

fit *In* 15



A COMPLETE WEIGHT LOSS
PROGRAM DESIGNED FOR WOMEN

Dieting Cheat Sheet

Weight loss comes down to calories in versus calories out. You have to be in a deficit to lose fat. No two ways about it.

That's not to say it's the only thing that matters, as other factors play important roles, but calorie balance is the key one.

Once you get this dialled in though, you can eat anything you want (within reason) and still lose fat very quickly. Obviously the majority of your food choices should be healthy, but if you want some pizza, some ice cream, some chocolate, or even some wine, you'll be able to do that without wrecking your progress, provided you follow this plan.

We'll take you through every single dieting component to ensure that you lose fat as fast as humanly possible, but do so in a way that -

- Keeps you feeling full and satisfied
- Doesn't ban or exclude any foods or food groups
- Lets you have treats and things you enjoy on a regular basis
- Maximizes fat loss and muscle retention
- Doesn't make you want to binge
- Gives you energy to train hard
- Keeps your metabolism on turbo speed

- Allows you to follow your diet indefinitely with no suffering and no cravings.

Flexible Dieting & Nutrition Plan

Before you close this e-book down and think I'm about to throw another fad plan or restrictive diet on you, give me a few minutes to show you a way you can eat that not only helps you lost fat fast, but does so in a way where you don't need to ban any of your favorite foods.

As you might have guessed from earlier, we want a sustainable, healthy, tasty approach to dieting, and one that doesn't lead to extreme hunger or binge eating.

Despite what you've been told about cutting carbs, banning gluten, dairy products and sugar, or even adopting a raw food approach, there is a way to get the body of your dreams with virtually no sacrifice.

Calories: The Queen of Weight Loss

- ▶ Calories are the main factor in whether you lose or gain weight and fat.
- ▶ If you eat fewer than you burn, you'll lose weight. And if you eat more than you burn, you'll gain weight.

Therefore, before considering anything else, you need to work out how many calories you should be consuming.

This isn't nearly as difficult as you might have been lead to believe however.

All you need to do is take your bodyweight in pounds, and multiply it by between 10 and 12. This is known as your activity factor.

Highly active women should pick the number 12. If you train 5 or 6 times a week, then this is you. You'll also be a 12 if you train 3 to 4 times, but have a job where you're on your feet all day, or you're just busy and rushing round in general, with little time to sit down.

If you train 4 to 5 times a week, or you train 2 to 3 times and have an active lifestyle, you'll be an 11.

For those of you who only train a couple of times every week, you'll be a 10.

Once you've worked out your activity factor, you then multiply your bodyweight in pounds by it.

Got that?

We'll run through some examples in a little while when we've gone through a bit more information.

The Power of Protein

- ▶ After calories, protein is the next critical component to suss out.
- ▶ The reason why protein matters so much is because it's essential for building and maintaining muscle.

Again, while building muscle and getting bigger won't necessarily be your aim, having a little more lean mass is such a huge help for speeding up your fat loss, and also ensures you don't look skinny and drawn out when you diet down and lose body fat.

- ▶ Protein's second benefit is its thermogenic effect. Protein digests fairly slowly, which means that it keeps you feeling fuller for longer, and also burns extra calories during the digestion process.

- ▶ Ideally, your daily protein intake should be around 1 gram per pound.
- ▶ However, if you're not used to eating a higher protein intake, then you may wish to start a little lower, at around 0.7 grams per pound.
- ▶ The typical Western diet is low in protein.
- ▶ There's a big myth circulating that says protein will make women big and bulky, but working out where this misinformation came from is as confusing as the myth itself.
- ▶ Protein on its own won't make you bulk up, and even when combined with lifting weights

Carbs and Fats: NOT the Enemy

Carbs and fats have got a bad rap recently.

If the media and magazines haven't been demonizing one, it's been the other.

You need both carbs and fats to diet effectively, lose fat quickly, and protect your energy levels and your health.

Carbs are your body's main source of energy.