

NANDOTRAINS_ · FREE GUIDE

WHY YOU'RE NOT LOSING FAT

The **real reasons** your progress has stalled — and the exact system to fix it. No guesswork. No generic advice.

"If you've been eating less, training more, and still not seeing results — this guide was written for you."

BY @NANDOTRAINS_ · SUPER SAIYAN INCUBATOR

IT'S NOT YOUR **WILLPOWER.**

Most guys think they're failing at fat loss because they don't have enough discipline. That's not the problem. The problem is they're operating without a system — and no amount of willpower fixes a broken system.

80%

of people who start a diet quit within 3 weeks

95%

of solo dieters regain the weight within a year

3x

more likely to succeed with structured accountability

THE REAL PROBLEM

You've been trying to out-discipline a broken approach. **Consistency without direction is just spinning your wheels faster.** The guys who get results don't have more willpower — they have a clearer system and someone keeping them on track.

This guide breaks down the 5 most common reasons men plateau on fat loss — and exactly what to do about each one.

WHAT YOU'LL GET FROM THIS GUIDE

By the end you'll know **exactly why your fat loss has stalled**, what the fix looks like, and whether working with a coach is the missing piece. No fluff. No filler. Just the system.

THE FIRST TWO BLOCKERS

01 YOU DON'T ACTUALLY KNOW HOW MUCH YOU'RE EATING

"I barely eat anything" is the most common thing I hear — and it's almost never true. The problem isn't how much you think you're eating. It's how much you're actually eating. Eyeballing portions, skipping logging on weekends, underestimating sauces and oils — these small gaps add up to hundreds of calories a day. That's enough to completely cancel out your deficit.

⚡ *The fix: Track everything on a food scale for 2 weeks. Not forever — just long enough to see where your calories are actually going. Most people are shocked.*

02 YOU'RE NOT EATING ENOUGH PROTEIN

Low protein is the silent killer of fat loss results. When you're in a calorie deficit and your protein is too low, your body starts breaking down muscle for fuel. Less muscle means a slower metabolism — which means you need to eat even less just to keep losing. It becomes a race to the bottom. Protein also keeps you fuller longer, which makes hitting your calorie target 10x easier.

⚡ *The fix: Aim for 0.8–1g of protein per pound of bodyweight daily. Hit protein first. Calories are the ceiling. Everything else is flexible.*

QUICK REALITY CHECK

If you're training hard but not tracking food accurately and not hitting protein — **your training is working against you**. You're breaking down muscle and not giving your body what it needs to rebuild. Fix nutrition first.

THE NEXT TWO BLOCKERS

03 YOUR TRAINING HAS NO PROGRESSIVE STRUCTURE

Going to the gym consistently is good. Going to the gym and doing the same weights, the same reps, the same movements every week is not training — it's maintenance. Your body adapts fast. Once it's adapted to a workload, it has no reason to change. No new muscle built. No increase in metabolism. No body composition shift. Most guys are spinning their wheels in the gym for months and wondering why nothing is changing.

⚡ *The fix: Progressive overload — every session, aim to do slightly more than last time. One extra rep. Five more pounds. That signal to your body is what forces change. Track your lifts so you always know what you hit last week.*

04 YOU'RE INCONSISTENT IN WAVES — NOT CONSISTENTLY AVERAGE

The pattern looks like this: two amazing weeks, one terrible week, two more decent weeks, then life happens and you fall off for a month. Sound familiar? The issue isn't the bad weeks — everyone has bad weeks. The issue is that the bad weeks wipe out the progress from the good ones. Fat loss compounds over time. One week at 80% beats three weeks at 100% followed by two weeks at zero.

⚡ *The fix: Stop aiming for perfect. Aim for consistent. An 80% week every week for 6 months will outperform any burst-and-crash cycle. Build a system you can sustain, not one that requires everything to go right.*

THE BIGGEST BLOCKER

05 YOU'RE DOING IT ALONE — WITH NO FEEDBACK LOOP

This is the one most guys don't want to hear. Fat loss is simple in theory and hard in practice — not because the protocol is complicated, but because staying on track when life gets hard is genuinely difficult without someone holding you accountable. When you're on your own, a bad week becomes two bad weeks. Small errors in your nutrition go unchecked for months. You make decisions based on how you feel instead of what your data shows. A coach doesn't just give you a plan — they give you a feedback loop. Weekly check-ins, data-driven adjustments, and someone who catches problems before they become plateaus.

⚡ *The fix: Build in accountability. Whether that's a coach, a training partner, or a structured check-in system — you need external feedback to stay on track and keep progressing.*

BONUS

TWO MYTHS KILLING YOUR PROGRESS

× MYTH

"I need to do cardio every day to lose fat"

✓ TRUTH

Fat loss is driven by your calorie deficit — not cardio volume. Cardio helps, but it's a tool, not the foundation.

× MYTH

"I need to eat clean 100% of the time"

✓ TRUTH

Hitting your calorie and protein targets is what drives results. 80% adherence consistently beats 100% perfection for one week.

THE 5-PILLAR **FAT LOSS** SYSTEM

This is the exact framework I use with every client inside the Super Saiyan Incubator. Each pillar addresses one of the 5 reasons above.

01 ACCURATE CALORIE & PROTEIN TRACKING

Food scale + daily logging. No guessing. You can't manage what you don't measure. Two weeks of honest tracking will tell you more about your nutrition than years of guessing.

02 PROGRESSIVE, STRUCTURED TRAINING

A program built around your schedule and experience level — with progressive overload built in. Every session has a target. You always know what you're trying to beat.

03 DAILY TRACKING & DATA COLLECTION

Morning weigh-ins, step targets, food logging — all in one place. The data removes emotion from decisions. Adjustments get made on what the numbers show, not how you feel that day.

04 WEEKLY CHECK-INS & ADJUSTMENTS

Every week: review progress, submit data, get feedback. Problems get caught early. The plan gets adjusted before you plateau. No more stalling for months without knowing why.

05 ACCOUNTABILITY & 24/7 COACH ACCESS

When life gets hard — and it will — you have someone in your corner. Not waiting until Monday. Not "let me check my DMs." Direct access to your coach through the app, 7 days a week.

ARE YOU **READY** TO FIX IT?

Be honest with yourself. Check off every statement that applies to you right now.

→ **YOU'VE BEEN TRYING TO LOSE FAT FOR MORE THAN 3 MONTHS WITH LITTLE TO SHOW FOR IT**

You're putting in effort but the scale isn't reflecting it. You know something's off but can't pinpoint what.

→ **YOU'VE STARTED AND STOPPED MULTIPLE TIMES**

Good weeks followed by bad weeks. The cycle keeps repeating and you're tired of it.

→ **YOU DON'T HAVE A STRUCTURED PLAN — YOU'RE FIGURING IT OUT AS YOU GO**

No set program. No clear calorie target. No system for what to do when you miss a day.

→ **YOU KNOW WHAT TO DO, BUT STRUGGLE TO STAY CONSISTENT DOING IT**

Knowledge isn't the problem. Execution is. And execution without accountability is hard.

→ **YOU'RE READY TO INVEST IN DOING THIS PROPERLY — NOT JUST TRYING AGAIN**

You're done with the guessing. You want a system, a plan, and someone keeping you on track.

IF YOU CHECKED 3 OR MORE

You're exactly who the **Super Saiyan Incubator** was built for. The next page tells you exactly what to do next.

YOUR NEXT MOVE

STOP GUESSING. START BUILDING.

You now know exactly why your fat loss has stalled. The system exists. The blueprint is clear. The only question is whether you're going to keep doing it alone — or get the structure, the plan, and the accountability to actually make it happen.

Book a free 15-minute discovery call. No pitch. No pressure. Just a conversation about where you're at and whether the Super Saiyan Incubator is the right fit.

- 01** DM @nandotrains_ on Instagram with the word **"READY"**
- 02** We'll have a quick conversation to make sure it's the right fit
- 03** Book your free 15-minute discovery call — zero pressure, zero obligation

FIND ME ON INSTAGRAM

@NANDOTRAINS_

The guys who get results aren't more gifted. They just stopped trying to figure it out alone.