



9 Steps to make
Weightloss
Easy & Enjoyable

the plant-based approach to
health and happiness

nutriciously

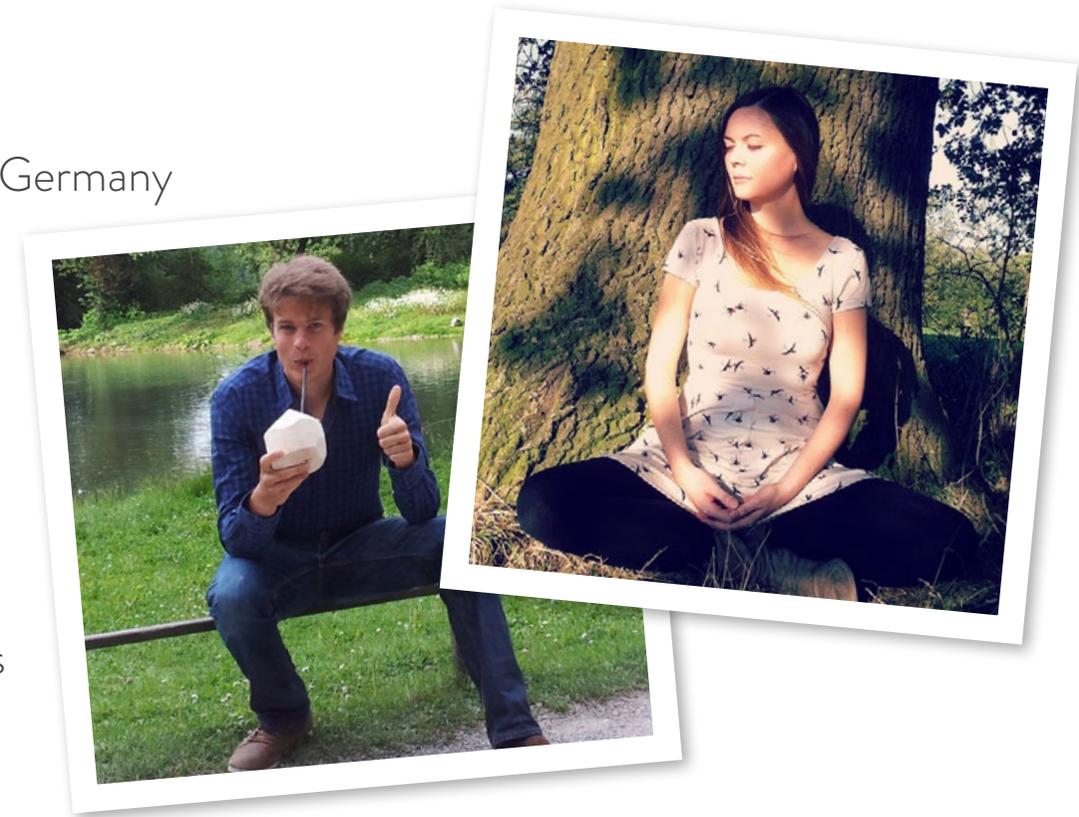
Who are we?

Hello there, we are Lars & Alena, a young couple from Germany that's enthusiastic about healthy eating and living.

We have both been following a purely plant-based diet for 6 years – or rather, various versions of vegan diets. Through our trials, tweaking, and triumphs, we've come to understand what nourishes our bodies best and leads to optimal body weight.

Over the past years, we were fortunate to experience benefits such as weight loss, increased energy, stronger hair and nails as well as greater overall happiness & motivation.

Are you curious about what we found out and how you can start doing the same? Then keep on reading.





1. Load up on Veggies

Your parents have been right of course, when they told you to eat your vegetables. And they didn't just want to torture you! This food group is so amazing for a whole bunch of reasons.

The knowledge you're about to get can be very useful to you if you want to get and maintain a lean physique. The secret here is: **calorie density**. Veggies are lowest on that scale, having only 60-200 calories per pound!

The reason for this is that they are full of water and fiber, which have essentially no calories but offer a lot of bulk. This means they fill you up quickly while providing only a few calories. Getting satiated and full while still losing weight becomes very easy if you just shift the amount of calories you consume but not the amount of food itself.

Another plus is their large quantities of micronutrients, especially minerals, which nourish your body on a cellular level and **fight off cravings** for unhealthy food. Along with the antioxidants and other important phytonutrients, they really are little powerhouses! All of these nutrients can prevent most chronic diseases, heal your body's ailments, and keep you looking young and fit.

You can make your veggies taste great by putting your favorite spices and sauces on them or making colorful stews and soups. The classic way to eat them is by making awesome salads of course, but you can already up the amount of vegetables you consume by adding them into the meals you're already eating.

No matter if it's kale, tomatoes, carrots, broccoli, or zucchini - they are all incredibly beneficial. Just choose the ones you like the most and aim to fill at least half your plate with them during lunch and dinner!

For more convenience, you can buy mixed frozen vegetables and heat them up in a pot. Extra points for bulk cooking to make your next lunches super quick.

A top-down view of a white ceramic bowl filled with rice grains. The bowl is divided into two horizontal sections. The top section is filled with white, long-grain rice. The bottom section is filled with brown, long-grain rice. A small cluster of brown rice is also visible in the white rice section. A white rectangular text box is centered over the bowl, containing the text "2. Get into Starches" in a black, cursive font. The bowl is placed on a dark brown wooden surface with a visible grain pattern.

2. Get into Starches

Eating only vegetables cannot give you the energy or calories you need in order to function properly or even thrive. Starvation isn't the answer when it comes to living healthy or losing weight, so you need a great and sustainable staple or „filler food“ that satiates and satisfies.

This is where we want to emphasize the importance of starches. They have gotten a bad rep over the last years and everyone seems to want to cut them out - for no good reason, since they only provide one calorie per gram and are therefore still very calorically dilute.

Looking back at our scale of calorie density, fruit is the second lowest and starches come third, having around 300-600 calories per pound. Comparing that to meat or dairy, both of which many people choose to fill up on instead, starches have around 3 times less calories per pound.

What's more, they come in a nice package with a good amount of fiber, vitamins, minerals, and of course complex carbohydrates. These sugars help you stay full longer and give you quick satiation as well as clean energy.

We often forget that we actually need glucose in order for our muscle and brain to function - so this nutrient should always be on your plate! Since starches work so well in terms of satiety, your cravings for unhealthy food will be much less, if not gone.

Great sources are potatoes or sweet potatoes, whole grains, oats, millet, and brown rice. You should add these to your fruit in the morning and to your veggies during lunch and dinner. And if you want to get in a nice amount of protein: make sure to load up on beans and lentils too.

Never restrict your carbohydrate intake in the form of whole starches or fruits - this only leads to binging on fatty food, which has a much higher calorie density and isn't even a good source for fuel or nutrients.



3. Keep your Food Whole

If you follow step 1 and 2, you are already in it to win it. But there still are a few more things you should look for in your food. Since you want to stay low on the calorie density scale, it's important that you get whole foods with all their fiber and water intact.

If a food is refined (for example white pasta, white bread, white flour) then important components are stripped away and the food has a lower nutritional quality while at the same time offering a higher calorie density. Looking at a whole grain, a nut, or a whole fruit, you can see that they have a full package of important nutrients - including water, intact fiber, vitamins, minerals, and essential enzymes your body needs in order to digest the food.

When you opt for whole foods, you meet your nutritional requirements pretty easily without paying much attention to all the single components. They also require more chewing - think whole grain bread vs. white toast or a whole apple vs. apple juice - which sends signals to your brain that you're actually eating a whole bunch of food. This helps your body to be satiated a lot sooner.

Again, this is perfect for nourishment on a cellular level and keeping your cravings at bay. The synergy of the different compounds found in whole food is exactly what your body is looking for and gives you more benefits than extracted nutrients and enriched foods.

There's not a lot of creativity required to move closer to a **completely whole food diet** : Simply swap some of the foods you're already consuming for their whole food version. This means whole grain or sprouted bread, whole wheat pasta, brown rice, potatoes, oatmeal and of course fruits and vegetables in their whole form.

In order to consume more micronutrients, it's a good idea to blend or juice your fresh food - but if your goal is weight loss, then you should opt for the original version of a fruit or vegetable, like you would find it in nature.

A glass bowl of olive oil is being poured from a glass pitcher. The oil is a golden yellow color. In the background, there are several olives and olive branches. The scene is set on a wooden surface.

4. Stay away from fat

You may have heard the term “The fat you eat is the fat you wear“, which is partly true. Not everyone gains weight by eating nuts and avocados and we have to take into account the overall amount of calories consumed. But if you know that fat has 9 calories per gram whereas sugar has 4 calories, it’s not hard to guess which foods you should prefer.

Unfortunately, oil is currently still seen as a health food - even though it’s just as refined as white sugar and offers no nutritional value. What’s more, it has a calorie density of a whopping 4,000 calories per pound ! And there people are, drowning their salads in olive oil.

What’s worse is that we don’t have any tastebuds on our tongue to detect fat or receptors in our stomach to get satiated eating oily food - so it’s very easy to overeat on it . Also, dietary fat is very easily converted into body fat as opposed to carbohydrate, which is used as fuel.

Eating whole plant-based foods that are high in fat is a whole other story since they contain vitamins, minerals, and fiber as well, which means your body can digest them properly. If you want to lose weight quickly, you might even stay away from nuts and seeds for a while.

Even worse than plant-based fat is animal-based fat, which is mostly saturated and wreaks a lot of havoc in your body. Along with this, animal products are devoid or very low in antioxidants and fiber, contain cholesterol, hormones, carcinogens, dioxins, antibiotics, and bacteria.

When put on a 1,500 calorie omnivorous diet, people are much more likely to gain weight or at least not lose any as compared to a 1,500 calorie diet of purely plant-based food. All calories are not created equal and you have to take into account the many other factors and correlations between food and your body.

So cut out the meat, dairy, eggs, and oil. Replace them with lots of beans and legumes, bananas and apples. Fill up on good starches instead and you'll feel a lot lighter and better in no time!

A person is shown in a meditative pose, with their hands in a mudra. The background is softly blurred, showing the person's torso and arms. In the foreground, a hand is visible, also in a meditative gesture, with the index and middle fingers touching. A white rectangular box is centered over the image, containing the text "5. Practice Mindfulness" in a black, cursive font.

5. Practice Mindfulness

Nobody can tell you how many calories or what amount of food you should eat. We are all unique in our status of health, daily stress, movement, and appetite. Since undereating or starving won't really bring you any benefits - besides a bad mood and short-term weight loss - this technique isn't recommended.

A starving brain makes you crave crappy food while your body starts consuming its own muscle and lowers your metabolism. The result of course is that you'll feel sluggish, overexcited, and a little insane. So, this isn't the way to go.

In order to live a healthy and happy life, you need to start working **with your body** instead of against it. Your hunger isn't evil or there to sabotage you! Now that you'll start eating lots of food that has a low calorie density, there is no way you can consume too many calories without getting completely sick and stuffed.

Pay close attention to both your hunger and satiety signals to **find your happy middle** and react the way you'd like. If you let yourself get too hungry, you're more likely to make unhealthy food choices. And if you're too full, you'll become lethargic and maybe even a little frustrated or anxious. This takes some time of course, but we all have it in us to eat the right amount of food.

Also, find out if you are just drawn to food for emotional reasons. Maybe you're sometimes feeling particularly frustrated, depressed, lonely, or anxious - the solution to all of these feelings has nothing to do with food. Be honest with yourself here and be brave enough to look for the root cause of what's bothering you.

This might not be the most enjoyable thing but it will give you great results in the end and you'll get to know and honor yourself better once you fix the real problems.



6. Let go of Perfectionism

The number one reason people fail on their “diet“ is because they try to follow everything to the tee and as soon as they mess up any of their rules, it’s binge time.

So first of all, you should cut yourself some slack and forget about being perfect. Nobody is, it’s all in your head. And secondly, this is your journey and you’re allowed to make mistakes in order to find out what works best for you - it’s actually a good thing.

What’s really important is your focus . If all you think about is weightloss and having to lose a certain amount of weight in a certain amount of time, you will fall off the wagon so easily. Every number on the scale that’s higher than expected can cause you an immense amount of stress and self-doubt.

The only way is to keep making healthy choices and let your body transform in its own time. You have no idea what it has to heal and repair before it can let go of some body fat. You need to trust the process and stop weighing yourself daily!

Take it easy and start by swapping one food at a time. Do you start your breakfast with bacon or doughnuts?

Make it oatmeal with fruit or a green smoothie instead. Are you constantly snacking on candy? Cut up some fruit and have it on hand. This is your path to happiness and you make the rules based on your knowledge, situation and feeling.

A great way to stay motivated and see your success is by writing down what you want to change and then really commit yourself. Looking back at a list of things that you've already successfully transformed will give you a nice boost of confidence and energy to continue.

A person is captured in mid-stride while running on a paved surface. They are wearing dark-colored athletic pants and bright red sneakers with white soles and a white swoosh logo. The background is a dark, out-of-focus wall with a grid-like pattern. A white rectangular box is overlaid on the center of the image, containing the text '7. Get Movin' in a black, cursive font.

7. *Get Movin'*

Nobody that gives out advice for a healthy and slim body should forget about exercise of course. But getting on a Shred or strict P90X regime isn't sustainable for most of us! These workouts burn you out pretty quickly and leave you sore and exhausted.

The key here is to come up with some kind of **movement that's enjoyable** for you and can be performed several times a week. Whether you are a lonely runner, a team player, or feel amazing doing yoga - there's going to be some kind of movement that makes you feel amazing and that feels more like playing around than doing hard work.

As soon as you think of your exercise as a form of duty, it's going to be hard to keep doing it and you'll want to reward yourself by eating a junk food treat afterwards. Bad approach! Even if it's just taking your dog or kids out for a walk, enjoying nature, or ride your bike to the next grocery store - movement should become a natural part of every day.

The good news is that your exercise doesn't necessarily have to be strenuous - but it helps of course. Either way, the food you eat is more important for a healthy and slim body than the amount of movement you

incorporate. When you eat healthy and consume enough carbohydrates, you'll want to move around a lot more anyways and burn some fat in no time!

It's good to come up with some kind of combination, like walking for 30 minutes and then doing some yoga in order to strengthen your muscles, relax, and get in tune with yourself. Switching from car or train to bike is a good way to sneak in some exercise without even viewing it as a work-out.

So, no matter what your activity level is - try to look for some improvement and don't go all in all of a sudden. Trust us, we've been there and it only lasts a few days.

A top-down photograph of a person's hands on a rustic wooden table. One hand is clasped over the other, resting on the table. In the lower right, another hand holds a dark blue pen over an open, blank white notebook. A white rectangular box is superimposed over the center of the image, containing the text '8. Create new Habits' in a black, cursive font.

8. Create new Habits

Let's be honest here: you haven't come to this point in your life overnight. And you didn't just eat crap for a few weeks or treated yourself less-than-gently for a couple of months. The fact is, we've all built up habits and routines over many years.

Now, you might be overwhelmed by all the new information and things you should include into your everyday life. But just like you've always grabbed that one snack when you were hungry, you can re-train your brain into automatically opting for something else!

Our bodies really are amazing. The longer you eat certain types food, the more you start craving them! So if you replace your fatty and junky food with fruits, vegetables, and starches - at some point, the things you used to eat won't even seem appealing to you anymore. You literally can train your body into wanting healthy food!

There are many layers you need to discover in order to get rid of all the negative habits you've built up over the years. Just take it one challenge at a time and don't do a 180! It's more important to go for sustainability and an enjoyable process because this seems a lot more effortless than having to change everything at once.

No matter what you think - your habits are there to protect you and make you feel safe. So you need to gently ask yourself if they are really doing you a favor and increase your feeling of wellbeing. Be honest and work with them instead of resisting them.

Rituals work well and combining a new habit with an old one can result in a deep and sustainable change . There will be ups and downs, so we really don't want to rely on our motivation entirely to achieve our goals.

In order to set yourself up for success, you might want to avoid certain triggers or situations that inevitably end in you making the same mistake over and over again. If you cannot have cookies in the house without eating the whole package, don't buy them.



9. Start Loving Yourself

This might be the hardest, but in the end most important, part of your transformation. No matter what you've thought or heard: You cannot hate yourself into a body that you love . Period. And you are also already enough.

Most of the time, people go on a diet because they have a feeling of lack. They are afraid they'll end up alone, not being attractive or loveable, not being worthy of anyone's attention. And this means they come from a place of anxiety and doubt instead of love.

But what if you turned this around and believed you were already so beautiful and wonderful in your own way? What if you saw yourself and your worth the way you look at your children or a loved one? Surely you wouldn't want to tell them those things you've been telling yourself in your mind.

Your goal is to start caring enough about yourself in order to just eat well and move your gorgeous body. It will be a lot easier to make good choices on a consistent basis if you feel like you deserve the best life possible, including a healthy, trim, and energetic body.

Stop the horrible attitude you have about yourself and the self-loathing - instead, give yourself a big smile and a nod of approval every time you spot yourself in the mirror. By consistently telling yourself how much you like and appreciate everything you are, your mind will start to shift and you'll be glowing from the inside out.

Having positive thoughts about yourself and your current situation is key in order for you to keep going. Because eating and moving the way we explained to you is an enjoyable process which inevitably will give you amazing results.

Let your body transform in its own time, be nourishing and kind towards yourself as if you were a child. Start telling yourself awesome things about you right now and continue until you believe them and automatically start thinking that way. This life is as beautiful as you make it.

If you liked it...

You're going to love THIS!

The previous 9 tips are just a small part of a much bigger system that helps you lose weight in a healthy and sustainable way. If you haven't had any success with other methods and are sick of crash diets that don't help you in the long run, don't worry. We got you covered with all the knowledge & delicious, satiating, and weight loss promoting recipes.

Just click the link below to find out more



**LEARN ALL THE IMPORTANT STEPS
TO WEIGHT LOSS**

Thanks! 