

BEGINNER  
**FAT LOSS**

**FUNDAMENTALS**



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# IF YOU'RE TRAINING AT HOME

## THIS IS HOW YOU SHOULD PREPARE



### 1. Ensure that you have proper equipment

#### Dumbbells

- A light pair (5Lbs - 10Lbs)
- A heavy pair (20 lbs. )
- One super heavy (30 lbs.)

### 6. Something for support.

- box , chair, couch

### 2. Create a consistent training space in your home

### 3. Yoga Mat

### 4. Timer

### 5. Resistance bands

### If you're training in the gym:

- 💡 Schedule your workout on your calendar just like you would a job or an appointment.
- 💡 Stick to the written plan. Do not skip, or miss a workout.
- 💡 Be prepared by having water, sweat towel, and any other necessities.
- 💡 Take a video of at least one exercises to be submitted to your coach. Every workout.

# NUTRITION

Check the photo below that starts with grocery list:

## PROTEIN

- Lean cuts of red meat (Sirloin)
- Ground Beef / Bison
- Ground Turkey
- Chicken Breast
- Salmon / Tilapia / Tuna / Shrimp
- Eggs (Yolk & Whites)
- Vegan meet substitutes (Tofu, Tempeh, Seitan, Lentils, Chickpeas)
- Beans (Pinto, White, Kidney, Black, Split peas)
- Low Carb Protein Powder

## HYDRATION

- Spring Water
- Almond Milk, Oat Milk, Raw Whole Food
- Caffeine-Free Tea

## CARB / VEGGIES

- Sweet Potato / Yams
- Red Potato
- Butternut Squash
- Fresh or Frozen Green Beans
- Fresh or Frozen Spinach
- Peppers
- Asparagus
- Mushrooms
- Cucumbers
- Carrots

## CONDIMENTS

- Mustard / Dijon Mustard
- Hot Sauce
- 100% Raw Unfiltered Honey
- Liquid Aminos (Soy Sauce alternative)
- Fresh Salsa

## FRUITS

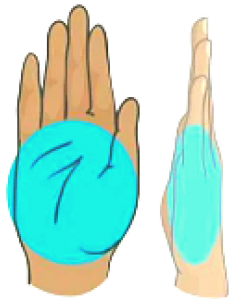
- Blackberries
- Raspberries
- Grapefruit
- Plums
- Apricot
- Kiwi
- Lemon / Lime
- Melon

## QUALITY FATS

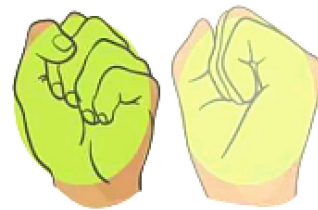
- Avocado
- Almonds & other nuts
- Fresh Hummus
- Hemp Heart Seeds



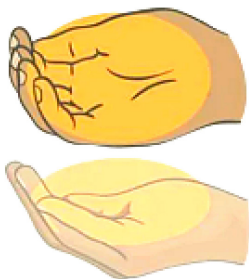
# HAND PORTION CONTROL GUIDE



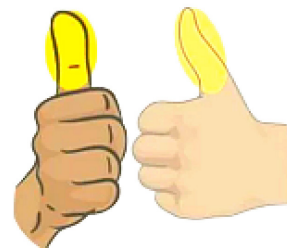
A portion of protein  
= 1 palm



A portion of  
vegetables = 1 fist



A portion of carbs  
= 1 cupped hand



A portion of  
fats = 1 thumb

## A RECOMMENDATION ON HOW MUCH YOU CAN EAT



If you eat a meal and you are still hungry,  
please follow these steps :

1. Drink at-least 8 ounces of water and wait 5 minutes to see if you are still hungry .
- \* Remember we eat to satisfy and fuel, not to be full.
2. If you are still hungry, please eat more protein and veggies first.
3. Make sure you eat mindfully and slowly.

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