

The Top 10 Reasons for Weight Loss Failure

10. Skipping Breakfast



9. Eating Nutritionally empty foods: potato chips (*even organic*), white rice, white bread, white potatoes, eating too many "low fat" cookies and snacks in 1 sitting (*eat a boiled egg or two rather than empty calories*)



8. Drinking the Calories (ex. alcoholic bevs., soda, sweet coffee drinks, sugary energy drinks). Try using Rehydrate instead.

7. Eating high calorie foods



6. Boredom eating (*take*



instead)



5. Eating only carbs for breakfast: yogurt and fruit, pancakes, poptarts, cereal (*even organic*) (*it's best to add protein to every meal, example a scoop of Vanilla Muscle Gain*)



4. Not eating much during the week, then catching up on the weekends

3. Unconscious eating



2. Not sleeping at night or going to bed too late (*we must allow our bodies to repair with 7-9 hours of sleep*)

AND THE #1 reason:

1. Skipping Meals