

5 Signs You're Under-Eating (and What to Do About It)

Not seeing results even though you've been eating 'clean' and working hard? You might not be lazy or undisciplined - you might actually be under eating: Here are 5 common red flags and how to fix them fast!

The Sign	What it may feel like	What you can do about it
Consistant fatigue	You feel drained no matter how much you sleep	Add carbs + fats around training & eat more throughout the day
Food obsession or binging	You can't stop thinking about food and then binge	Eat regularly and don't cut out major food groups
Mood swings or anxiety	Your snappy, anxious and emotional	Fuel your brain. Undereating messes with your hormones & focus
No progress or weight gain	You're eating less but your weight isn't moving	Reverse diet slowly & start lifting to build mass
Poor recovery or bad sleep	You're always sore, struggle to get to sleep	Prioritise post-workout fuel + a proper meal, not just snacks

You can't get strong on toddler sized meals - fuel your body like you mean it 🍌

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