

LEARN ABOUT THE

5 BIGGEST WEIGHT LOSS MISTAKES



THAT YOU ARE MAKING RIGHT NOW & HOW TO AVOID THEM!
SIMPLE, SCIENCE-BASED & SUSTAINABLE STRATEGIES THAT YOU WILL LOVE 



by Blanka Campbell

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INTRODUCTION



Every day I see women making the same dietary & lifestyle mistakes all over again.

Losing weight (without restrictive dieting, constant hunger and low energy levels) is easier than you think.

Stop wasting time and money on diets that leave you feeling worse than when you started.

In these pages, you will discover the **5 biggest mistakes that are stopping you from achieving your optimal weight** and how you can avoid them **FOREVER!**

How do I know?

I made all these mistakes myself and I had to learn the hard way.

I have been in the vicious circle of dieting for almost 20 years BUT by using these simple, science-based and sustainable key principles, I was able to **lose 10 kg and keep the fat off!**

In the past 5 years, I have helped many women, who struggled with excess weight and bloating, to **rebalance their hormones**, optimise their weight without constant hunger, sugar cravings, energy slumps and the feeling of guilt and scarcity.

I am a **certified nutritionist with a holistic approach**. That means that I look for the root cause of your health issues rather than targeting individual symptoms.

I specialise in gastrointestinal disorders (bloating, excessive gas, heartburn, IBS, diarrhoea, constipation, food sensitivities), hormonal imbalance, emotional and mental wellbeing (poor sleep, mood swings, anxiety, depression).

[Let's dive into the mysterious mistakes that are holding you back.](#)

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MISTAKE #1

BLOOD SUGAR IMBALANCE



You think that you don't eat any sugar, in fact, **sugar is everywhere** and has many names. Fructose, dextrose, honey, malt syrup, rice syrup, sorbitol, mannitol, agave nectar...

Glucose (simple sugar) is the preferred source of energy in your body. If you eat too much sugar, you end up with **high blood glucose**. Not only it is dangerous because it damages the arteries and contributes to cardiovascular disease, inflammation and many chronic diseases such as **diabetes and obesity** but it puts the body under **stress**.

Your body is very clever and will try to remove the excess sugar out of your bloodstream by sending it to the liver. The liver needs to work hard and turn glucose into fat and store it for later when there is no food. Unfortunately, nowadays there is always food, so **the reserve of fat is expanding, and you get overweight**.

You are unique! The trick is to find the right balance of glucose so that you don't feel hungry & don't crave simple sugars but at the same time you consume a small number of complex carbs to keep your energy levels high so that you can flow through the day with ease.

In this way, you **train your body to use the stored FAT efficiently** so that you lose excess weight without losing muscle mass and without hunger and fatigue.

Low glycaemic load (GL) approach is the fastest, safest and most effective way.

The key is to know **what** kind of carbs you need to eat, **how much** but also **when** you eat them.

Food combination is crucial too. You need to eat protein with every meal to regulate the hormone **ghrelin** (hunger hormone) and **leptin** (satiety hormone) that signals your brain so that you are full and satisfied for longer.

Breakfast such as **homemade Bircher muesli, chia pudding, Skyr with almonds & berries or eggs with spinach & rye bread** will keep your blood sugar levels stable and you will not feel hungry for many hours.

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MISTAKE #2

AVOIDING HEALTHY FAT



You are buying low-fat products, or you avoid nuts & butter with a good intention to keep the calories low.

I know it may seem counter-intuitive, but some **fat can help you burn fat** and make you feel full for longer. There is a big difference between **saturated** fat from animal products (which can only be burned for energy or stored as FAT) and **unsaturated** fat from nuts and seeds and cold-pressed oils.

Your body depends on omega 3 & 6 essential fatty acids and can't produce it on its own.

- 1/4 of your **brain** is made out of omega 3 and a deficiency leads to poor memory and concentration.
- Your **hormones** need omega 3 as building blocks to prevent mood swings, depression, PMS, sugar cravings and weight gain.
- Your **skin & arteries** need good fat for cell membrane elasticity.
- Fats act as **carriers** and help to absorb fat-soluble vitamins A, D, E and K.

By now you know why you need to eat unsaturated fat. It is easy to include small fish (mackerel, salmon, sardines) into your meal plans. What about mixing a handful of seeds (flax seeds, pumpkin seeds) into your breakfast or sprinkle on your salad? Cut 1/2 avocado into your salad to feel fuller for longer.

One handful of almonds with an apple as a snack?

So easy isn't it?

I love buckwheat pancakes with cinnamon and baked apples fried in coconut oil.

Alternatively, I add two spoons of peanut butter on top for extra protein and fat.

The good fat in the right amount doesn't make you fat!

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MISTAKE #3

COUNTING CALORIES



Did you know that **calories indicated on the food packages could be out by up to 30%**?

Traditional calorie counting doesn't consider your **unique physiology and hormonal status**.

Do you have your period? Do you have large muscle mass? Are you stressed? Do you sleep well?

What about the **cooking method** or the energy that your body needs to use for **absorption and digestion of steak & fibrous cabbage salad versus white baguette with butter and jam**?

If you eat **fresh whole food** the molecules are in long chains and it takes much longer to break them down into single molecules for their absorption.

If the body doesn't have a chance to break them down, the food will pass through the digestive system and you **eliminate the calories in the stool without absorbing the calories**.

Processed food such as **white bread, white rice, rice cakes, puffed breakfast cereal** contains simple carbohydrates. It is very easy for your body to break it down. What happens with all the quick energy? You know the answer. **All that energy is going to be stored as fat!**

Salmon, on the other hand, contains unsaturated fatty acids (very long molecular chains) which are much harder for the body to break down. You might consume 400 kcal, but your body needs 300 kcal to break it down and process the food. **That's why you might even lose weight while eating healthy fat.**

All calories are not equal so **don't be obsessed about calorie counting and eat real whole food**.

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MISTAKE #4

SUPERFOOD CAN SUPERSIZE !



Are you following the trend of **healthy smoothies** for breakfast (coconut milk, avocado, peanut butter with banana, chia seeds and extra protein powder)?

Do you eat **giant avocado with quinoa salad** followed by a **super healthy raw brownie with coconut whipped cream** and you still wonder **why eating clean doesn't make you lean?**

The answer is easy. **You eat & drink more calories than your body needs.**

I know that on the previous page I told you not to obsess about calories but **eating organic whole food doesn't mean calorie-free.** In fact, super-foods are calorie-dense and you need only small amounts to get all the benefits of antioxidants, minerals and healthy fats.

Portion control is essential if you want to lose weight. What is the example of snack portions?

Only 3 Brazil nuts per day, 2 pieces of fruit, 1/2 avocado or 2 tablespoons of seeds, 2-4 squares of dark chocolate (minimum 75% of cocoa and preferably 90% or more) would be enough. Remaining food (lunch & dinner) could be an unlimited amount of green leaves, steamed brassica vegetable. Protein such as 150 g of lean fish or 2 eggs per day.

Natural sugar such as coconut blossom nectar, honey, agave nectar, maple syrup or fructose is still simple sugars that spike your insulin levels. By now you know that **insulin is a FAT making hormone** which you absolutely need to get under control if you want to lose weight.

Read food labels and choose wisely!

Fructose is even more dangerous because it is easily absorbed and stored as fat in the liver so don't consume more than 2 pieces of fruit per day and **avoid hidden sugar in so-called "sugar-free healthy snack bars".**

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MISTAKE #5

EXCESSIVE OR INTENSIVE EXERCISE



You signed up for a gym with the intention to burn more calories and lose weight faster.

You are working hard during the **Bootcamp, intensive running or HIIT classes** but you still don't lose any weight?

The main mistake that you might be doing is **the wrong level of intensity** and for too long.

The type of exercise you choose will have an impact on hormones (cortisol, insulin, ghrelin) the fat makers.

If you are **overweight, suffer from insulin resistance** and you never exercised before the chances are you are working out in an **anaerobic state**. You might be huffing and puffing, feeling dizzy and your muscles are burning. That's what it is supposed to be like if you want to lose weight fast isn't it? **NO!**

Your body is using all the glucose (sugar) energy stores called glycogen from your muscles and liver. If you don't have big muscle mass yet, the liver store is depleted within minutes and **your body is under stress** because there is not enough glucose in the bloodstream which is **dangerous**.

The adrenals will increase **cortisol** (the stress hormone). The liver will increase blood sugar levels to keep you in fight and flight mode. The pancreas will increase hormone insulin so that glucose can be used as fuel.

Your body is doing its best to survive this stressful situation.

Problem solved right?

No, because you still have high levels of **cortisol and insulin** in your bloodstream hours after exercise.

With these two **FAT MAKING HORMONES** in your bloodstream, you can **NEVER EVER LOSE WEIGHT!**

Moreover, after this stressful event called exercise you will get **hungry and have cravings for carbs**.

Your body wants to fill up and prevent the stressful event of scarcity in future.

Imagine that during your workout you burnt around 200-400 kcal. Even a small healthy meal or protein shake & banana (that you might eat before or after exercise) is around 700 kcal.

The excess amount of calories gets stored as FAT in the abdominal area.

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QUICK & EASY CHIA SEEDS PUDDING



INGREDIENTS

- 1 cup organic coconut milk (full-fat from a can) or any other nut milk (almond, hemp) or kefir
- 1/2 teaspoon real vanilla extract
- 1 tablespoon coconut blossom nectar or maple syrup
- ¼ teaspoon cinnamon or cardamom (optional)
- Pinch of pink Himalayan salt
- 4 tablespoons chia seeds

INSTRUCTIONS

- 1: Add all ingredients to a glass jar or container and stir with a whisk
- 2: Let sit for 15 minutes, then stir again because chia seeds clump together.
- 3: Place in the refrigerator for 4 hours or overnight
- 4: Add fruit, nuts & seeds to garnish
- 5: Store in the fridge for up to 3 days

NOTES & NUTRITIONAL BENEFITS

I like to eat chia seeds pudding as a light breakfast or quick afternoon snack on a go.

Add raw cacao powder, shredded coconut & any kind of fruit and you will never get bored with variety.

Chia seeds soak 10 x their weight in liquid and hydrate your body & skin. Drink more water to avoid constipation. They improve **insulin sensitivity, blood glucose balance, reduce inflammation, promote the feeling of fullness & satiety** so they are the ideal item in your cupboards.

Two tablespoons of **chia seeds** contain :

- 11 g of fibre (you need 25 g /day) promoting healthy digestion & gut microbiota (good bacteria)
- 9 g of healthy fats (5 g of which is anti-inflammatory omega-3)
- 4 g of protein (you need minimum 1g per each kg of your body weight)

Coconut milk is a good source of medium-chain triglycerides. Type of fat that burns fast as it is turned into energy in the liver and is not getting stored as an access fat (moderation is a key and there is certain food combining rules).

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HEALTHY & NUTRITIOUS ZUCCHINI FRITTERS



INGREDIENTS

- 2 organic eggs
- 1 1/2 grated courgette (zucchini)
- 1/2 teaspoon Himalayan salt
- 1/2 cup buckwheat flour
- 1 spoon of psyllium husk or flaxseeds (fibre)
- 1 spoon of lemon juice
- grated zest of 1 organic lemon
- a handful of fresh mint leaves (optional)
- a handful of grated feta cheese (optional)
- coconut oil for frying

INSTRUCTIONS

- 1: Grate courgettes with skin
- 2: Mix all ingredients together
- 3: Let it sit for 5 minutes so that the psyllium husk can absorb the liquid from the courgette and create a gel-like substance
- 4: Adjust the amount of buckwheat flour if the consistency is too loose
- 5: Fry in coconut oil on lower heat until golden (4-6 minutes)
- 6: Serve with cream cheese dip or hummus and cucumber salad

NOTES & NUTRITIONAL BENEFITS

This is a great low glycemic index (GL) meal that will keep your blood glucose levels stable. Gluten-free. Easy to pack as lunch, picnic or store in the fridge for a couple of days for quick dinner or snack.

- **Eggs** are incredibly nutritious and contain high-quality protein (1 egg/ 6g) and are low in calories (only 66 kcal).
- **Courgettes** contain 94% of water, antioxidants, minerals & fibre important for digestion and liver detoxification.
- **Coconut oil** is anti-inflammatory & antibacterial. It contains lauric acid which kills bacteria and yeasts.
- **Mint** improves digestion and decreases bloating (not recommended if you suffer from reflux).
- **Feta** is optional extra protein and texture and salty flavour. It is also high in calcium to promote bone health.
- **Lemon zest** is high in bioactive antioxidants have anti-cancer properties and support the immune system.
- **Psyllium husk** is bulk-forming laxative helping to remove constipation and promote weight loss because it makes you feel full for longer.

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QUICK VEGAN PUMPKIN SOUP



INGREDIENTS

- 2 cups of water
- 1 1/2 tablespoons vegetable stock powder
- 1/2 teaspoon salt
- 1 tablespoon Herbaria mix for pumpkin soup
- 1 can coconut milk
- 1/2 cup red or yellow lentils
- 1 small Hokkaido pumpkin or butternut squash

INSTRUCTIONS

- 1: Cut the pumpkin into smaller cubes and remove seeds. Hokkaido and butternut squash doesn't need to be peeled. The skin softens nicely.
- 2: In a larger pot over medium heat, combine all ingredients and bring to a boil. Let it simmer for 15 -20 minutes.
- 3: Remove from heat and for smooth consistency use Vitamix or hand mixer to create a velvety soup.
- 4: Serve with roasted pumpkin seeds or any other NON-VEGAN toppings (Parmesan cheese shaves, croutons, buckwheat pasta, eggs, chicken, parsley).

NOTES & NUTRITIONAL BENEFITS

This soup is perfect for batch cooking & freezing so you can cook double amount and store in individual containers. TIP: I keep the soup thick for freezing and when I defrost I add extra hot water to the pot for a thinner consistency. This soup is ideal for a weight loss programme. It is high in fibre, antioxidants and low in carbs.

- **Lentils** are a rich source of protein and fibre. It keeps you satisfied for longer.
 - **Coconut milk** is anti-inflammatory & dairy-free hence ideal for vegans and those with food sensitivities.
 - **Pumpkin** is rich in antioxidant beta-carotene that protects your DNA from the damaging effects of free radicals and promotes a strong immune system and eyesight.
- Pumpkin is also diuretic helping to remove excess water and salt from the body so reducing water retention.

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I AM CURIOUS TO LEARN MORE ABOUT YOU !



WHAT ARE YOUR HEALTH & WELL-BEING GOALS?

Would you like to :

- Lose weight & tone your body?
- Improve your sleep and feel refreshed in the morning?
- Reverse chronic disease & inflammation?
- Beat the bloat & constipation?
- Boost your metabolism & energy levels?
- Gain mental clarity & balance brain chemistry?
- Learn about healthy anti-ageing & longevity?
- Increase libido and fertility?
- Master stress management techniques and feel calm & relaxed?

DO YOU HAVE A BURNING QUESTION?

SCHEDULE A FREE 15 -MINUTE DISCOVERY CALL WITH ME!

**I would be delighted to guide you & empower you on your transformation journey
and help you move the needle in the right direction!**

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