

## Kick Start Your Fat Loss

1. Eat slightly less than you are currently. If you eat 2 servings of a food eat one.
2. Eliminate liquid calories – No alcohol, sodas, fruit juices etc. There is nothing nutritious in these drinks.
3. Eliminate diet sodas. More and more research shows that the body craves sweets when you ingest artificial sweeteners and they will actually make you fat
4. Eliminate sugar. Wean yourself off sugar in your coffee. However don't substitute artificial sweeteners (see #3).
5. Eat 4 – 6 SMALL meals every day.
6. Eat breakfast.
7. Eat a good protein with EVERY meal.
8. Eat veggies with EVERY meal.
9. Eat small amounts of fruit mostly in the morning and early afternoon
10. Get enough protein. You should be eating or via protein shake, at least 1 gm of protein per pound of bodyweight. If you weigh 150lbs you should be consuming 150gms of protein throughout the day. If you are eating 4 times per day you need to be eating about 35 gms of protein each meal or drinking a quality protein shake.
11. Eggs, the WHOLE egg is very good for you. Eggs do NOT cause cholesterol issues. Your body uses cholesterol to transport nutrients through the cell walls.
12. Eat good fats like peanuts, almonds, olive oil and avocados. Your body needs fat to function properly on the cellular level
13. WATER – dehydration causes decrease in performance
14. WATER – dehydration leads to more injuries
15. WATER. – You should be drinking  $\frac{1}{2}$  your body weight in ounces of water. If you weigh 150lbs you should be drinking at least 75 oz of water. Many times hunger is actually de-hydration. If you get hungry drink water first
16. Slowly make changes to the way you eat. Change one thing at a time and you'll find it much easier to stick with the changes.
17. Weigh once per week! Your weight normally changes daily and even hourly. Weighing every day will freak you out! You may put on 5 lbs overnight one night and loose 5 lbs after a workout. All you're really doing is seeing the changes caused by water.
18. Take pictures before and every week or two
19. Set firm goals. Don't say I want to loose weight, say I want to loose 15lbs by a specific date.
20. Reevaluate your goals once a week. If you aren't making progress, change ONE thing in your nutrition or exercise
21. Tell EVERYONE including on Facebook what your goals are, you will be held accountable. You should also get a lot of support
22. Join a Flag Loss Accountability Group
23. Workout out HARD

24. Intervals + Strength= long term calorie burn and muscle building. “Cardio”, jogging etc = boring workouts that tend to burn muscle a STORE fat. If you want to run sprint as fast as you can for 10 seconds then rest for 20. Do that 10 times and call it a day.
25. Surround yourself with people who want you to succeed. Some people want you to fail and will do whatever they can to sabotage your efforts – Don’t let them make you fail
26. It’s a lifestyle change not a DIET.
27. Don’t fall for diet fads they will ruin your metabolism. DIET is short term, if you want to loose fat and keep it off you have to change your behaviors.
28. Stay away from “fat free” foods. They junk they replace the fat with is worse for you than fat. If a food has fat in it is it good fat or bad?
29. Many Fat free foods are loaded with sugar, they are also heavily processed – throw them
30. Don’t keep foods around that will tempt you. If it isn’t in your house you can’t eat it
31. Stay away from bread at restaurants and in general cut way down on grains, even whole grain breads
32. Learn to read the labels
33. You should be getting a minimum of 30% of your calories from protein, 40-50% from good carbs (veggies) and the rest from good fats
34. Corn is NOT a veggie it is a grain
35. Sweet potatoes instead of white
36. Real butter is ok in moderation (it’s a good fat)
37. Eat as much fresh, raw, whole food as possible. No packaged foods. Jenny Craig, Weight Watchers and Nutrisystems food is poison. If it can sit on a shelf and not go bad, there’s something in there preserving it. It’s a good bet the food is loaded with chemicals.
38. Take the steps and park further away – the more you move the more calories you burn
39. Spicy foods raise your metabolism and cleans out your system
40. Fish Oil – take it. It’s lubricates the joints and improves brain functions
41. Creatine – this is a supplement that actually works to build muscles (no ladies you won’t get big) and reduce soreness after a hard workout
42. Vitamin D - almost everyone is deficient. Take minimum of 2000 I.U. every day. It will improve your mental health and it helps your body function better.
43. Mutli-vitamins – find a good one a take it
44. Greens supplement – most people don’t get enough greens. Adding greens powder to a protein shake is a great mid day meal
45. Are you eating enough?? Not getting enough calories daily slows your metabolism and makes the body store fat. How to figure out your daily caloric intake
  - a. Men  $BW \times 15$  then take 20% of that as your calories per day. For example  $170 \times 15 = 2550$ , 20% of 2550 is 510.  $2550 - 510 = 2050$

b. Women BW 14 then take 20% as your calories per day.

$$145\text{lbs} \times 14 = 2030 \text{ less } 20\% = 2030 - (2030 \times 0.2) = 1624$$

46. Do something everyday. Cycle the intensity go hard 3 – 4 times per then do something lighter. If you play tennis, play a match, if you garden get out there and work it. It doesn't matter just don't be a couch potato on days you aren't in the gym
47. Rest – make sure you are getting enough. Your body builds muscle and adapts to changes when you are asleep. If you aren't getting 7-8 hours of quality sleep (dreaming) you aren't getting enough rest.
48. If you have HONESTLY tried and stuck to a plan for more than a month and exercised religiously and haven't been able to loose more than a pound or too get your hormone levels checked by an endocrinologist. If they say you are low but in the normal range find a Hormone Replacement doc. Low normal is not optimal.
49. Men and women should be losing 0.678% of their body weight each week. Much more than that and you may have problems keeping it off, less than that and you are not sticking to the plan.
50. It's ok to have a cheat meal once per week, but not a cheat day. It's too hard to get back on track
51. If you know you are going out to eat, order baked chicken, a salad with chicken or steak or anything else with lean protein, no sauces etc. Don't use the salad dressing or dip your salad bite by bite into the dressing.
52. Even if you go to McDonald's (blech) you can still make smart choices. Get the un-breaded chicken and throw away the bun. Get the Big Mac with no sauce and throw away the bread. At Arby's get the roast beef with nothing else & throw away the bread.
53. Mo's Southwest Grill is actually pretty healthy if you stay away from the rice. Q'Doba's too.
54. Chinese Food – avoid it. It has tons of sugar in the form of molasses and MSG. A lot of it is breaded. Chinese food in America is NOT what Chinese eat in China.
55. Some Japanese food is good. Sashimi (raw fish without the rice). Tempura once in a while, but it is fried. The food cooked on the Hibachi grill tends to be good quality without a lot of crap in it
56. Plan your meals in advance. Lay out your meal plan for the week, go shopping and prepare as many of your meals as possible in advance. That way they are handy for you to take to work and they'll be ready quickly for dinner.
57. Don't go to the grocery store hungry, you'll buy more junk.
58. Try to drink a lot of water and eat before going to a party, you'll be less likely to eat junk food.
59. One or two alcoholic beverages max! 2 glasses of wine or 2 beers or two mixed drinks.
60. Mixed drinks, especially things like Margaritas are doubly bad, sugar from the alcohol and sugar in the Margarita mix.

61. A little high quality chocolate is a great treat once a week. Get at least 75% chocolate, not Reese's Pieces or a Hershey Bar.

62. Use this grid to ensure you are compliant with your eating habits

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ate 4-6 healthy small meals/snacks</b>							
<b>Ate a fruit or veggie at every meal</b>							
<b>Only drank water or calorie free beverage (unsweetened, black coffee)</b>							
<b>Ate Lean Protein at every meal</b>							
<b>Only ate starchy carbs at breakfast or immediately after a workout</b>							
<b>Ate Breakfast</b>							