

# 8 Week Dietitian-Led Weight Loss

(February Intake)

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An intensive 8 weeks focused on supporting weight loss through evidence-based nutrition and professional guidance.

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- ❖ Have you tried to lose weight multiple times, followed 'good' advice, and still feel stuck?
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- ❖ Do you find yourself losing weight successfully, only to see it eventually creep back?
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- ❖ Are you struggling with maintaining consistent motivation during your weight loss process?

## **These usually aren't motivation problems or lack of discipline.**

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These challenges are not caused by a lack of willpower. They often reflect normal physiological adaptations, such as:

- ❖ Appetite regulation adapts to dieting
- ❖ Energy needs change over time
- ❖ Over-restriction can increase compensatory eating

These adaptations are not signs of failure and do not mean meaningful progress isn't possible. They simply mean that effective weight loss usually requires a structured, individualized approach rather than more effort or stricter rules.

# Dietitians Support Sustainable Success

Weight loss is rarely easy, and quick fixes are rarely the answer.

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As Registered Dietitians, we combine evidence-based clinical training with an understanding of real-life constraints — something generic diet programs and online “experts” often can’t provide.

Our role is not to hand out one-size-fits-all plans, but to assess the full context and guide a structured, individualized approach focused on sustainable progress rather than short-term promises.

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Effective guidance starts with assessment, not assumptions.

- **Diet & Weight History**  
Previous weight changes, what has or hasn't worked before.
- **Eating Structure & Habits**  
Meal timing, regularity, food choices, grocery shopping, and daily routines.
- **Appetite & Satiety**  
Patterns of hunger, fullness, cravings, and compensatory eating.
- **Daily Life Constraints**  
Work schedules, family life, social life, travel, and stress.
- **Physical Activity Context**  
Type, amount, and interaction with energy needs (not *burning calories*).
- **Readiness & Capacity**  
Current motivation, expectations, and realistic pace of change.

This approach is tailored to your individual needs, supporting both safety and effectiveness.

# A Plan That Fits Your Life

Many generic diet plans are built around assumptions about schedules, hunger, motivation, and energy needs.

Dietitian-guided care starts by understanding these factors and translating them into a **structure that fits the individual, rather than forcing the individual to fit the plan.**

The difference isn't complexity — it's relevance.

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## Generic plans often assume:

- One “correct” plan works for everyone
- You should follow fixed rules every day
- Hunger and cravings are treated as something to push through
- Progress should be steady and linear
- Certain foods/food groups are avoided

## Dietitian-guided structure considers:

- Your hunger, satiety, and craving patterns
- Your schedule and daily routines
- Your past dieting experiences and responses
- A flexible approach that includes all foods you like
- A realistic pace that you can sustain
- Medical conditions

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Professional guidance focuses on simple, repeatable structures that adapt to the individual — rather than strict approaches that break under real-life conditions.

# The Nordic Balance

A flexible structure for everyday eating — without strict rules.

Over-restriction often backfires. When eating feels strict or “all-or-nothing,” it usually isn’t lasting change — not because of weak willpower, but because the approach wasn’t realistic to sustain.

We focus on regular, satisfying meals and a flexible overall pattern, so progress doesn’t depend on perfection.

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The Nordic Balance reflects evidence-based Nordic nutrition recommendations and professional dietetic practice.

## More often

- Vegetables, berries, and fruit
- Rye, Oats, potatoes, and whole grains
- Fish, dairy, eggs, legumes, and lean meats
- Rapeseed oil, nuts, and seeds

## Also included

- Treats and enjoyable foods
- Restaurant meals and social eating
- Convenience foods on busy days

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This is how we create structure without rigidity: most meals follow a balanced pattern, and flexibility is planned in — so the approach stays realistic, reduces rebound eating, and supports long-term consistency.

# Simple Meal Structures

After assessment, we don't hand out rigid meal plans.

Instead, we start with simple, repeatable meal structures that can be adapted to different foods, schedules, and preferences.

These are examples, not prescriptions — meant to support regular eating and flexibility, not perfection.

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## Breakfast: Flexible Starting Points

Here are some examples:

- Yogurt + berries + oats
- Eggs + whole grain bread + fruit and/or veggies
- Smoothie with milk/plant drink, berries, and oats
- Porridge with cottage cheese
- Quark + fruit + granola
- Yogurt + fruit
- Protein drink + fruit

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## Main Meals: A Balanced Base

For lunch and dinner, we usually start with a balanced base, then adjust portioning and food choices based on hunger, activity, and preferences.

Most meals are built around:

- ❖ Vegetables or fruit
- ❖ A protein source
- ❖ An energy source (e.g., potatoes, grains, rice, pasta)

These structures help prevent both under-eating and rebound eating by keeping meals satisfying and repeatable, while leaving room for enjoyment, social eating, and real life.

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*Food choices vary day to day — consistency comes from the pattern, not from doing it “right” every time.*

## What This Approach *Is*

- ❖ A dietitian-guided, evidence-based way of working with food
- ❖ Focused on structure, regularity, and flexibility
- ❖ Designed to reduce over-restriction
- ❖ Adapted to real life, preferences, and routines
- ❖ Grounded in Nordic nutrition principles and professional dietetic practice

## What This Approach *Isn't*

- ❖ A strict meal plan or rule-based system
- ❖ A short-term challenge or “perfect eating” protocol
- ❖ About cutting out foods
- ❖ Focused on single meals or daily perfection

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## What is Included

An individualized, dietitian-led program focused on building structured, flexible eating patterns that support sustainable weight loss.

The program is adapted to everyday life and guided by professional dietetic practice. What this program includes:

- ❖ An initial 60-minute assessment to review goals, background, and current eating patterns
- ❖ Weekly 30-minute follow-up meetings for guidance and adjustments
- ❖ Individualized nutrition recommendations adapted to everyday life
- ❖ Daily check-ins for questions and support
- ❖ Ongoing review and adjustment based on progress and challenges

Our evidence-based approach ensures you don't just reach your goals but gain the tools to maintain them for a lifetime.

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## Program Details

Program Fee: 590 €

Status: Limited availability

Enrollment is kept small to maintain the quality of the dietitian-led support and 1-on-1 guidance.

# Who This Is Especially Helpful For

- ❖ People who value professional guidance over quick fixes
- ❖ People who feel stuck between restriction and overeating
- ❖ Those who want structure without rigidity
- ❖ Anyone tired of starting approaches they can't maintain

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Knowing what supports health is one thing — putting it into practice in everyday life is another. You get to choose what this looks in your everyday life.

If you're curious about personalized guidance, you can explore your options here...

**Learn more:** [plusnutrition.eu](https://plusnutrition.eu)

**Contact:** [petri.luhio@plusnutrition.fi](mailto:petri.luhio@plusnutrition.fi)

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*Progress doesn't come from doing everything "right" — it comes from a pattern you can live with.*

## About your dietitian

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