

**MINDSTRONG
FITNESS**

***Lose Weight
While Still
Eating Donuts:***

**HOW TO NEVER
DIET AGAIN**



LOSE WEIGHT WHILE STILL EATING DONUTS:
HOW TO NEVER DIET AGAIN



***That's me,
Rachel.***

If there's one thing
I love even more
than being a
coach, it's

donuts.

I know, I know.
You're thinking,
"Yeah, but you can
afford to eat donuts.
You're in shape!"

But here's the thing:

I didn't get in shape
and then start eating donuts.

Plot twist:

I got in shape *because*
I ate donuts.



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Part I:

How to Eat Donuts and Lose Weight

OK, *because* seems like a weird word, I get it.

I'm not saying donuts make you lose weight.
(But, seriously, how amazing would that be?!)

What I'm saying is that most of us get the formula

backwards.



What formula,
you ask?

Most of us think, "*Once I lose the weight, then I'll eat the foods I love again.*"

But there's a massive problem with that:

Restriction

will never work long term.



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If you've ever tried to cut out carbs, or live off of disgusting shakes, I *know* you know what I'm talking about.

Whenever we tell ourselves, "*I can't eat this*" or "*This food is allowed but this one is a 'bad' food,*" it leads to...

...say it with me here...

...bingeing.

And we've all been there *because* we've been living off the old formula of "*Once I lose the weight, then I'll start eating the food I love again.*"



So, the key?

Flip the formula.

"How can I lose the weight while eating the foods I love?"

And that, my donut-loving friend, is exactly what I'm here to teach you.





Part II:

Intro to Macros

Let's say I hand you
\$100

and tell you: "Here's the deal. This is your \$100 to spend however the heck you want. The only rule is that you have to spend all of it today. You can't save it. It doesn't roll over. Spend it all today on anything and everything you'd like."



Maybe you spread it out evenly throughout the day.

Maybe you're stingy with your money all day and go on a shopping spree at night.

Maybe you spend it all by noon, then sleep the rest of the day after your big morning of shopping.

Either way, it's doesn't matter. The \$100 was yours to

spend however you'd like,

and spend you did!
Congrats!



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When we learn to approach nutrition like this-as a *budget*-something magical happens.

(Well, not magical. It's actually just

math and science

which is why it works every time.)

See, we already talked about how restriction doesn't work. As human beings, we hate being told what we "can" or "can't" do. We want options. We want choice. We want donuts, damn it!

THIS is why

Macro Tracking

is the single most sustainable approach to nutrition there is.



Macros are short for

Macronutrients

and they're simply carbs, fat, and protein. Every food you eat has 'em and they're the nutrients we need the most of (hence the whole "macro" part of macronutrient).

Nutrition Facts

Serving Size Entire Recipe 187g (187 g)

Amount Per Serving	
Calories	Calories from Fat 31
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol 0mg	
Sodium 0mg	



When you track macros, you're given your personal nutrition "budget." (Emphasis on the

personal

—do not use online calculators for this. If you want to see why, go try three of them and you'll quickly see how drastically different all three "personalized" plans are.)

From there, your goal is to "spend" your daily budget *on the foods you choose and love.*

The best part?

While we want to make healthy choices the majority of the time, there are no "off limit" foods!

Love donuts like me?

You can choose to "spend" some of your daily macro "budget" on that donut. Yes, you'll have to be a little stingier with your macros as the day goes on, but it's yours to spend!



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Vegetarian? Gluten-free?
Total carnivore?

It works for everyone!
Because you're *choosing* what
foods to eat to hit your personal
budget,

***this works for
anyone!***



Macro tracking isn't a diet;

it's a skill.

Like any skill, there's a learning
curve to it and, once you've got it,
you've got it for life.

***You'll literally
never diet
again.***



I know, sounds too good to be true, right?

Here's where I hit you with all the people who are Livin' La Vida Macros and can attest that this stuff will literally heal your relationship with food and-being honest, not dramatic here-completely transform your life:

“

I'm writing this with tears in my eyes out of gratitude for this past year. I look at food as a source of pleasure AND fuel because I no longer feel like it is the boss of me - I now know how to fuel my body with a good balance of nutritious food and yummy food to keep this going for life. I have been living this way for 11 months now and I am so excited to keep going to this next phase of getting stronger and becoming even hotter (lol!). If you had told me before I had my 2 kids that I could look and FEEL like this after becoming a mom I would have laughed in your face.
I love being wrong!

- Arielle D.



”



Here's another one:

“

I've lost 30lbs in the last 9 months and am in the best physical shape of my life. While the weight loss and muscle gain have been gratifying, the biggest change has been internal. Not only do I have so much more energy, and sleep better—my mind has become my friend and biggest cheerleader, instead of a near-constant stream of anxious chatter. I feel clearer, stronger, and more aligned than any time I can remember. My insides match my exterior and I feel UNSTOPPABLE.

- Meredith M.

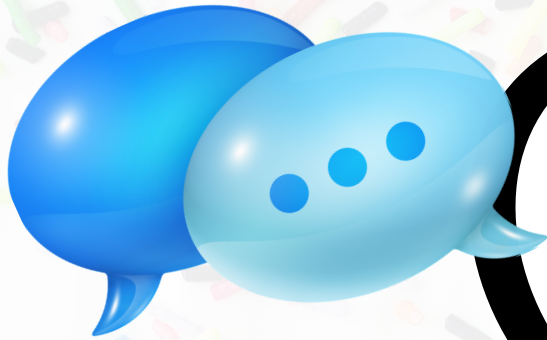


”

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Ready to learn more about The Wonderful World of Macros?



Join my private FB group

**[facebook.com/groups/
mindstrongwomen/](https://facebook.com/groups/mindstrongwomen/)**

We're always chattin' about
nutrition (and donuts) in there

Email me!

**[team@
mindstrongfitness.com](mailto:team@mindstrongfitness.com)**

Seriously. I love hearing about
where you are with nutrition
and what your goals are.



Ready for your macro plan?
Grab my Nutrition Made Easy Bundle:

**[www.mindstrongfitnesscoaching.com/
mindstrong-nutrition-bundle](http://www.mindstrongfitnesscoaching.com/mindstrong-nutrition-bundle)**

It includes 4 of my absolute favorite nutrition guides.
(Spoiler alert: one is my **Macro Calculation Cheat Sheet**
that will teach you how to figure out
your personal plan).

Oh, and for making it this far, use code **DONUTS** at
check out to save some cash.

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MINDSTRONG FITNESS

VISIT:

www.mindstrongfitness.com

QUESTIONS?

team@mindstrongfitness.com

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