



Brought To You By [Pro Nutrition Labs](#)

Liability

The materials in this guide are provided "as is" and without warranties of any kind either express or implied. ProNutritionLabs.com disclaims all warranties, express or implied, including, but not limited to, implied warranties of merchantability and fitness for any particular purpose. ProNutritionLabs.com does not warrant that the functions contained in the materials will be uninterrupted or error-free, that defects will be corrected, or that this guide or the server that makes it available are free of viruses or other harmful components. ProNutritionLabs.com does not warrant or make any representations regarding the use or the results of the use of the materials or products in this guide in terms of their correctness, accuracy, reliability, or otherwise. You (and not ProNutritionLabs.com) assume the entire cost of all necessary servicing, repair or correction. Applicable law may not allow the exclusion of implied warranties, so the above exclusion may not apply to you.

Under no circumstances, including, but not limited to, negligence, shall ProNutritionLabs.com be liable for any special or consequential damages that result from the use of, or the inability to use, the materials in this guide, even if ProNutritionLabs.com or a ProNutritionLabs.com authorized representative has been advised of the possibility of such damages. Applicable law may not allow the limitation or exclusion of liability or incidental or consequential damages, so the above limitation or exclusion may not apply to you. In no event shall ProNutritionLabs.com's total liability to you for all damages, losses, and causes of action (whether in contract, tort, including but not limited to, negligence or otherwise) exceed the amount paid by you, if any, for accessing this guide.

Facts and information in this guide are believed to be accurate at the time they were written. Changes may be made at any time without prior notice. All data provided in this guide is to be used for information purposes only. The information contained in this guide and pages within, is not intended to provide specific legal, financial, health or tax advice, or any other advice, whatsoever, for any individual or company and should not be relied upon in that regard. The services, product, and information described in this guide are only offered in jurisdictions where they may be legally offered. Information provided in this guide is not all-inclusive, and is limited to information that is made available to ProNutritionLabs.com and such information should not be relied upon as all-inclusive or accurate.

Statements on ProNutritionLabs.com have not been evaluated by the Food and Drug Administration or any other governing body. As always readers should consult appropriate health professionals as necessary on any matter relating to

their health and/or well-being before taking any action of any kind. Individual results of the use of the products, or information found on ProNutritionLabs.com will vary. Statements mentioned are to be considered anecdotal with no expressed or implied results by ProNutritionLabs.com.

Health Disclaimer

Any and all information contained in this guide or any ProNutritionLabs.com related sites, articles or materials are not intended to take the place of medical advice from a health care professional. Any action taken based on the contents found in in this guide or any ProNutritionLabs.com related sites, articles, materials, products or information is to be used at the sole discretion and sole liability of the person or persons visiting ProNutritionLabs.com.

Readers of any information found on ProNutritionLabs.com should always consult appropriate health professionals on any matter relating to their health and well-being before taking any action of any kind concerning health related issues. Any information or opinions provided here or in any ProNutritionLabs.com related articles, materials or information are believed to be accurate and sound, however ProNutritionLabs.com assumes no liability for the use or misuse of information found on ProNutritionLabs.com.

Neither any personnel or associates of ProNutritionLabs.com will in any way be held responsible on behalf of any reader who fails to consult the appropriate health authorities with respect to their individual health care before acting on or using any information or products found on ProNutritionLabs.com, and neither the author or publisher of any information found on ProNutritionLabs.com will be held responsible for errors or omissions, or use or misuse of the information or products found on ProNutritionLabs.com.

Introduction

Welcome to your complete guide to succeeding with your weight loss journey. If you're reading this right now, you've taken the very first step to getting the results you desire. Congratulations! That's more progress than so many other people make.

You may have tried a fat loss diet in the past and failed to succeed. That is all about to change. The fact is, *most diets* aren't actually set up to help you succeed. They are either too restrictive, provide too few calories, or too unrealistic to maintain in daily life. Therefore, you may follow them for a week or two, but that's about it.

Have you been there? If so, you know what I'm talking about.

A good diet is one that you can stick with – for life. We shouldn't even refer to it as a 'diet'. It's an eating plan. A way of running your meals that will have you losing weight and then maintaining your weight for the long term.

In this book, we're going to go over the mistakes most people make with their diet, myths that you may be falling for that are costing you success, the importance of both diet and exercise, and then how to set up both a nutrition and exercise program. We'll be going over the in's and out's of what makes for a good weight loss workout program and a poor one so you know once and for all how to spend your precious time in the gym.

My hope is that with this information, you will take it, implement it, and finally realize the body that you have been dreaming of. Remember though, none of this matters without that *action*. Taking action is what will really help you go from point A to point B. Too many people soak up the information and then fail to put it to good use.

So let's get started and go over the most common mistakes that people make as they go about their journey.

Chapter 1: Mistakes Most People Make

I've seen it time and time again: someone who is working exceptionally hard with their workout program but completely failing to see results. It's not for lack of effort –quite the opposite. It's that they are making a key mistake that is costing them their results.

Avoiding these is a must!

Here are the primary mistakes you want to ensure you are avoiding.

Mistake #1: Not Tracking Calories

The first mistake you might make is failing to track calories. I know, it's a nuisance (insert groan here). It takes time, energy, and not all of us are walking human calculators.

But, if you really want to see maximum results, tracking calories really is a must. The reason for this is because tracking calories is what will ensure that you are creating the proper deficit for fat loss to take place. Without this, you aren't giving your body any reason to lose weight.

The good news is there are plenty of calorie tracking apps now available that will make tracking your calories a million times easier. You no longer have to get out the calculator and write by hand in a food journal. So really, it only takes a couple minutes after each meal and you'll have your full day's stats in front of you.

Mistake #2: Carb Overload

The next mistake that's made a little too often is carbohydrate overload. This is common among female dieters because we just aren't so keen on meat. I mean really, when was the last time you really craved a chicken breast? Or an egg?

Probably never. You may crave a juicy steak every so often, but you'd probably much rather have pasta, cereal, or a slice of birthday cake. Am I right? *Right.*

While I'm not going to tell you that you have to avoid all carbohydrates on this diet as that is not something anyone can stick with for the long haul (and we're all about the *long haul here*), I am going to state that you can't go free-for-all with your carbs. You just *need* those other macronutrients in there, especially protein. As much as you may not want that chicken breast, it needs to be eaten if you hope to lose weight (or some other form of protein if you prefer).

Mistake #3: The Starvation Approach

Another common mistake that's often made by those who are going through their diet plan is taking the starvation approach. Crash diets should be dead. Remember that.

They may promise quick results and are therefore highly tempting to dive right into, but they are in no way going to deliver you the long-term success that you desire.

Starvation diets will slow down your metabolism, making it harder to lose weight on an ongoing basis. So while they may work for the first little while, they won't sustain results for very long.

When you fuel your body right, it's much more likely to give up its fat stores. Starve it and it'll cling to them since it's all it has to survive.

Mistake #4: Day Hunger, Night Binging

How many of you avoid food all day, trying to save up calories only to come home and practically binge eat all night? If you're like many, you're nodding your head. Some of you may even do this unintentionally as you simply are too busy during the day to eat. But however you look at it, unfortunately, it's doing your weight loss journey no favors.

While there are intermittent fasting programs out there that actually prescribe you to not eat during the first half of the day and then eat more food later on in the evening, this is very controlled eating and done with precision.

If you simply go home and binge eat all night long, you are going to be primed for weight gain. You aren't tracking calories and chances are most of what you are eating isn't going to be the healthiest of options, thus this will lead to weight gain and before you know it, you'll be worse off than you started.

Mistake #5: Avoiding All Dietary Fat

Another mistake is avoiding all dietary fat. Fat is not the enemy! Fat does not turn to fat either. Too many calories *turn to fat*. Fat is more calorie dense at 9 calories per gram compared to four with protein and carbs, so there is a greater chance that it may lead to weight gain if you aren't careful about how much you eat.

But, if you control your dietary fat intake then you have nothing to worry about. Portion size is key. The right amount of dietary fat can really help to decrease your appetite, stabilize your blood glucose levels, and keep your fat burning hormones in a happy place.

Mistake #6: Cardio Overload

If your typical gym session consists of cardio and more cardio, then something needs to change. We'll be going over this in more detail later on but for now, note that too much cardio is not going to help you lose weight as you might hope it will.

Case in point, look at your progress up until now. If you've been doing a lot of cardio, how far has it gotten you? Probably not that far at all. This shows that it's not really doing you many favors.

Strength training is a superior choice for just about everyone.

Mistake #7: Neglecting the Two 'S's - Stress And Sleep

Finally, the last error is neglecting what I call the two 'S's - sleep and stress. You need to get more sleep and you need to stress less. I know, easier said than done. But when you aren't doing this, cortisol levels in your body, which is the stress hormone produced by the adrenal glands, go up and this can lead to an increased risk of fat accumulation in the abdominal region.

Do your best to get to bed before midnight and clock at least 7 hours of sleep. Additionally, start doing some deep breathing techniques to help lower your stress and learn to say no to obligations you just can't take on. Some stress you simply can't manage, but other stress you can. Work on that in which you can.

So there you have the major mistakes that are too often made by those seeking fat loss results. If you can side-step these, you'll be off to a better path.

Now let's go over some of the common myths that you may fall for as well.

Chapter 2: Myths You Must NOT Fall For

There are so many myths out there that will lead people completely astray. Unless you educate yourself on these, it's highly likely that one will impact your decisions.

Here are some of the big ones to know about.

Myth #1: Eating At Night Leads To Fat Gain

Earlier we spoke about how you need to get away from binging at night. And you do. But that doesn't mean you can't eat anything at night. It's perfectly acceptable to have a few calories during the evening as long as you account for them and make smart food choices.

Think lean protein, vegetables, and possibly just a few carbs or dietary fats.

Myth #2: Strength Training Makes You Bulky

Far too many women have this notion that weight lifting is going to cause them to get big and bulky overnight. This too just isn't the case.

Weight lifting will help you burn calories faster as it raises your metabolic rate and will help you look firmer and more toned when done properly. It takes a LOT for a woman to even build one pound of muscle, so celebrate any muscle you do manage to gain. Trust me, it will only help you.

Myth #3: Protein Builds Muscle Rapidly

Which brings us to our next myth, the idea that protein builds muscle rapidly. Ask a random woman on the street about protein powder and she'll likely tell you it's something that bodybuilders and professional athletes use.

This is far from the case. In fact, women, more than anyone else, need a good quality protein powder because they're often short in protein. Don't be afraid of protein powder. It's a fast and easy way to get this important nutrient in your diet plan.

Myth #4: Dairy Makes You Fat

Think that you must ban all dairy? For some reason, many people have the belief that dairy products will also lead to weight gain. This isn't the case. While you certainly can't sit around in your pajamas eating ice cream every night and expect to be slim in no time, adding some low sugar, low fat Greek yogurt to your diet certainly isn't going to hurt.

In fact, it may just help out. Those who add low fat dairy products to their diet show higher rates of overall fat loss from the abdominal region than those who don't, so think twice before skimping on dairy.

Note that there are some people who do suffer from lactose intolerance and those people will want to avoid dairy. But if you don't, just choose wisely. It's fine to include some in your day (and it might even help you kick that craving for ice cream the healthy way!).

Myth #5: You Can Lose 10 Pounds In 10 Days

Finally, the last myth ties in with the above note on crash diets. You cannot lose weight rapidly. Remember, you didn't gain it overnight, so you aren't going to lose it overnight either.

A realistic rate of weight loss for most people is about ½ pound to one pound per week. When you lose weight at this rate, you know it's going to be permanent weight loss and that it's going to stay off for good.

If you're currently falling for any of these myths, it's time to now do whatever you can to avoid them. They are not going to help you out in any way.

Let's move forward and talk about diet and exercise.

Chapter 3: Diet or Exercise – Or *Both*?

One question that people often ask me is do they really need to exercise? Or perhaps they don't need to diet after all if they just hit the gym enough? You probably have a preference. Either you like exercising but hate having to reduce your food intake or you could spend every meal eating chicken and broccoli but will die if you have to step foot in the gym.

So, can it be an either-or approach?

The short answer is not really. Let me explain.

Both diet and exercise have a role in your program and when one is missing, things don't quite go as planned.

Diet is what is really going to help you create the calorie deficit that you need to lose weight. While many people think they are burning massive amounts of calories during exercise, they really aren't. Unless you are extremely fit and exercising at very high intensity levels or exercising for hours per day, you probably aren't burning more than around 300-400 calories per session. And while this *helps* for sure, it's nothing to get too excited over, especially when most people will eat at least half of these calories back because exercise will, over time, make you hungrier (and you do need to fuel the body to exercise properly).

Most people who just exercise and don't diet at all, so aren't tracking calories, overcompensate for the calories they burned off. Meaning, they may burn off 400 calories in the gym, but they go and eat 500 calories more per day than if they hadn't have done that exercise program.

So in reality, that exercise program may actually be leading them down a path to weight gain. Chances are some of it will be muscle (a good thing!) because they are exercising, but some will also be body fat.

Diet is where the real fat loss magic happens.

Exercise however is what helps ensure that when you are dieting, you are losing *fat* mass. If you just diet using a very low-calorie intake and don't exercise, there's a good chance that your body will lose both lean muscle as well as body fat. If your sole aim is just to get 'skinny', then this very well may be okay. But just note, that this is where the term 'skinny fat' comes from. It's people who have gotten thinner but have lost primarily muscle mass tissue, not body fat. So, they aren't as large as before, but look soft and completely undefined.

If you exercise, particularly if you do strength training exercise, then you'll be left with that fit and firm appearance, which is what most people are going for. You'll still be thinner, but you'll be an athletic thinner, which is considered by many to be far better.

So in reality, both are necessary. This doesn't mean you have to spend your life in the gym however. 2-3, 30-minute sessions is really all you need to do to get on track to success. Can you do more? *You bet.* And if you do more, it may allow you to eat a few more calories in your diet because of this. But just watch you don't go overboard with exercise. The thing is your body can only recover from so much so if you are doing loads and loads of exercise, it will eventually hinder your progress.

It's time to move forward and get into the nitty-gritty of the diet plan.

Chapter 4: Determining Your Diet Plan

Setting up a diet may seem like no easy feat but when you have a few guidelines to follow, it's really not as hard as it seems. There are four main factors to consider. These include:

- Tracking your calories
- Tracking your macros
- Choosing your foods
- Figuring out meal timing and frequency

When these are in place, you're all set. Let's discuss each individually.

Tracking Your Calories

The single most important thing you must do if you are going to see success with your diet plan is track calories. In order to lose weight of any kind, you do need to consume fewer calories with your diet plan than you burn off throughout the day. If you don't accomplish this, you aren't seeing progress – it's that simple.

So how many calories do you need?

This is the tricky part. There's no hard and fast number. It varies considerably amongst individuals due to activity level, genetics, how much lean muscle mass tissue they possess, as well as their own metabolic make-up.

It can every vary greatly with *one individual* on a day to day basis. If one day you are running around all day long and the other, you're sitting on your butt watching TV most of the day, you can bet your calorie burn between the days will be very different.

So all we can use here is estimations. If you are currently tracking your calories, then great, you're one step ahead of the game. If you are maintaining your weight at the moment, then you know how many calories you need to eat each day in order to maintain bodyweight.

If you aren't tracking calories, I suggest you spend about one week doing so. Look at how many calories you're eating each day and then take the average over the course of the week. If you are maintaining your weight, this is your maintenance calorie intake.

Another approach is to simply use multipliers. Most women need approximately 14-16 calories per day to maintain their body weight. If you are less active, use the 14 multiplier and if you are more active, use the 16 multiplier.

While there are many fancy formula's that can also be used, for the most part, these tend to be quite accurate.

Now once you have this number, you need to *subtract* calories from that in order to derive weight loss goals.

There are 3500 calories in one pound of body fat, so you'll subtract anywhere from 250 to 500 calories per day to lose half to one pound of fat per week. Once you do this, that's now your target daily calorie intake.

Note that if you are going to *add* exercise to your program, that will also burn calories, so you can factor that into the equation as well. It will add to your calorie burn portion thus you will be able to eat more calories because of it.

Once you have this target calorie intake, you're going to eat at that level for about 3 weeks and then assess progress. If you are seeing noticeable changes, then you're on track. If you're losing weight too quickly or are extremely hungry, you'll probably need to *add more calories to the total*. If you are not losing weight, *subtract calories*.

Do this until you start seeing the results you are looking for.

Tracking Your Macros

Macro's is the buzzword right now in the diet industry and everyone is talking about them. What's a macro?

Macro is short for *macronutrients*, which refers to the main macronutrients in your diet plan. This includes carbohydrates, proteins, and dietary fats. Each of these has a specific role in the plan, which is why it's important to ensure you are getting the right amounts of each.

Let's look at each.

Protein

The primary role of protein is to provide the raw materials needed to build muscle and other lean tissues. It breaks down into amino acids, which are the building blocks that are necessary to repair and rebuild.

Protein also helps to stabilize blood glucose levels as it takes a longer time to digest so can slow down the release of glucose from carbohydrates you eat in the blood stream.

Finally, one last thing to note about protein is that it has a higher *thermic effect of food*, which refers to how much energy your body expends simply breaking the nutrient down. If you eat 100 calories from protein and 100 calories from dietary fat, your body will *net* fewer calories from protein. This means, it can go a long way towards giving your fat loss a boost.

Many women often think that protein will make you look big and bulky, but that's far from the case. If you don't eat enough protein, you will risk losing lean muscle mass on your diet plan and potentially getting weaker and even gaining body fat.

When you diet, your protein needs go up, not down, so it's very essential you focus on getting enough.

When selecting your protein rich foods, you'll want to choose lean sources whenever possible. You want to opt for protein that is in its natural state and that doesn't contain any *added* carbs or fats.

Great choices include:

- Chicken breast
- Turkey breast
- Lean steak
- Fish
- Seafood
- Low fat dairy products (Greek yogurt and cottage cheese)
- Whey protein powder
- Eggs and egg whites

While beans, lentils, nuts, tofu, and other legumes do contain protein as well, they also come with a high amount of carbohydrates and/or fat, therefore are not your most ideal protein sources when on a fat loss diet unless you are also going to count them towards your carb or fat total as well.

Carbohydrates

Which now brings us to carbohydrates. Carbohydrates get a bad rap in the diet industry and most people feel like they need to avoid them entirely. Going on a very low carb diet is not an ideal plan for a few reasons.

First, it will crush your energy level. If you hope to do intense workout sessions, which you should, you won't do this unless you have carbohydrates for fuel.

Second, going on a very low carb diet is going to cause your leptin levels to drop dramatically, and this can make dieting very challenging. Leptin is a hormone produced by the fat cells that helps to monitor how much energy you have coming in and how much food you are eating. When leptin drops, side effects include ravenous hunger, extreme fatigue, loss of libido, feeling cold all the time, losing motivation to continue dieting – basically, it’s going to make going forward seem almost impossible.

By eating more carbohydrates in your diet plan, you can avoid this problem entirely. You don’t want to overdo carbohydrates as too many will definitely limit weight loss, but you don’t want to consume too few.

It’s also very important to choose the right *type* of carbohydrates. You want to include fibrous carbohydrates found in vegetables for the most part as they are low in calories, high in fiber, and rich in nutrition, coupled with complex carbohydrates around your workout period. Complex carbohydrates will deliver higher levels of energy, so this is what will ensure that you are able to complete those workouts as desired.

You want to *avoid* simple and sugary carbohydrates. These break down rapidly in the body, will spike blood glucose levels, and make it harder for you to continue to lose body fat.

Summing up your list of best choices, you’ll want to choose:

- All types of vegetables (with the exception of starchy vegetables such as potatoes, peas and corn)
- Brown rice
- Plain oatmeal
- Quinoa
- Barley
- Beans
- Lentils
- Sweet potatoes
- Popcorn

Fruit isn’t a bad choice while dieting and because it contains so many antioxidants and a good dose of dietary fiber, it’s one that you do definitely want to get into your plan. Just limit *how much* of it you consume because it does still contain calories and sugar.

When selecting fruits, berries are your absolute best choices, but any fruit (provided it’s not dried or candied) will do.

Dietary Fats

Finally, we come to the last macronutrient, dietary fat. Just like carbohydrates are not the enemy, dietary fats aren't necessarily the enemy either. The thing to note about dietary fat is that it alone won't lead to fat. It's not a situation where you eat fat and immediately gain fat. What happens though is because dietary fat is higher in total calories per gram (9 compared to 4), it's easier to overeat in dietary fat, thus take in too many calories and that is what leads to body fat gain.

The easy way around this is to make sure that you measure how much dietary fat you are eating so that you aren't going overboard.

The good is that dietary fats will help to combat hunger because they break down so slowly, add delicious taste and texture to your food, ensuring that you actually *enjoy* your diet plan, and they will also keep your hormone levels optimized so you feel well and can proceed to burn fat as optimally as possible.

You *need* some dietary fat in your menu, so don't try and cut it out entirely. Those who do will usually just end up bingeing on foods they shouldn't, coming off their diet entirely.

When looking at the types of dietary fats to choose, you want to, as much as possible, opt for omega-3 fatty acids coupled on monounsaturated fats.

This includes foods like:

- Salmon
- Flaxseeds
- Walnuts
- Olive oil
- Avocado
- Seeds
- Coconut oil

These will be your healthiest fats so should form the bulk of your intake. You may still get smaller amounts of fats from dairy products, eggs and lean red meats, which is fine. Try and choose grass fed and organic products whenever you can.

So there you have a brief overview of each of the macronutrients and what they do. Now, how much do you need?

Tracking Your Macronutrients

The only one of the three macronutrients that has a firm recommendation is protein, with carbohydrates and dietary fats both being dependent upon how many calories you are eating. The more calories you eat, the more of each nutrient you can have.

You want to aim for a protein intake of approximately 1 gram per pound of body weight. Don't stress too much if you're slightly below this or too much if you go a bit above, but generally speaking aim for this amount.

So take your body weight right now and multiply by four calories (per gram of protein) and that's how many calories of your total daily calorie intake should come from protein.

With dietary fats, try and aim for around 0.25-0.3 grams per pound of body weight. This will get you hitting the sweet spot where you have enough dietary fat to keep your hormones in the right place and to help decrease hunger. You can go higher than this if you want, but know that this will decrease your carbohydrate intake then.

Let's say you weigh 140 pounds right now. This means your dietary fat intake will be between 35 and 42 grams per day. This equates to 315 to 378 calories.

Once you have this, you can now subtract your total protein calories and your total fat calories from your total calorie intake. Now you have your total calories left over that can be devoted to carbohydrates. If this number is *below 100 grams per day*, I recommend considering increasing your activity intake more so that you can eat enough calories (and still sustain a deficit) to be able to consume 100 grams of carbohydrates per day.

Going below this is where you may run into issues with leptin over the long term, so staying above helps make your diet that much more effective.

Or, if you don't want to do any more exercise, consider accepting a slower rate of fat loss so that your deficit isn't so big – perhaps it's closer to 250 calories than 500 calories. This will allow you to have a few more calories to add to your carbohydrate intake.

Meal Timing and Frequency

Finally, the last thing that you'll want to consider is meal timing and frequency. Both of these come in third and fourth place to calories and macro intake so note that they aren't *that* important. If the truth is told, you really can do whatever you wish here as long as you get the food in. Beyond that, it's really more a question of what will help you stick with your diet plan the best.

As far as meal timing goes, I do recommend that you eat breakfast shortly after waking if you can. This generally helps people better control their appetite level later on in the day, which will then lead to smarter food decisions.

Follow that up with a meal every 3-4 hours so you aren't ever getting ravenously hungry. You really want to avoid extreme hunger pains as that is what will definitely send you running as fast as you can to the pantry.

You can choose to break your calorie intake up into 4 meals a day, 5 meals a day or 6 meals a day if you prefer. Just remember that with the increasing number of meals you eat each day, *the size of each meal will go down.*

If you're someone who finds you never feel satisfied on small 'mini meals' during your day, a setup of 6 meals per day may not fit so well with you. If, on the other hand you prefer eating smaller meals and snacking more often, then go with a higher meal frequency.

Just remember to measure those meals. If you eat six times a day and are not accurate with your measuring and take in an additional 100 calories per meal, this can quickly cancel out your deficit and have you gaining weight!

Now let's jump forward and talk about exercise and what you need to know here.

Chapter 5: Exercise – Why Cardio Is Not the Road Path To Success

How many times have you thought that to lose weight, *cardio* is what you needed to do? If so, you aren't alone. Most people believe this, but it isn't accurate. While cardio may burn calories while you are doing it, the moment you step off that machine, all calorie burning stops. You're back to base line and haven't done much to change your body.

With strength training on the other hand, you can actually increase your resting metabolic rate for up to 48 hours post training *and* because you are challenging your muscles and forcing them to work hard against that resistance, they take on new shape.

With cardio training, you'll just become a smaller version of your current self. With resistance training, you can actually reshape your body entirely.

Which would you rather experience?

Don't let the fear that weight lifting is going to get you big and bulky scare you or put you off. It won't. Women must work *seriously hard* to build a pound of muscle, so you won't turn into she-Hulk overnight. That I can promise you.

Here are some of the key points to remember when putting together an exercise program. Later on we'll provide you a plan to follow so you'll see all of these taking into effect.

- Allow at least 48 hours of rest before working any muscle group again
- Focus on the compound lifts (bench press, shoulder press, rows, squats, lunges, deadlifts) as the foundation of your program.
- Utilize both higher and lower rep ranges.
- *Do not be afraid to push yourself with weights.* Seriously. Pick up those 15- or 20-pound dumbbells if you can handle them
- Monitor your rest periods. They will make a difference in the results you see.
- Always perform a warm-up set or two of your initial exercises to get in the zone and prevent injury
- Focus on feeling the muscle you are working squeezing with each rep you do. Don't just 'move the weight'. Hit the right muscle so you see the proper results.

If you can keep these points in mind, you will be on your way to success. Transformations take place when strength training is included, so I highly recommend you get started.

Beyond that, you certainly can and should do a session or two of cardio training each week as it's important for heart health and for overall conditioning, but it should never be the foundation of your workout program.

You can either do steady state cardio training (at a moderate intensity) for 20-45 minutes or you can choose to do interval training sprints, doing a higher intensity burst for 30-60 seconds coupled with a rest period that's two times as long. Repeat this a 5-10 times to make up the workout session.

Finally, remember to take at least one day off each week for rest and recovery. Ideally, you'll have two days off (or at least one day that's much lower in intensity). This will ensure that you are coming back fresh each week and aren't risking overtraining.

Now let's talk about supplementation.

Chapter 6: Supplements for Greater Success

Before we dive into the recommended supplements, I first want to note that a supplement is never going to *replace* a diet and workout program. Some people think that they can just pop a pill and be off to seeing results. That isn't the case.

You *need* to put in the hard work. Supplements just help make putting in that work easier and help give you an extra edge.

There are 3 key supplements I recommend while on this program.:

Whey Protein Powder

First you have a quality whey protein powder. The reason you want this is because, as we noted before, getting your protein needs met is essential. If you don't eat enough protein, you risk losing muscle mass, which then puts you at risk for *fat gain*. You don't want to miss out!

And if you can't stand the thought of eating four chicken breasts a day, protein powder will give you great relief. [Her Natural Whey](#) comes in both Chocolate and Vanilla flavor so there's so much you can do with it.

Try mixing into coffee, a smoothie, yogurt, oatmeal, or baking it up into some delicious bars or cookies. There are really an endless number of ways that you can use protein powder, so you'll be sure to find one that works for you.

You want a protein powder that comes with 20 grams of protein or more per scoop and is low in both carbs and fats. Bonus points if it also contains no artificial sweeteners, like [Her Natural Whey](#) does. While sweeteners have been scientifically proven safe, most people will notice they give them a stomachache or a bloated belly. Both of which aren't so fun.

A Fat Burner

Next, also look into a fat burner. This is what will help give you that extra edge when you need it most. [Her Natural Fat Burner](#) contains several proven ingredients designed to help your body burn fat quicker and make dieting easier.

It does not contain stimulants however, which means you won't risk losing sleep when you take it (remember how we noted sleep was so important for success)?

Instead, you'll find:

- Green tea extract, which can help rev your metabolic rate, allowing you to burn calories faster every single minute of the day

- L-Carnitine, which helps improve the body's ability to utilize fatty acids as an energy source, thus enhancing weight loss
- L-Tyrosine, which can both boost performance in the gym and also help increase your metabolic rate
- Cayenne pepper, which also serves to stimulate the metabolism

...and more. This supplement has everything you need to put up your strongest fight against fat loss while staying safe at the same time.

Collagen Powder

Adding collagen to your diet can help lead to healthier skin, hair and nails while also supporting joint function and muscle recovery. It is something everyone should be incorporating into their diet.

[Her Natural Collagen](#) is gluten free and is paleo and keto friendly. Her Natural Collagen is sourced from grass fed bovine and contains 20g of collagen peptides per serving.

30 Day Fit Challenge Special

20% OFF



All 30 Day Fit Challenge participants receive 20% off your order on Amazon.

Simply use coupon code: **PVOZ96XK**

[Grab Your Recommended Supplements Here](#)

Your 8 Week Jump-Start Plan

Below you'll find an eight-week workout program coupled with a nutrition plan that you'll carry out for 8 weeks' time. Once the 8 weeks are up, I recommend that you take at least one week off your diet and workout plan and let your body rest and reset itself. Don't binge eat or sit on the couch all week long; adopt moderate healthy lifestyle behaviors. The goal here is to refresh yourself, not eliminate the progress you just made.

Once that week is up, you can then restart if you so choose.

Note that you'll do a full body workout, three days per week for the first four weeks to ease into it and for the second four weeks, you'll switch to an upper/lower split. Allow for one day of rest between each full body workout and a day of rest after each upper/lower workout is completed.

The nutrition plan will be based around someone who is 150 pounds, so adjust this as needed based on your own body weight. We won't be giving you exact foods to eat each and every day, but rather providing you with servings of carbs, proteins and fats and then you can choose from a pre-approved food list. This way *you are in control* and can design a menu that you actually will enjoy.

Try and stick to these plans as best as possible and you will be off to seeing results.

Your Workout Plan

Note: if you are unfamiliar with an exercise, you can do a search on YouTube and easily find a tutorial on that exercise

Workout 1:

Exercise	Sets	Reps	Rest
Squats	3	6-8	90 seconds
Romanian Deadlift	3	6-8	90 seconds
Lunges	3	6-8	90 seconds
Shoulder Press	3	6-8	90 seconds
Lateral Raise	2	8-10	60 seconds
Plank Hold	2	10-15	60 seconds

Workout 2:

Exercise	Sets	Reps	Rest
Deadlifts	3	6-8	90 seconds
Dumbbell Rows	3	6-8	90 seconds
Lat Pulldowns	3	6-8	90 seconds
Bicep Curls	3	8-10	90 seconds
Barbell Curls	2	8-10	60 seconds
Hanging Ab Raises	2	10-15	60 seconds

Workout 3:

Exercise	Sets	Reps	Rest
Chest Press	3	6-8	90 seconds
Incline Press	3	6-8	90 seconds
Tricep Extensions	3	8-10	90 seconds
Tricep Pushdown	2	8-10	60 seconds
Calf Raises	2	10-15	60 seconds
Bicycle Crunch	2	10-15	60 seconds

At Home Workout

If you do not have access to a gym, we have also provided a workout you can do at home or on the road:

Workout A

Full Body Metabolic Booster – Perform as many reps as you can in the given time period and then move right to the next exercise, resting where noted. Complete one round then another two after a two minute rest at the end.

DB Squats – 30 seconds
Push-Ups – 30 seconds
DB Bent Over Rows – 30 seconds
Jumping Jacks – 30 seconds
Rest – 1 minute
DB Walking Lunges – 30 seconds
DB Shoulder Press – 30 seconds
DB Bicep Curls – 30 seconds
DB Tricep Extensions – 30 seconds
Mountain Climbers – 30 seconds
Rest – 1 minute
DB Front Raise – 30 seconds
DB Side Raise – 30 seconds
DB Calf Raises – 30 seconds
Lying Leg Raise – 30 seconds
Rest – 2 minutes

Repeat two more times through.

Workout B

Full Body Strength Builder – Perform the indicated number of reps and sets for each exercise, resting for 30-60 seconds between exercises.

Push-Ups – 3 sets of 10 reps
Dumbbell Sumo Squats – 3 sets of 15 reps
Dumbbell Shoulder Press – 3 sets of 12 reps
Dumbbell Walking Lunges – 3 sets of 15 reps
Dumbbell Bent Over Rows – 3 sets of 12 reps
Superset:
Dumbbell Bicep Curls with Dumbbell Overhead Tricep Extension – 2 sets of 15
Superset:
Dumbbell Lateral Raises with Dumbbell Front Raises – 2 sets of 15 reps
Glute Bridge – 3 sets of 20 reps

Your Diet Plan

Target Calorie Intake: 1605 calories

Target Protein Intake: 150 grams (600 calories) = 6 servings protein

Target Fat Intake: 45 grams (405 calories) = 4 servings fats

Target Carbohydrate Intake: 150 grams (600 calories) = 4 servings complex carbs or fruit, 5 servings vegetables

Breakfast:

1 serving protein

1 serving complex carbs

1 serving fat

1 serving vegetables

Snack:

1 serving protein

1 serving vegetables

1 serving fat

Lunch:

1 serving protein

1 serving complex carbs

1 serving fat

1 serving vegetables

Snack/Pre-Workout:

1 serving protein

1 serving complex carbohydrates

Snack/Post-Workout:

1 serving protein

1 serving fruit

Dinner:

1 serving protein

1 serving fat

2 servings vegetables

Food Choices Table:

Note for the below table, each food listed represents one serving. One serving of carbohydrates/fruit is about 25 grams of carbs and 100 calories, one serving of protein is about 20 grams of protein and 100 calories and one serving of fats is about 11 grams of fat and 120 calories.

Protein	Complex Carbohydrates	Fruit	Fats	Vegetables
3 oz. chicken breast 3 oz. turkey breast 3 oz. sirloin steak 3 oz. salmon (count as one fat also) 1 cup egg whites ½ cup Greek yogurt ½ cup cottage cheese 1 scoop whey protein powder 3 oz. white fish 3 oz. seafood	½ cup cooked rice ½ cup cooked barley ½ cup cooked quinoa ¼ cup raw measurement of oatmeal 1 slice Ezekiel bread 1 small whole wheat wrap 4 cups low fat popcorn, popped 100 grams baked sweet potato	1 banana 2 cups berries 1 cup grapes 1 apple 1 orange ½ cup pineapple chunks ¾ cup cherries 2 cups melons	1 tbsp. oil (any variety) ¼ avocado 1 serving salmon (also count as one protein) ½ oz. nuts 1 tbsp. nut butter 1 tbsp. seeds	1 cup any vegetable except peas, corn, and potatoes

Conclusion

So there you have your guide to seeing success with weight loss once and for all. Remember to approach this as a long-term plan. This isn't something you are just doing over 8 weeks. This is something that you are going to carry out for many months and even years to come.

When you make the commitment to living a healthy lifestyle and stop thinking about reverting back to your 'old ways', that's when you will manage to stick with it far easier and really see the results that you are going for.

30 Day Fit Challenge Special

20% OFF



All 30 Day Fit Challenge participants receive 20% off your order on Amazon.

Simply use coupon code: PVOZ96XK

[Grab Your Recommended Supplements Here](#)