

Jordo's  
Beginner's  
Guide



to Healthy and Sustainable Dieting

SEPTEMBER 2018

# About Jordo



Hello, everyone!

My name is Jordan (or Jordo) and I created this guide to provide you with free and accurate information on how to develop a healthy and sustainable lifestyle change.

I lost 130lbs with diet and exercise in 2016 and I now use social media to help others who want to live healthier lives.

Healthy and sustainable weight loss is something I am very passionate about. While dieting, I fell victim to very aggressive and predatory weight loss tactics that encouraged me to overly restrict my calories. This led to a very obsessive relationship with calorie counting and exercise. It has taken me over a year to escape this toxic approach to weight loss. It is a passion of mine to spread awareness of these issues and to provide information on dieting that is less likely to result in disordered habits and more likely to promote long-term sustainability.

I hope that the information in this booklet helps you find the balance you desire. I want nothing but long-term success for you and I truly hope that this guide can help you in your journey.

xoxo, Jordo

 *Jordan Shrinks*  
 *@jordanshrinks*  
 *@jordanshrinks*

# Calculating your TDEE

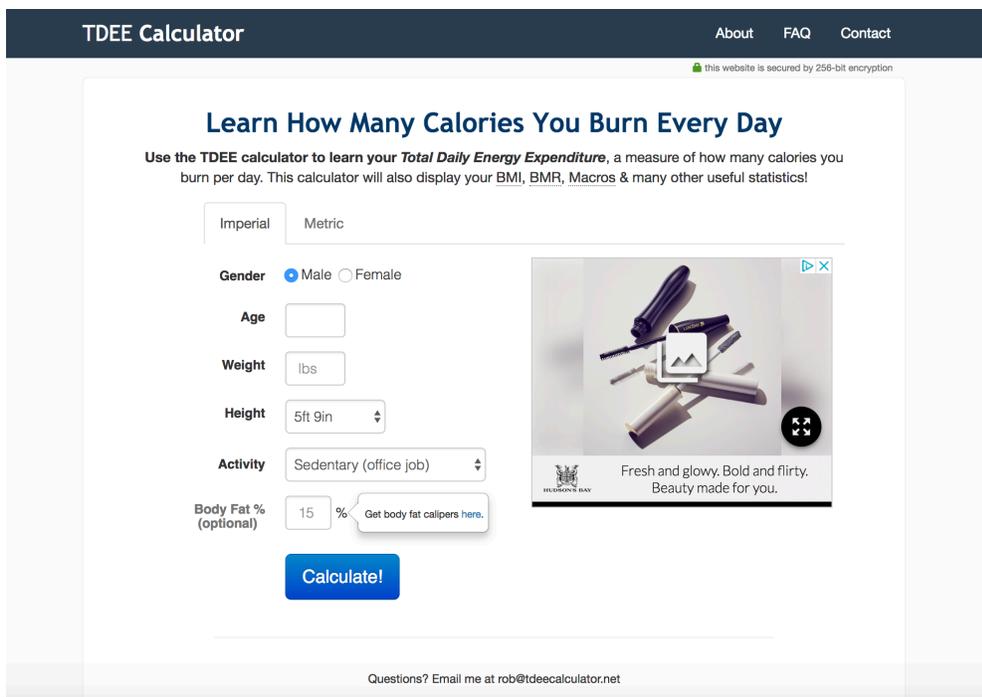
The first step in developing a healthy and sustainable diet is to calculate your TDEE.

What is TDEE?

**TDEE** stands for Total Daily Energy Expenditure. It is an estimation of how many calories you burn per day when exercise is taken into account. It is calculated by first identifying your **BMR** (Basal Metabolic Rate) and then multiplying that value by an activity multiplier.

The website I like to use for this calculation is <https://tdeecalculator.net>

## **Step one: Go to <https://tdeecalculator.net>**



The screenshot shows the homepage of the TDEE Calculator website. At the top, there is a dark blue navigation bar with the text "TDEE Calculator" on the left and "About", "FAQ", and "Contact" on the right. Below the navigation bar, a small green lock icon indicates "this website is secured by 256-bit encryption". The main content area has a white background with a blue heading: "Learn How Many Calories You Burn Every Day". Below the heading is a sub-heading: "Use the TDEE calculator to learn your *Total Daily Energy Expenditure*, a measure of how many calories you burn per day. This calculator will also display your [BMI](#), [BMR](#), [Macros](#) & many other useful statistics!". The form includes several input fields: "Imperial" and "Metric" radio buttons; "Gender" with "Male" selected and "Female" as an option; "Age" as a text input; "Weight" as a text input with "lbs" as a unit; "Height" as a dropdown menu showing "5ft 9in"; "Activity" as a dropdown menu showing "Sedentary (office job)"; and "Body Fat % (optional)" as a text input with "15" and a percentage sign, accompanied by a link "Get body fat callipers here.". A blue "Calculate!" button is positioned below the form. To the right of the form is an advertisement for "HUDSON'S BAY" featuring a collection of makeup items and the text "Fresh and glowy. Bold and flirty. Beauty made for you.". At the bottom of the page, there is a small link: "Questions? Email me at [rob@tdeecalculator.net](mailto:rob@tdeecalculator.net)".

This is what the website looks like.

## **Step two: Enter your statistics.**

For this example, I will be using my own numbers.

Knowing your body fat percentage will give you a more accurate calculation. If you do not have it, just leave it blank (don't worry, the results will still be pretty accurate).

(My calculations are on the following page).

**TDEE Calculator** About   FAQ   Contact

this website is secured by 256-bit encryption

## Learn How Many Calories You Burn Every Day

Use the TDEE calculator to learn your **Total Daily Energy Expenditure**, a measure of how many calories you burn per day. This calculator will also display your BMI, BMR, Macros & many other useful statistics!

Imperial    Metric

**Gender**    Male    Female

**Age**  

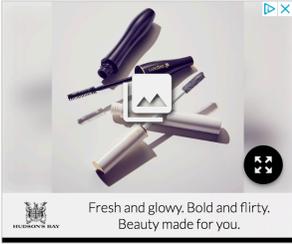
**Weight**  

**Height**  

**Activity**  

**Body Fat % (optional)**    %   [Get body fat callipers here.](#)

**Calculate!**



Fresh and glowy. Bold and flirty. Beauty made for you.

Questions? Email me at [rob@tdeecalculator.net](mailto:rob@tdeecalculator.net)

When all your information is filled out, press “calculate.”

### Step three: Analyze your results

#### Your Maintenance Calories

2,765

*calories per day*

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19,358

*calories per week*

Based on your stats, the best estimate for your maintenance calories is **2,765** calories per day based on the Mifflin-St Jeor Formula, which is widely known to be the most accurate. The table below shows the difference if you were to have selected a different activity level.

Basal Metabolic Rate	1,603 calories per day
Sedentary	1,924 calories per day
Light Exercise	2,204 calories per day
Moderate Exercise	2,485 calories per day
<b>Heavy Exercise</b>	<b>2,765 calories per day</b>
Athlete	3,046 calories per day

Above are the results from my calculation. As you can see, my daily recommended caloric intake for weight *maintenance* is 2,765. This means that if I wanted to maintain my weight (and not gain or lose), I would be able to eat 2,765 calories, while still maintaining my “heavy exercise” regimen.

If for some reason my exercise levels changed, I would have to adjust my calories accordingly. For example, if I instead started following a “light exercise” regimen, I would be able to eat 2,204 calories to maintain my weight. Exercise is not required for weight loss - but the more you move, the more you can eat.

My results indicate that my BMR is 1,603 calories. Your Basal Metabolic Rate is defined as the rate at which your body uses energy when you are resting. In other words, your BMR is how many calories you burn by just being alive. This is how many calories your body needs to properly function. If I slept for an entire 24 hours and did not move once, I would burn 1,603 calories because although I would not be exercising, my body would still be performing vital functions such as breathing.

So 2,765 calories is what I need to eat to maintain my weight - but what if I want to lose weight?

This is when your caloric deficit comes into play.

A **caloric deficit** is defined as any shortage of calories consumed relative to the amount of calories required for maintenance of current body weight. A deficit is created by reducing calories consumed (i.e. through dieting).

A caloric deficit is the secret to weight loss. If you eat fewer calories than you burn, you will burn fat. The reason why a lot of crash diets work is not because they have an underlying secret, but because they put you in a deficit. The problem is that the deficit is often way too large, which leads to problems down the road such as re-gaining and binge eating.

So how do you calculate your deficit?

All you have to do is subtract 500-1000 calories from your maintenance number.. Professionals do not recommend maintaining a deficit more than 1000 calories, as it leads to muscle loss and weakness. As someone who has experienced muscle loss due to over-restricting, I can assure you it is not fun and it is going to take me years to rebuild strength in my upper body.

One pound of fat is equivalent to 3500 calories. So a daily deficit of 500 calories a week will result in a weekly loss of one pound. A daily deficit of 1000 calories will result in a weekly loss of two pounds.

Please note that is normal to lose more weight in the beginning, especially if you are obese.

I advise that you *never* eat below your BMR. As I said, your BMR is what your body needs to properly function. Eating below it can cause a lot of issues, including weak nails, dry skin, and hair loss. If you cannot maintain a 500 calorie deficit without going below your BMR, your best option is to integrate more exercise.

\* A quick note: do not pay too much attention to the BMI information on the TDEE calculator. BMI does not take into account muscle mass or fat mass. It is purely based on numbers, which means it is not entirely accurate. I know a lot of people who are classified as overweight or even obese because they have a lot of muscle. This doesn't mean they are unhealthy, it just means that BMI is an inefficient tool at measuring their overall health.

Okay, so now onto macronutrients.

What are macronutrients (or macros)?

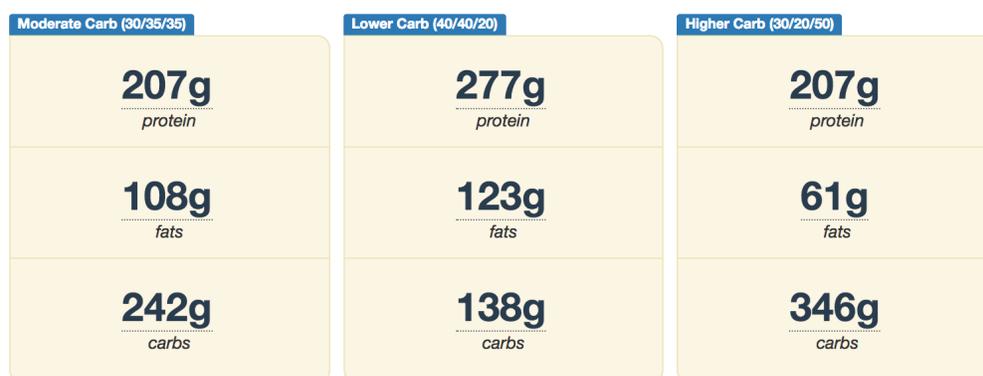
**Macronutrients** are defined as the compounds found in all foods that humans consume in the largest quantities, providing all of our calories (energy) from our diets. The three main macronutrients are *carbohydrates*, *fats*, and *proteins*.

Below are my macronutrient results from the TDEE calculator.

### Macronutrients

Maintenance   **Cutting**   Bulking   30/35/35 means 30% protein, 35% fats, 35% carbs

These macronutrient values reflect your maintenance calories of **2,765** calories per day.



There are 4 calories per gram of both protein and carbohydrates, and 9 calories per gram of fats.

The website gives you three macro breakdown options: moderate carb, lower carb, and higher carb. I suggest choosing what works best for you. Some people prefer higher carb while others prefer higher fat. I have always gravitated towards higher carb so my macros are more accurately reflected by the column on the right. What's important is that you hit your protein goal. You should aim for at least 0.8g of protein per pound of your body weight! So for example, my calculation is [175]lbs x [0.8]g of protein. My total is 140, which means I should eat at least 140g of protein a day.

The above calculations are my macros for weight loss maintenance, but if you look right above the columns, you can see that you can choose to view your recommended macros for cutting and bulking as well.

Cutting is another way of saying "dieting," while bulking refers to gaining weight and muscle.

Since I know a lot of you are looking to lose weight, I will share my cutting macros below. If you think you need to gain weight to reach a healthy place, definitely look into your bulking macros. Remember: some people have to lose weight to be healthier and some have to gain. Under-eating is just as severe as over-eating, so please be aware of what you consume.

## Macronutrients

Maintenance

Cutting

Bulking

30/35/35 means 30% protein, 35% fats, 35% carbs

These macronutrient values reflect your cutting calories of **2,265** calories per day, which is a 500 calorie per day deficit from your maintenance of **2,765** calories per day.

Moderate Carb Maintenance (30/35/35)	Lower Carb - Fat Loss (40/40/20)	Higher Carb (30/20/50)
170g protein	227g protein	170g protein
88g fats	101g fats	50g fats
198g carbs	113g carbs	283g carbs

There are 4 calories per gram of both protein and carbohydrates, and 9 calories per gram of fats.

Above are my macros for dieting. If you look to the right, you can see that it recommends I consume 170g of protein, 50g of fat, and 283g of carbs.

If you have trouble reaching your protein goal, it is perfectly okay to use supplements. Just try not to get all your protein from supplements. You want to make sure you are consuming high quality and natural foods as well. Remember - the goal isn't to be skinny, but to be healthy.

Macronutrients make up all calories.

**Carbohydrates are 4 calories per gram.**

**Proteins are 4 calories per gram.**

**Fats are 9 calories per gram.**

Knowing this, it is easy to determine where your calories come from. For example, to the right is a nutrition label for Pop Chips.

As stated on the nutrition label, a serving of Pop Chips contains 120 calories, as well as 4g of fat, 20g of carbohydrates, and 1g of protein.

Quick math calculations will reveal where this caloric amount comes from.

20g of carbs x 4 = 80

1g of protein x 4 = 4

4g of fat x 9 = 36

36 + 80 + 4 = 120, which is then rounded up to 120 calories.



# Choosing your diet

So you have your caloric deficit and macros calculated - what now?

This is when you get to exercise some of your own creativity. I personally believe that a balanced diet is the best diet to follow (i.e. not overly restricting any of the macronutrients) because it promotes long-term sustainability. You are of course free to choose a less balanced diet, but remember that you will lose weight regardless of what diet you follow as long as you are in a caloric deficit, so restricting certain macronutrients is by no means necessary for success.

So what diet do I recommend? There is no specific diet that I recommend - but what I do recommend is a flexible approach.

What is flexible dieting?

**Flexible dieting** is defined as a nutritional concept that encourages the personal selection of food based on your preferences, as long as the foods you choose fall within your caloric and macronutrient goals.

Sounds pretty simple, right? That's because it is! :)

As someone who struggles a lot with binge eating and food addiction, I have found that flexible dieting has helped repair my relationship with food by taking away the power that food held over me for so long.

When I was losing weight, I got into a very negative headspace where I categorized foods as "good" or "bad." This contributed to a disordered way of thinking about food, as it made me afraid of certain things. This disordered way of thinking is called **orthorexia**, which is an eating disorder that is often overlooked. Orthorexia is defined as an obsession with eating foods that one perceives as healthy. Orthorexia is much more severe than simply eating healthy foods. An orthorexic person develops the irrational fear that traditionally "unhealthy" foods will inevitably lead to negative consequences, such as weight gain. By categorizing foods as either "good" or "bad," individuals unintentionally create the desire to consume bad foods, which often leads to uncontrollable binge-eating.

This was the mindset I used to have. If this is you, please know that I understand what you are going through. Being afraid of food is no way to live. You can enjoy food while still reaching your goals. **Any diet plan that provides a list of what you can or cannot eat is not a sustainable plan, unless it was created for YOU personally by a DIETICIAN or NUTRITIONIST to combat dietary issues such as a nightshade allergy, gluten intolerance, gallbladder disease, etc.**

Since adapting a flexible dieting approach, I have been able to repair my relationship with food. I eat things I enjoy everyday by simply making them fit within my daily caloric goal. For example, I eat a slice of chocolate cake everyday. The slice is 280 calories and I can easily make it fit. Since introducing cake into my daily diet, I have taken power away from food. I no longer fear eating cake or any other type of food because I know I can make it fit. I know I can eat it whenever I want, as long as I readjust my calories accordingly. Knowing this, I feel less inclined to binge. Binging is triggered by over-restriction. When you restrict yourself for too long, you will snap. However, when you feed yourself the foods you would normally binge on,

you are less likely to crave them. By integrating them into your daily goal, you are subsequently taking back control.

Below is a list of some of my favourite low-calorie and high-volume foods to eat. If you are anything like me, you probably have a large appetite. The best way to satisfy your appetite is to eat large quantities of low-calorie foods, because the calories will stay low but the volume will be high (making you feel more satisfied and full).

#### Low calorie, high volume options:

- *Celery (6 calories per stalk)*
  - Celery is a great snack to pair with something else. I like eating it with hummus, as it adds a crunch and makes it more satisfying to eat. Most full packages of hummus run between 250-500 calories. You can also get mini ones for around 100 calories.
- *Zucchini (30 calories per medium-sized zucchini)*
  - My favourite way to eat zucchini is to make zucchini noodles (lots of tutorials online) and add it to another dish. For example, you can make zucchini noodle pasta or add them to a salad. At only 30 calories for an entire zucchini, you can easily add volume to any meal.
- *Strawberries (50 calories per cup)*
  - An entire pack of strawberries is only about 150 calories. I always feel more satisfied when I get to eat the entire package of something. I like mixing strawberries with bananas. One medium banana ranges from about 90-120 calories. Drink some water with your banana and it will expand in your stomach and keep you more satisfied!
- *Popcorn (30 calories per cup)*
  - Did you know you can pop your own popcorn in a pot on the stove? WELL YA CAN. Doing it yourself makes it easier to keep it lower calorie. Just skip all the added butter and oil. Instead season it with some salt or some low-calorie popcorn seasoning. You might be disgusted to hear this, but I actually like seasoning my popcorn with cinnamon.
- *Rice cakes (30 calories per rice cake)*
  - Rice cakes are great for making delicious concoctions. I like adding some strawberries, whipped cream, and chocolate sauce. A serving of coconut whipped cream is 15 calories, and a serving of sugar-free chocolate syrup is around 15 calories. Add in a few strawberries and the whole thing is only around 70 calories. This means you can eat lots of them!
- *Shirataki noodles (0 calories)*
  - These are pre-packaged noodles that you can find at most grocery stores. They are a bit slimier than normal noodles but they are great to throw in a stir-fry or soup. You can make them with traditional pasta sauce but it's not quite the same!
- *Broccoli (30 calories per cup)*
  - Broccoli is my favourite vegetable. There are so many ways you can make it tasty. You can steam it, boil it, or even bake it with some salt and pepper. You can throw a bunch of it in a stir-fry to increase volume significantly.
- *Lavash bread (120 calories per piece)*
  - Lavash bread is a thin pita-like bread that you can use for a variety of things, including pitas, wraps, flatbread pizzas, baked crackers, and much more. It is lower-calorie than other types of bread but it is sold in big squares so you feel like you get to eat like royalty, even though it is low-calorie and macro-friendly. I also recommend English muffins.
- *Potatoes (100-130 calories per one small potato)*
  - Potatoes are one of my favourites. They are lower calorie than people often assume. They are dense and keep you feeling satisfied for a long time. My favourite way of cooking them is to slice them into smaller pieces and bake them on parchment paper until crispy. I do not use oil, which saves a lot of calories!

- *Romaine lettuce (10 calories per cup)*
  - Lettuce is a great way to bulk up a wrap or salad!
- *Tomato (25 calories per one medium tomato)*
  - Have you tried tomato with salt and pepper? YUM. I love eating tomato, cucumber, and carrots with some hummus. All the veggies are lower calorie and they complement the hummus very well!
- *Salsa (36 calories per 100g)*
  - Salsa is a low-calorie snack that you can eat with veggies or chips. Since chips tend to be higher calorie due to their fat content, I suggest making your own by baking some pita bread or lavash bread! You will be able to eat way more of it!

Pair any of these foods with a healthy protein and fat to keep you more satisfied and to make it a balanced meal.

# Choosing your eating schedule

Contrary to popular believe, it does not matter when you eat throughout the day. Calories have the same value regardless of the time of day, so if you prefer to eat later at night, do not fret!

Much like your diet, I highly recommend that you choose a schedule that works for you. Yes, there are a ton of schedules that you can access and replicate. However, I truly believe that you will see more long-term success if you choose something that better reflects your personal daily schedule.

I have followed three different diets throughout my weight loss journey. They are described below to give you ideas, but remember that you can follow whatever schedule works best for you!

## Schedule 1

This was the schedule I followed when I first started losing weight. I was coming from a place where I over-consumed a lot (hence why I was obese) but had never dieted before. Because of this, I simply replicated the schedule I was used to, just with smaller portion sizes and healthier options.

\*Please note I was a student during this time.

Breakfast: 8:00am  
Exercise/workout: 8:30am  
Snack: 10:00am  
Lunch: 12:00pm  
Snack: 2:30pm  
Dinner: 5:00pm  
Snack: 7:00pm

## Schedule 2

This is the schedule I followed about a year and a half into my journey. I was working in an office job.

Exercise/workout (so fasted cardio): 5:30am  
Breakfast: 8:00am  
Snack: 10:00am  
Lunch: 12:00pm  
Small snack: 1:30pm  
Small snack: 3:30pm  
Dinner: 5:00pm  
Snack: 5:00pm

## Schedule 3:

This is the schedule I currently follow. It is my favourite to date because it has helped a lot with my binge-eating. I eat later in the day, which enables me to eat more food in a smaller time window. This means that I have more calories leftover at night, which allows me to snack lots

and satisfy my cravings to binge, even though all the calories from the snacks still fit in my remaining daily allowance.

Exercise/workout: 8:00am

Breakfast: 12:00pm

Lunch: 3:00pm

Dinner: 6:00pm

Snack: 7:00pm

Snack: 7:45pm

Snack 8:30pm

Please remember that these are just examples! Don't feel obligated to replicate how I eat. Choose what works best for you!

# Affordability

I understand that not everybody has access to the same foods. I know that some grocery stores carry more than others, and I know that some bank accounts don't have the means to afford certain types of food. Because of this, I wanted to include a few affordable food ideas!

Here is a list of some of the most affordable foods at the grocery store!

- Canned or dried beans (these often go on sale for 2for1 or 3for1 deals!)
- Brown rice
- Oats and oatmeal
- Potatoes
- Broccoli, cauliflower, and other low-cost veggies
  - For extra savings, check out the frozen foods section where these veggies will come frozen and packaged (they are much cheaper)
  - Also check out the sale area where they are selling produce that is nearing its expiry date. You can freeze the veggies to keep them from going bad so soon!
- Apples, bananas, and other low-cost fruits
  - You can also find frozen fruit in grocery stores
  - Frozen fruit is great for throwing in smoothies, oatmeal, chia pudding, cereal, etc.
- Pop corn
  - A pro tip for this is to buy the bigger bags (around 300 calories each) and separate them into your own lower-calorie snack packs (i.e. 100 calories each). This saves you both calories and money. You can also buy kernels and pop it yourself.
- Tofu
- Spices
  - You can find super affordable spices, especially at bulk stores where you measure out what you want to buy, and add them to just about anything to add flavour. Healthy and affordable foods don't have to be boring!
- Plant-based milk or products that have a longer shelf life and don't expire so quickly.
- Bread
- Salsa
- Hummus

## General tips

- Cook all your meals at home. It will save you money in the long run and also encourage you to experiment in the kitchen!
- Meal prep with bulk foods. Some stores (such as Costco) will sell produce, proteins, and other foods in bulk. This provides the perfect opportunity for you to make meals for the entire week. Just freeze your meals and heat them up to keep them fresh!
- Check out discount grocery stores. Most cities have them and they usually have some pretty good finds! A lot of them carry granola bars, protein bars, etc.
- Don't buy packaged foods at the premium grocery stores. Some grocery stores are more expensive than others. If you are just going to buy your favourite crackers, check out more affordable stores first. The products come from the same place, so you might as well get the best deal! I also recommend checking dollar stores. The dollar stores have been stepping up their game lately and a lot of them carry name brand food products!
- If you are a student, ask grocery stores if they have any student discount days.
- Download couponing apps. My favourite is called Flipp (not sure if it is a Canadian app, but tons of them exist). It basically takes grocery flyers from all grocery stores in your area and compiles a list of who is selling it for the cheapest. You can bring the app into stores that

price match or choose your store based on where the deals are! If you can't find an app, just google "grocery coupon comparison" or something along those lines!

- Something to remember: watch out for too much sodium. Cheaper pre-packaged meals have a lot of sodium, which causes water retention and will affect the number you see on the scale. Too much salt also isn't the healthiest!

In terms of exercise, I know a lot of people have trouble affording gym memberships. My best advice in this scenario is to start walking or running outside, as it is free, therapeutic, and a great way to improve your cardiovascular abilities. If you are unable to be outside because you feel unsafe, I recommend utilizing all the free resources on YouTube. People upload countless at-home exercises that require no equipment. Below is a list of some of the programs I used when I first started losing weight.

- 35 minute full-body workout: <https://www.youtube.com/watch?v=oegRlg9V4q8>
- 30 minute aerobic dance workout: <https://www.youtube.com/watch?v=tj9d6aBOzDo>
- 30 minute cardio workout: [https://www.youtube.com/watch?v=qWy\\_aOIB45Y&t=54s](https://www.youtube.com/watch?v=qWy_aOIB45Y&t=54s)
- 30 minute booty workout: [https://www.youtube.com/watch?v=\\_ZqtZSuh5Rk](https://www.youtube.com/watch?v=_ZqtZSuh5Rk)
- 30 minute hip hop workout: <https://www.youtube.com/watch?v=kwkXyHjgoDM>
- 30 minute strength workout: <https://www.youtube.com/watch?v=YdB1HMCIdJY>
- 20 minute yoga workout: <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- 20 minute pilates workout: <https://www.youtube.com/watch?v=K-PpDkbcNGo>

Here are some links to videos I have made for people who more effectively absorb information through video format.

**HOW MANY CALORIES YOU SHOULD EAT TO LOSE WEIGHT:** <https://www.youtube.com/watch?v=0wd4O2m47YU&t=87s>

**WHAT I EAT IN A DAY TO LOSE WEIGHT:** <https://www.youtube.com/watch?v=wR8tCprRcUI>

**WHAT I EAT IN A DAY TO LOSE WEIGHT [2]:** [https://youtu.be/q5f\\_283\\_P7M](https://youtu.be/q5f_283_P7M)

**10 COMMON WEIGHT LOSS MYTHS:** <https://www.youtube.com/watch?v=zQXX3waogQ&t=27s>

**BEGINNER'S GUIDE TO MACRO COUNTING:** <https://www.youtube.com/watch?v=rqhq-q5qrf0&t=1s>

**WHAT TO DO AFTER BINGE EATING:** <https://www.youtube.com/watch?v=puJL75Pyrls&t=153s>

**HOW I'VE STOPPED BINGE EATING:** [https://www.youtube.com/watch?v=-8bh8t\\_0E08&t=15s](https://www.youtube.com/watch?v=-8bh8t_0E08&t=15s)

**My struggle with body dysmorphia:** <https://www.youtube.com/watch?v=Lh4cRKSk0R8&t=6s>

**The truth about massive weight loss...:** <https://www.youtube.com/watch?v=MvAQq1m9qOc>

# Life after dieting

The best part of dieting is that you won't have to do it forever. ;)

Once you reach a healthy weight, you will be able to transition back into a maintenance routine. The problem with restrictive diets is that they often fail to teach you *why* and *how* you are losing weight. Instead, they give you a list of what to avoid and let you go on your merry way. This is not the ideal way to approach dieting. When you lose weight by avoiding certain things, you will start to believe that you have to avoid those things for the rest of your life. You will feel the need to diet forever. This is no way to live. Dieting should be approached as a temporary change to achieve long-term sustainability. Any diet that claims to be “12 days” or “three months” or “six months” or anything in between is not a sustainable diet. Remember you are changing your lifestyle. This is a lifelong change.

So how do you identify your maintenance calories? Easy! It's done the same way we discussed earlier in this guide. Caloric deficits can sometimes be difficult to understand. The good news is the concept is actually quite straight-forward. When you are trying to lose weight, you need to maintain a deficit to see results. When you are trying to maintain your weight, you do not need to maintain a deficit. This means that you actually get to eat MORE when you reach maintenance (as long as you continue the same exercise regimen), as you are no longer trying to burn more calories than you consume. This is yet another reason why restrictive diets do not promote long-term success. A diet that simply tells people to eat 1200 calories does not prepare them to calculate their maintenance calories. Instead, it promotes the idea that over-restriction is the only way to achieve desired results. Also, as discussed prior, a diet that gives one single caloric amount and generalizes it to all readers is not a well-researched diet plan. 1200 calories is not enough for most people. Any diet that gives you a caloric goal without first asking your height, weight, age, and activity level is not a good diet. Do not pay to get access to a PDF download of a diet. It will not be personalized, it will not be healthy, and it will not promote long-term sustainability.

An issue that I used to struggle with was the fear of regaining. Restrictive dieting put me in the mindset that one bad day would ruin me. This is not the case at all.

Try to remind yourself that losing weight is the hardest part. Dieting is harder than maintaining if you set yourself up to succeed. Maintaining your weight means you get to eat more. You get to be more lenient with your food choices because you are no longer trying to make progress. Every time you have a cheat meal, just simply go back to your regular eating and it will balance out. Any diet that does not give you peace of mind is not a good diet. You do not have to fear food for the rest of your life.

If you are currently losing weight, it is good to prepare for the future. Lose weight in a healthy way so transitioning to maintenance is easy. Try not to wait until the last minute to decide what your next step is.

I know that it is challenging to unlearn everything you have been taught about restrictive dieting. I know it is easy to fall into restrictive habits. Just remember that it has taken me over a year to get where I am today and I still struggle daily. Work on repairing your relationship with food everyday. You deserve happiness and health and I want you to live a life free from the shackles of disordered eating.

# Eating Disorder and Crisis Helplines

I apologize that this list is not fully global. I could not find helplines in a lot of other countries because English searches do not yield results for other languages.

Thank you to all the lovely followers who sent me helplines in their region.

If your region is not included here, Google will find you a regionally appropriate number. OR feel free to email any of the agencies, as emails are international!

## **North America**

### **NATIONAL EATING DISORDERS ASSOCIATION INFORMATION AND REFERRAL HELPLINE**

Call: 1 (800) 931-2237

Crisis Text Line: text "NEDA" to 741741

### **ANAD EATING DISORDERS HELPLINE**

Call: 1 (630) 577-1330

Text: text "hello" to 741741

### **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) HELPLINE**

Call: 1 (800) 950-6264

### **THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) NATIONAL HELPLINE**

Call: 1 (800) 662-4357

## **Europe**

### **Germany**

#### **ANAD HELPLINE**

Call: +498921997399

### **Ireland**

#### **BODY WHYS HELPLINE**

Call: 1890 200 444

### **Greece:**

#### **18ANO HELPLINE**

Call: (+30) 210 6448980

### **Italy**

#### **USL**

Call: 80020180969

## **United Kingdom**

### **BEAT EATING DISORDERS HELPLINE**

Adult helpline: 0808 801 0677

Student line: 0808 801 0811

Youth line: 0808 801 0711

**EATING DISORDERS SUPPORT HELPLINE**

Call: 01494 793223

Email help: support@eatingdisorderssupport.co.uk

**Australia**

**BUTTERFLY FOUNDATION NATIONAL HELPLINE (eating disorders)**

Call: 1800 33 4673

**KIDS HELPLINE (free counselling service for children and youth under 25)**

Call: 1800 55 1800

**BEYOND BLUE HELPLINE**

1300 22 4636

**LIST OF INTERNATIONAL SUICIDE HOTLINES**

Argentina: +5402234930430

Australia: 131114

Austria: 017133374

Belgium: 106

Bosnia & Herzegovina: 080 05 03 05

Botswana: 3911270

Brazil: 212339191

Canada: 5147234000 (Montreal); 18662773553 (outside Montreal)

Croatia: 014833888

Denmark: +4570201201

Egypt: 7621602

Estonia: 3726558088; in Russian 3726555688

Finland: 010 195 202

France: 0145394000

Germany: 08001810771

Holland: 09000767

Hong Kong: +852 2382 0000

Hungary: 116123

India: 8888817666

Ireland: +4408457909090

Italy: 800860022

Japan: +810352869090

Mexico: 5255102550

New Zealand: 0800543354

Norway: +4781533300

Philippines: 028969191

Poland: 5270000

Portugal: 21 854 07 40/8 . 96 898 21 50

Russia: 0078202577577

Spain: 914590050

South Africa: 0514445691

Sweden: 46317112400

Switzerland: 143

United Kingdom: 08457909090

USA: 18002738255

Veterans' Crisis Line: 1 800 273 8255/ text 838255

Source: <http://ibpf.org/resource/list-international-suicide-hotlines>

*IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CONTACT THE AUTHORITIES.*

If you follow my journey, you know I excel when I have things to keep me accountable. I am a visual learner and doer and I benefit from having something tangible I can use to keep track of my progress.

Because of this, I have included three visual sheets that you can use if you think they will be helpful!

The sheets include:

- One binge-free/on-track tally (this is where you can tally the days that you have been on track. I find that the visual representation of my progress motivates me to keep going).
- One “motivation list,” where you can write down what motivates you most. When I first started losing weight, I wrote a list of why I wanted to lose weight and it acted as a reminder for whenever I was feeling defeated. Some examples on my list included improving my health, buying clothes that better reflect my style, feeling more confident, and having less anxiety about flying or fitting into roller coaster seats.
- One TDEE calculator worksheet. This can be used to write down all your numbers. I suggest keeping track as you go, so one day you can look back on all your sheets and remember how far you’ve come!!

*Thank you for taking the time to read this beginner’s guide. I am currently not certified to provide nutrition or exercise plans, but I hope the info here can help, even if it was just a little. I hope it inspires you to live a healthier and more sustainable life. Good luck!*

# My On-Track Tally

Start date: \_\_\_\_\_

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

# Motivation List

Date: \_\_\_\_\_

*I want to change my lifestyle because:*

1.

2.

3.

4.

5.

*I want to achieve:*

1.

2.

3.

4.

5.

*My end goal is:*

# TDEE Calculator Worksheet

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Weight: \_\_\_\_\_

Goal weight: \_\_\_\_\_

Height: \_\_\_\_\_

Activity level: \_\_\_\_\_

Body fat percentage (optional): \_\_\_\_%

My maintenance calories are: \_\_\_\_\_

My goal calories are: \_\_\_\_\_

My macronutrient goals are:

Carbs: \_\_\_\_\_ g

Fats: \_\_\_\_\_ g

Proteins: \_\_\_\_\_ g