



TEAM MW

EAT MORE, GAIN LESS

*The No-Diet Guide to Eating the Foods You Love,
Eating More of Them, and Still Reaching Your Goals*

Welcome: This Is Not a Diet

If you have ever been told to eat less to lose weight, this guide is your permission slip to stop that thinking forever.

What if the secret to reaching your health goals was not eating less, but eating smarter? What if you could enjoy pizza on Friday, chocolate after dinner, pasta on Sunday, and still feel lighter, more energized, and more in control than ever before?

This guide will show you exactly how. No calorie obsession. No forbidden foods. No guilt. Just practical, science-backed strategies that work with your real life.

The goal is not perfection. The goal is progress you can sustain forever.

Chapter 1: Why "Eating Less" Usually Backfires

Most people think weight management is simple math: eat less, move more. And while calories do matter, the



eat less approach has one giant flaw: it is almost impossible to maintain long-term.

The Restriction Trap

When you restrict food, several things happen to your body and mind:

- Your metabolism slows down to protect your energy reserves
- Hunger hormones (like ghrelin) increase, making you feel hungrier than normal
- Cravings for restricted foods intensify dramatically
- Willpower depletes and eventually you overeat the very foods you avoided
- A cycle of guilt and restriction begins, which is incredibly hard to break

This is not a character flaw. It is biology. Your body is designed to survive, not to fit into smaller jeans. The moment you understand this, everything changes.

The Smarter Approach: Food Quality + Volume

Instead of eating less, the goal is to eat differently. Specifically, you want to:

- Maximize volume:** eat large amounts of food that keep you full
- Maximize satisfaction:** include the foods you genuinely love
- Minimize calorie density:** get more food per calorie
- Support your metabolism:** eat enough to keep your body burning efficiently

Pro Tip: You Cannot Out-Restrict a Binge

Studies consistently show that people who allow all foods in moderation are more successful long-term than those who label foods as off-limits. Permission reduces obsession.

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Chapter 2: The Secret Weapon — Calorie Density

The single most powerful concept in this entire guide is calorie density. Understanding this one idea will change how you eat forever, without ever counting a calorie again.

What Is Calorie Density?

Calorie density is simply the number of calories per gram (or pound) of food. Foods that are low in calorie density let you eat large portions without consuming many calories. Foods that are high in calorie density give



you a lot of calories in a small amount.

Your stomach fills to roughly the same volume at each meal, regardless of what you eat. So if you fill it with low-density foods, you eat a huge, satisfying meal and take in fewer calories. Fill it with high-density foods, and you hit your calorie limit before you feel full.

The Calorie Density Spectrum

beans,
Fill at least half your plate with these

Very Low Density (eat freely) Vegetables, broth
soups, cucumbers, leafy greens

Low Density (eat plenty) Fruits, potatoes, oats,

legumes, lean protein Build most meals around these

Medium Density (eat mindfully) Whole grains, eggs, lean meats,

low-fat dairy Include as supporting roles

High Density (enjoy in smaller amounts)

Cheese, nuts, oils, avocado, fatty

meats Savor quality over quantity

The Game-Changer: Volume Eating

Include intentionally, not impulsively

Very High Density (treat mindfully) Chips, cookies,
fried foods, candy, pastries

Volume eating means strategically filling your plate with high-volume, low-calorie-density foods FIRST so that you are already satisfied before you eat your favorite treats. This means you naturally eat less of the higher density foods, not because you restricted them, but because you were not that hungry for them.



A massive salad, a big bowl of soup, a huge plate of roasted vegetables — these are not punishments. They are strategic tools that let you enjoy MORE of everything else.

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Chapter 3: The Volume Plate Method

Forget calorie counting. Instead, use this simple plate structure at every meal. It takes about 10 seconds to apply and works whether you are eating at home, at a restaurant, or at a party.

Build Your Volume Plate in 4 Steps

Step 1: Fill 50% with Non-Starchy Vegetables

These are your volume heroes. Load up on leafy greens, broccoli, cauliflower, zucchini, cucumbers, peppers, tomatoes, asparagus, mushrooms, or any vegetable you enjoy. Cooked or raw. Hot or cold. These add massive volume and almost no calories.

Step 2: Fill 25% with Lean Protein

Protein is the most filling macronutrient and it protects your muscle while you lose fat. Choose chicken breast, turkey, fish, shrimp, eggs, Greek yogurt, cottage cheese, tofu, tempeh, or beans. Protein also slows digestion and keeps blood sugar stable, reducing cravings.

Step 3: Fill 20% with Smart Carbs or Fiber

Carbs are NOT the enemy. Choose complex, fiber-rich carbs that digest slowly: sweet potato, brown rice, quinoa, oats, whole grain bread, lentils, chickpeas, or fruit. Fiber fills you up and feeds your gut bacteria, which influences hunger hormones.

Step 4: Add Your Joy Food (the Remaining 10%)



Yes, this is intentional. This is where the cheese goes. The sauce. The dressing. The croutons. The thing you actually crave. Because you have already filled most of your plate with satisfying, voluminous food, a smaller portion of your joy food completely satisfies you. No deprivation required.

Pro Tip: Pre-Load with Vegetables or Broth Soup

Research shows that eating a salad or cup of broth soup before your main course reduces total meal calories by 20% or more, without any effort or restriction. Start your meals with volume.

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Chapter 4: How to Eat More Food Without Eating More Calories

Here are the most powerful practical swaps and strategies. These are not about sacrifice. They are about being clever.

Strategy 1: Swap Calorie-Dense Ingredients for Volume

Many of your favorite recipes can be modified to give you twice the portion size for the same or fewer calories. Some examples:

1 cup white rice 1/2 cup rice + 1/2 cup cauliflower

rice Regular pasta (2 cups) Half pasta, half zucchini noodles A bowl of chips Chips + sliced bell peppers and

cucumber for dipping A full burger bun Lettuce wrap or thin-sliced bread Full-fat sour cream topping Greek

yogurt (same creamy taste, 3x the protein) Cream-based soup Pureed vegetable soup with broth base Oily

stir-fry Broth-based stir-fry with extra vegetables Heavy salad dressing 2 tbsp dressing + 1 tbsp water + extra

lemon



Strategy 2: Add Volume TO Your Favorites

You do not have to modify your favorites. You can simply eat them alongside more food.

Love pizza? Eat 1-2 slices WITH a giant side salad. You will feel just as satisfied and eat less pizza naturally.

Love pasta? Serve it in a bowl with extra marinara and a big pile of roasted zucchini stirred in. Same dish, much more food.

Love burgers? Add a huge side of oven-roasted vegetables or a broth soup starter.

Love ice cream? Have it after a protein-rich dinner. You will want less and enjoy it more.

Strategy 3: Choose High-Satiety Foods More Often

Satiety is how long a food keeps you full. Foods that rank high on the Satiety Index include:

Boiled potatoes (the most filling food tested per calorie)

Oatmeal and whole grain porridges

Eggs and lean protein sources

Apples, oranges, and whole fruits (not juice)

Legumes: beans, lentils, chickpeas

Fish, particularly white fish and salmon

Broth-based soups and stews

Notice that most of these are whole, minimally processed foods. They are filling because of their fiber, water content, and protein. When these make up most of your diet, you naturally eat less of everything else.

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Chapter 5: Including the Foods You Love — On Purpose

This might be the most important chapter in this entire guide. Because the foods you love are not going away. They should not go away. The goal is to build a healthy relationship with all food.



The 80/20 Principle

Aim to make 80% of your eating volume-rich, nutrient-dense, satisfying whole foods. Allow 20% to be whatever you genuinely enjoy: pizza, chocolate, wine, pasta, fried chicken, cake. This is not cheating. This is the plan.

When you know your favorite foods are always available and you are always allowed to eat them, the urgent desperate craving for them decreases. You can have one cookie instead of the whole box because you know more cookies will be available tomorrow.

Planned vs. Impulsive Eating

The difference between enjoying food and being controlled by food often comes down to intention.

Eating chips while distracted watching TV	Sitting down with a portion of chips you chose intentionally
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Eating birthday cake out of obligation or guilt	Having birthday cake because you genuinely want it and savoring it
---	--

Finishing everything on the plate by habit	Eating until you are satisfied, regardless of what is left
--	--

Stress eating at 11pm	Enjoying your favorite snack as part of your evening routine
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When you plan to include your joy foods, you eat them with full presence and satisfaction. When you eat them impulsively out of deprivation or stress, you rarely feel satisfied even after a large amount.

Pro Tip: The Satisfaction Factor

Ask yourself before eating: Am I eating this because I genuinely want it, or because I am stressed, bored, or feeling deprived? If you genuinely want it, enjoy it completely. If not, ask what you actually need.



Chapter 6: Eating More Without Moving Less

You can absolutely reach your goals through food choices alone. But if you want to be able to eat even more food, adding some movement is the most effective way to expand your calorie budget without feeling restricted.

The Activity Advantage

Exercise is not about punishment or burning off what you ate. It is about giving yourself more room to eat. Here is what different activities allow you to eat more of:

30-min brisk walk A medium

banana + small handful of nuts 45-min moderate bike ride An extra serving of pasta or potatoes

30-min strength training An additional protein meal or snack 60-min yoga or pilates A generous

afternoon snack 30-min swim An extra serving of your favorite dinner

Non-Exercise Activity Matters Too

NEAT (Non-Exercise Activity Thermogenesis) is all the movement you do outside of formal exercise. It can make a bigger difference than gym sessions for many people. Small changes add up dramatically over weeks and months:

- Taking stairs instead of elevators
- Parking further away from your destination
- Walking while on phone calls
- Standing for part of your workday
- Walking to do nearby errands instead of driving



Doing household chores with more intensity

A person with an active lifestyle outside of formal exercise can eat significantly more food than a sedentary person who goes to the gym 5 days a week. Move throughout your day, not just during "workout time."

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Chapter 7: The Hunger-Fullness System

One of the most underrated skills for eating more without gaining weight is learning to listen to your own body. Most of us have spent years ignoring our hunger and fullness signals. This chapter helps you reconnect with them.

The Hunger Scale

Before and during meals, check in with where you are on this scale:

1 - 2: Starving Dizzy, shaky, desperate. You have waited too long. Eat immediately.

3 - 4: Hungry Clear hunger signals. This is the ideal time to eat a meal.

5: Neutral Neither hungry nor full. A good time to pause and assess.

6 - 7: Satisfied Comfortably full. This is where to aim to stop eating. 8 - 9: Full Noticeably full. Eating more



now leads to discomfort. 10: Stuffed Uncomfortably full. Usually followed by guilt or regret.

Practical Tips for Better Body Awareness

Eat without screens or distractions at least 3 meals per week. When you are distracted, you eat 25-50% more without realizing it.

Put your fork down between bites occasionally. This slows you down and gives fullness signals time to reach your brain (which takes about 20 minutes).

Eat slowly enough to taste and appreciate your food. Enjoyment and satisfaction are strongly linked.

Check in at the halfway point of your meal. Are you still hungry? How hungry? You may find you are more satisfied than you expected.

Aim for satisfied (6-7) not stuffed (9-10). It is a skill that improves with practice.

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Chapter 8: Sample Days — Eating a Lot and Loving It

Here are three full example days showing what it looks like to eat huge, satisfying meals with your favorite foods included, without going overboard. These are for inspiration only — adjust to your preferences.

Sample Day 1: The Classic Comfort Day

Breakfast Protein oatmeal with banana, berries, and a drizzle of honey + 2 scrambled eggs

Mid-Morning Snack Apple + Peanut Butter

Lunch Massive salad (3 cups greens, cucumber, tomato, chickpeas, grilled chicken) with your favorite dressing.

Afternoon Snack Greek yogurt with a teaspoon of honey + fruit



Dinner 2 servings of pasta (half regular, half zucchini noodles) with marinara, lean ground turkey, and parmesan

Dessert A square or two of dark chocolate or a small scoop of your favorite ice cream

Sample Day 2: The Takeout-Friendly Day

Breakfast 2 egg omelette with spinach, mushrooms, and a little feta + whole grain toast + fruit

Lunch Broth-based soup (homemade or store-bought) + large side salad + lean protein

Snack Sliced bell peppers and cucumber with hummus Your favorite takeout dish (yes, really). Eat until

Dinner (Takeout!)
satisfied, maybe save half for tomorrow

Prioritize protein and veggies

Evening Herbal tea + a small portion of whatever snack you are craving

Sample Day 3: The Weekend Indulgence Day

Brunch 2 eggs any style + roasted potatoes + a big side of sauteed vegetables + fruit

Afternoon Snack Smoothie with banana, spinach, protein powder, and almond milk



Pizza (2 slices of real pizza, your choice of toppings)
dressing)

Dinner
+ a huge arugula and tomato salad(be mindful of

Dessert Gelato, a slice of pie, or whatever you actually want

Notice that every single day includes generous portions, foods you love, and a dessert or treat. This is not a cheat day. This is just how eating can look when you stop restricting. It is about calories in vs. calories out.

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Chapter 9: Common Situations and How to Navigate Them

At Restaurants

Start with a side salad or broth soup before your main arrives
Prioritize protein and veggies
Eat slowly and stop at satisfied, even if food remains on the plate
Do not compensate by starving yourself before or after. Eat normally.

At Parties and Social Events

Eat a small, protein-rich snack before going so you arrive not starving
Survey all the food options before filling your plate. Choose what you actually want.
Enjoy the social experience. Food is part of celebration and connection.
Drink water between alcoholic drinks if you are drinking
There is no need to explain your food choices to anyone

When You Overeat

It happens. It is normal. It is not a disaster.
Do not skip the next meal to compensate. Eat normally.
Do not punish yourself with extra exercise. Move how you normally would.



Get curious, not critical. What triggered it? Hunger? Emotions? Social pressure?

One big meal changes nothing in the long run. Consistency over weeks and months is what matters.

When Traveling

At hotels: eggs, oatmeal, fruit, yogurt are almost always available

On planes or road trips: pack protein-rich snacks like nuts, jerky, hard-boiled eggs, or protein bars

At new restaurants: look for meals built around protein and vegetables with your favorite additions

Allow yourself to enjoy local cuisine. It is one of life's great pleasures. Restriction while traveling is a waste.

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Chapter 10: Building Habits That Last

Knowledge alone does not create change. Habits do. Here is how to make these strategies automatic so you never have to think hard about them again.

The Three-Week Starter Plan

Week 1: Volume First

Focus only on one thing: eat vegetables or a broth soup at the beginning of lunch and dinner. Do not change anything else. Just add this one habit.

Week 2: Build Your Plate

Start applying the Volume Plate method to dinner each night. Breakfast and lunch stay the same. Notice how much more food you are eating and how your hunger changes in the evenings.

Week 3: Include Joy Foods Intentionally

Each day, consciously plan one thing you genuinely enjoy eating. Put it in your day on purpose. Notice the difference between eating it with intention versus eating it impulsively.



Habits That Make This Easy

Keep your kitchen stocked with easy vegetables: pre-washed spinach, cherry tomatoes, cut cucumbers, frozen broccoli, canned beans

Meal prep a big batch of grains and protein on Sunday to use throughout the week

Keep fruit visible and accessible on the counter

Plan your meals loosely at the start of each week so you always have ingredients

Allow flexibility. A plan is a guide, not a contract.

Pro Tip: Environment Is Stronger Than Willpower

Make healthy, voluminous foods easier to grab than anything else. Put the fruit bowl on the counter. Keep pre-cut vegetables in a clear container at eye level in the fridge. Put your favorite treats somewhere you have to actively choose to get them. Your environment shapes your choices more than your motivation does.

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Final Words: A New Way of Thinking About Food

You picked up this guide because you wanted to find a way to enjoy food without the weight gain, the guilt, or the constant struggle. I hope what you have found is something even better: a framework for eating that actually works with your life.

Here is the core message, distilled to its simplest form:

Eat a lot of food that takes up space and keeps you full. Then enjoy the foods you love within that abundance. Move your body because it feels good. And stop defining yourself by what you do not eat.

You are not someone who needs to eat less. You are someone who can eat more, eat better, and feel more free around food than you ever have before.

This is not a phase. This is not a 30-day plan. This is a way of relating to food that you can take with you for the



rest of your life.

Start with one meal. Try the volume plate. Add the soup starter. Include your joy food on purpose. And watch how your relationship with food — and your body — begins to shift.

You deserve to love eating. Start today.

If you found this helpful, consider applying for my 1:1 coaching in the link below.

When working 1:1 with me, you get the following:

- Weekly grocery list
- 100's of recipes for whatever your goal is
- Custom meal plan(calories, macros, etc)
- Custom training plan(with video demonstration)
 - Weekly call with me
 - Daily message support

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