# 32 strategies to lose weight, WITHOUT tracking calories

**Hey it's Andy!**

**I want to take a moment to thank you for taking the time to download this free report.**

**It's no secret that I'm a big fan of tracking calories and macronutrients through an approach called "flexible dieting".**

**I appreciate that it's not for everyone, and it's not something everyone has to do ALL of the time.**

**So how can you achieve weight loss without meticulously logging everything you eat?**

**I originally put this list of strategies together for a weight loss client who wanted to get results without dietary tracking. I told him to pin this to his fridge, or somewhere visible, and I encourage you to do the same.**

**Don't worry about implementing all 32 strategies in one hit. Read through everything, circle just three that stand out to you and commit to making them habits. Once you have mastered the first three, pick three more, and so on.**

**Remember, if you need help, I'm here for you. Right now, I'm offering a free month of online coaching. It may be just what you need to kick start your weight loss.**

**You can sign up here: [www.TrainWithoutLimits.ca/FREE](www.TrainWithoutLimits.ca/FREE)**

**Enjoy the report!**

**Andy Mason BA(Hons), ACE-CPT, PN1**

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*"Andy has been amazing for us. We wanted to get in shape before our 2018 Wedding and just feel better in general and we have already accomplished both in less than 5 months. We both have more energy, have gotten stronger and lost weight along the way. He has taught us a lot and we could not have accomplished what we have without his guidance. Highly recommend Andy!"*

Hayley
Online Coaching Client

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**32 strategies to lose weight, without tracking calories**

1. Strength train to preserve muscle.
2. Eat mostly one ingredient foods. A vegetable, a piece of fruit, a piece of chicken etc.
3. If you do eat processed foods check the label and figure out the portion sizes vs the whole pack.
4. Be conscious of fat content especially fats you add. Fat is 9 calories per gram, protein and carbohydrate is 4 calories per gram.
5. Don't drink your calories.
6. Monitor your daily movement with an activity tracker. 10000 steps a day is considered active. On the weekends, get outside and aim for more.
7. Avoid weekend binges. So many people create a calorie deficit Monday to Friday and then cancel out all their hard work at the weekend.
8. Utilize diet pop or water to help manage your hunger.
9. Recognize that it's okay to feel hunger from time to time whilst losing weight.
10. Narrow your eating window in a 24 hour period. Not hungry for breakfast? Skip it. Alternatively eat less total meals.
11. Dial in your sleep habits. Get at least 7-8 hours per night.
12. Watch your stress levels. High stress levels can temporarily stall your weight loss.
13. Watch your portion sizes.
14. Aim for nutrient dense foods not calorie dense foods. Even then be careful, some foods are both.
15. Fill your plate with vegetables. Vegetables, excluding potato, add volume to your meals, without adding a lot of calories.
16. If you do have a treat or eat some junk try to limit the amount.
17. If you go off the rails a little bit, don't keep going. Accept it happened and go straight back to your good habits.
18. Be aware of the salt content of foods and the salt you add. It can cause a temporary spike in scale weight. This is not fat gain.
19. Watch your mood. If you increase exercise and drop calories you may occasionally become 'hangry'. It's normal in the early stages of dieting.

20. When you're busy and pushed for time your food choices may be compromised. Have go to healthy meals you can just grab from the fridge when you are in a rush.

21. When you are stressed the odds of making a poor food choice increases dramatically. Recognize when you are in this state and have a go to healthy snack on hand.

22. Plan ahead. Try to be less reactive. Before going to bed each night take a few minutes to think about what you are going to eat the next day. If you really want to be proactive have your meals prepared in advance.

23. Going out? Take a healthy snack out with you to avoid picking up some junk food.

24. Going out for a meal? No problem. Pick a healthy choice and/or reduce the portion size. If you go to a restaurant chain look up the menu online and choose what you will have in advance. Some websites will also have the nutritional information available so you can check out the calorie content of each dish.

25. Your diet does not have to avoid all junk food, just reduce the frequency and the portion size.

26. Avoid added sugar. Read the label. Many processed foods contain a large amount of table sugar or corn syrup. This is a quick way to bump up your calories.

27. If you know in advance you are going to eat a very large meal compensate with lighter meals before and/or after.

28. Increase your protein intake. Protein rich foods like chicken breast increase the feeling of fullness and prevent muscle loss.

29. Increase your fibre intake. Beside being good for you, fibre makes you feel full.

30. Stay hydrated.

31. Coffee. Caffeine suppresses your appetite. Use it sparingly.

32. Challenge yourself. Before every meal ask yourself: is this moving me closer to my goal or away from it?

**Thank – you!**

**I really hope you were able to get some benefit from this report.**

**If you feel a bit overwhelmed trying to go it alone, or would just benefit from being accountable to someone, don't forget to sign up for your free month of online coaching.**

**I'll put my cards on the table, I'm hoping that after a month you'll value the service so much that you want to stay on as one of my paid clients.**

**But I want you to know that there's no obligation. If you just want to take your free month and run that's cool too! Just be sure to tell your friends if you liked the service.**

**You can sign up here: www.TrainWithoutLimits.ca/FREE**

**Cheers,**

**Andy**

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In case you were wondering, here's what you get as one of my online coaching clients:

- Get many of the benefits of working with a trainer at a fraction of the cost.
- A great option for those who are comfortable working out in their own gym or at home, but would benefit from additional guidance, support and accountability.
- If you have the motivation, but are not getting results, this is for you!

Every online coaching package includes:

- Program design, progress monitoring, adjustments as necessary to achieve goals.
- Full nutrition support to reach your health, body composition or performance goals. Everything from general nutrition advice to detailed "Flexible" dieting with weekly progress checks.
- Periodic review of progress and feedback.
- Lifestyle advice to maximize your results.
- Personalized fitness software, so you can log your workouts and track your weight loss progress on your phone or computer.
- Text/Email/App Messaging service. Got a question about your program, diet or anything health and fitness related? Reach out to me anytime.

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**Web:** www.TrainWithoutLimits.ca/FREE

**Email:** andy@trainwithoutlimits.ca

**Facebook:** https://www.facebook.com/TrainWithoutLimits/