people condemn carbs for being fattening. The Atkins diet basically created the belief that by cutting carbs, you can get thin. Dr. Atkins died overweight. Not a good role model for being healthy and slim but many people believe that if they just get their hamburger without the bun, then they will get thin and lean. That sounds a bit ridiculous right?

The reason low carb diets work is that by cutting out carbohydrates completely from your diet, you begin to put your body in ketosis. Ketosis is a survival mechanism and while you do begin to lose weight, it is not healthy or sustainable, your body is simply losing water weight and becoming sick. This state of sickness is pretty well impossible to maintain long term and people that experience amazing results on a low calorie low carb diet will almost always put the weight back on when they start eating sufficient calories.

So what happens when you eat all those carbohydrates from fruits, vegetables and starches? First things first, the body can store carbohydrates in the form of glycogen. Glycogen (which is like fuel for your car) is stored in the muscles and in the liver. The body can store approximately 1kg of glycogen.

Afterwards the body can burn excess carbohydrates through thermogenesis but some people do not experience that. We’ve heard many stories of men and women despite eating high carb and low fat, have still gained weight which is mainly due to trying to hit a calorie minimum for the day.
We promote eating until you are satisfied and that is going to be different for everybody. You could be eating 1500 calories in a day or 3000. It depends on so many different factors and that is why I don’t give calorie recommendations. I want you to learn how to become intune with your bodies’ needs.

The trimmest nations in the world consume a diet highest in carbohydrates from fruit, vegetables and starches and that is another reason why we promote it. There is more information about that in the link below.

- The Carbohydrate Story
Q&A #3: Will I Become Diabetic?

Diabetes is a disease of being overweight. Diabetes is contracted by eating a diet laden with fat-rich foods, and thus you begin to gain excess fat on the body.

Once you gain a certain amount of fat on the body, it becomes unhealthy and your body wants to stop any further fat gain to protect itself. In order to slow the rate of fat gain in your body, your cells become insulin resistant.

One of insulin’s primary purposes is to push fat in to the fat cells. It does this to provide a certain amount of fat on the body in times of famine. Insulin also lets sugar in to the body’s cells.

Now, when you hit that threshold of being overweight, the cells in the body become insulin resistant. The main reason for this is to slow the rate of fat gain on the body, yet at the same time raise your blood sugar because the cells are now insulin resistant. If you were to medicate this problem using pharmaceuticals, you would inject insulin or take it orally. What this does is lower and maintain your blood sugar but since one role of insulin is to push fat in to the fat cells, it will cause you to gain even more weight.

The solution to diabetes is incredibly simple. Eat a high-carbohydrate low-fat diet. The trimmest nations around the world base their diets around high-carb low-fat plant foods. Once you begin to
lose weight and eat a clean diet, the symptoms of type-2 diabetes can be gone within months or even weeks.

Eating high carbohydrate foods like fruit, starches and vegetables do not cause diabetes since basing your diet around these foods leave you slim and trim and your body will not have to become insulin resistant to slow the rate of fat gain.

- [Type-2 Diabetes – the Expected Adaptation to Overnutrition](#)
Q&A #4: What About Calcium?

The regions of the world that have the highest incident of osteoporosis are the same regions in the world that consume the highest levels of dietary calcium. That doesn’t sound right at all though. You would think it is the opposite but the regions that consume the highest amounts of dietary calcium, are getting the majority of their dietary calcium from dairy: milk, cheese, etc.

When you consume a high protein diet (meat, dairy, animal products), it creates an acidic environment within the bloodstream. The only way to neutralize the acid is by using calcium phosphate from your bones. The phosphate neutralizes the acidic blood and the calcium is excreted through the urine.

There are more important factors than calcium intake to prevent osteoporosis. The most important being, reducing calcium loss from the body.

**Causes of calcium loss:**
- Diets high in protein (meat, fish, chicken, diary) cause more calcium to be excreted through the urine.
- Diets high in sodium (added salt, highly processed foods) increases calcium loss through the urine.
- Caffeine also increases calcium loss through the urine.
- Smoking increases the loss of calcium through the body.
All plant foods contain some amount of calcium in them. Some more than others but as long as you are getting a variety of plant foods in your diet along with sufficient calories, you will be consuming plenty of calcium.

- Calcium and Strong Bones
Any type of oil that you purchase in the grocery store is a refined product. Soybean, corn, sunflower, hemp and olive are all common varieties. Oils are not food. They are a dense source of calories yes, but not anything else. The properties that made the corn, hemp or olive healthy, have been removed in the refinement process.

So it’s not much of a health food and if your goal is to get healthy, consuming extra refined fats is certainly not the way to do it. When consuming oils, which is essentially just pure fat (no protein, vitamins, minerals, fibre or carbs), it is easily stored as a foreign toxin, resulting in fat on the body.

Excluding oil (along with meat, fish, chicken and dairy) is also ideal for the health of your heart. It has been shown in studies that consuming a whole food plant-based diet is immensely beneficial to keeping your arteries clear of plaque build up.

Read ‘Prevent and Reverse Heart Disease’ by Dr. Caldwell Esselstyn.

- Why Do You Avoid Adding Vegetable Oils?
STILL STRUGGLING?

The 5 Most Common Reasons Why You’re Not Losing Weight On A Plant-Based Diet
Reason #1: Whole Foods

A big part of my message is about eating as many whole plant-based foods as you can. That doesn’t mean you will banish eating any type of processed food for the rest of your life.

If you tell yourself that you will never have a vegan muffin for the rest of your life because flour is a processed ingredient, then we believe you can develop an unhealthy relationship with food.

Aim to do the best you can.

If you can manage to eat whole foods 99% of the time and that’s what works for you then great! If you can only manage 80% of the time then that’s great as well. Just continually strive to eat as many whole plant foods as you can. They are the healthiest for your body.

Whole plant-based foods are very filling, calorically dilute and satiating which makes it the perfect food for sustained weight loss. This is what I focused on during my first year to lose over 50lbs.

I started making a lot of my food from scratch and put so much value in to what I put in to my body. That’s why I’ve put together our 14 day meal plan and recipe books. Whole food plant-based meals work amazingly well for sustained weight loss.
On top of those benefits, whole foods are nutrient dense which means you are going to get plenty of vitamins, minerals, fibre and phytonutrients to support a healthy body.

This means that while eating a sufficient number of calories, your body will be nourished with all of those nutrients. When you are consuming a lot of refined foods, you are missing out on many critical nutrients for optimal health. You’re body is starving for those nutrients and that can cause you to overeat.

While you are overfed on food, your body is still undernourished.

This can cause you to overeat on foods that are hindering your ability to find your natural weight. Some common culprits that may be hindering your weight loss are oils, dense plant foods, sugars or sweeteners, processed vegan foods, dried fruits and fibre broken foods (bread, pasta, crackers).

Oils are the worst of all and should only be used minimally or not at all. Oils are extremely high in calories, highly refined and have basically no nutritional value. Any recipes we post on our blog or in our recipe books will be oil free.

If you’re really struggling to lose weight, try avoiding or strictly limiting dense plant foods like nuts, seeds, avocados and tofu. It isn’t something we like to promote but it might be necessary for some people who are really struggling. Like we’ve said earlier, we want you to find your own groove. What works for us or someone else, might not work for your beautiful unique body.
Something else to consider is the amount of sugar or sweeteners you are consuming. You may want to avoid or be very strict about their consumption even if they are organic and natural or not. Again, sugars and sweeteners are a very dense source of calories. They can also be very stimulating which could cause overeating. Remember that you can use stevia as a non-calorie sweetener.

Processed vegan foods are the tofurky type food products you see in the grocery store. Yes, they are plant-based but are highly processed and refined. They are typically quite high in fat and are not complete foods. We still like to eat them as an occasional treat but they are not something we consume on a consistent basis.

Dried fruits such as raisins, dates, figs or prunes have had the majority of the water removed either by dehydrating them in the sun or in dryers. If you want to consume them in moderation that is totally fine.

Sprinkling some raisins on a bowl of oatmeal is great rather than sitting down and eating an entire bag of raisins. Dried fruits are very dense in calories but don’t provide the same satiety as if you were to eat the original fruit with the all the water intact.

Fibre broken foods (bread, pasta, crackers, dry cereals) again are fine to eat in moderation but are not considered whole foods, even if you get the whole wheat varieties.

Instead of just eating a bowl of whole wheat pasta for dinner, fill up the bowl half full with the pasta...
and the other half with calorically dilute vegetables and starches such as broccoli, corn, green beans, cauliflower, green peas or carrots.

Something that goes along with eating whole foods is to focus on eating less calorically dense foods to speed up weight loss. Enjoy more calorically dilute vegetables and starches rather than focusing your entire meal around calorically dense starches.

For example, fill up half of your bowl or plate with potato and the other half with broccoli, green beans, green peas and carrots. Eat more of the calorically dilute plant foods so you feel full and satiated on less calories.

If you’re already following a whole food plant-based diet then the next reason may be why you’re still at a weight plateau or even gaining weight.
Reason #2: Overeating

It is very common to hear in the plant-based community that you can eat as much food as you want without any consequence. We agree to a certain point because we promote intuitive eating, which basically just means eat when you’re hungry till you’re full.

There are plenty of people who when they switch to a plant-based diet and eat intuitively, they get immediate results and lose weight effortlessly. We also understand that everyone is unique with a unique history and this can really make a difference.

My husband Derek, for example, comes from a history of binge eating. He would literally force feed himself at times when he would binge. This caused his stomach to stretch and become quite large. Consequently he has always been a big eater.

This lead to him overeating on a continual basis, even when he went plant-based and caused him to feel lethargic and tired after meals. He felt tired because he was eating till he was so stuffed and was not listening to his body. After slightly reducing his portion sizes, he noticed that he felt quite satiated when he ate smaller meals and wasn’t forcing himself like he was before.

He also noticed a persistent food baby that would never go away. When he ate more intuitively, he noticed a flatter stomach and better digestion.
In Japan, there is a practice called ‘hara hachi bu’, which means eat until you are 80% full. Many of us are so used to force feeding ourselves till we are stuffed and even if we are eating a plant-based diet, it can still be causing weight gain because our satiety and hunger mechanism is broken.

Here is how you practice hara hachi bu. Eat half of what you normally would eat and check in with yourself. Are you still hungry? Can you eat some more? If you are then eat some more. Once you begin to feel some stomach pressure, you are at the 80% full stage.

It may take 15-20 meals in order to reset the muscle memory of your stomach to get used to eating less food.

A lot of times when people think they are eating till they are satiated, they are really eating until they are stuffed. You will have to trust this process as it may be scary at first but over time you will become more in tune with exactly how much your body needs.

Be mindful of how much you are eating. Check in with yourself to see whether or not you’re overeating. This isn’t necessary for everyone but if you are used to stuffing yourself then this is a great practice for you.

Something to be mindful of is how much salt you are consuming. Salt can act like a stimulant and can cause overeating. If the food is less stimulating then you are less likely to overeat.
Reason #3: Liquid Calories

Something that we notice that is promoted heavily in the plant-based community is drinking large smoothies. For some people who are very active and already lean, this can be necessary to replace the calories burnt through their exercise and fast metabolism.

For people who are struggling to lose weight, large fruit smoothies could be hampering their weight loss results from consuming too many calories. The reason for that is liquid calories (smoothies, juices, non-dairy milks) are not registered in the body the same way a whole food is.

When eating a food in its unprocessed form, you have to chew it! Our teeth aren’t accidental, they are there for a reason. Chewing is an important part of our digestive process and slows us down when we are eating.

Drinking your calories in a smoothie form doesn’t provide the same satiety as it would if you chewed the actual whole foods.

We understand that fruit smoothies in the morning are nice and convenient so if you still want to consume smoothies, make sure you’re making smoothies that are a reasonable size. If you’d normally only eat 4 or 5 bananas in their whole form, then only blend 4 or 5 bananas in to a smoothie, not 10.
Something else you can do is blend half of the fruit, chop the other half and mix the two in your smoothie jar so that you have a chunky smoothie. Chunky smoothies are great because it is still convenient but you are still having to chew most of it.

You may also want to consider your alcohol consumption as well. This isn’t applicable to everyone but if you are consuming alcoholic beverages on a continual basis, it may be hampering your weight loss results from excess liquid calories.
Have you ever found yourself eating for no reason at all? Grabbing a snack here or there or maybe just eating for the sake of eating because you’re bored.

If you are guilty of mindless eating and you’re struggling to lose weight then tracking your daily food intake is great to see how you are doing. We’re not asking you to count calories, just track everything that goes in to your mouth for 1-2 weeks.

What foods (this includes any liquid calories too) are you eating that might not be the healthiest for you? You can keep a paper journal or use a phone app such as ‘My Fitness Pal’ or ‘Livestrong Daily Plate’.

You’d be surprised about what foods you’ve been eating but totally forgot.

After 1 or 2 weeks, check back and see and I think you’d be pleasantly surprised at the results. It may even come to the point where you are about to eat a treat or snack that you know you shouldn’t be eating and you won’t eat because you don’t want to track it.

You may also be over eating for emotional reasons. Are you feeling depressed? Just went through a break up? Having a tough day?
A lot of us use food as a way to sedate negative feelings. We aren’t eating because we’re hungry, we’re eating to change our emotional state. This can cause us to binge on foods that we know are just not good for us.

Before Derek was plant-based, he would have bouts of depression due to feeling incredibly lonely. During these bouts, he would literally binge on really unhealthy foods such as frozen pizzas. The pizzas were perfect for sedating him into a food coma and quite convenient to make.

The first step to moving past emotional eating is to recognize if it exists in your life. When you’re feeling a negative emotion what do you do?

Do you resort to eating food for comfort? Alcohol? Meditation?

When you find yourself reaching for the food that you know isn’t good for you, stop. Don’t beat yourself up for what you’re doing, stop, think and ask yourself a question.

What would be a better choice for me right now?

You could eat what you’re about to eat but maybe a better choice would be quickly steaming some rice. Doesn’t have to be the healthiest meal of rice you’ve ever made but make it a better choice then what you were about to eat. Always strive to make small improvements day by day. A recipe for success.

#RawTillWhenever
Reason #5: Exercise Intensity

The last reason where we see a common mistake that people make is with regards to their exercise regimen.

Many people focus solely on endurance training rather than incorporating some speed training in to their fitness regimen.

For example people will want to run longer distances rather than improving the speed and time in which they can run a shorter distance.

Say you run a 5km race. You get all excited and start training for a 10km race. There isn’t anything inherently wrong with this, if you’re looking for a more effective strategy for weight loss, you should focus on improving your 5km time.

If you can run 5km in 27:00, focus your training around improving that time to 25:00... then 24:00... then 23:00. Why is this important?

As you do more intense exercise, you break down your muscles so that they have to grow back larger. As the muscles grow back stronger and you have more muscle mass on your body, your resting metabolic rate increases, which is the amount of calories you burn without doing anything.
This makes it much easier to run a sustainable caloric deficit and is great for toning your body. If you keep focusing on speed rather than endurance, your body will lean out much easier because of the caloric deficit that is fueled by a higher resting metabolic rate.

Also when you do more intense exercise, your body has to recover from the hard workout, that also requires more calories and therefore a caloric deficit is easier to maintain.

Another example would be with cycling. Focus your exercise on the bike around cycling up hills or going really fast on the flats. Spend 10-30 minutes warming up at an easy pace, then give it your all for 3-5 minutes and then allow yourself to cool down for another 10-30 minutes.

You don’t have to spend countless hours running, cycling, swimming, walking in order to get results. Focus a portion of your fitness on high intensity intervals. That type of training will be extremely effective with any weight plateaus.

Yes it is difficult. Yes it is uncomfortable and yes it hurts but trust me, by improving your fitness level and speed through incorporating high intensity interval training in to your current fitness plan will really make a significant difference.
A Collection Of Epic Plant-Based Recipes That You Can Make Tonight
Simple Sushi Bowl
Ingredients

1 Cup Uncooked Short Grain Brown Rice
1/2 Cucumber, Peeled & Diced
1 Carrot, Shredded
1/2 Avocado, Cubed
Sesame Seeds
Tamari, Wasabi & Pickled Ginger (Optional)

Method

Rinse and drain your brown rice and combine with 2 Cups of water in a small sauce pan, bring to a boil, reduce heat to low and cook until all the water is absorbed (about 30 minutes).

While the rice is cooking peel, dice and prepare your vegetables.

Once the rice is done and has cooled for a bit transfer to a serving bowl.

Add the vegetables, sesame seeds and whatever else you like on top.

Serve with wasabi, tamari and pickled ginger if you like!
Low Fat Vegan Alfredo
Sauce Ingredients

(This is enough sauce for 2 dishes)

2 Cups Cauliflower, Chopped
2 Garlic Cloves
2 Tbsp Hemp Seeds
2 Tbsp Nutritional Yeast
Juice 1/2 Lemon
1/4 Tsp Salt
1/4 Cup Water

Ingredients

16oz Pasta
Sautéed Vegetables

Method

First we are going to boil our cauliflower in a pot of water until soft (about 5 minutes) then transfer all of your ingredients to a blender and mix until creamy and smooth. Pour over your favorite pasta. Add sautéed vegetables for a more hearty and filling pasta.

For this dish I used whole wheat fusilli noodles. I also sautéed asparagus, spinach, sun dried tomato, mushrooms, red onion and yellow bell pepper in a little bit of water and added that over the noodles before I mixed it all together.

The sauce also keeps well in the fridge for up to 3 days and it tastes great on cold pasta as well. ENJOY
Creamy Red Pepper Pasta
Method

To roast your pepper, first place oven on broil setting. Place red pepper on the top rack and let roast until it turns black (about 10 minutes.) Once the pepper turns black flip it on the other side and repeat this step.

Now that the entire pepper is roasted (and black) let it cool for about 10 minutes. What I like to do is put it in a tupperware container with the lid on to retain the moisture, this makes it easier to peel.

Once the peppers are cooled a bit we are going to peel the roasted black skin off. I usually run the peppers under cool water as I do this. You can discard the skins and seeds and throw the rest in your blender. Then we will just blend this with the rest of the sauce ingredients until creamy.

You can use whichever type of noodle you want for this. I would recommend a brown rice noodle where the only ingredient is brown rice (not brown rice flour) this is the best type of noodle in my opinion. You can also use zucchini spiralized and then sautéed in a pan with a little water for a few minutes to soften, it’s amazing you must try it sometime! Cook your pasta according to the package, pour sauce over top and add fresh basil and voila!
Vegan Nachos
Chip Ingredients

Organic Corn Tortillas (cut into triangles)
1 Lime, Sea Salt, Chili Powder, Cumin

Sauce Ingredients

1 Small Red Pepper, Deseeded and Chopped
1 Tsp Chili Powder
1/2 Tsp Cayenne
1/2 Tsp Salt
Juice of 1/2 Lemon
4 Tbsp Nutritional Yeast
4 Tbsp Hemp Seeds
1 Garlic Clove
A Teeny Tiny Bit of Water

Nacho Ingredients

Chips (from above)
Nacho Cheese Sauce (from above)
Fresh Pico, Salsa or Chopped Tomato
Black Beans, Pinto Beans or Any Bean You Like :)
Cilantro, Hot Sauce
Avocado or Guacamole (optional)
Fresh Jalapeños

Method

Preheat oven to 450F, place the cut tortillas on a pan, cover with lime juice and sprinkle spice mixture over top. Bake for 5-7 minutes or until they start to crisp.

To make the cheese sauce, blend all ingredients in a high speed blender until smooth. You want to use just enough water to get the mixture moving. I usually blend 30-40 seconds and taste. If its still grainy blend a bit more. Place in refrigerator for a few hours or until it thickens (best to make the day before).

Lay out the nacho chips on a plate and pile all of the nacho ingredients on top and enjoy!

www.rawtillwhenever.com/bad-ass-vegan-nachos/
Burrito Bowl Ingredients

- Brown Rice
- Corn
- Beans – Refried Beans
- Salsa – Tomatoes
- Onions
- Peppers
- Cilantro
- Avocado
- Hot Sauce
- Head of Romaine
- Anything Else You Like

**Hemp Ranch**

- 1/2 Cup Hemp Seeds
- 1/2 Cup Water
- 1 Tbsp Apple Cider Vinegar
- Juice 1/2 Lemon
- 1/4 Tsp Salt
- 1 Tsp Agave Nectar
- 1 Garlic Clove
- 1 Tsp Dill

**Method**

First throw all your ranch ingredients in a blender and blend on high speed until creamy.

Then assemble your burrito bowl with whichever ingredients you have/like.

Place rice on bottom, then corn, beans, veggies, salsa and avocado on top, garnish with cilantro and drizzle hot sauce and ranch on top.

Scoop into romaine leaves for a crunchy taco if you’re feeling wild!
Pineapple Un-Fried Rice
Ingredients

1/4 Pineapple, Diced
1/2 Onion, Minced
2 Garlic Cloves, Minced
1 Small Zucchini, Chopped
1/2 Cup Mushrooms, Chopped
1 Medium Carrot, Chopped
1 Cup Shredded Kale
1/2 Cup Minced Cilantro
Crushed Red Pepper
Cooked Brown Rice
2 Tbsp Soy Sauce
Teriyaki Sauce
1/8 Cup Water

Method

Cook the brown rice in either a pot or rice cooker.

In a wok or large pan add in your pineapple, onion, garlic, zucchini, mushrooms, carrot, kale, water and soy sauce.

Turn to high heat and cook until browned and all the moisture is gone (5-7 minutes).

Serve over rice and add cilantro, red pepper flakes (optional) and teriyaki sauce over the top.
Creamy Potato Salad
Ingredients

2 Lbs Russet Potatoes, Peeled & Diced
2 Tbsp Red Onion, Diced
2 Stalks Celery, Diced
1 Large Ripe Avocado
2 Tbsp Brown Mustard
1 Tsp Dried Dill
1 Tsp Apple Cider Vinegar
1/4 Tsp Salt
1/2 Tsp Maple Syrup
1/4 Cup Water
Black Pepper

Method

Add the potatoes to a large stock pot and bring to a boil, cook until tender when pricked with a fork, drain and set aside.

Combine the avocado, mustard, dill, apple cider vinegar, water, maple syrup and salt and mash together in a large bowl until well incorporated.

Mix together potatoes with dressing, add in diced onion and celery and top with black pepper.
Sweet Potato Tempura Sushi
Sushi Ingredients

1 Cup Uncooked Brown Rice
2 Tbsp Seasoned Rice Vinegar
1 Avocado (Optional)
Tempura Sweet Potato
4 Nori Sheets
Bamboo Mat (Not for eating ;)

Tempura Ingredients

1 Medium Sweet Potato, Peeled & Sliced
1/2 Cup Flour
1/2 Cup Unsweetened Almond Milk
1/4 Cup Sriracha
2 Tbsp Bread Crumbs

Method

Preheat oven to 450F then peel and slice your sweet potato into long thin strips. Take your flour, almond milk and sriracha and whisk together in a bowl well until smooth. Dip each sweet potato strip into the batter and tap off any excess on the side of the bowl.

Place each coated piece onto a sheet of parchment paper. Repeat until all pieces are done. Sprinkle with bread crumbs. Place battered sweet potato on a baking tray in the middle rack of your oven and let cook until lightly browned (30-40 min).

Mix your brown rice with the seasoned rice vinegar and set aside. Take your nori sheet and place shiny side down on your bamboo mat and cover 3/4 of the sheet with a layer of rice. Place a few pieces of your tempura and avocado in the middle. Roll the nori sheet over the filling and tighten the sushi mat around it as you roll. Wet the end of your nori sheet with a bit of water to make it sticky and roll the nori the rest of the way until you have your sushi roll.

Set aside and repeat with remaining sheets, tempura, avocado and rice. Once you are finished rolling, cut the sushi about 3/4 inch thick, sprinkle with sesame seeds and serve with wasabi and soy sauce.

www.rawtillwhenever.com/sriracha-sweet-potato-tempura-vegan-sushi/
Bad Ass Burritos
Burrito Ingredients

- Whole Wheat Flour Tortillas
- 1 Cup Uncooked Brown Rice
- Vegan Refried Pinto Beans
- Red Onion
- Red Pepper
- Lettuce
- Serrano Peppers
- Organic Corn
- Guacamole (or Avocado)
- Cheese Sauce
  (from the Vegan Nachos recipe above)
- Pico de Gallo (or Diced Tomatoes)
- Hot Sauce

Method

Cook the brown rice either in your rice cooker or in a pot.

Mix together some of the brown rice and refried beans.

Place the brown rice and bean mixture in to the center of the tortilla first. Then pile the rest of the ingredients on top.

Wrap the burrito as shown in the video in the link below.

Put a non-stick pan on medium to high heat and grill the burrito on both sides for 3-5 minutes or until it is brown and crispy.

www.rawtillwhenever.com/better-than-chipotle-vegan-burrito
MORE RESOURCES

Fast Track Your Results
I hope you have loved this cheat sheet so far. It really feels great to be able to give you this type of information. I know that it works.

I have a 14 day meal plan and weight loss guide. It has over 50 clean recipes, a shopping guide, exercise plan, and much more.

If you’re looking to fast track your weight loss results, then this is the guide for you. It is full of beautiful photos and information to make your journey that much easier. It’s the book that I wish I had when I first started living the plant-based lifestyle.

It’s called Lean & Clean. Check it out by following the link below.

http://www.rawtillwhenever.com/clean-lean

I also have three amazing recipe books full of simple, family friendly delicious recipes. They are called #RawTillWhenever, #FullyCooked and #ILikeItRaw.
If you are looking for more healthy inspiration in the kitchen then these books will do that.

I have put so much love in to these books I think you will fall in love with them too.

As an added bonus for reading this cheat sheet all the way to the end, I will give you 10% off any of the ebooks we have. If you want just one book or any of the bundles, 10% off for you.

Use the coupon code **cheatsheet10** when checking out to receive your discount.

Follow this link here to learn more: [http://www.rawtillwhenever.com/ebooks](http://www.rawtillwhenever.com/ebooks)

Disponible en español!!

We have also released a recipe ebook called Epic Vegan Instant Pot Cooking. It is a recipe book that is designed to be used with the Instant Pot which is an electric pressure cooker.

The book has 30 simple oil-free vegan recipes that are designed to be quick and easy. The Instant Pot is an incredible kitchen appliance that saves you time by cooking under pressure and allows you cook in big batches like a crockpot. It totally changed our kitchen and how we make food.

We have also bundled up all of our books in to the ultimate bundle. This includes all 3 of our classic recipe ebooks plus the Instant Pot recipe book.

Normally it is $49 but with the coupon code cheatsheet10 you will receive 10% off the bundle above.

Learn more about the book here: http://www.rawtillwhenever.com/epic-vegan-instant-pot-cooking/

Learn more about the Instant Pot by clicking here.
I am sending you my heart felt gratitude. I really hope that the information in this Cheat Sheet will assist you on your journey to optimal health and finding your natural weight.

I am active in the Raw Till Whenever Facebook Group (www.facebook.com/groups/RawTillWhenever) so if you have any questions, you can direct them there.

There are over 25,000 other people who are just as excited as you and we will all be able to help you and support you on this journey. We’re in this together!

All of my love,

Hannah