

1. Scientifically speaking, you don't need a different diet. All you need is consistency with negative energy balance in order to lose fat and positive energy balance in order to gain muscle.
Read More >> Energy Balance
<https://www.facebook.com/groups/759591404539390/permalink/1085537771944750/>
2. Stick to home cooked food.
3. Quantifying your food intake would ease things for you. Your coach will speak to you on this in detail.
Read More >> Quantified Nutrition Basics
<https://www.facebook.com/groups/759591404539390/permalink/1199861973845662/>
4. Having only healthy food is not enough, eating right quantity of food is equally important to achieve your goal. Start using Kitchen weighing scale to quantify your food intake.
Read More >> Why to quantify your food using kitchen weighing scale?
https://www.instagram.com/p/CUKdKE3lodR/?utm_medium=copy_link
How to use Kitchen Weighing Scale?
https://www.instagram.com/p/CUPmvoXlFCJ/?utm_medium=copy_link
5. Common tracking mistakes to avoid.
<https://www.facebook.com/groups/759591404539390/permalink/1204366846728508/>
6. Do not guess and Mess up things. At times we get carried away and end up eating various foods here and there considering them to have minimal or negligible Calories.
Read More >> Do you guess and mess up things
https://www.instagram.com/p/CWS-tKxt2iR/?utm_medium=copy_link
7. Drink More Water.
Read More >> Why is Drinking Water Important?
<https://www.facebook.com/groups/759591404539390/permalink/1309734166191775/>
8. Eat More Veggies. They are amazing and are low in Calories. They fill you up and give you that feeling of fullness.
Read More >> How and Why to Eat more Veggies
<https://www.facebook.com/groups/759591404539390/permalink/1174153596416500/>
9. Eggs and Veggies can be consumed the way you like it (raw, grilled or sautéed)
10. Hunger is part and parcel of process but feeling hungry all the time is wrong. Choose your food wisely. Look out for food that fills you up.
Read More >> Eating for Satiety
https://www.instagram.com/p/CVVIONyMXtj/?utm_medium=copy_link
11. Salt and Masalas (Spices) have little to no Calories at all. So, they don't make you fat whatsoever. Make your meal as tasty as you want it to be adding them.
Read More >> Diet hacks
https://www.instagram.com/p/CaSAROENYir/?utm_medium=copy_link

12. There are no magical meal number or meal timings. It's more about preferences and convenience.
Read More >> How many meals a day for fat loss?
<https://www.facebook.com/groups/759591404539390/permalink/1163278684170658/>
Is Meal Timing Important?
<https://www.facebook.com/groups/759591404539390/permalink/1163928280772365/>
13. Are you actually hungry? In order to figure it out, you need to learn to differentiate between physical (actual/real) hunger and emotional hunger.
Read More >> Am I actually hungry?
<https://www.facebook.com/groups/759591404539390/permalink/1150068672158326/>
14. Eating healthy all the time but still not losing weight? You need to stop labelling food as healthy or unhealthy and start quantifying your meals for quantifiable results.
Read More >> Eating healthy but not losing weight?
<https://www.facebook.com/groups/759591404539390/permalink/1203196300178896/>
15. Fat loss and Weight loss are 2 different worlds. Your focus should be on fat loss.
Read More >> what should I focus on? (Weight loss or fat loss)
<https://www.facebook.com/groups/759591404539390/permalink/1176257409539452/>
16. Train your brain. We always overlook mental training. It helps you boost mental performance. The truth is first you brain transforms, and then your body does.
Read More >> Do you train your brain?
<https://www.facebook.com/groups/759591404539390/permalink/1231506284014564/>
17. In the world of nutrition, carbs are one of the most controversial topics. No matter where you stand in this debate, it is hard to deny that carbs play an important role in human body.
Read More >> Importance of carbohydrates
<https://www.facebook.com/groups/759591404539390/permalink/1262311950933997/>
18. Eat more protein. Adequate protein intake eases things in many ways when on GOGETFIT journey.
Read More >> Reasons to eat more protein (Science backed)
<https://m.facebook.com/groups/759591404539390/permalink/1216970378801488/>
How do I increase my protein intake?
<https://m.facebook.com/groups/759591404539390/permalink/1214491942382665/>
How much of protein should I consume?
<https://m.facebook.com/groups/759591404539390/permalink/1213815465783646/>
All you need to know about protein digestion and absorption
<https://m.facebook.com/groups/759591404539390/permalink/1215274838971042/>
Whey Protein Vs Real food protein sources
<https://m.facebook.com/groups/759591404539390/permalink/1227037204461472/>
19. How to make your diet interesting?
<https://www.facebook.com/groups/759591404539390/permalink/1313685462463312/>
20. Fix your food environment (The food item that you keep in your home)
Read More >> Want to lose weight? Then fix your environment.
<https://www.facebook.com/groups/759591404539390/permalink/1175987802899746/>

21. What should I do after binge eating or overeating?
<https://www.facebook.com/groups/759591404539390/permalink/1192953597869833/>
22. Why did I gain weight overnight?
<https://www.facebook.com/groups/759591404539390/permalink/1109069349591592/>
23. Dieting isn't that difficult. It is we who make things complicated.
Read More >> Common dieting mistakes
<https://www.facebook.com/groups/759591404539390/permalink/1267130220452170/>
Are you making these dieting mistakes
<https://www.facebook.com/groups/759591404539390/permalink/1120310471800813/>
24. How fast should one lose weight?
https://www.instagram.com/p/CUud6R4Ab1b/?utm_medium=copy_link
25. Your relationship with food plays an important role. This relationship can make or break your GOGETFIT journey. Fixing this relationship will make your GOGETFIT journey smooth.
Read More >> Food & YOU (A Special Relationship)
https://www.instagram.com/p/CUcev-WNYB4/?utm_medium=copy_link

Hope above guidelines gives you a clear idea on what all to work on.
Queries? Shoot them to your respective coach. Never hesitate to ask questions.

LET'S START & GOGETFIT