

10 Mistakes That Keep You Stuck (and How to Fix Them)

After 40 years of trial and error, here's what really works – and how you can finally stop starting over.

1. Skipping Protein 🍗

Protein is the key to staying full, preserving muscle, and supporting fat loss. But most people don't get nearly enough.

✅ **Fix:** *My Plan makes sure you get the protein your body needs each day — without endless tracking. You'll see how to build meals around lean meats, fish, eggs, and Greek yogurt, in portions that work for real life.*

2. Cutting Carbs Too Low 🍞

Low-carb diets promise fast results — but often backfire. Many people slash carbs so hard that their energy crashes, then load up on full-fat cheese, beef, and processed meats. I tried it myself once — and it felt like a shortcut to clogged arteries, not better health.

✅ **Fix:** *My Plan makes sure you get the right balance of carbs, healthy fats, and protein. You'll eat real foods that fuel your body, support heart health, and make weight loss sustainable.*

3. Cutting Fat Too Low 🥑

On the flip side, many “low-fat” diets go too far — leaving you hungry, tired, and missing key nutrients your body needs. Healthy fats are essential for hormones, brain health, and keeping you satisfied.

✅ **Fix:** *My Plan includes healthy fats in the right amounts — from foods like avocado, olive oil, nuts, and fish — so you feel satisfied, energized, and balanced while losing weight.*

4. Relying on Processed “Diet Foods” 🍪

Shakes, bars, frozen “diet” meals — they promise convenience but usually leave you hungry, cranky, and right back in the pantry an hour later. They're often loaded with sugar, artificial ingredients, or empty calories that don't truly nourish your body.

✅ **Fix:** *My Plan uses real food — simple meals you can make and enjoy — so you feel satisfied, fueled, and never stuck relying on cardboard-tasting “diet” products again.*

5. Obsessing Over Calories Alone

Counting every calorie can feel like control — but it misses the bigger picture. You can eat “low-calorie” foods all day and still feel tired, hungry, or struggle to lose weight if you’re missing the right balance of nutrients.

✅ **Fix:** *My Plan takes the stress out of calorie counting by giving you balanced meals with the protein, fiber, and calcium your body needs. You’ll eat enough to stay satisfied while still creating the steady, healthy weight loss you want.*

6. Not Getting Enough Fiber

Fiber is one of the most overlooked nutrients — yet it’s key for fullness, digestion, gut health, and steady blood sugar. Most people barely get half of what they need, which leaves them hungry, tired, and more likely to overeat.

✅ **Fix:** *My Plan builds fiber naturally into your meals — with fruits, vegetables, beans, and whole grains — so you consistently get what your body needs without having to track a single gram.*

7. Ignoring Calcium & Micronutrients

Most diets focus only on calories or carbs — and completely overlook nutrients your body actually needs to thrive. Calcium, for example, is vital for bone health, muscle function, and even weight management — yet most adults don’t get enough. The same goes for other micronutrients that quietly affect energy, mood, and long-term health.

✅ **Fix:** *My Plan makes sure you’re nourished, not just fed. With balanced meals rich in calcium, protein, fiber, and other key nutrients, you’ll finally see the difference in your labs, energy, and overall health.*

8. Skipping Meals or Starving All Day

It sounds logical: eat less, lose weight. But skipping meals or “saving up calories” usually backfires. Hunger builds, cravings take over, and before you know it, you’re overeating — or binging — at night. It also slows metabolism and leaves you drained.

✅ **Fix:** *My Plan keeps meals simple, satisfying, and balanced so you never feel the need to starve yourself. You’ll eat in a way that fuels your body, curbs cravings, and supports steady weight loss that lasts.*

9. Falling for Quick-Fix Diets ⚡

Detoxes, cleanses, extreme fasting — I've tried them all. And where did it leave me? With the metabolism of a snail, frustrated, and right back where I started. Quick fixes might give short-term results, but they don't teach you how to eat for life.

✅ **Fix:** *My Plan focuses on balance, not gimmicks. You'll eat three satisfying meals spaced 4–5 hours apart — a form of intermittent fasting that gives your body time to rest and reset between meals. It's simple, sustainable, and flexible enough to fit real-life schedules.*

10. Trying to Do It Alone 🙌

Most people start strong but struggle to keep going when life gets busy. Without support, encouragement, and a clear plan, it's easy to slip back into old habits — and end up starting over again and again. I know, because I tried to do it alone for years.

✅ **Fix:** *My Plan gives you the structure, tools, and guidance you need — plus opportunities for support along the way. You'll finally have everything it takes to lose the weight, find your balance, and keep it off — once and for all.*

💡 Your Next Step

These are the mistakes that kept me stuck for 40 years — until I built a plan that finally worked in real life. **Now it's your turn.**

👉 *[Be the First to Know When the Plan Launches]*