

Why Carbs and Fat Aren't the Enemy



For years, I thought carbs and fat were the problem. I cut them to the bone, counted every bite, and felt miserable. The truth? Carbs and fats are not the enemy — imbalance is.

When you include them the right way, they help you lose weight and feel satisfied. They make your meals complete — full of flavor, energy, and comfort — without sabotaging your goals.

The Carb Myth

Carbs often get a bad reputation, but not all carbs are created equal. Cutting them out completely leaves you tired, deprived, and craving sugar.

The right carbs — whole grains, beans, fruits, and vegetables — provide energy, fiber, and nutrients that support weight loss and overall health. They keep you fuller longer and prevent the blood-sugar crashes that lead to overeating.

When carbs are balanced with protein, healthy fats, and fiber, they become part of the solution — not the problem.

The Fat Myth

For decades, we were told fat makes you fat. The truth?

It's not fat itself that's the issue — it's the *type* and *amount*.

When you choose the right fats in balance with other foods, they help you lose weight and feel great. **That's exactly what this plan does for you** — every meal is balanced so your body gets the nutrients it needs in the right form and amount.

Healthy fats are essential. They add flavor and satisfaction to your meals, which means you're less likely to feel restricted and more likely to stick with your plan long term. Olive oil, avocados, nuts, and seeds support your brain, heart, and hormones — and they make food enjoyable again, not off-limits.

Why This Approach Works

Unlike extreme diets that cut out entire food groups, this plan teaches you how to:

- Balance carbs, protein, and healthy fats in every meal.
- Enjoy real food you love — no guilt, no deprivation.
- Feel satisfied and energized all day.
- Lose weight in a way that's realistic and sustainable

What I Learned Along the Way 🌿

For years, I believed carbs and fats were holding me back — when really, fear and restriction were.

Once I stopped cutting foods out and started learning how to balance them, everything changed. I found freedom in meals that fuel my body, taste good, and fit real life.

Now it's your turn to see what happens when you let go of food guilt and start trusting balance.

— Isabelle

👉 Visit **thrivewithisabelle.com/the-plan** to explore the full program and begin your own lasting change.