



Why You Can't Lose Weight — An Inside Look

Mini-brochure: quick self-audit, common blockers, portions & macros, movement & NEAT, sleep/stress, meds/medical flags, plate method & weekly plan, troubleshooting flow, myths vs facts, FAQ, when to seek help.

Quick Self-Audit (last 7-14 days)

- Meals eaten outside home, snacks, lattes/sodas — logged honestly?
- Average daily protein at least 1.2–1.6 g/kg? Vegetables at least 400 g/day?
- Steps per day (NEAT): under 5k, 5–8k, or 8–12k+?
- Sleep 7–9 h, stress high? Alcohol more than 2–3 nights per week?
- Medications that can raise appetite/weight (e.g., some antidepressants, steroids) — discussed with clinician?

Common Blockers — What to Adjust

Blocker	Fix (short)
Liquid calories & bites/licks/tastes	switch to zero-sugar drinks; track sauces, creamers; plate snacks
Low protein or veggies	aim protein each meal; build half-plate vegetables; add legumes
Portion creep at dinner	smaller plates; serve once; box leftovers early
Weekend 'reset' overeats	keep routine; plan higher-volume, lower-cal meals; walk after meals
Under-moving weekdays	add 10–15 min walks 2–3×/day; stand more; stairs
All-or-nothing cycles	set small non-negotiables: steps, protein, bedtime

Portions & Macros — Simple Targets

Component	Target	How
Protein	1.2–1.6 g/kg body weight/day	include at all meals; lean meats, eggs, dairy, tofu, legumes
Fibre	25–35 g/day	vegetables, fruit, whole grains, beans; add chia/flax
Carbs	flex by activity	more on training days; less when sedentary
Fats	include basics	olive oil, nuts, fatty fish; mind calories

Movement, Sleep & Stress — Levers That Matter

- NEAT: build steps into routines (commute, post-meal walks, chores).
- 2–3 resistance sessions/week: preserve muscle and resting expenditure.
- Sleep 7–9 h; keep a consistent wind-down; reduce late screens.
- Stress: 5–10 min breathwork, journaling, or walks to curb stress eating.

Balanced Plate — Visual Method

Plate	Composition
Everyday meal	1/2 non-starchy veg, 1/4 protein, 1/4 smart carbs; add 1–2 tsp oil/nuts/seeds



Lower-carb day	1/2 veg, 1/3 protein, 1/6 carbs; extra veg for volume
Training day	1/2 veg, 1/4 protein, 1/4-1/3 carbs; fruit pre/post as needed

Weekly Plan — Keep It Simple

1. Pick 3 anchor dinners you enjoy; repeat and rotate sides.
2. Prep protein and vegetables 2× per week; keep fruit ready-to-eat.
3. Set non-negotiables: steps goal, 2-3 strength sessions, bedtime.
4. Weigh/measure progress weekly; use waist and energy/satiety, not daily scale swings.

Troubleshooting Flow

If...	Do this for 10-14 days
Weight static 3+ weeks	tighten portions 10-15%; raise steps by +2k/day; keep protein high
Constant hunger	add veg volume and protein; move carbs to earlier meals; improve sleep
Low energy	add 1-2 smart-carb servings on training days; check iron/B12 with clinician if needed

Myths vs Facts

Claim	Reality
"My metabolism is broken."	Resting metabolism usually shifts modestly; consistency and muscle matter more.
"Carbs at night always store as fat."	Total intake and activity are key — timing is secondary.
"Fat-burner pills will fix it."	They don't replace habits; may raise heart rate/anxiety — skip.

FAQ — Quick Answers

Question	Answer
Do I need to count calories?	It helps some; others do well with plate method + protein targets + weekly check-ins.
How fast should I lose?	0.25-0.75% body weight/week is reasonable; slower is fine if sustainable.
What about cheat days?	Plan flexible meals instead; extreme swings often stall progress.

When to Seek Medical Advice

- Rapid unexplained weight change, persistent fatigue, hair loss, menstrual changes.
- History of eating disorder, diabetes on medication, thyroid disease — get personalised guidance.



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