One of the most overlooked concepts to dieting is that it doesn’t have to be as hard as mainstream media portrays it to be! You don’t have to completely cut out sugar, you don’t have to completely eliminate carbs, you don’t have to eat 15 servings of vegetables, and you can even go out and have a social life! Dieting is NOT as hard as people fear it to be. Simply put, dieting requires you to be in calorie deficit and that’s it! Below is an excellent post by Jordan Syatt, Gary Vaynerchuk’s fitness coach, explaining 3 different dieting approaches that all result in the same amount of fat loss!

I’ll preface by saying you don’t need to count calories to lose fat. You can 100% lose fat without counting. That said, regardless of whether or not you count, if you want to lose fat you must be in a calories deficit. I don’t care if you do it by reducing carbs, reducing fats, a combo of the two. It doesn’t matter as long as you’re eating less calories than your body needs to maintain its current weight.

If you decided to count you don’t’ have to eat the same number of calories every day. In fact, I prefer carb cycling calories to eat less on some days and more on others. This way you can strategically eat more when you’re out with friends, going to parties, etc. And less when you’re doing your own thing and able to stick to your “normal” diet.

The cool part is you have options. A lot of options. And you can choose whichever one works best for you.

The Straight Deficit is not a cycling method. It’s just a simple, straight forward calorie allotment you eat daily. So let’s say your maintenance calories are 2000, you might eat 1500/day to lose fat over time. You don’t get high/low days but it is very simple and takes a lot of thought out of the equation.

The Alternative Deficit is a cyclical method where you alternate high/low days. If you do the math, the weekly total here is exactly the same as the straight deficit. The main difference is that on some days you eat low calories and other you eat higher calories, which give you more leeway and the ability to have more “diet breaks.”

The weekend warrior deficit is what most of my online coaching clients choose because it gives you the most freedom on the weekends. Basically, you eat very low calories during the week and relatively high calories over the weekend. It’s not magical or special, just a strategic way to structure your diet to make things fit your schedule better so you can be more consistent.

The funny thing about each of these methods? They all add up to the same weekly total (10,500 calories) and would result in the same amount of fat loss. The key is to do what works best for YOU. Vi