

WEIGHT LOSS

A ONE-PAGE SUMMARY

@ROSENTRAIN

NUTRITION

Calorie Deficit



Calculation: target bodyweight in lbs x 12.
A calorie deficit is non-negotiable.

80% nutritious
20% less nutritious



Get 80% of calories from nutritious sources, and 20% from less nutritious.

Protein with every meal



Eat protein with every meal. Aim for 1g protein per lb of your target bodyweight.

TRAINING

Strength Training



2-3x per week, engage in full body strength training. This is the focus of your exercise.

Cardio



Do some cardio 1-2x per week. Jump on the treadmill, elliptical, bike, go for a run, take a group fitness class etc. Do not rely on cardio for weight loss results.

Important note: don't try to track or eat calories burned exercising.

N.E.A.T.

Non-Exercise Activity Thermogenesis. Things that burn calories but aren't "exercise".

Examples:

- get 7K+ steps per day



- take the stairs



- leave your car at home



- do yard work



- get a standing desk



- go hiking



RECOVERY

7+ Hours' Sleep



To reduce hunger and help you recover from strength training.

2-4L Water



To improve gym performance and help control hunger.

Manage Stress

- massage



- yoga



- meditate



- foam roll



Sleep Hacks Weight Loss Plan Today

Adam MacDougall



Sleep Hacks Weight Loss Plan Today:

The 30-Day Fat Loss Blueprint: Science-Backed Weight Loss Plan for Women | Meal Plans, Workouts & Mindset Habits
Purvi s.khinch, Are you tired of trying every new diet trend losing a few pounds and then gaining it all back The 30 Day Fat Loss Blueprint is your step by step guide to achieving sustainable weight loss without starving overtraining or giving up your favorite foods This science backed fat loss plan for women combines effective meal plans smart home workouts and proven mindset habits designed to help you reset your metabolism boost energy and burn fat naturally In just 30 days you ll discover how to Balance your hormones for faster fat burning Eat delicious easy to follow meals designed for weight loss Build a toned body with short effective workouts Develop daily habits that keep the weight off for good Break emotional eating patterns and improve body confidence Whether you re a beginner or have struggled for years this complete 30 day weight loss plan gives you the clarity motivation and structure you need to finally see real results Transform your body mind and lifestyle one healthy habit at a time Take control of your journey and start building the fit confident and energized version of yourself today 30 day fat loss plan weight loss for women science backed diet plan healthy meal plan for weight loss home workouts for women fitness motivation metabolism reset body transformation plan healthy lifestyle habits fat loss blueprint The Bulletproof Diet Dave Asprey,2014-12-02 In his midtwenties Dave Asprey was a successful Silicon Valley multimillionaire He also weighed 300 pounds despite the fact that he was doing what doctors recommended eating 1 800 calories a day and working out 90 minutes a day six times a week When his excess fat started causing brain fog and food cravings sapped his energy and willpower Asprey turned to the same hacking techniques that made his fortune to hack his own biology investing more than 300 000 and 15 years to uncover what was hindering his energy performance appearance and happiness From private brain EEG facilities to remote monasteries in Tibet through radioactive brain scans blood chemistry work nervous system testing and more he explored traditional and alternative technologies to reach his physical and mental prime The result The Bulletproof Diet an anti inflammatory program for hunger free rapid weight loss and peak performance The Bulletproof Diet will challenge and change the way you think about weight loss and wellness You will skip breakfast stop counting calories eat high levels of healthy saturated fat work out and sleep less and add smart supplements In doing so you ll gain energy build lean muscle and watch the pounds melt off By ditching traditional diet thinking Asprey went from being overweight and sick in his twenties to maintaining a 100 pound weight loss increasing his IQ and feeling better than ever in his forties The Bulletproof Diet is your blueprint to a better life The 10-Minute Man Adam MacDougall,2016-08-29 Are your shirts getting a bit tight across your gut Do you have a sore back or knees Have you tried diets before and failed Is it all just too hard What if I told you I could help you fix all these things in just 10 minutes a day A man s body is a machine it needs regular maintenance and clean fuel to run well In The 10 Minute Man I ll show you how to get the best performance out of your body with super simple workouts that only take 10 minutes 30 no fuss recipes for tasty healthy meals and smart

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