

How I Dropped 100 Pounds Enjoying Carbs, Cocktails, Chocolate, And You Can Too

Are you tired of restrictive diets that make you give up your favorite foods? Do you dread the thought of sacrificing your cocktail nights or depriving yourself of chocolate? Well, I have great news for you! I managed to drop a whopping 100 pounds while still enjoying carbs, cocktails, and chocolate, and I'm here to share my journey and secrets with you.

Most weight loss journeys are associated with cutting out carbs entirely or saying goodbye to desserts forever. But that wasn't the case for me. I discovered a way to lose weight while still enjoying the foods I love, and today, I'm going to reveal how you can do it too!

The Mindset Shift

The first step in my weight loss journey was a shift in mindset. I realized that this wasn't about a temporary fix or a quick crash diet. It was about making sustainable changes that I could maintain in the long term.



You Can Drop It!: How I Dropped 100 Pounds Enjoying Carbs, Cocktails & Chocolate—And You Can Too!

by Ilana Muhlstein M.S. R.D.N. (Kindle Edition)

★★★★☆ 4.6 out of 5

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| Screen Reader | : Supported |
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| Word Wise | : Enabled |
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Instead of viewing food as the enemy, I started seeing it as fuel for my body. I focused on building a healthy relationship with food, allowing myself to enjoy it without guilt. This mindset shift was crucial in making the rest of my journey possible.

The Power of Carbohydrates

Contrary to popular belief, carbohydrates are not your enemy when it comes to weight loss. The key is to choose the right kind of carbs and eat them in moderation.

I opted for complex carbohydrates like whole grains, legumes, and fruits. These carbs provide essential nutrients, fiber, and a slow release of energy, keeping me satisfied for longer periods. By including them in my diet, I didn't feel deprived, and I still managed to shed the pounds.

Indulging in Cocktails

One thing I couldn't bear to give up was my cocktail nights with friends. Luckily, I found a way to enjoy them without derailing my weight loss goals.

The key here is moderation and making smarter choices. Instead of sugary cocktails, I switched to lower-calorie options like vodka soda or gin and tonic. I also paid attention to portion sizes and limited my consumption to a reasonable amount. This way, I could still have fun while keeping my progress on track.

Decadent Chocolate Treats

A life without chocolate was simply unimaginable to me, and I'm sure many of you can relate. The good news is you don't have to give it up entirely to lose weight!

Choose dark chocolate with a higher percentage of cocoa, as it contains less sugar and more antioxidants. The bitter taste may take some getting used to, but trust me, it's worth it. I also practiced mindful eating, savoring each bite and fully enjoying the experience.

The Role of Exercise

While I managed to lose weight without giving up my favorite foods, exercise played a crucial role in my journey. Regular physical activity not only helped me burn calories but also improved my overall health and boosted my mood.

I incorporated a combination of cardio and strength training into my routine. This included activities like brisk walking, cycling, weightlifting, and yoga. By finding exercises that I genuinely enjoyed, working out became something I looked forward to rather than a chore.

Building a Support System

Embarking on a weight loss journey can be challenging, but having a support system can make all the difference. I surrounded myself with family and friends who encouraged and motivated me along the way.

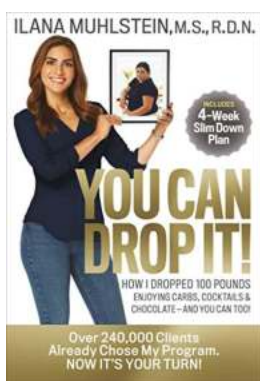
Additionally, joining online communities or finding a workout buddy can provide the accountability and inspiration needed to stay on track. Having someone to share challenges, successes, and even recipes with made the journey much more enjoyable and fulfilling.

You don't have to give up your favorite foods or resort to extreme diets to lose weight. With a shift in mindset, making smarter choices, and incorporating

exercise, you can achieve your weight loss goals while still enjoying carbs, cocktails, and chocolate.

Remember, this is a journey that requires patience and perseverance. There may be bumps along the way, but don't be discouraged. The most important thing is to prioritize your well-being and find a balance that works for you.

If I can drop 100 pounds and still indulge in my favorite foods, so can you. Start today, believe in yourself, and watch the transformation unfold!



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Most Registered Dietitian Nutritionists Couldn't Claim This—

“I Lost 100 Pounds and Now I'm Sharing How I Did It with You!”

MORE THAN 240,000 CLIENTS CAN'T BE WRONG!

My name is Ilana Muhlstein and I wrote You Can Drop It! to help you learn my personal and proven system to drop weight and keep it off—without sacrifice—and it's so simple that you'll love it! This unique approach has become famous

thanks to my renowned 2B Mindset program. The 2B Mindset is designed with the built-in ability for customization so that it is optimally effective and can work for everyone. It has already helped thousands of people lose weight—some more than 100 pounds—while never asking them to go hungry or cut out the foods that they love.

You Can Drop It! doesn't just give you the key knowledge you need to lose weight. It adds motivational principles and real-life examples and it's the perfect complement to my successful program.

No counting calories!

No portion control!

No feeling hungry!

No off-limits foods!

No exercise required!

Finally—weight loss with FREEDOM!

Here's Exactly Why YOU CAN DROP IT! Will Work:

You're going to feel full and satisfied. (You can still eat comforting foods, in big portions, and enjoy 50+ delicious recipes inside.)

You'll eat the foods you love. (Nothing is off-limits, not even dessert or a glass of wine.)

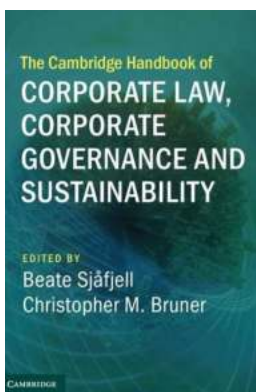
You'll be in control. (Say goodbye to emotional and mindless eating.)

You can finally keep off the weight! (These powerful weight-loss tools will be yours for life.)

The 2B Mindset method changed my life. I struggled with yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself. That's when I realized I had to break the cycle.

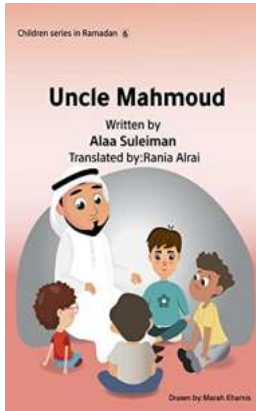
Through trial and error, and lots of research, I discovered a simple and effective way to lose weight, while still eating large portions and the foods I loved. Over time, I lost 100 pounds, and kept the weight off. . . even after having two beautiful children.

My secret? It's called the 2B Mindset. It has helped thousands of my clients lose weight too—and now it will help you.



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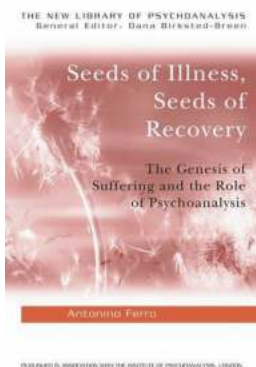
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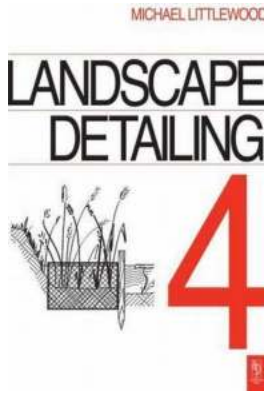
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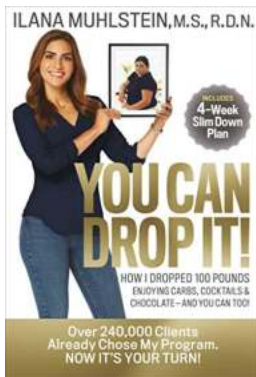
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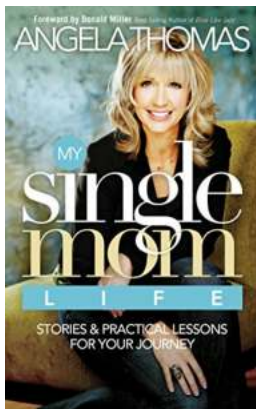
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