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To: My PT and SLP Friends and Customers
From: Tom Ireland
Date: January 16, 2022
Subject: How to lose weight without getting hungry

Just the thought of having to lose a lot of weight can be a show-stopper. The need to lose 50 or more pounds is a daunting thought. But let me assure you - it can be done with a minimum of pain and effort. You just need to know how to do it. Most diets fail because the person dieting gets hungry and falls off their plan. I would like to help people succeed at their diet plans because I know the secrets on how to lose weight without getting hungry and I would like to share those secrets with anyone who is interested.

I speak from personal experience. I started my current program on March 9, 2021 and to date I've lost 90 pounds. I frequently get asked how I lost my weight so I thought I would write my rules down and share them with others who are having difficulty losing weight. I know these rules work because I've personally followed them many times (WAY too many times). I have not reached my current goal yet so I am staying on my plan and continuing to lose. Hopefully somebody will find these suggestions helpful.

The attached 2-page sheet lists the tricks and rules that I have found to be important when trying to lose weight. The key is that you have to be able to eat less without getting hungry. That way you can stay on your plan. I compiled this list after years of off and on dieting with both successes and failures. I have been struggling with my weight for years. I have spent hundreds of dollars on commercial weight loss programs and I have read dozens of books, pamphlets and articles on the subject. Everything I have read, learned and experienced has been whittled down to this 2-page sheet. This is what works for me, and it might help you. Everyone is trying to sell you something and make money off of your desire to lose weight. That is not my goal. I simply want to help people succeed at losing weight.

First, my disclaimers. I am not a medical professional; I am not a dietician; I am not a nutritionist; and I am not a weight loss professional. This sheet is NOT a diet plan nor a nutrition plan but instead it is a list of important-to-know rules that have helped me be successful losing weight. This sheet should not be perceived as anything that has been written or recommended medically or professionally. However, it has been discussed with several medical professionals and it takes into account all of their professional feedback.

So, while I'm not a medical professional I am really good at losing weight without getting hungry and I would like to share what I know with anyone who is having trouble losing weight.

Please review this list and if you agree with it and know someone who can benefit from it then feel free to give them a copy. This is free to distribute to anyone - just don't make money from it. That would be wrong.

Thanks. I would love to hear your feedback on it. I am always updating it.

Sincerely,



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How to Lose Weight Without Being Hungry

The Basics:

First of all, there is no secret to losing weight. You have to eat less. You gain weight by eating more than you need - you lose weight by eating less than you need. The trick is knowing *how* to eat less so you don't get hungry. If you control your hunger you are much more likely to stay on your plan and have a successful weight loss program.

To lose weight you have to eat fewer calories. It really doesn't matter how you do it or what diet you want to follow (WW; Mediterranean; South Beach; Keto; Atkins; Jenny Craig - or whatever else you choose) they can all work or they can all fail. It all depends on how well you follow them. Most diets want you to think that you are not counting calories because people don't like to count calories but, in fact, you are. Weight loss is not food type related - it is calorie related. I'd like to share some of my tricks to losing weight without getting hungry.

When trying to lose weight I keep these things in mind:

1. It takes strong self-discipline. More than anything, losing weight is a mental exercise - you need to have the right mental attitude and you need to be willing to stick to it or you won't be successful. Getting to the right mental state is an easy one-word change to your outlook towards food. Instead of thinking "What do I **WANT** to eat" start thinking of "What do I **NEED** to eat?" You need much less food than you want. Mentally your brain is telling you to go to that all-you-can-eat buffet and over-stuff yourself (or, "it's Ok, have that second burger), but physically your body will be perfectly happy and content with a 200 to 300-calorie meal. Feed your body, not your brain. You need to satisfy your hunger and then stop eating. [Special note: See Rules 7 and 11]
2. It takes a good food and exercise plan; one that you can live with and measure on a daily basis. Adjust the plan as needed as you go along. If you have food sensitivities or allergies you need to take those into account when developing your food plan.
3. It all comes down to calories. Losing weight is calorie-based. It is not dependent on food type, allergy or food sensitivity. You might feel poorly if you eat the wrong foods, but that doesn't directly affect your weight. When you get past all of the diet program marketing hype weight loss comes down to one thing: calories-in versus calories-out. You can overeat on any diet plan and gain weight.

Before you start your diet your first step should be to determine your BMR - your Basal Metabolic Rate (most people confuse this with your BMI but that's completely different). Your BMR is the number of calories your body uses, at rest, during a day. One pound of weight equals approximately 3,500 calories so if you keep your daily intake of calories at least 500 calories below your BMR you should lose about a pound a week. If you add exercise to your daily routine you should lose faster. On-line apps are available to help determine your BMR.

There are several key rules (or tricks) that I follow to help me stay on my diet plan so I don't get hungry. Sticking to these simple rules helps me be successful.

The Rules:

1. **Do not starve yourself.** It is the worst thing you can do. If you are getting hungry you are doing something wrong. Change your routine. You must eat to lose weight. If you don't eat your metabolism will put itself into emergency mode thinking that it is being starved and it will hold onto everything. I don't know what the daily minimum is before your body goes into emergency mode. I have a feeling that this varies by person. I try to keep my daily minimum above 1,000 calories. Eat intelligently. Good calories are better than bad calories. Eight hundred calories of turkey are way better than 800 calories of donuts. Maximize your protein. If you are having trouble losing, binge for a night (enjoy that pizza) to reset your internal calorie counter and start over the next day.
2. **Eat small meals frequently.** I eat about 5 times a day with each meal being 200-300 calories. This keeps me from getting hungry. Don't let yourself get hungry or you will lose control of what you eat. That's bad. I eat by the clock: 7 AM - 10 AM - 12 PM - 3 PM - 6:00 PM and I frequently have an evening snack of some fruit or protein. This way my body gets what it needs and I don't get hungry. I always plan ahead and I take with me what I will be needing if I go out. I usually carry a couple of protein bars with me, just in case I need one. A protein bar and a cup of coffee can make a world of difference if you are hungry. Don't let yourself get hungry. If you get hungry eat just a small amount of food. You will be surprised at how just a small amount of food will relieve your hunger.
3. **Do not go to a restaurant (either eat-in or take-out).** If you do, you are just about guaranteed to screw up. A restaurant always gives you way too much food and usually it is very difficult to control or count your calorie intake from restaurant food. If you can't avoid it, eat only half of what you are served. Pack the rest up and take it home for a nice reheated meal the next day. Some smart phone calorie-counting apps (such as Fat Secret - mentioned later) include some restaurant food. If you are using one of these apps and can count and control your calories then it would be OK to get restaurant food occasionally.
4. **Eat when you should.** Never skip a meal. If you get hungry all bets are off so eat by the clock; eat when you should; and eat whether or not you are hungry.
5. **Eat less – exercise more.** There is nothing complicated about this. It is not magic so there are no special foods or food combinations. It is not rocket science, it is simple math. It is calories-in versus calories-out. If you eat less than your BMR you will lose weight - especially if you throw in some exercise. When dieting, I set my daily calorie intake target at 1,200 calories per day. This will vary by person and by the amount of exercise you get. Everybody is looking for that "magic pill" so they can lose weight without changing anything. There isn't one. Stop looking and start making the necessary changes. Remember that you lose weight in the kitchen and not in the gym, and you can't out run a bad diet. Twelve hundred calories a day is much more food than you think.

6. **Count your calories.** You must do this diligently or you won't be successful. You'll wonder why you are not losing and you won't have any way to figure it out. Haphazard counting does not work. I use a free smart phone app called Fat Secret (which is also a website) to help me track my daily calories. I find this app to be very useful. I would say that this app is the single most important factor helping me to stay on my plan. Its food database is incredible and it couldn't be easier to use. You just scan the bar code on the package and the nutritional information gets dropped into your daily counter. You can also look up foods and it lists many of the menu items from the major restaurant chains and some of the smaller chains. It is really helpful and easy to use.
7. **Calorie control through portion control.** This is the most important part of any diet. You need to control the amount you eat **BEFORE** you sit down at the table. This is done through portion control and all diet plans adhere to this. Determine how much you can eat (either based on calories or based on the diet plan you are following) and put only that amount on your plate - then eat only that amount. Sometimes that amount will look quite small but you will be surprised at how little food your body needs to overcome feeling hungry. Remember - you are going to eat multiple times in a day so you are not going to get hungry. Spread your portions out, but keep them small. There are many portion-controlled meals available in the grocery store (both frozen and not). Eat what you want just control your portions, count your calories and maximize your protein. A good digital postal or diet scale (which measures in both grams and 1/10 of an ounce) is essential when you start using regular food from the grocery store. You can still enjoy chips and salsa - just measure the portions and count the calories. Control your portions so that your calorie count per meal is 300 calories or less. It might not look like much on your plate but this is more than enough food to satisfy your hunger. Don't try to satisfy your eyes. Worry about what your body needs, not what your eyes want.
8. **Develop a plan and stick to it.** People don't like being told what to do so make up your own daily food and exercise program. Adjust it as needed but, most importantly, **STICK TO IT** - and don't let yourself get hungry or you will eat something you shouldn't. Your program needs to be measurable so you can measure how well you are doing on a daily basis. If it is not working you might have to look at your daily calorie count and make an adjustment to your plan. My program is simple - my goal is to keep my calorie intake to 1,200 calories a day (my BMR is about 1850) and I try to take a daily exercise walk. Remember, you are looking for progress, not perfection. Don't expect to drop weight every day. You might drop for a couple of days but then you'll level off for a couple of days. You should even expect to go up now and then, but you'll come back down as long as you are sticking to a good plan. Be more focused on weekly progress than daily progress. This will work for you as long as you are keeping your calorie intake sufficiently below your BMR. With my plan I am losing about 10 pounds a month.
9. **Drink lots of fluids.** You need to hydrate (a lot) to lose weight. My drink choice is Crystal Light Peach Tea. Plain water is better but I can't drink enough plain water. I need something with some flavor in it.
10. **Eat this, not that.** Eating that bag of peanut M&M's is a bad idea. Have some chicken or protein instead if you are hungry. Maximize your protein. Also, fruits, nuts and fiber are excellent and they keep the hunger away. I will often grab a handful of almonds (which is about 85 calories) if I need a quick snack.
11. **Eat slowly.** How many times have you finished a meal and said "Oh. I ate too much!?" This is because you are feeding your eyes - not your body. Control your portions in advance so this doesn't happen. It takes several minutes for food to travel from the mouth to the stomach, and then it takes more time for the brain to process that you have eaten. If you eat too fast you will eat more than you should. Control your portions before you start eating so you know how much you can eat and then spread it out over a period of time. You will avoid that overstuffed feeling and have better control over your calorie intake.
12. **No alcohol and control your snacking.** Alcoholic beverages (drinks, beer, wine, etc.) are very high in calories. It is best to stay away from them. If you choose to have a drink you'll need to add the calorie count to your daily total. The same goes for snacking.

In Summary:

Losing weight is 99.5% mental and 100% individual. You have got to be mentally ready to do it; you have to make a plan (your own plan) and be ready to stick to it until your weight loss goals are met. The rules I provided above are simple little tricks that I use every day to help me stay on my plan. A good diet plan is easy to stick to during weight loss and then it can be adjusted later to become a life-style plan. Don't follow my usual lead and go nuts after you reach your weight loss goal or you will just have to do it again (like I have done - too many times!). Good luck with your weight loss program.

