

WELCOME TO WEIGHT LOSS WITH REAL FOOD

REAL FOOD 

Getting Started!



Weight Loss with Real Food



What is Weight Loss with Real Food?

Weight Loss Real Food is an eating style that promotes weight loss and healthy eating habits where you learn to count your daily macros instead of purchasing prepackaged foods or paying a corporation for a subscription or products. We provide you with the parameters and you make your own healthy meals using products you can find in your pantry or grocery store. Yes! You make your own food! You create your own recipes!

You can still lose weight and eat **3 Power Meals**, and **2 Mini meals** per day.

Weight Loss with Real Food Community

If you have made it to this booklet, you probably have already joined our Facebook group. If you have not, we strongly suggest that you do. You can find the following there:

- Albums including mini meal recipes with macro math done for you
- Support from others on the same journey
- Step by step recipes
- Recipe video tutorials

Weight Loss with Real Food

For Women

Daily Intake:

Calories 800-1000
Carbs 90g or less
Fat 30g or less
Protein 70g or more

Mini Meals:

Calories 110
Carbs 15g or less
Fat 5g or less
Protein 10-15g

Power Meals:

Calories 260 or less
Carbs 20g or less
Fat 6.5g or less
Protein 16.5g or more

For Men

Daily Intake:

Calories 1300
Carbs 97g or less
Fat 50g or less
Protein 145g or more

Mini Meals:

Calories 160
Carbs 15g or less
Fat 7g or less
Protein 20g

Power Meals:

Calories 326.5 or less
Carbs 22.3g or less
Fat 12g or less
Protein 35g or more

REAL FOOD 

Providing real hope using real food for real people.

***If you have any health concerns/issues please take these parameters to your physician. They can adjust the numbers specifically for you!**

OUR RECOMMENDATIONS

FOLLOW US ON INSTAGRAM!
WEIGHTLOSSWITHREALFOOD



WATCH OUR
YOUTUBE
VIDEOS!

Weight Loss
with Real Food



VISIT OUR
WEBSITE

www.weightlosswithrealfood.com

EMAIL US!

weightlosswithrealfood@gmail.com

We are always here to help and support you! Please take advantage of the information we provide on each social media platform! And if you still have questions email us at weightlosswithrealfood@gmail.com

VISIT OUR ALBUMS SECTION ON FACEBOOK

If you are feeling overwhelmed by the whole "macro tracking" idea do not fear! We have an albums section where all of the macros are already counted and given! If it works better for you simply choose 3 different Power meals and 2 mini meals from the albums and make those until you feel comfortable enough to make your own!

Our members also provide power meal recipes for you to use!

To get to the albums section on your device, go to the group's home page. There will be three lines at the top left corner. Click those then click albums! If you are on a computer go to the group's homepage, click on media then click albums.

Real Food

Private group · 59.8K members



Discussion Featured Videos Members Media Files

For announcements click on the "featured" tab on the top of the home screen of our Facebook page. There you will find our most important posts and announcements.



Download the free Baritastic app on your mobile device to help you track your meals, exercise, and weight loss. You do not need to have the surgery done to download the app!



Watch our videos on Facebook for extra help!



Quick Tips

01

Eat every 2.5 hours

If you are hungry you can eat each mini meal 2 hours apart but do not go below 2 hours or you will not have enough food to last an entire day. Do not go over 3 hours without eating as this will cause hunger and excess eating at mealtimes.

02

Drink 64 oz. Daily

Drinking water will help you feel fuller longer. Water also helps with the digestion of food.

03

Meal Prep

Plan and prep your meals the weekend before to avoid any bad last minute decisions.

04

Eat Cucumber or Celery

Hungry? Need something to chew? Eat 60g cucumber or celery to keep you full between meals. Spice it up with lime and Tajin for added flavor.

05

Exercise 30 mins a Day 5 days a week

Exercise will help increase metabolism and aid in weight loss. We do not recommend adding back calories.



WHAT WE EXPECT FROM YOU

01

Kindness

Everyday we accept new members to our Facebook group. They may ask questions that you have seen before or even answered yourself. If you find yourself frustrated with the repetitive questions, please keep scrolling. No need to post a snarky comment. Please do not comment mean things under people's pictures...

02

Patience

Many people believe we are a large corporation with employees. We are not, this has been a free service. We are 3 women trying to help thousands of people. It may take us a moment to help you, but we will!

03

Personal Accountability

If you are not seeing results, please reflect on what you have been eating and drinking. Some people post when they are upset that they did not lose weight. Often times, this is because they are not following the plan 100%.

04

Contact Us

We are human and we do make mistakes. If you find a recipe that has a typo for example, please do not post the mistake to the group. Email us at www.weightlosswithrealfood.com so we can correct it.

05

Be Supportive

Sometimes we post recipes that you may not like. Perhaps we post pickles and you hate pickles. That is fine, do not make that mini meal. No need to say "ew" in the comments. This also goes for recipes that our members post. Do not criticize their recipes. Just keep scrolling. Don't "Yuck Our Yum."

Weight Loss with Real Food

Recommended Sequence of Meals:

1. Power Meal
2. Mini Meal
3. Power Meal
4. Mini Meal
5. Power Meal

*This is only a recommendation. You are able to change the sequence to fit your needs.



It is with great pleasure and pride that I manage the Weight Loss with Real Food group. Together we are making the difference in the lives of thousands while allowing them to have grace and make mistakes as they learn. We are a place of kindness and assistance, a safe place for people to reach out and ask as they transform their minds and bodies into better versions of themselves. Not only are they losing weight, they are learning how to keep it off and how to show others as well.

-Sherri Boyd

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