

The Self Coaching Guide For Weight Loss With A Raw Vegan Diet



by Ronnie Smith

**Self Coaching
Guide For
Weight Loss
With Raw
Foods**

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Introduction

The intention of this guide is to provide a programme for people who are looking to lose weight with a raw food diet or with the addition of more raw foods into their diet.

Many people require support when looking to lose weight. It can be a very difficult task for most and unfortunately many fail. One reason for this failure is that they do not have a plan to follow and a clear set of actions steps to take.

This guide sets out a programme you can follow. There will be suggestions where you can make your own modifications and changes, but it would be wise to stick to the steps for a few months at least to see if it works for you.

Weight loss should be predictable and consistent, not random and mysterious. When we take the tried and proven steps that have worked for millions of people worldwide we will surely get the success that they achieved. If we fail to get the result we are looking for, we have to be honest with ourself to see if we truly followed the steps accurately.

When it comes to losing weight, being honest is important. Being completely honest with yourself when it comes to food is hard. It is almost like our mind will deceive us. We can easily forget about the extra snack foods we ate and then wonder why we are struggling to lose weight. It is important to really take this task seriously.

The programme is written as a step by step process and it is suggested that you take one step at a time. Work through each step and take the suggested action steps. Achieving your weight loss will not just be about the “know how”. It is also important to invest time in changing your mind set and your beliefs around your weight.

In order to stay motivated, tracking your progress clearly will really help with this. Do not miss these steps out as they will play a huge role in your success in the long run.

Why Lose Weight?

Have you truly decided that it is time to lose weight? Have you truly made that decision or are you still playing around?

Being overweight is something to get serious about and committing to losing weight is very important. Being over weight puts you at a greater risk of many diseases and in particular is the number 2 risk factor to developing cancer after smoking. Being over weight puts extra strain on all of our vital organs and diminishes our energy.

It can affect peoples mental health and lead to added stress and anxiety. When people gain weight they often end up being less active and they miss out further on the stress relieving impact of exercise.

Whether we want to believe it or not, people are seen as more attractive when closer to their optimal weight. On top of feeling better, looking better and healthier is also a positive side effect of losing weight.

It may be unfair that society may label over weight people as being lazy (often this is not true at all) but unfortunately this discrimination will still exist and may affect your opportunities in life.

There is no benefit to being overweight but many tremendous benefits to losing weight. Get serious about the journey and create a list of all the reasons that it is time for you to lose the excess weight that you are carrying around unnecessarily.

Action Step 1 – Create a list of all the reasons you wish to lose weight. You do not have to share this with anyone so be as honest and as open as possible.

Step 1 – Accept That You Are Responsible For Your Current Weight

It is important to truly accept that you are fully responsible for the weight that you are at. Many people have created reasons for why they are overweight that often conveniently allows them to shift the blame to something outside of their control.

Common reasons include

- it's genetic, my parents passed it on to me
- I have a thyroid condition
- I have not been able to exercise recently
- it's because of my job
- my medication is making me gain weight
- it is because of emotional reasons

Or a person may simply say:

“I have no idea why I am overweight, I don't eat any more than my friends”

I remember a friend who told me this when I met him. He was around 200 pounds over weight for his height. When I got to know him better, I found that he almost never exercised in any way, rarely left his flat and would consume huge portions of takeaway and other high calorie foods on a daily basis.

If you do not accept you are responsible for your weight, then you are putting yourself in a place of disempowerment. You are literally affirming that your weight is something you have no control or power over.

When you accept it is your responsibility alone and that your actions have led to this result you put yourself into a position of power, even if it feels uncomfortable to do so. You are affirming that you created your current weight and that you can change that.

If you can take actions that led to weight gain then you just have to change those actions to achieve your weight loss.

Action step 2- Review your lifestyle over the last few years. Fully accept that you were in control of your eating choices and you are responsible for your current state of health. Also affirm to yourself “I choose to take the actions required to help me get to my optimal weight”.

Step 2 – Believe That You Can

Henry Ford said:

“Whether you think you can or can't, you're right”

If deep down you do not believe you will ever lose weight then it is likely you will always go back to the habits that will align with your belief. Do you picture yourself as always being overweight? Is that how you define yourself?

I had one friend that said:

“I will always be a big girl”

This statement was a reflection of her deeply held belief. If you hold beliefs like this and re affirm them to yourself by saying them continually then your actions will always reflect this and stop you from achieving the goal you wish to achieve.

Maybe you have some inner spring cleaning to do. What are your thoughts, feelings and beliefs around your weight? What ideas and pictures occupy your mind? It is time to start changing your inner vision of yourself.

Action Step 3- Try this exercise:

Get comfortable and close your eyes, somewhere quiet. Imagine yourself waking up and you are at your perfect weight. How does this feel? Imagine how you will look and what it will be like to know that the clothes you want to wear will fit perfectly all the time.

Imagine that staying at your perfect weight is effortless and that you enjoy your new lifestyle and the foods that you eat that keep you trim. Imagine how much easier it is to move around and do the activities you like doing. Imagine walking up stairs with more energy and without getting out of breath and sweaty.

How do these thoughts make you feel? Excited? Happy? Or does it leave you a little sad? You will only feel negatively if you do not believe you will be able to step in to the vision in your mind. You should feel excited and have a sense of positive expectancy. You should expect that you are heading towards that new version of you and almost see it as a done deal. This is going to happen and nothing will stop me!

Develop positive thoughts that reflect the belief that you have no doubt you are heading to your optimal weight. You can develop affirmations that you repeat to yourself like a mantra. Doing this over and over will help to lodge new belief

patterns in your mind. These are often more powerful if said with conviction using present tense language (as if you have already achieved your result).

Why is this? We are goal oriented and problem solving creatures. If we have a subconscious belief that does not reflect reality, our mind will fight to bring this into alignment. Here is an example of a powerful affirmation:

“I am so happy and grateful now that I feel happy, healthy and great at my perfect weight!”

Action Step 4 – Each day imagine yourself at your perfect weight and imagine how that feels. Repeat to yourself the a positive affirmation like the one above.

Step 3 - Assess Where You Are Right Now And Where You Want To Go

“If you don't know where you're going, any road will take you there” - George Harrison

It is important to get an accurate idea of exactly where you are at and where you want to get to. It can be hard to look at the scales but it is important. I encourage you to get honest and accurate with exactly where you are at.

Choose a time once every week that you will weigh yourself. Make this the first thing in the morning after using the bathroom and before drinking water or eating any food. This will help you get a very accurate weekly measurement of how your weight has changed over the week.

Only do this once per week and make it exactly the same time. I choose Monday mornings as the best time as it is the start of a new week. Weight fluctuates over the course of a day and can be affected by a number of factors. Weighing yourself at different times of day will give you a very inaccurate picture of where your weight is at.

Once you have weighed yourself it is important to write this number down. I suggest you open a new document in your computer or phone and probably a spreadsheet is best. Write down the date and the exact weight in whatever metric you prefer. You may also want to take a picture and mark a date on that. Once again, this may be something you wish to avoid but it is essential that you get completely clear on where you are at.

If you want some real motivation you may wish to create a chart on the wall that you can see each day. You can also turn it into a graph so you can see your weight come down visually.

Each week, measure again and track the date and time. You may wish to take a picture each week also. Be religious about this. Make it a consistent habit that you never miss. Regardless of whether you think you have had a bad week or not, it is important to confront the truth.

It is also important to have an idea of where you want to get to. What is your ideal weight? Where do you want to get to overall?

It is relatively easy to find the best range of weight for your height and gender. You can search online for your ideal “BMI” or body mass index where you are at your healthiest. When you see this number do you resist it? Can you not imagine ever

being at that weight? Make sure you continue to work on your belief and you may wish to add this new number to your affirmations.

“I am so happy and grateful now that I am at my perfect weight of pounds”

Now that you have an idea of your perfect weight, work out exactly how much weight you have to lose to get to this weight. This is a simple subtraction of your current weight from your goal weight.

Whatever this number is, it is good to set a reasonable expectation of how much time it will take for you to achieve this weight. Unfortunately, weight loss is a gradual process that takes time. Seemingly large amounts of weight can be lost in the first week of changing diet or going on a weight loss plan but often that rate of weight loss does not continue.

A reasonable expectation is to expect you can lose around 1 -2 pounds every week. It is a good idea to manage expectations by assuming that you will lose around 1 pound per week. If you have 52 pounds to lose, then you should set your expectations that this may take you one year. Though this may sound like a long time, it is certainly better than putting on an extra 52 pounds over the course of the year. Also, you have to think that if you put the work in now, you will receive the benefits from being at your perfect weight for the rest of your life.

Now you should have a good idea of where you are at, where you want to get to and roughly how much time it should take you the next step is to start planning your success programme.

Action Step 5 – Set a day in your calendar each week that you will weigh yourself in the morning. Take a note of this weight and mark the date also. Create a spreadsheet or document to keep tracking your progress.

Action Step 6 - Work out the healthy weight you wish to get to by using an online search engine like Google to find the recommended healthy weight for your height, age and gender. Take this number in pounds and subtract it from your current weight in pounds. This is the number of pounds you have to lose. It is also the amount of weeks you should reasonably expect to take to lose the weight.

Planning Your Success Programme

Many people may skip to this chapter but that would be a mistake. Success in anything in life takes more than just the know how. Many people know how to lose weight but never will. They will always be held back by their mindset and their beliefs. Or they end up wandering off track as they do not continually measure where they are and track their progress. These parts are important, make sure you spend time on these.

Let's firstly understand how weight loss happens.

We consume food in order to make up for the energy we expend during the day and to refill our selves with the nutrients our body requires. We measure the energy value of food with units of energy called calories. Calories from food come from the macro nutrients: carbohydrates (simple and complex sugars), proteins (amino acids) and fats (fatty acids).

On average, humans require somewhere in the region of 2000-2500 calories of food each day to provide the energy we require to maintain weight. The modern diet of processed and cooked food is very easy to eat to a calorie excess. When we consume more calories than we require our body will seek to store the extra calories as body fat.

If we eat to excess over a long period of time we will continue to store more body fat and eventually become over weight.

If we wish to lose weight we must simply reverse this process:

If our body requires 2500 calories per day, in order to lose weight our diet must provide us with a caloric deficit. Therefore if someone requires 2500 calories per day and they only eat 2000 calories per day they will surely lose weight if they continue this over time.

As weight drops, the amount of calories you will require will go down. Eventually you may have to bring the caloric deficit down again in order to continue with the weight loss.

Your First Step

Work out how many calories you require to maintain your weight right now. You can do this online with a number of calorie calculators. You will require your current weight, height, age and gender and a rough estimate of the amount of activity you do.

A method for determining how many calories we require that is well known is the Harris Benedict equation. This is an equation that takes into account your height, weight and age in order to predict what your Basal Metabolic Rate (BMR) is. Your BMR is the amount of calories required to fuel your metabolism on a daily basis before we take into account your daily activities on top of that. The equation looks like this:

Men	$BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$
Women	$BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$

Once we have worked out our BMR we must multiply it by an “activity factor”

- sedentary (little or no exercise) : Calorie calculation = $BMR \times 1.2$
- lightly active (light exercise 1-3 days/week) : Calorie calculation = $BMR \times 1.375$
- moderately active (moderate exercise 3-5 days/week) : Calorie calculation = $BMR \times 1.55$
- very active (hard exercise/sports 6-7 days a week) : Calorie calculation = $BMR \times 1.725$
- extra active (very hard exercise/sports & physical job or 2x training) : Calorie calculation = $BMR \times 1.9$

Example – Sedentary Female

Jo is a 35 year old office worker whose lifestyle is sedentary. She is 55kg in weight and 165cm in height. Firstly, we would work out her BMR:

$$BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$$

$BMR = (10 \times 55) + (6.25 \times 165) - (5 \times 35) - 161 = 1567$ (rounded to the nearest whole number)

She is sedentary so we take this BMR number and multiply by 1.2 (the activity factor)

Therefore, Jo's total calorie requirement is: $1567 \times 1.2 = 1880$

Though this number may not be 100% accurate it is a good place for Jo to start.

Example – Very Active Male

David is a 22 year old athlete who is training for an upcoming triathlon. On top of this, he works a physical job stacking shelves full time at a local super market. He weighs 70kg and his height is 185cm. Once again we start by working out his BMR.

$BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$

$BMR = (10 \times 70) + (6.25 \times 185) - (5 \times 22) + 5 = 1741$

He is very active so we take his BMR number and multiply by 1.9

This gives a total caloric requirement for David = $1.9 \times 1741 = 3307.9$

It is a good idea for you to do this calculation for yourself. If you are not great with numbers you can use a calorie calculator online to help you with this. This will help you to create a raw vegan diet programme that will really help you to thrive on this lifestyle.

Once you have worked out the amount of calories that you require to maintain weight, it is now time to work out how much you will require in order to lose weight. The suggested calorie deficit to stick to is 500 per day. What I mean by this, is that if you require 2500 calories to maintain your weight then you should drop down to 2000 calories per day to put yourself in a deficit of 500 calories. Your body will go to your fat stores to burn the extra 500 calories that it needs. Over the course of a week this equates to around 3500 calories of fat used up, which is equivalent to a loss of one pound of fat per week.

It may be tempting to increase this deficit further but it is not wise. It is likely that if you go beyond a 500 calorie deficit you may start to experience strong symptoms of under eating. If you experience any of these very strongly, it is perhaps a sign that you should eat a little more.

Here is a brief overview of the 9 symptoms of under eating:

1. **Low energy** – this can be subtle or obvious. On the one hand, low energy can actually feel like a lack of motivation. You may feel no desire to get up and do the things you usually do. You may also find that you have no stamina to continue once you get started. At the most extreme side you may not want to get out of bed at all.
2. **Hair loss** – a more extreme symptom and a sign of severe restriction over a long period of time.
3. **Constant hunger** – this may feel like hunger to you or it may manifest as not being able to stop thinking about food.
4. **Inability to get pregnant** – many women report losing their period when under eating.
5. **Sleep issues** – broken sleep or struggling to get to sleep are common symptoms of under eating even just a small amount.
6. **Irritability** – a classic sign of under eating, commonly experienced by dieters.
7. **Feeling cold** – many raw fooders experience feeling cold. They are really just under eating.
8. **Constipation** – more common than you would think.
9. **Anxiety** – emotionally, we are not as stable when we under eat.

In my experience, a 500 calorie deficit takes a few days to get used to. But in a short amount of time it will feel relatively normal to you and should not interfere with your life too much.

Action Step 7 – Work out how many calories you currently require to maintain your weight. Take 500 from this number. This will be your calorie goal each day in order to consistently lose 1 pound of weight per week.

Step 2 – Plan Out Your Diet

By now, you should have worked out:

- your weight now and where you want to get to
- the amount of weight you need to lose
- the amount of time this will roughly take
- how many calories you require to maintain your weight
- how many calories you will require to eat a daily calorie deficit of 500

Knowing all of this, you are so much closer to reaching your healthy optimal weight! But still we have some work to do.

What are you actually going to eat to achieve this weight loss? The truth is, you can achieve this weight loss on any style of diet as long as you are consistent with your daily caloric deficit. If you have no interest in eating a raw or vegan diet then this information will help you achieve weight loss regardless. Here are some things to consider

As you can see, weight loss takes time and requires consistency. It requires a change in your current habits and that may feel at first like a sacrifice, a restriction or a deprivation. You will just have to accept this fact. There is no magic pill to weight loss and no fast track.

However, once you have changed your habits you will start to see the weight loss occur week after week and all of a sudden you will feel like you are accelerating towards your goal. It is important to shift your mindset. Is cutting down on the amount of food you eat really a major restriction? Surely the excess weight you are holding on to is a much, much bigger restriction in your life!

Therefore it's time to create some strong and tough rules for yourself. It is important that you find this project important enough to be serious about. Therefore I strongly suggest you stick to these rules:

- no restaurant food. Yes this may sound extreme but you have no idea what is in the food you will eat at a restaurant. For all you know, you could easily cancel out all of the work you have put in over a week with one trip to a restaurant. If you are really serious about losing weight, this should not seem like a big deal.
- no takeaway food. Same as above. Throw out the menus, delete the apps and delete the numbers from your speed dial. If your favourite takeaway is on your route home from work, find another route! Don't put yourself in the way of temptation!

Staying consistent with your weight loss journey will require a plan. It is wise to plan

our some days of eating that you will be able to accomplish on a daily, weekly and monthly basis. It may take you some time to work out the calories in a particular meal you eat but this is worth the time.

It is fairly easy to have a consistent breakfast that is always the same (this is what many people do anyway). For lunch and dinner you probably already have a list of around 5-10 meals that you eat every week. There is a good chance that these do not change very much.

If you can work out the amount and proportion you will require for these meals to maintain a 500 calorie deficit, once you have added in calories from snacks and drinks, then. Many people make a mistake of having a very small breakfast and lunch. This is a bad idea and sets you up for failure.

As we get later and later in the day, we have less energy left to resist our cravings and bad habits. If we go into the later part of the day with a huge lack of calories we are far more likely to binge and make bad choices.

Instead, try to eat the majority of your calories between breakfast and lunch. This way, you will feel more full coming into your evening meal and you will feel more capable of sticking to a better choice.

Once you have worked out your meal plan, buy your food in advance and perhaps even prepare in advance. For some, they may be able to prepare meals for a full week in advance and store these in the fridge ready to be taken out each day. Having this preparation in advance will make it effortless for you to make a big change.

This plan will work, but you can start to see why cooked food can bring in some complications. For many people, it can be hard to calculate precisely how many calories are in a cooked meal, and how many they actually ate. This makes tracking a little more difficult.

The raw food approach can be much simpler. We will look at an approach of adding more raw food to the diet and one of going on a completely raw diet.

Action Step 8 – Plan Our Your Diet so that you have a good idea of meals that you can eat consistently that will allow you to hit your calorie deficit goal.

The High Raw Approach

For those new to raw foods, it is worth considering a high raw approach at first and gradually moving forward towards a fully raw diet from there.

It is best to add in more raw foods gradually and to start off with adding in a breakfast of fruit. Many people experience discomfort when they eat lots of fruit just after a meal of other foods. The best time in the day to start adding in more fruit is in the morning when your body has had some time to digest the night before's meal.

Please be prepared that potentially last night's meal is still in your stomach. This is hard for many people to believe, but foods that are not appropriate for our digestive system can take many days to digest. Fruit on the other hand passes through much quicker and the combination of fruit meeting other foods in your digestive system can lead to some temporary discomfort or bloating.

It is wise to eat fruit slowly when you are starting off. If you feel any discomfort, even slight, then slow down.

I would suggest eating as much fruit for breakfast as you can. Once again, consider calories not volume. Fruit tends to be higher in volume than cooked foods but lower in calories. To get this into perspective consider that 500 calories of fruit can be:

- 5 whole medium bananas
- 6 large apples
- 7 large nectarines or peaches
- 830g of grapes
- 3 large mangoes

Many people will eat a breakfast of more than 500 calories but often those calories come in a more condensed package. Most are not prepared to eat the same amount of calories of fruit, especially in the morning.

This is something to build up to. Start with a few pieces of fruit and as you get more comfortable keep on adding more. Eventually you will be able to eat enough fruit so that you are not thinking about food until your next meal.

On this approach you can also start to replace other snack foods, especially sweet snacks for fruit. You will find that fruit will make you feel much better and as an added bonus you will feel more satisfied on fruit.

The Fully Raw Approach

If you are already on a fully raw vegan diet, or are heading that way, this section will deal with weight loss on a fully raw vegan diet.

Most people who commit to a raw vegan diet will lose weight at first without trying to. There are a number of reasons for this

1) raw foods like fruits and vegetables are less dense in calories than cooked foods. People often under eat on a raw diet as they assume they simple need to eat the same volume of food as before. In reality, there will usually be less calories for the same volume leading a person to automatically eat less than before.

2) raw foods are less addictive and are harder to over eat. No one binges on apples.

3) People feel more satisfied on fruits and veggies leading them to snack and eat less

I have seen many, many people misjudge how much they required to eat on a raw diet. This led them to experience the symptoms of under eating but not realising this was what they experienced they just assumed there was something wrong with the diet. This is a big reason that people do not continue with the diet long term.

Because of this, simply going to a fully raw diet with no attempt to track calories can be a sure-fire way for many people to lose weight. If you are looking to avoid having to track calories and work out how much you are able to eat in a day, then a raw diet is perfect for you.

This is an approach recommended by my friend Melissa Maris from @rawfoodromance. She actually never focused on weight loss and despite this was able to easily lose over 70 pounds on a raw vegan diet. She simply focus on feeling good and getting healthier. She says:

“Losing excess weight is a symptom of a healthy diet, just as gaining excess weight is a symptom of an unhealthy diet”

What If You Are Struggling To Lose Weight On A Raw Vegan Diet

Despite this, I have personally been able to gain weight easily on a raw vegan diet and even reach my highest weight, and maintain it, on a raw vegan diet. How did this happen?

When it comes to a raw vegan diet our choices of foods are mostly fruits, vegetables, nuts and seeds. When I began on a raw diet I ate mostly fruits. In that period I lost weight and in a period of 6 months to a year easily got down to a healthier weight.

After a while I started to add more nuts into the diet. This got a little out of control and I ended up eating a lot more nuts than was truly healthy. I also went through a period of eating tahini and I had begun to add in more avocados to my diet. All of these foods are much higher in fat and therefore far higher in calories.

Each gram of fat has more than double the amount of calories as does carbohydrate or protein. When we eat foods that are highly concentrated sources of fat such as nuts, seeds, nut butters, tahini and even avocados we are much more likely to eat to a caloric excess and end up gaining weight.

In order to begin my process of losing weight I went back to a diet of fruits and salads and eliminated nuts and seeds completely. I also keep a fairly strict limit on avocados. Eventually, I eliminated them mostly also.

Just doing this did help me to lose some weight over time. However, I decided to experiment with the 500 calorie deficit suggested by mainstream weight loss advice. On a fully raw diet it is much easier to control calories as the majority of meals are much simpler. A typical 2000 calorie day for me looked like this:

8 Banana Smoothie - 800 calories
1kg Grapes - 600 calories
Salad (iceberg lettuce and plum tomatoes) – 300 calories
Small pineapple – 300 calories

For the average person, this is quite a large volume of food that their body is potentially not used to. It is likely that they would feel very full eating like this. For me, this was less than I was used to so it took me a few days to adjust. After this I found it easy to continue.

My progress was good. I started at 181 pounds and in 15 weeks I was able to drop 27.5 pounds (around 1.8 pounds per week). There were times when my calorie deficit probably was more than 500 due to travel and occasionally not having enough fruit available on a particular night, mostly though I simply stuck with my raw diet and a calorie deficit of 500 per day and this has led to a steady and sure weight loss.

If you are struggling to lose weight on a raw vegan diet I would consider a few questions:

- are you still consuming cooked food, even small amounts? The calories in cooked meals may be more than you realise
- are you consuming oils, nuts, seeds, nut butters, tahini, seed spreads or raw gourmet restaurant foods? These are much higher in calories and will hold back weightloss
- are you consuming salt on and off? Often people see relatively large shifts in weight due to changes in the amount of water the body is holding on to. If you have gained rapid weight in one week, consider if you have begun eating salt again after a

time of abstinence

- are you bingeing and purging? Many people end up in a bad cycle of fasting then bingeing afterwards. This cycle does not help with weight loss and can actually lead to more weight gain as the binges over compensate the fasting periods. It is much better to stick to a consistent and reasonable calorie deficit.

Will Fasting Help Me Lose Weight?

Fasting is popular in the world of natural healing. In theory, it should be the quickest way of losing weight. I do not recommend you use fasting to lose weight. Why?

From experience, I have seen many people fast and lose lots of weight. Often, when they went back to eating their bad habits came back with a vengeance. They ended up gaining all of the weight back and more. Fasting does not change a person's eating habits and without this change there is no guarantee they will keep the weight off for life.

I have seen the same thing with juice fasting. Someone loses weight with an extremely long juice fast but once again when they go back to eating they can easily gain it all back. Remember that gaining weight can happen much quicker than losing it. It is important to create new habits that help you to keep the weight off for life.

Short term approaches often only work in the short term.

Mono Diets

During my weight loss journey I ended up being in Thailand. Away from my kitchen, I was not able to track my food as accurately (using weighing scales) but still was able to roughly estimate how much I would need to eat to continue my weight loss goals.

At one point my girlfriend of the time suggested we eat just mangoes for 3 days. This is known as a "mono diet".

A mono diet is when a person eats only one food for a period of time. In the raw food world, this usually means one type of fruit. This also sometimes has the nickname "island" as in "banana island" or "mango island". The idea is that this is how you would eat if you were stranded on an island with only mangoes or bananas.

In my 8 years of experience on a raw vegan diet I had never even had a mono day never mind eaten a mono diet long term. I was curious to see what this would be like and I also liked the fact that it would make tracking my calories relatively simple.

I embarked on the mono diet and enjoyed it so much that I kept going for over 10 weeks of eating mangoes. In this period of time I lost around 1.5 pounds per week or

15 pounds in 10 weeks.

Generally I do not recommend mono diets or more restricted diets to people, especially those who are not experienced with a raw diet. Many people can get caught up in going to extremes and this can sometimes be harmful. If a person does not know how to eat enough, they can end up losing far too much weight and end up being under weight on a mono diet. Although weight loss is the goal here, it is more important to create a lifestyle that allows you to easily maintain a healthy weight for life.

You may be worried about the nutritional impact of only eating one food. This does not concern me too much. The rest of the world eats an abysmal diet of foods that are known to cause disease in the body. Despite this, people can live for many years before serious symptoms begin to overwhelm the body. In comparison, eating only fruit for a short period of time seems like something not worth worrying about.

At the same time, I wanted to experiment with this type of eating. Many people seem to be scared that a diet high in fruit will be lacking in nutrients. Even people in the raw vegan movement believe this. In my experience, I have not seen any negative symptoms from eating only fruit for months at a time but there is little science around this idea. It does not seem to be such a strange idea as after all we are biological frugivores.

Step 3 – Track Your Progress

Make a commitment to measure your weight once every week and once every week only.

Set up a spreadsheet or a chart to track your progress. As your weight comes down, this will increase your motivation to keep going. Being able to see an accurate view of your progress will help you keep moving forward.

As your weight comes down over time, re do the calorie calculation to adjust the amount you need to eat to keep losing weight.

Staying consistent is the key to success with weight loss. It should not be long until you get into a rhythm that will help propel you forward towards your success.

You are slowly replacing the habits that made you over weight with habits that will keep you at a healthy weight for life. It is likely you will go through a series of emotions in this time. From frustration, to boredom, to anger, to despair....when you experience these states you will want to give up.

Don't!

Keep walking forward. Don't give up and don't let some very temporary emotional illusions get in your way. If you do fall off the wagon, don't stress. Remember that this is a completely normal part of the process.

Relax, re focus on your target and go through the previous exercises again. These emotional states may have got to you in the past but they will not take you down this time. Keep moving forward.

Action Step 9 – Create a chart or spreadsheet to track your progress. Weigh yourself only once per week at the same day and time and note this on your chart. The goal is now to stay consistent with your plan.

Step 4 – Seek mentorship and collaboration

To hugely increase your chances of success you may wish to work with a mentor or coach. The benefits of working with someone who has the experience to guide you forward is immense.

The best athletes on the planet continue to use coaches even when they become the best in the world at their sport. This is because coaching works. It is the number one way that people continue to reach their highest performance.

This will help keep you focused, keep you grounded and consistent on the way forward. It will give you accountability and make you feel like you are not alone.

They can also answer your questions and fears and keep getting you back in the right direction.

Additionally, you may wish to look for others who are walking alongside you on the same path to better health and weight loss.

Finding some friends or partners to do this with you can be difficult. You may wish to join a coaching group or perhaps put a post on some online forums to see if anyone is on the same path as you. You will be amazed at how many people are looking to do the same thing.

Stay in touch with each other regularly and share ideas and advice. Share your worries and concerns. Help each other to stay on track.

Action Step 10 – Consider working with a mentor or coach. In addition or alternatively, consider finding others on the same path to work alongside.

The Way Forward

Getting to your optimal weight is one of the quickest ways to make a huge benefit to your life. It is a way for you to become a more powerful person in almost every single way. You will never regret putting the work in to make this happen.

Never forget how important this is. You deserve it and the world benefits from you becoming the highest and greatest version of yourself.

Feel free to contact me with any questions.

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