



# WEIGHT LOSS

WITH



# WHY DO WE WANT TO LOSE WEIGHT?

## BE HAPPIER.

Losing weight is one way of helping to build your self-esteem to help you feel happier. Life is always better when you are comfortable in your own skin.

## FEEL MORE IN CONTROL.

Having a daily workout schedule will make you feel more in control of your life. You decide where and when. You're the boss!

## GET A SHARPER FOCUS.

Do you find yourself daydreaming at work or not being able to pay attention on daily tasks? Compared to obese adults, the non-obese scored better on memory tests.

## EXERCISE EASIER.

You will no longer be the person not going to the gym or not being able to run a 5k. You're part of the club now.

## SLEEP BETTER.

This will be the end of you staying up late watching bad TV because you will be back to a normal and healthy sleeping schedule after putting in all that hard work from exercising.

## KEEP UP WITH YOUR KIDS.

If Kris Kardashian can do it so can you! You'll have the energy and stamina to play with your kids and feel good doing it.

## INCREASE YOUR CONFIDENCE.

Feeling good about yourself is guaranteed to boost your confidence level by a bazillion points!

## STOP FEARING THE DRESSING ROOM.

Go ahead and try that body-hugging dress or those skinny jeans. Nothing will be off limits!



# HOW TO KNOW WHERE TO START



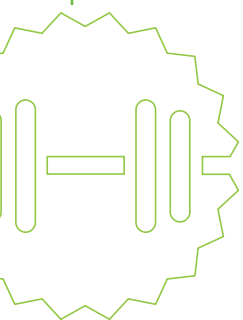
## WEIGHT LOSS

- 10-12 CALORIES PER BODY WEIGHT
- 150 LB
- $1500(1150 \times 10) - 1800(150-12)$



## MAINTAIN

- 13-16
- 150LB
- 1950-2400



## GAIN

- 20-23
- 150LB
- 3,000-3,450
- SIMPLE RULE FOR DAILY PROTEIN GOAL
- PROTEIN INTAKE 1 GRAM PER LB OF GOAL WEIGHT
- 120LB GOAL WEIGHT = 120GRAMS OF PROTEIN

# CLEAN EATING 101

## CHOOSE FRESH FOODS OVER REFINED FOODS

Processed foods are anything in a box, bag, or can, although there are always a few exceptions to the rule (like a bag of fresh green beans), the majority of your foods should be fresh.

## WHOLE GRAINS & NATURAL SUGARS ARE A HEARTY OPTION

While it may not be possible all the time, you can up your intake of whole grains like brown rice, and quinoa. Beans and legumes are also important for your heart and can protect against coronary heart disease. Clean natural sugars, including honey, maple syrup and dehydrated sugar cane juice, can also be good in moderation. These are all natural sweeteners consisting of antioxidants and are free of fat and cholesterol.

## STOCK UP ON PROTEIN

Most of us typically do well with carbohydrates and fat, but we often lack protein, especially in the early part of the day, like at breakfast and lunch. Protein is an important muscle-builder, and it can also help curb your appetite. When eaten throughout the day, it keeps us feeling full longer. Be aware of the kinds of meals you put together and space out your protein.

## EAT FIVE-SIX SMALL MEALS A DAY

This usually pans out into three main meals and two or three snacks. Eating this way prevents you from skipping meals and overeating. It also keeps your blood sugar levels steady so energy doesn't lag.

## DON'T DRINK YOUR CALORIES

High calorie drinks like specialty coffees, vitamin waters and soft drinks, on average can add an extra 400 to 500 calories a day to your intake. Choose water first, or some unsweetened tea (any flavor), sparkling water, or low-calorie drink.

## POLICE YOUR SALT AND SUGAR CONSUMPTION

This is easier than you think, particularly if you cut out processed foods, which are responsible for most of our excess calories and high levels of fat, sugar, and salt. Clean foods are usually naturally low in all of these ingredients.

### Unprocessed Foods Include:

- Fresh fruits and vegetables
- Dried legumes
- Nuts
- Farm-fresh eggs

### Minimally processed foods include:

- Unrefined grains, like whole wheat bread and pasta, popcorn, steel-cut oatmeal, quinoa, and brown rice
- Frozen fruits and vegetables
- Unprocessed meat; wild over pastured, pastured over grain-fed
- Hormone-free dairy
- Heart-healthy oils

# WEEKLY MEAL PLAN

DATE: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

# SNACKS

- PROTEIN SHAKE
- CLEAN EATZ BAR
- CLEAN CRUNCH
- HANDFUL OF ALMONDS (1/4 CUP)
- 2 TABLESPOONS NATURAL PEANUT BUTTER + CELERY
- 2 HARD BOILED EGGS
- BEEF JERKY (150 CALORIES WORTH)
- 4 OZ FRESH DELI TURKEY ROLL-UPS (ADD SLICED AVOCADO AND VEGGIES)
- ONE CONTAINER FAT-FREE GREEK YOGURT + 1 APPLE OR 1 CUP OF BERRIES
- ONE SERVING (100 CALORIES) FAT-FREE COTTAGE CHEESE + 1 BANANA
- 1 PROTEIN BAR (AROUND 200 CALORIES) — I LIKE QUEST BARS!
- RAW OR COOKED VEGGIES WITH 4 TABLESPOONS HUMMUS
- 1 CAN WATER-PACKED TUNA + 2 RICE CAKES



# RECIPES

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## **Wasabi-glazed salmon** 3 SERVINGS

- 3 (5-ounce) skinless salmon fillets
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon wasabi powder (dried Japanese horseradish)
- 1 teaspoon bottled minced fresh ginger

Combine soy sauce, wasabi and ginger in a large zip-top bag. Add fish, seal, and turn several times to coat. Marinate at room temperature for 10 minutes, turning bag occasionally. Heat a large nonstick skillet over medium-high heat. Pour fish and marinade into the pan and cook 3 minutes. Turn fish over, reduce heat to medium and cook another 8 minutes, or until fish is done.

## **Banana Nut Oatmeal** MAKES 1 SERVING

- 1 scoop vanilla protein powder
- 1 teaspoon ground cinnamon
- 1 cup MuscleEgg in vanilla flavor (or 1 cup egg whites + ½ teaspoon vanilla extract)
- 1 scoop protein powder (flavor of choice)
- ½ cup rolled oats
- 1 cup water
- ½ banana, sliced

Heat nonstick pan over medium-high heat. Add ingredients to shaker cup, and shake well to combine. The mixture should be very thick. Coat pan with cooking spray and spoon out roughly 2 tablespoons at a time into pan. When batter starts to bubble, flip pancake until cooked through. Eat them plain, or top with sugarfree syrup.

## **Banana Nut Oatmeal** MAKES 1 SERVING

- ½ cup rolled oats
- 1 cup water
- ½ banana, sliced
- 1 tablespoon chopped walnuts
- 1 teaspoon cinnamon

Combine oats and 1 cup water in small microwave-safe bowl. Microwave on high for three minutes. Top with banana slices, walnuts and cinnamon.

# WHY BUY CLEAN EATZ PRE-PACKAGED MEALS?

## 1. IT SAVES YOU FROM THE TAKEOUT TRAP.

We've all been there: Tired, time-crunched and headed for "hangry" territory. With all those strikes against you, you're more vulnerable to the siren song of the fast-food drive-thru or pizza delivery app. After all, the entire convenience food industry is designed to cater to people who believe they don't have enough time or energy to cook.

## 2. IT SAVES TIME IN THE LONG RUN.

Planning, grocery shopping, unloading and putting away groceries, prepping, cooking, and clean up. Whewwwww!

## 3. YOU'LL BE ABLE TO SNACK SMARTER.

We've all had those days when we start out on a positive path, patting ourselves on the back for eating a nutritious breakfast and a healthy lunch—only to get sidelined by a three o'clock sugar craving that sends us straight to the vending machine or a co-worker's cookie jar. Always have a spare meal on hand.

## 4. IT PREVENTS IMPULSE BUYS.

When you're not following a meal plan, you're more likely to bring home unnecessary and unplanned additions to your grocery cart.

## 5. IT MAKES PORTION CONTROL EASY.

For those on weight-loss journeys, there's simply no avoiding the need for portion control, a simple concept that can seem virtually impossible when eating at a restaurant or preparing an individual meal. Once the container is empty, you're done. No going back for seconds.





# SPICE IT UP!

Meals don't have to be boring. Adding a bit of spice or a splash of a condiment can take that boring broccoli to an exciting side.



CHEESEBURGER SUBLIME



HONEY CHIPOTLE LIME



VEGGIE EXPLOSION



BUFFALO BURN



PIZZA PUNCH



RANCH DUST

ADOBO SAUCE

APPLE CIDER VINEGAR

BALSAMIC VINEGAR

BAY LEAVES

BLACK PEPPER

CAYENNE PEPPER

CHILI POWDER

CINNAMON

CLOVES

COOKING WINE (WHITE)

CUMIN

DIJON MUSTARD

DRIED BASIL

DRIED CHILI PEPPERS

DRIED PARSLEY

DRIED THYME

GARLIC POWDER

GARLIC SALT

GROUND GINGER

HONEY

HOT SAUCE

ITALIAN SEASONING

NUTMEG

OLD BAY SEASONING

ONION POWDER

OREGANO

PAPRIKA

RED PEPPER FLAKES

RICE WINE VINEGAR

SEA SALT

SOY SAUCE

TACO SEASONING MIX

VANILLA EXTRACT

WHITE VINEGAR

WORCESTERSHIRE SAUCE



# EATING OUT

Dining at restaurants can be hard because many dishes are too big and have too many calories.

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## HERE ARE SOME TIPS:

- Order first. This keeps you from being persuaded into ordering a bad choice based on everyone else's order. Be an inspiration for your friends around the table.
- Keep the EXTRA calories away. Ask the waiter not to put bread, crackers, or tortilla chips on the table.
- Look at the menu ahead of time and plan your healthy order. Or if you see something you really want, adjust your day to make it work.
- Ask for sauces and dressings on the side. Use only a little.
- Ask for vegetables or salad on the side instead of fries, potatoes, or rice.
- Order meats and fish grilled, steamed, broiled, or baked instead of fried.
- Save half your meal for a to-go box.
- Order an appetizer for your main course.

# CHEAT "MEAL"

Cheating" is eating more calories than you planned on eating, regardless of what you eat to get there, and/or not worrying about the nutritional content of the food.

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## DO'S

- Do indulge your cravings
- Do pinpoint what you're craving and make it healthier
- Do create a buffer when you indulge
- Do have a small treat every day (really!)
- Do find some better swaps

## DONT'S

- Don't feel guilty
- Don't turn a cheat meal into a cheat day, week or month
- Don't go into an indulgent meal all-out starving

# DO NOT GET MAD

Setbacks will happen. You're human. Don't let an overindulgence force you off the track. Instead, use it as a learning opportunity. What can you do to prevent this from happening again? Keep a positive attitude. Making lifestyle changes is not easy, give yourself some credit! Focus on the progress and changes you have made and continue to find strategies that work best for you.

# Workouts

## MONDAY: LEGS

Barbell Back Squat (4 sets, 8 reps)

Barbell Good Morning (4 sets, 8 reps)

Barbell Glute Bridge (floor) (4 sets, 8 reps)

Lying Dumbbell Hamstring Curl (4 sets, 8 reps)

Barbell Standing Calf Raise (4 sets, 8 reps)

## TUESDAY: CHEST/SHOULDERS

Incline-Bench Dumbbell Press (4 sets, 8 reps)

Seated Dumbbell Shoulder Press (4 sets, 8 reps)

EZ-Bar Upright Row (4 sets, 8 reps)

Dumbbell Flat Bench Press (4 sets, 8 reps)

Bench Dip (4 sets, 8 reps)

Lateral Dumbbell Raise (4 sets, 8 reps)

Diamond Push-Up with Isometric Hold (4 sets, 8 reps)

## WEDNESDAY: CARDIO (30-45) + ABS

Walk, bike or swim 30 to 45 minutes at RPE 5 to 7.

Abs: Go through two times.

Plank (1 set, 30 seconds)

Side Plank (1 set, 30 seconds each side)

Plank Superman (1 set, 30 seconds)

## THURSDAY: PLYO

*Rest 30 seconds between each exercise. Rest 2 minutes between each round. Do 3 rounds total.*

Plank (1 set, 30 seconds)

Side Plank (1 set, 30 seconds each side)

Plank Superman (1 set, 30 seconds)

## FRIDAY: BACK/BIS

Wide-Grip Lat Pulldown w/ Isometric Hold (4 sets, 8 reps)

Bent-Over Wide Dumbbell Row (4 sets, 8 reps)

EZ-Bar Pullover (4 sets, 8 reps)

Incline Prone Dumbbell Row (close grip) (4 sets, 8 reps)

EZ-Bar Drag Curl (4 sets, 8 reps)

Standing Alternating Dumbbell Curl (4 sets, 8 reps each arm)

*Abs: Go through two times.*

Cable Rope Crunch (1 set, 20 reps)

Cable Woodchopper (1 set, 10 reps each side)

Cable Oblique Twist (1 set, 10 reps each side)

## EXTRA CREDIT

*Do eight circuits of 20 seconds of each workout with 10 seconds of rest in between for a total of four minutes.*

Burpees

Pop Squats

Jumping Jacks

Jumping Jacks

Mountain Climbers

High Knees

Jumping Jacks

Jumping Jacks

# HOW FAST BEFORE YOU SEE RESULTS?

Everyone's body is different, so there's not a one-size-fits-all answer to how long it will take to see changes in your body when you start working out. It also depends largely on the kind of workouts you're doing, and what your lifestyle is like. At a physiological and hormonal level, changes start to occur in the body instantly after a workout, but most people will start actually seeing results within the first month or two of making regular workouts part of their weekly routine. These results will start small but will improve and become more noticeable as time goes on.

**BE PATIENT AND CONSISTENT.**

**CHANGE WILL HAPPEN.**

