



GENTLE WEIGHT LOSS STARTER GUIDE

VERSION 2.0

How to eat enough, reduce food noise, and create
a weight-loss rhythm you can actually sustain

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WELCOME

You are not starting over. You are starting with better information.

If you have spent years losing weight, regaining it, trying harder, and wondering why consistency never seems to last, I want you to know something immediately.

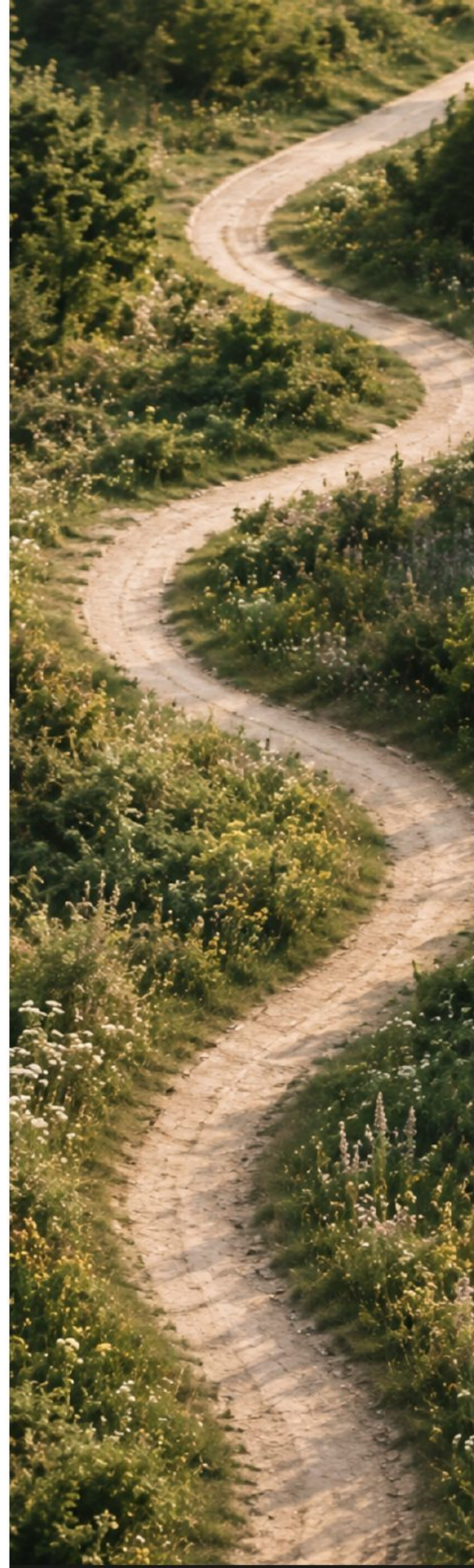
You are not broken. You are not lazy. You are patterned.

Your brain and body learn from repetition: when food is scarce, when foods are forbidden, and when overeating is followed by compensation and more hunger.

Another aggressive plan may not solve a pattern that aggression helped create. Weight loss still involves energy balance, but hunger, food noise, stress, fatigue, medication, hormones, convenience, and years of dieting affect how sustainable that balance feels.

Begin with a better question.

What would help me feel steady enough to make intentional choices consistently?





WHY WEIGHT LOSS GETS SO HARD

The problem is not that you do not understand calories.

Most people already know the basic instruction: eat less, move more, repeat. The difficulty is building a life in which you can do that without becoming ravenous, preoccupied with food, exhausted, rebellious, or trapped in another cycle of starting and stopping.

When restriction becomes the strategy

- Hunger becomes stronger and food becomes more important.
- Highly rewarding foods become harder to resist.
- Energy and spontaneous movement may decrease.
- One difficult meal can feel like the collapse of the plan.

Dramatically reducing food, skipping meals, removing everything enjoyable, or trying to be “good” for as long as possible can create predictable pressure.



This is not evidence that your body is defective. It is evidence that the brain and body respond to deprivation, repetition, and prediction.

Learn a different loop.

The goal is to give your brain enough repeated evidence to learn another pattern.



THE ENOUGH FIRST™ METHOD

Before asking your body for Less, make sure it knows Enough.

Enough First is not eating without limits. It is making eating nourishing, predictable, satisfying, and realistic enough to support a sustainable calorie deficit.



Enough is preparation, not a loophole.
When meals reliably feel like meals,
food can lose urgency.



THE REGULATION LOOP

Your brain is always learning what happens next.

Repeated sequences become predictions. A chaotic eating pattern can become good at recreating chaos; a steadier pattern can teach something new.



THE OLD LOOP



Not enough food



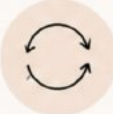
Hunger + food noise



Urgency or overeating



Guilt + renewed control



Not enough again



THE NEW LOOP



Enough, consistently



Lower urgency



More awareness



Calmer stopping



Repeatable energy gap

Regulation is not a feeling you wait for. It is something you teach through repetition.

▶ THE M-E-L RHYTHM™ FRAMEWORK

More. Enough. Less.

MEL lets you notice your eating without turning each meal into a moral judgment.

MORE

Beyond what felt physically or emotionally useful.

ENOUGH

Reasonably satisfied, steady, and complete.

LESS

Less than needed, or a deliberate amount of space.

Observations, not grades.

More is not bad. Less is not virtuous. Enough is not a precise number. The purpose is contrast: notice what happens before, during, and after each kind of eating experience.

Your eating rhythm tells a story. It does not determine your worth.

Try this once a day

- 1 How hungry was I when I started?
- 2 Did this meal feel satisfying?
- 3 Was it More, Enough, or Less?
- 4 What happened to food noise afterward?

BUILD YOUR DAILY RHYTHM

A little planning can create a lot of calm.



You do not need a perfect meal plan. You need fewer moments when you expect yourself to invent a picture-perfect meal out of thin air when you're tired, hungry, and/or busy. It may be easier to think of it as decisions made ahead of time, rather than planning.

1

A PROTEIN ANCHOR

A substantial protein you genuinely like can help a meal remain satisfying longer.

2

SUPPORTING FOODS

Carbohydrates, fats, fruits, vegetables, sauces, and other foods that make the meal complete.

3

A REALISTIC PORTION

Enough to prevent urgency, but not automatically the maximum available.

Gentle planning is a kindness you offer your future busy, hungry, exhausted self.



MOVEMENT WITHOUT PUNISHMENT

Movement can support weight loss without becoming self-attack.

Eating and activity both influence energy balance, but the most intense exercise is not automatically the most useful.

Look for movement that is:

- Physically tolerable and easy to begin.
- Compatible with your schedule.
- Repeatable several times per week.
- Pleasant or neutral enough not to dread.

Walking, swimming, cycling, strength training, and short movement breaks can all count. The best choice preserves your ability to return tomorrow.

Start below your maximum.

Choose a duration and intensity that leave you feeling like you could have done a little more. Then repeat it.

Gentle means applying effort without overwhelming the system that must sustain it.

YOUR SEVEN-DAY EXPERIMENT

For one week, do not attempt to overhaul your entire life.

01 GENTLY PLAN YOUR MEALS

Write down likely meals. The plan can change; writing it down simply reduces last-minute guessing.

02 EAT THREE REAL MEALS

Make each meal substantial enough to count. Add a snack when useful.

03 ANCHOR EACH MEAL WITH PROTEIN

Notice afternoon hunger, concentration, cravings, and food noise.

04 OBSERVE M-E-L ONCE A DAY

Name one meal More, Enough, or Less. Observe without compensating. Do in your head or on paper.

05 CHOOSE REPEATABLE MOVEMENT

Finish with enough capacity to return tomorrow.

Look for information, not proof that you were perfect.



JUST KEEP GOING

Your next step does not have to be extreme. It just has to be useful.

You have started separating weight loss from punishment, noticing your own patterns, and building Enough before forcing Less prematurely. Keep experimenting or ask for guidance.

PODCAST

Weekly conversations about midlife weight, hunger, cravings, food noise, homeostasis, and sustainable change.

setpointscience.com/episodes

TWO-STEP CALL

A free 15-minute conversation to identify your next useful step and whether coaching support is a fit.

setpointscience.com/twostep

You do not need more discipline. You need a strategy that works with your body and your life.

QUESTIONS?

Keep learning with Set Point Science™

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Consistency without punishment. Curiosity without judgment.

Medical Disclaimer Important Note

This guide is for educational and informational purposes only. It is not medical advice and is not intended to diagnose, treat, cure, or prevent any condition.

Talk with a qualified healthcare professional before making significant changes to food, movement, medication, or treatment - especially if you have a medical condition, take medication, are pregnant, or have a current or past eating disorder.

Choose the practices appropriate for your body, health, and available support.

