



## **Introduction**

Congratulations on taking part in our 21 Day Rapid Fat Loss Plan.

Over the next 21 days we are going to help you flush your body of fat and toxins and help you establish some healthy new habits.

Not all of this is going to be easy, but most things in life that are worth having are not.

So the very first thing that you need to do is set some goals for the challenge.

The easiest one to set of course will be your weight goal. I would set a goal of between 4-15 lbs, depending on how much weight you need to lose.

So take out a piece of paper right now, and write, "I will weigh x pounds less by x date" But there is a lot more to it than this, remember to watch the goal setting video below.



>>>[How To Set Goals The Right Way \(Video\)](#)<<<

Next you need to take a before picture. This is a vital step, because it shows your condition right now.

Often when we just look in the mirror, we can fool ourselves and say oh I look OK, but in a picture you see the true physical condition.

it's often a great motivator to get you into gear to lose fat.

It is also important to see the progress you have made when you compare it to your picture taken at the end of your journey.

Next step is to read the super simple can't fail meal plan & make your shopping list.

Tell your friends & family what you are doing to gain extra support.

Then clear your kitchen of junk food (or ask your family to put it somewhere else).

## **Nutrition**

First of all, go to [myfitnesspal.com](https://myfitnesspal.com) and setup a profile for yourself.

This is a website and an app for your phone.

Setup your profile saying you want to lose at least 2-3 pounds per week.

Put down that you have a sedentary lifestyle UNLESS you are a construction worker or postal worker...a job that requires you to be on your feet moving much of the time.

Once you have that setup, it is time to plan your meals for the 21 days.

Most of you know that you need to eat lean proteins, fruits, vegetables and healthy fats...and SOME carbs (not all carbs are bad)

Now we suggest that you take a cheat meal, where you eat “junk food,” on Sunday.

Strategically placing cheat meals in your diet like this helps your body know that you are NOT starving so it is ok to release fat for energy.

It also helps you to not feel deprived. Do not drink alcohol with your cheat meal though, for this 21 day programme.

Also, other than the cheat meals, over the next 21 days, as well as not consuming alcohol, eliminate sugar (in the form of sweets, cake, chocolate, milk chocolate, pop, sweet drinks and fried foods).

We have seen people drop 15 pounds by making these simple changes to their diet, so at least for the next 21 days it's worth doing 😊

During the next 21 days eat carbs (except for vegetables) only after your workout (oatmeal, potatoes, bread, pasta and rice.) Post workout is when our bodies are more sensitive to insulin and are able to use the carbs for energy for the day, rather than to be stored as fat.

And eat it with protein of course.

For the rest of the time, eat lean proteins, vegetables and fats. Examples of healthy meals with further instructions are given in the meal plan.



Making these healthy changes AND keeping track of it on [myfitnesspal.com](https://myfitnesspal.com), AND coming to our workouts at least 4-5x per week, will help you lose weight immediately!

After the 21 days, you need to increase your calories to between 1500-2000, depending on your age, but it would still be a great idea to cut out alcohol.

If you want to lose body fat, limit your sugar and junk food consumption to one time a week.

DO make sure to drink at least 2-3 litres of water per day.

I wake up every morning and drink 500ml of water, knowing that I am setting myself up for a healthy day, Try it; it's a great way to start your day.

## **Basic Guidelines**

### **NO ALCOHOL, SUGAR OR JUNK FOOD (APART FROM CHEAT MEAL) FOR 21 DAYS**

- Empty your fridge and cabinets of junk food. Ask your family to keep their food in a separate cabinet.
- Take cheat meal on Sunday.
- Sleep for at least 7 hrs per night
- Keep track of your food on [myfitnesspal.com](https://myfitnesspal.com)
- You can interchange the proteins used. If you do not like fish, just eat lean turkey (99% fat free) or lean turkey breast instead.
- You can interchange the snacks and you can eat the same thing every day if you want.
- You do not have to eat these meals but keep the same basic principles:
- Carbs only after your workout.





- Do not consume a significant amount of carb/fat together.
- Eat lean protein at each meal.
- Drink 2-3 litres of water a day.
- PLAN your meals the night before.

## **Helpful Tips:**

- For a quick breakfast on the go, you can make egg whites and eggs in the microwave. Just put them in a bowl, cover it and cook for 2 mins (cook longer if needed)
- If you do not like eggs, then eat nonfat plain Greek yogurt for your morning protein or a protein shake (just for these 21 days ☺ )
- Substitute bread for vegetables and other starchy carbs in your meals.
- Bake or grill a bulk amount of chicken, salmon, lean turkey breast and tuna ahead of time. Freeze it to use later in the week.
- Use protein shakes as quick, healthy and filling snacks and meals. You can bring a protein shaker cup with you anywhere you go >>>Recommend Protein Vivo Perform<<<
- Stir fry vegetables with a little water and soy sauce
- Use nonstick spray instead of oil to cook with

- Fill up on celery, lettuce, broccoli, asparagus, spinach and other green vegetables. (They have hardly any calories...these are "Free veggies" so eat however much of them you want).
- Drink water in between meals to keep you full.
- Take a walk or do some light exercise if you have cravings to eat when you are not truly hungry (many times false hunger just comes from habitual eating patterns like certain times of the day or after seeing/hearing commercials and food advertisements OR after experiencing some stress)
- Carry food with you in an insulated lunch bag.
- You can mix and match the meals each day, or you may even choose one or two days and just keep repeating them ☺

# FIT BODY BOOT CAMP



BEFORE



AFTER

**KAT M**

**FBBC SUPERSTAR**

## **Super Simple Can't Fail 21-Day Meal Plan**

### **Breakfast Options (Pick One):**

- 1/4- a cup of Oats with 1 protein scoop & flaxseed (Any flavour) mix with boiling water
- Muesli (Low fat) with small pot total 0% yogurt and 1 scoop whey (Vanilla works best)
- 2-3 Scrambled egg whites/ wholemeal bread 1 slice

### **Mid Morning options (Pick One):**

- Protein shake
- Fruit/5 Almonds • 1-2 Oat cakes

### **Lunch Options (Pick One):**

- Tuna/Chicken Breast/Quorn with Salsa and salad, wholemeal pita

Cottage cheese Ryvita 1 piece

- Cold meat salad pot

### **Afternoon Options (Pick One):**

- Protein Bar • 5 almonds Evening meal options:
  - Salmon with asparagus
  - Lean steak salad apple cider vinegar dressing
  - Chicken/Quorn \ Stir Fry (season with cayenne pepper, no sauce or noodles)
- Tuna/Quorn/Tofu salad Evening snack options:
  - Protein mixed with 0%yogurt
  - Home made soup

### **Key Points:**

- Drink water (2litres per day)
- Take a multi vitamin/Iron/Calcium tablet
- Eat small but often (3 hour intervals)
- Complex carbohydrates only when active (Not late evening when sedentary)
- Make sure protein is constant at every meal

- Do not over consume fruit (sugars) max 2 per day

## **Extra's (Bonus Material)**

[>>>Motivational Seminar \(Video\)<<<](#)

[>>>5 Key Points To A Lean Body\(Video\)<<<](#)

[>>>How To Fix A Broken Diet\(Video\)<<<](#)

[>>>How To Get Back On Track After A Slip  
Up\(Video\)<<<](#)

[>>>How To Improve Will Power\(Video\)<<<](#)

## **Top Nutrition Tips**

Protein – Your body needs protein to support muscles growth and repair.

The soreness you feel after exercise is actually from torn muscle fibres. Make sure you're eating enough protein to repair the muscles and help them come back stronger.

Make sure you are drinking enough water! Dehydration has a negative affect on your digestive system and your body will not be as effective as digesting food.

Small and often – Every time you eat you are boosting your metabolism and keeping your body in fat burn mode – watch the video on meal cadence for more detail.

Have a cheat day – this will keep you sane and actually boost your metabolism.



Eat breakfast. You hear that it is the most important meal of the day and that is so true.

You are breaking your fast and kick starting your metabolism.

Fibre – Fill up on fibrous vegetables. It will keep you feeling fuller for longer.

Limit alcohol – Not only is alcohol empty calories but you can bet your bottom dollar that if your liver is focused on ridding your body of what is essentially a poison it will not be metabolising fat.

Be carb smart – carbs are not the enemy but you have to eat the right carbs at the right time of day.

Eat carbs around periods of activity and stick to wholegrain sources of carbohydrate.

Avoid diet drinks – you may think that you're being saintly but diet drinks are full of additives and chemicals that make you crave more sweet foods and also slow down your body's ability to metabolise fat. Aspartame even kills brain cells!

Avoid processed foods – Similar to diet drinks, these are full of additives and chemicals that slow down your body's ability to metabolise fat.

Stick to good wholesome food in it's most natural form.

### **The C word and the T word**

Now then, for the purpose of this I am going to have to write these words out at least once so you all know what I'm talking about but after you have finished reading this post the C word and the T word are to be banned from your vocabulary and every time one of those words passes your lips you are to perform a 10 burpee punishment.

**The C word is Can't and the T word is Try.**

Now you may think that the word Try is a positive word but think of it like this.

Think of a goal you have at the moment. Now are you going to TRY your best to reach that goal?

Or, are you going to DO your best? You see the word TRY implies that you might fail so on some subconscious level you have already admitted defeat.

If you have children think of it like this... You are stood on the top of a huge sky scraper and 10ft away from you on another skyscraper are your children.

They are dangerously close to the edge and calling out for you.

Standing between you and your children is a wooden plank a foot wide connecting the 2 sky scrapers.

Now would you TRY to get across to your children or would you just DO it?

**Don't ever TRY your best just DO your best!**

Now moving on to that C word. Henry Ford once said that if you think you CAN or CANT do something then you're probably right.

I believe that 100%. As soon as that C word passes your lips then you may as well not even give it a go.

You must believe in yourself and know that you are capable of anything you put your mind to.

If you believe you CAN do something then I have every faith in you that you will achieve your goal.

If you're not quite there yet in believing you CAN do anything you set your mind to then we will just keep telling you, you CAN until you damn well believe us. : )

**“If Something Is Worth Doing, It's Worth Doing Well”**



You are now a MK Fit Body Boot Camper so at some point you must have realised that your



health and wellbeing is important to you and you want to look great and feel good about yourself.

So I would guess that it is a top priority for you and you know what, it should be!

If it is something that is important to you then make sure you give it everything you've got.

For the 40 minutes that you are at Bootcamp make sure you give everything you have in you!

You've made the effort to get there so give 100% and **MAKE IT COUNT!**

What have you got to lose?

What is the worst that can happen if you give everything you've got?

YOU CAN DO IT!!! : )

## **The 5 Keys To Fat Loss**

### 1. Total Caloric Intake:

We don't advocate anally counting calories all the time at Fbbc as all calories aren't equal but it does really help.

By that I mean protein calories are treated differently in the body than carbohydrate calories even though some are equal in value (4KCAL PER GRAM).

**HOWEVER!** If you are over consuming calories you **WILL** gain weight! **FACT**

During the body diagnostic test you will be given a BMR number this is a 4-digit number and is the number you need to be slightly below to lose fat.

BMR stands for basal metabolic rate.

## 2.Consistency:

The king of all in life! To lose body fat you have to be consistent i.e. most of the time (99%) nailing you nutrition you cant get it right one day and then not the next.

You cant give up for a week or so etc etc, to transform you body you have to tell it who's boss!

After you achieve your goal maintaining is a lot easier and allows more flexibility in foods but to change from Body A to Body B you have to go to task.



### 3.Meal Frequency:

Small and often keeps your blood sugar stable and offsets hunger aim for every 3-4 hours and start within 60mins of waking.

### 4.Macronutrients:

These are simply protein, carbs, and fats it is VERY important to ensure you are getting the right food types at the right times.

For instance you need protein more often to maintain lean muscle for your metabolism and carbs at the times you are most active.

If your macro's are out of whack then frustration will surely follow split your total daily calories into 40% Protein 40% Carbs & 20% Fat is a great starting point.

### 5.Correct Training:

Now as true as the saying “You can’t out train a bad diet” it is also pointless having perfect nutrition with flawed or ineffective training.

Fbbc sessions use the “Unstoppable Fitness Formula”

This covers Metabolic Resistance Training, Interval based cardio for fat loss all specially designed to keep your body guessing and maximise fat loss and increase muscle tone.

Takes the guess work out of it for you 😊

## **Fat Loss vs Weight Loss**

One of the key things to remember about changing your body is that it isn’t about weight loss (well not really) its about fat loss.

You see a lot of diets and exercise regimes encourage rapid weight loss of the wrong kind.

A lot of cardio and low calorie diet and the body will metabolise muscle for energy sometimes instead of fat.

If this happens not only are you not losing the fat but also your metabolism will drop causing you to at some point re gain the weight you have lost.

We need to work the muscles during our cardio to tell the body to keep precious muscle and take the fat instead. Also backing this up with our nutrition and ensuring we consume enough protein.

Do not worry FBBC sessions are all designed to do just that.

## **Mindset**

Now I'm a great believer in the saying "The body follows the mind"

This is true in life as it is in diet and exercise. If you don't believe you can see something through or achieve a goal (even if it's just a little bit of self doubt in the back of your mind) the odds are stacked against you.

With weight loss this is a very hard obstacle to overcome because chances are you've tried a diet or weight loss group before and for whatever reason it didn't work!

So you stoke the fires of motivation, undertake a new plan all excited and get ready to go but that little voice in the back of your heads says, “Well it didn’t work before did it?”

That voice has to be silenced and a new mental framework has to be built on positives and little successes along the way.

That is the KEY to success here.

A great “re framing” strategy I’ve employed and recommend to hundreds of clients is to get rid of certain thoughts and even words.

For instance the word “can’t” or “try” are massive self-sabotaging words, one means before you’ve even attempted you 100% believe yourself incapable of success, the other word “Try” gives you an excuse to fail, a way out! These words are banned at Bootcamp by the way and you will get burpee’s if heard ;)

Get rid of those words completely.

Another great strategy is your own internal perception of things.....

Edison (inventor of the light bulb) failed thousands of times before creating the light bulb we know and love today.

He didn't give up, nope for every set back (failure) he celebrated finding another way it didn't work knowing he was moving closer to finding the way that did.

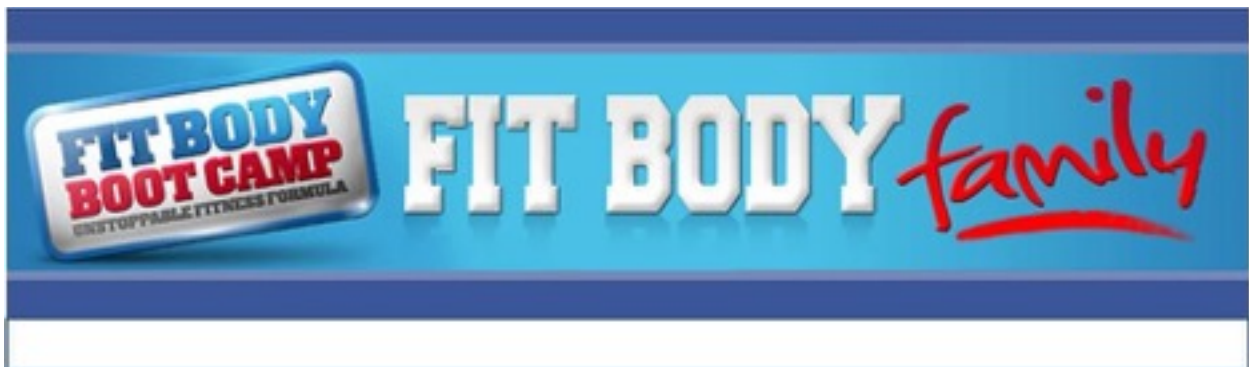
People told him he couldn't do it, he didn't listen thankfully ☺

If you slip up with your nutrition, you haven't failed it just didn't work for you that day so write down why and learn from it.

Did you leave too big of a gap and get hungry allowing temptation to set it?

Did you fail to prepare by planning your meals?  
Etc.

You don't have to start all over again just get  
back on course and celebrate the days you do  
well 😊



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If you are not currently a full member and would like information on staying on with us to get amazing results well into 2017 then give me a call on **07921 520782** or email us.

[info@mkfitbody.com](mailto:info@mkfitbody.com)

**Best Of Luck** 😊

**Neil & Helen FBBC: 07921 520782**

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