No title. Just proof. Here's what I learned.

How I *started*

The honest guide to losing weight without living on a diet.





2024

326 → 190 lbs

132 lbs · 2 years · no fairy tales

Results vary. This is my story, not a promise.

It was mental *before it was physical.*





−132 lbs · 2 years · no fairy tales

Results vary. This is my story, not a promise.

Hi, I'm *Renzo.*

A few years ago I weighed **326 pounds**. I couldn't tie my shoes without running out of breath, I dodged every photo, and I'd convinced myself I was happy. I was lying to myself.

I lost 132 pounds with no miracle diets and no secrets. The weight started coming off the day I understood that **the problem was in my head before it was in my body.**

This guide is what I wish someone had told me on day one: what worked for me, with no fairy tales and no impossible promises. I'm not a nutritionist. I'm just proof that it can be done.

Renzo



Rio. The dream was to travel

You don't beat obesity from the *body*.

You beat it from the mind.

For someone who's overweight, food is a **socially acceptable drug**. You eat to quiet something (anxiety, boredom, sadness), not because you're hungry.

That's why diets alone don't work: they go after the symptom, not the illness. Until your relationship with food changes, no plan holds up.

And the mind can be trained, just like the body.

The 5 pillars

Once your head is in the right place, the physical part is simple. These are the pillars I used. **No secrets.**

1 Calorie deficit

Eat less than you burn

If you burn more than you take in, you lose. Real food in controlled portions, not magazine "clean eating." I eat twice a day (**intermittent fasting**): it doesn't burn fat, but it makes the deficit easier for me.

2 Move every day

10,000 steps

Aim for 10,000 steps a day: they keep your energy up and your head on straight, without punishing your joints. Walk, don't run.

3 Protein

0.7–1 g per pound

Of your **goal weight**, the weight you want to reach. Goal is 175 lbs? Aim for 125–175 g a day. It keeps you full and protects your muscle while you lose.

4 Mind first

Your head is in charge

If you don't change why you eat, the weight comes back. Take photos and videos every week, not just the scale: they show the progress the number hides.

5 Train smart

Lift to lose fat, not muscle

In a deficit you lose fat **and** muscle. Weights plus protein make sure what you lose is fat: you look better at the same weight and your metabolism doesn't shut down. Muscle doesn't "burn fat by magic"; that one's a myth. Walking is still your base; the weights protect what you already have.

Don't know your numbers? The scale measures weight, not fat, and guessing your deficit is the fastest way to quit. Get yours in 30 seconds, free: **burgertobeast.com/calculator**

What they *sold* you

"You have to eat a ton of vegetables."

I lost 132 lbs eating almost no fruit or vegetables (my throat won't let me; I take supplements for the micronutrients). What matters is the deficit and the protein, not the Instagram salad.

"Intense cardio is what burns fat."

Steady walking burns plenty, and you can keep it up for years. Running all-out gets you hurt and makes you quit.

"Food that tastes good makes you fat."

Eating too much makes you fat, not eating food you like. Learn your portions and keep eating what you enjoy.

"You'll see it in 30 days."

You see it when it becomes your life, and that takes months, not weeks.



at the gym

Your first *week*

You don't need the perfect gym or the perfect diet. Check these off:

- [ ] **Face the truth.** Write down how many calories you eat today, for a couple of days, without changing anything.
- [ ] **Cut a little, don't kill yourself.** A small deficit you can keep beats an extreme one you quit.
- [ ] **Protein: 0.7–1 g per pound of your goal weight.** Want to get to 165 lbs? → 120–165 g a day.
- [ ] **Move: aim for 10,000 steps a day.** What matters is not stopping.
- [ ] **Drink water and sleep.** Sounds dumb; it's half the game.
- [ ] **Weigh yourself every day**, at the same time. Water makes the number go up and down even when you're making progress. Watch the weekly trend, not the day.
- [ ] **Take photos and videos every week.** The scale lies sometimes; the mirror doesn't. It's your other way to measure real progress.
- [ ] **Let yourself slip.** One bad day doesn't erase the week. You pick it back up the next day.

Your numbers

Step 1 tells you where you are. The calculator tells you **where to aim**: your deficit and your protein from your own data, in 30 seconds, free, no sign-up: **burgertobeast.com/calculator**

How to count *(without obsessing)*

The first day I wrote down everything I ate, the total stopped me cold. I swore I ate "normal." You can't fix what you can't see. Here's how you turn the lights on:

1 The label

The trap is **the serving size**: it says "150 calories"... per 1 oz serving, and the bag holds 7. Check the serving size first, then multiply by what you're really going to eat.

2 The kitchen scale

It's for **learning**, not forever. Weigh a new food once or twice and train your eye. My "one cup of rice" turned out to be two and a half.

3 An app

I used **Fitia** (it's Peruvian and has the food I grew up on). Any app works if you follow the rule: log everything, what you drink, what you spread, every little taste. Full disclosure: they don't pay me; the code **6Y0JP** gets you 10% off premium and gets me a free month. That's the whole deal.

where they hide

A hard-boiled egg is ~70 calories; the same egg fried is ~110, and the difference is the oil. A tablespoon of butter or mayo, ~100. A 20 oz soda, ~240, and it doesn't fill you up at all. A coffee-shop frappé can pass 400. That's where my thousand phantom calories lived, not in the rice.

Starting is easy. *Sticking with it* is the hard part.

Food was filling a hole. If you take it away and put nothing in its place, you go back. What worked for me was **filling that space and getting out of the house**, away from the kitchen.

The **gym** saved me: my safe place, away from temptation, where I **burned off stress instead of eating it**. It gave me a routine, people, and somewhere to belong. But anything that gets you moving and out of the kitchen works:

→ **The gym** (my favorite)
→ Walking with music or a podcast
→ A class or a hobby with your hands
→ Dance classes
→ A sport: soccer, swimming, pickleball, anything
→ Seeing your friends and family

× Skip video games or TV with the kitchen right there: the food is still within reach.

Give it a month for the habit to become yours. **Reprogram your day, not just your plate.** And when you fall, remember what my mom says: **sometimes you win, sometimes you learn.**



This is just *the beginning.*

Now you know where to start. The hard part, and the good part, is keeping it going. I post what I'm learning every day, including the stuff I get wrong, so you don't have to get it wrong too.

What people ask me most

"I get the deficit, but how much should I eat?"

That's why I put together **My Program**: your two plans (meals and workouts) made for you, with your food, your schedule and your numbers. Every month you generate new ones based on how you're doing, and you get my WhatsApp for questions. No steamed broccoli if you hate broccoli: I lost 132 lbs eating almost no vegetables, so I'm not going to ask you to do what I didn't.

$39 /month · **cancel anytime**

Renews every month at $39 until you cancel. You keep the plans you already got.

Start My Program→

at burgertobeast.com/plans
Built from your answers, in pounds and with US foods.

Rather pay once? The same page has both plans for $47, one payment, no renewal.

And write to me. Tell me where you're at and what's been hardest. If you email me, save renzo@burgertobeast.com to your contacts so my reply doesn't get lost in Promotions.

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