



The Fat Loss Fix: Cheat Codes

EAT AT HOME

No matter what it says on the menu, multiply that number by as much as 25% = your total calories. Limit eating out AND picking up/takeout foods to no more than once a week or 2-3 times a month.



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MEASURE YOUR FOOD FOR A WEEK

Audit your diet. If you don't know what or how much, how can you make a change? Measure everything you eat for at least 7 days. This will be one of the greatest learning experiences of your life.



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EAT 30-50 GRAMS OF PROTEIN AT EACH MEAL, ESPECIALLY BREAKFAST

Study after study have shown that high quality protein in quantities of at least 30 grams per meal not only improves satisfaction of the meal, it also improves muscle growth.



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EAT HIGH VOLUME FOODS AT EACH MEAL

Think high volume, low calorie content, and high nutrient content. This starts with vegetables like broccoli, leafy greens, and anything else that grows from the ground. Think 70% veggies to 30% fruits. Make high volume foods a staple at each meal and have them take up half your plate, if not more!



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DITCH THE ULTRA PROCESSED FOODS

The more processed a food is, the easier it is to overeat and the more calories our bodies extract out of it. Ultra processed foods override our bodies natural satiety (fullness) point. “Once you pop you can’t stop”.



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YOU HAVE TO DO RESISTANCE TRAINING

From bodyweight exercises like sit ups, push ups and pull ups to using machines at the gym or ultimately free weights. You have to challenge your muscles to keep them flexible, at least maintain muscle as you age and ideally increase the amount of muscle you have as you age. Muscle is the #1 organ of longevity. The more muscle = the healthier your metabolism.



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WALK 3-5 MILES A DAY

Somewhere between 8,000 and 12,000 steps a day depending on how long your legs are. Intense cardiovascular exercise has its benefits but simple walking is the best way to burn body fat and keep it off. Low intensity walking = fat burning state and your body won't feel the need to replace them. Maximize walking benefits by going for a 10-15 minute walk after each meal.



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NO BOREDOM SNACKING, IN FACT NO SNACKING AT ALL!

Eating 2-3 meals a day will teach your body how to regulate blood sugar and dish out a steady stream of energy throughout the day. No more 3:00pm crashes and no more rollercoaster of energy all day.



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CHECK THE OILS AND FATS

No fats aren't bad for you but the dose makes the poison.

Fats have over 2x the calories of carbs and protein per gram and they are the most chemically similar to body fat so easier to store as fat. Audit your diet to see how much butter, oil and other healthy fats are in your diet.



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DON'T DRINK YOUR CALORIES

This is the fastest way to gain weight. Not only does your body have to do less work to digest these calories, they are also digested at almost 100% of the calorie content.

Remember, water is the universal solvent and we need to stay hydrated so our bodies can work efficiently at burning calories. Drink more water.



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CONSISTENCY AND PATIENCE ALWAYS WIN!

This goes for just about everything in life! When it comes to losing weight, increasing muscle and generally being healthy, it's paramount to success. Consistency is like compound interest to your health.