

Calorie Awareness & Metabolism Guide



Find Your “Sweet Spot” for Sustainable Weight Loss

Your Body May Be Protecting You — Not Failing You



Why eating less isn't always better

Eating less doesn't always lead to better results. Sometimes it slows your metabolism instead.

The Goal Isn't to Eat Less...

I know that's counterintuitive. A lot of people struggle with this concept that *restricting calories severely is not the answer*. It can put you in:

“Conservation Mode”

Instead of burning efficiently, it slows things down.
Your body becomes more effective at storing fat.

The goal is to find your calorie sweet spot!

Where:

- you have energy
- hunger feels manageable
- cravings are lower
- progress becomes sustainable



Your Calorie Sweet Spot



Too Little
(Conservation)

Sweet Spot
(Progress)

Too Much
(Gain or Stall)



- low energy

- high cravings

- stalled
weight loss

- overeating
later

- steady
energy

- controlled
hunger

- consistent
progress

- sustainable
habits

- weight gain

- low
awareness

- inconsistent
habits

Signs You May be Undereating

Are You in Conservation Mode?

Always thinking about food

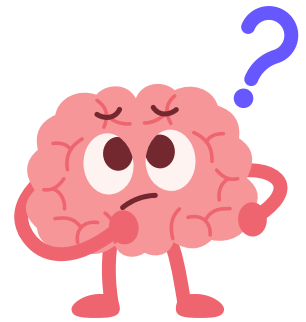
Energy crashes during the day

Strong cravings at night or the next morning

Eating very little but not losing weight

Feeling cold, tired, or irritable

“Being good all day” → overeating later



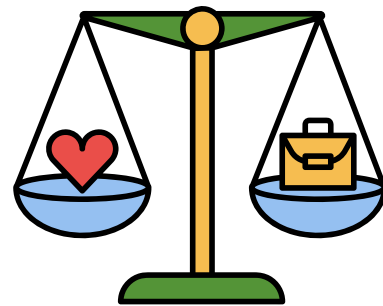
Metabolism Support Checklist

How to Support Your Metabolism

Eat balanced meals (protein + carbs + fat + fiber)

Don't skip meals

Include enough protein



Stay consistent day-to-day

Strength train or stay active

Manage stress



Prioritize sleep

Use TEF to Your Advantage

Your body burns calories just digesting food — this is called the Thermic Effect of Food (TEF).

Why Protein Helps Your Metabolism

Here's what that looks like:

- **Protein:** burns 20–30 calories per 100 eaten
- **Carbs:** burns 5–10 calories per 100 eaten
- **Fat:** burns 0–3 calories per 100 eaten

Translation:

Protein requires more work from your body
just to process your food →
supports metabolism

A Simple Way to Think About It



“You can eat like a bird all day...
until you eat like a horse because you’re starving.”

Eating too little early in the day
often leads to overeating later.

Remember

Weight fluctuations are normal.
A temporary increase does NOT mean failure.

Sometimes weight loss happens in the background
of a “sodium blip”. ***How you know:*** Your weight is
lower than it was before the high sodium day.

Ready to stop guessing and start making progress?

Get a personalized plan based on your body and lifestyle.

Work with me to build a plan that supports your metabolism *and* your lifestyle.

♥ Book an Appointment

♥ Or start with a Strategy Session

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