

THE 5 BIGGEST MISTAKES

*Vegans make with
weight loss*

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MISTAKE #1

YOU BELIEVE THAT GOING PLANT-BASED = IMMEDIATE WEIGHT LOSS

You have most likely listened to your friends or family claim how amazing it was to lose 20lb after going vegan!

Even worse are the youtube videos with "Vegan Superfoods" and "Cutting Dairy Helped Me Lose X lbs!" headlines that promote quick vegan weight loss in 7 days.

You gave it a try, only to end up *gaining* 20lbs in the process.

You start comparing your progress to everyone else's. You begin to doubt your diet and your progress.

You decide to jump ship on your diet or program too early! I promise you, the most successful weight loss comes from losing 0.5-2lbs per week!



Takeaway: Give yourself grace to not compare your journey and track your results each week to prove your steady progress!

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MISTAKE #2

YOU'RE ON A LOW CALORIE *RESTRICTIVE* PLANT-BASED DIET

It's obvious, to lose weight you must eat less calories than you burn.

The mistake comes when most women drop their calories too low, too fast, and cut out food groups.

This happens by going completely 100% raw plant-based, soy or gluten-free plant-based, vegan keto, calculating calories incorrectly, or not paying attention to your hunger cues or regular eating schedules.

Why does this matter? When calories are too low, you're not getting enough nutrients, toned muscle will be lost, you will not recover properly after a workout, and stress levels of the body will increase.

All of these factors create a body that will hold on to weight OR lose weight (muscle) and hold onto fat selfishly.



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Takeaway: Restrictive plant-based diets lead to fatigue, nutrient deficiencies, slow metabolism, & flabby, soft bodies.

MISTAKE #3

YOU'RE NOT FOLLOWING FITNESS NUTRITION PROTOCOLS

I get it, there's a lot of different vegan diets! You've got raw vegan, junk food vegan, 80/10/10, starch solution, etc.

The basic foundation (high protein intake) of what it takes to keep muscle during weight loss is in none of these diets.

GASP But isn't high protein bad for my kidneys?!

I once fell for that too! It has unwanted effects on people with kidney disease.

For you, as a healthy vegan, high protein helps you combat blood sugar spikes and crashes, keeps you from getting hungry between meals, which calories in check for weight loss!



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Takeaway: Fitness nutrition (focusing on enough protein and calories) creates beautiful, toned muscle that is revealed in weight loss!

MISTAKE #4

YOU HAVE NOT DECREASED ALCOHOL INTAKE

Alcohol is vegan.. Let's partayyy!!

Well, some alcohol is not vegan, but we can still drink the good ones!!

BUT what I have experienced with my vegan clients is that cutting out calories from animal products but not alcohol intake, leaves them making no changes!

My challenge to you is give it a try!

Take a before picture, then go 7 days without alcohol at dinner or on the weekend. Take an after picture on day 8 and watch what happens!

You will be surprised!!

Luckily, none of my clients have to give up alcohol completely to see results.



Takeaway: You must learn to balance alcohol into your routine for successful weight loss!!

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MISTAKE #5

YOU'RE NOT WEIGHT LIFTING

Have you noticed that vegans are always portrayed doing yoga, pilates, or lots of cardio?

I think this is because these are non-violent, peaceful activities that require no grunting in the gym! Newsflash: weight lifting doesn't hurt anyone either!

!If you want to lose weight and have a lifted butt, tight tummy, and arms that don't wave back at you when you wave them, then you need toned muscles.

And I hate to tell you this, toned muscles are not built doing cardio, yoga, pilates, or whatever else you think vegans do. They are built by lifting weights.

Weight lifting also helps to increase metabolism and speed up weight loss!



Takeaway: Get into the weight room and start with easy dumbbell movements, the results will follow!

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THE SOLUTIONS!

Check your email!

If you have made any of the mistakes above OR if you are just starting but don't want to make a mistake, I will be sending you the solutions and tips to get you started!

In just one week, you'll be well on your way with your fitness journey!

Following the solutions will help you and when they do, send me a message so I can cheer you on!

Last but not least, what you do consistently is most important. You can use these solutions for your entire journey.



I hope this was helpful to you!
Jenn Wall

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