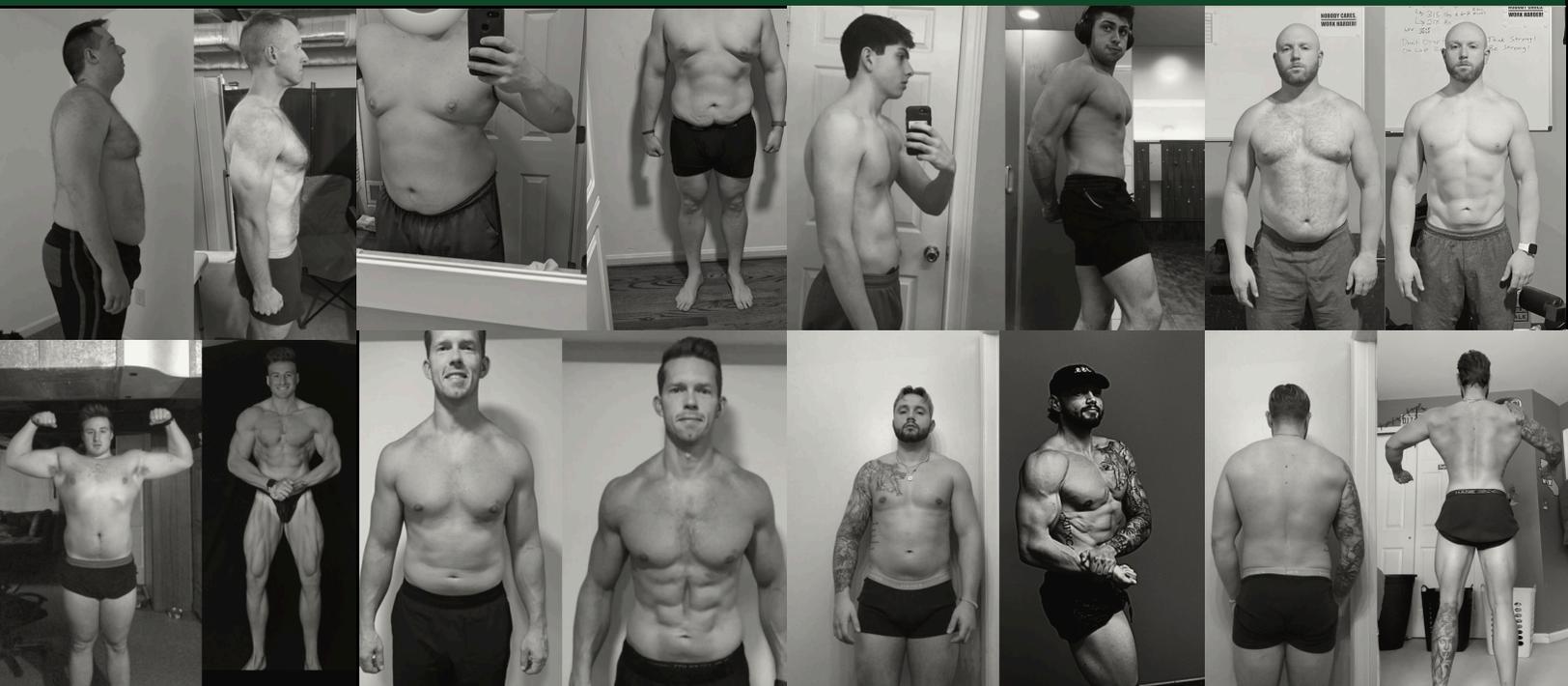




REDEFINE YOUR BODY RECLAIM YOUR LIFE

A **Proven** Guide to Transforming Your Body



INTRODUCTION

First off, thank you. Your commitment to growth is why I can do what I love, helping people transform their lives, physically and mentally.

This guide is here to do more than just help you lose fat, it's designed to help you **keep it off** and build a sustainable lifestyle you can actually maintain.

Fat loss isn't the hard part, staying lean is. That's where most people fall short. This manual gives you the tools, structure, and mindset needed for long-term results. But let's be clear: **this isn't magic**. It requires effort, consistency, and honesty. My words can point the way, but you've got to do the work.

If you follow through and trust the process, you'll be well on your way to a strong and healthy physique, one you can actually sustain.

Disclaimer: This guide is for educational purposes only and is not intended to replace professional medical advice. Always consult with your healthcare provider before beginning any diet or exercise program.

THE 10 FOUNDATIONS FOR LASTING FAT LOSS

Before diving into strategies and specifics, you need to understand this: the basics matter most. These 10 core principles are the foundation for everything that follows. If you commit to these alone, you'll already be ahead of 95% of people trying to lose fat.

HONEST SELF-ASSESSMENT

Stop lying to yourself. Real change starts with radical honesty. That means looking at **where you truly are, without sugarcoating it.**

Too many people are stuck in delusion:

The 290lb man who thinks abs are 15 lbs away.

The 175lb woman who believes 1,000 calories a day for months hasn't caused fat loss.

Truth: If you're not losing fat, you're likely overeating, or underestimating intake. "Starvation mode" isn't stopping you. Misunderstanding biology is. The good news? Fat loss is possible for everyone.

But don't confuse healthy body fat with bodybuilding. You're not going to maintain 5% year-round.

That's not the goal, sustainable leanness is. Be realistic:

Men: Aim for ~11–16% body fat.

Women: Add ~10% to those numbers (~21–26%).

If you've been over 30% body fat for years, focus on health first, not Instagram abs. Know where you're starting. Know where you're going. And be ready to work for it. If you're not sure where you fall, just ask: Do I look pudgy, skinny-fat, overweight, or obese? If yes, this guide is for you.

BUILD ACCOUNTABILITY

Trying to do this alone? You're making it harder than it needs to be.

Success thrives with accountability. That doesn't mean your support system has to be dieting or training with you, they just need to know your goals and be willing to check in. **Find someone who:**

- Understands your struggles
- Respects your journey
- Will call you out when you're slipping

Whether it's a coach, partner, or close friend, having someone in your corner can be the difference between failure and consistency.

SHIFT YOUR MINDSET

Here's the hard truth: **change requires sacrifice.**

If you're aiming to look, feel, and perform differently than you have for years, you can't rely on the same habits that got you here.

This doesn't mean your life will suck, it means some choices will need to be different. Expect moments of discomfort. Expect to say "no" when you want to say "yes."

You are not entitled to results without commitment.

This is the mindset that separates people who make a lifestyle change from those who keep restarting every January. There will be trade-offs. But the payoff? It's worth every bit of it.

Embrace the mindset: *"I'm willing to do what's necessary, because I'm not going back to who I used to be."*

HOW FAT LOSS ACTUALLY WORKS

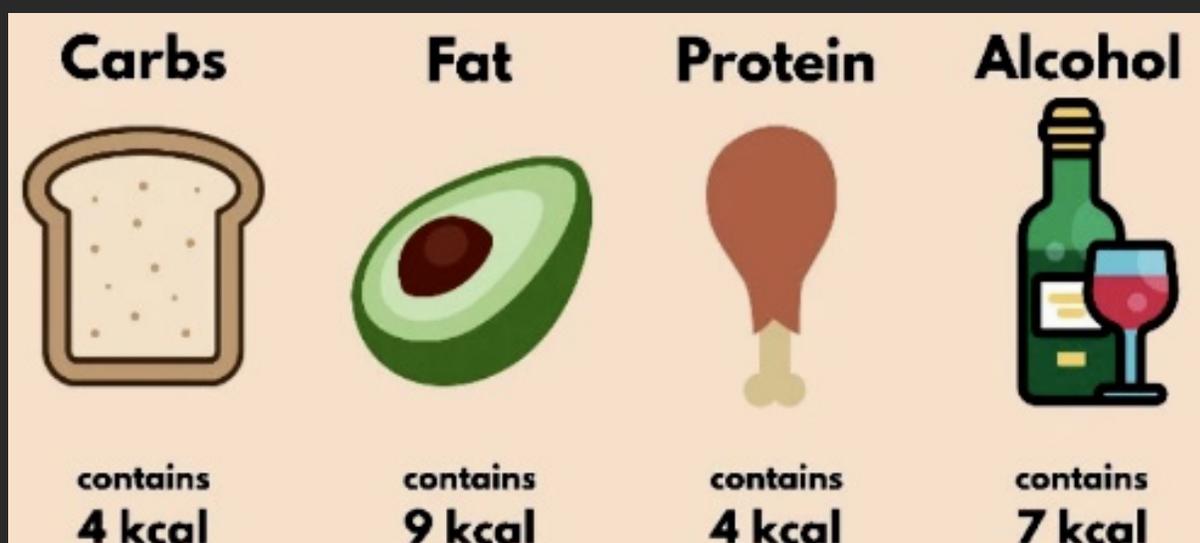
Let's cut the noise. Fat loss is simple in theory, but hard in practice.

Here's the truth: You burn energy every day just to stay alive. That energy is measured in calories. When you eat food, you take in calories. When you move, breathe, think, digest, and lift weights, you burn them.

The equation is this:

If you consistently consume fewer calories than you burn, your body will lose tissue (fat and sometimes muscle).

Calories come from four sources:



When you're in a deficit, your body will tap into stored fat for energy. But it doesn't only use fat, it can break down muscle if you're not careful.

That's why strength training, high protein intake, and sleep are **non-negotiables**.

They signal to your body: "This muscle is needed, don't touch it."

Also important to note: Cardio can help, but it's not required. It's a tool. Use it to support fat loss, not as your main strategy.

Key point: You don't need fancy diets. You need a consistent calorie deficit + proper training to lose fat and retain muscle. That's it.

MAKE DIETING FIT YOUR LIFE

Too many people try to force their life to fit a rigid diet loss plan. That's backwards.

You need a strategy that matches your lifestyle, not one that fights it.

If you travel a lot, don't expect to meal prep every day.

If you hate certain foods, don't build your diet around them.

If you work night shifts, your plan needs to reflect that.

Sustainability beats perfection. Always.

Your job is to understand the principles (calorie balance, protein, movement) and learn how to apply them to your day-to-day reality. There is no "perfect" routine. There is only what's practical and consistent for you.

Fat loss isn't about becoming someone else, it's about upgrading the way you live as you.

Your success will come from applying these principles to your unique circumstances. Stop copying influencers with perfect schedules and start crafting something that works with your life, not against it.

PUT ON THE GOGGLES

Here's what most people won't tell you: not everyone will support your goals.

You'll encounter people who try to:

Guilt you for eating differently

Tempt you with "just one bite"

Mock your efforts or dismiss your progress

It's not personal, it's projection. People often criticize what reminds them of their own lack of effort.

But this isn't the time to argue or isolate yourself. It's about learning how to stand firm without becoming confrontational.

Your lifestyle changes are YOUR responsibility, not anyone else's to validate.

Tip: If you're at a gathering and choose to eat differently, OWN it. Don't apologize for it. But also, don't preach. Lead by quiet example.

You're taking control of your health. That's something to be proud of. And once the people around you see the results? They'll respect the discipline it took to get there, even if they don't say it out loud.

Final word: Don't let others' discomfort dilute your commitment. Stay locked in.

UNDERSTAND YOUR BODY

Your body is constantly giving you feedback, you just have to listen.

In fat loss, your energy, sleep, performance, and libido are like dashboard warning lights. If they're tanking, your plan might need tweaking.

Pay close attention to:

- **Sleep quality: Can't fall asleep? Waking up wired or exhausted?**
- **Gym performance: Getting weaker? Can't finish your sessions?**
- **Sex drive: Noticeable drop? That's a big red flag.**

These are signs your body is under too much stress.

It doesn't mean you quit. It means you adjust.

You might need:

A refeed day or diet break

More sleep and hydration

Higher carbs or dietary fat to support hormones

A deload in training volume or intensity

The goal isn't to suffer more, it's to suffer smarter.

Burnout is not a badge of honor. Adaptability is the real superpower. If you want long-term success, you need to be able to course correct. Not every dip in energy means panic, but don't ignore red flags. Make adjustments, recover well, and keep moving forward.

Create a WINNERS environment

Fat loss isn't just about discipline, it's about environment. If your surroundings are constantly tempting you, you're relying on willpower to do the job of good planning.

You need to engineer your environment to make success easier and setbacks harder. That means:

- **Removing junk food from your house (or making it harder to access)**
- **Pre-logging or pre-planning meals so you're not making choices while hungry**
- **Keeping a go-to list of low-calorie, high-volume foods ready**
- **Having backup meals for when life gets busy**
- **Making your fridge and pantry reflect your goals, not your cravings**

Willpower is a backup plan. Systems win every time.

Also: plan for social situations. If you're going out, look at the menu ahead of time. Decide what you're ordering. Or pre-track a meal and build the rest of your day around it.

Success isn't about being perfect, it's about being prepared.

The more you can stack the odds in your favor, the less mental energy you'll waste.

Build a system that makes the right choices easy, and the wrong ones inconvenient.

FLEXIBILITY FOR REAL LIFE

Here's where most people go wrong: they expect life to pause while they diet.

It won't. You'll face travel, parties, weekends, stress, birthdays, and more. That's life.

Fat loss doesn't demand perfection. It demands strategy and resilience.

Here's what to focus on:

- **Hit your calories or protein 80–90% of the time**
- **Don't turn one "bad" meal into a spiral**
- **Learn how to adjust portions when dining out**
- **Stay active even when you can't train**
- **Practice mindful eating (especially around snacks)**

It's not about being 100% compliant, it's about getting back on track faster.

You'll make mistakes. That's part of it. But the people who get results are the ones who bounce back quickly, not the ones who never slip.

Have a plan for weekends. Have a strategy for travel. Know how to scale your meals on low-activity days.

Flexibility isn't a weakness, it's a weapon. Use it to adapt without losing momentum.

REFLECT, REVIEW & ADJUST

Most people don't fail because they lack effort, they fail because they lack awareness.

You can't improve what you don't track. You can't fix what you're not reviewing. And you can't build a better plan if you don't reflect.

Here's what to review weekly:

- **Weight trends (7-day average, not day-to-day changes)**
- **Progress pictures and how your clothes fit**
- **Energy levels and recovery**
- **Workout performance**
- **Adherence to your plan (Were you consistent or guessing?)**

Every week, ask:

"What worked, what didn't, and what needs adjusting?"

This keeps you objective and removes emotion from the process.

Sometimes you'll need to increase calories. Other times, cut back. Sometimes it's a sleep issue. Sometimes it's stress.

Fat loss isn't linear, but learning always is.

The more feedback you gather, the better you'll get. If you're stuck, don't panic, analyze and pivot.

Remember: you don't fail when things slow down. You only fail when you stop reviewing

THE “LEANER” FRAMEWORK

Most people struggle with dieting not because they don't know what foods are “good” or “bad,” but because they lack a clear system that guides them when life gets busy, stressful, or unpredictable.

That's where the LEANER Framework comes in.

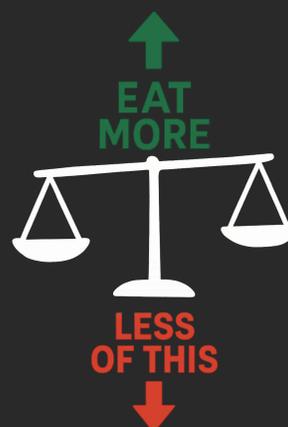
Instead of following strict meal plans, this system teaches you how to prioritize food choices based on their impact on hunger, energy, and overconsumption risk.

The foods at the top of the LEANER hierarchy are:

- Lower in calories
- Higher in volume
- More filling and nutrient-dense

The foods at the bottom:

- Are easier to overeat
- Provide less satiety per calorie
- Require more mindfulness and moderation



You can still include all foods, but you'll learn to build meals that support fat loss first, and layer in more flexible options once your nutritional bases are covered.

This is the foundation of a sustainable fat loss diet: structure without restriction.

That's where the LEANER system comes in.

It's a simple way to prioritize your food choices for fat loss and appetite control. The closer a food is to the top of this list, the more likely it is to keep you full, fueled, and on track. The further down you go, the more mindful you need to be.



L – Leafy & Low-Cal Veggies

These are your fat loss MVPs. Leafy greens and other low-calorie vegetables like spinach, arugula, zucchini, bell peppers, cucumbers, and cauliflower are incredibly nutrient-dense and high in volume. You can eat a lot of them for very few calories, making them perfect for staying full during a calorie deficit.

They're packed with fiber, vitamins, minerals, and water, things your body thrives on when dieting. They also support digestion, reduce bloating, and help regulate appetite.

Pro Tip: Use them to “bulk up” meals. Add spinach to omelets, mix riced cauliflower with your rice, or make big salads with a lean protein base.

Goal: Include vegetables in 2–3 meals per day. Use them to increase volume and satiety without pushing you over your calorie goal.



E – Essential Proteins

Protein is the most important macronutrient for fat loss. It helps preserve muscle tissue while you're in a deficit, increases feelings of fullness, and has a high thermic effect, meaning your body burns more calories digesting it compared to carbs or fat.

- **Sources include lean meats (chicken, turkey, lean beef), seafood, eggs, egg whites, Greek yogurt, cottage cheese, protein powders, tofu, tempeh, and legumes.**
- **Protein helps regulate hunger hormones, supports recovery, and is essential for maintaining strength and performance in the gym.**

Pro Tip: Center your meals around protein. Build everything else around it.

Goal: Include a high-quality protein source in every meal and snack. Aim for at least 0.8–1.2g per pound of goal body weight per day.



A – Appetite-Filling Fruits

Fruits are often feared in diets because of their sugar content, but that's a huge mistake. Whole fruits are rich in fiber, water, antioxidants, and essential vitamins. Their volume and sweetness make them perfect for curbing cravings without blowing your calorie budget.

- **Fruits like apples, berries, oranges, watermelon, and grapes are low in calorie density and can help satisfy sweet cravings in a way that's nutrient-supportive.**

They're also incredibly versatile, add them to Greek yogurt, blend them in protein smoothies, or eat them with a lean protein snack for balance.

Pro Tip: Choose fruits that take time to eat (like oranges or pomegranates) to slow down snacking.

Goal: Eat 1–2 servings of fruit daily, especially when you're craving something sweet.



N – Necessary Carbs

Carbs are not the enemy. In fact, when used strategically, they are your best friend, especially around workouts.

- **Whole-food carbohydrate sources like sweet potatoes, white rice, oats, quinoa, lentils, and fruit provide energy for your training, aid in recovery, and support hormones. They also contribute to satiety and are a critical part of a balanced fat loss plan.**

What makes them tricky is that they're easier to overconsume, especially when processed (granola, breads, wraps). That's why carbs should be placed and portioned intentionally.

Pro Tip: Use carbs around training and during your most active parts of the day. Prioritize high-fiber, slow-digesting sources.

Goal: Include whole-food carbs daily. Adjust quantity based on activity levels and how your body responds.



E – Energy-Dense Fats

Fats are essential for hormone production, nutrient absorption, and satiety, but they pack more than double the calories per gram compared to protein or carbs.

- **Sources like olive oil, avocado, nuts, nut butters, seeds, and full-fat dairy can be incredibly nutritious, but portion control is key.**

They don't fill you up as much as protein or veggies do, so they should be measured intentionally, especially during a cut.

Pro Tip: Use spray oils instead of pouring, measure out nut butters, and be mindful of “sneaky fats” in dressings or sauces.

Goal: Include healthy fats in moderation. Around 20–35% of your daily calories from fat is a good target for most.



R – Refined & Processed Foods

This is where most diets fall apart, not because these foods are evil, but because they're engineered to override your natural hunger cues.

- **Think: candy, chips, cookies, baked goods, fast food, frozen meals, sodas, and highly processed snacks. These foods are typically low in fiber, low in protein, and high in sugar, fat, and salt, all of which makes them hyper-palatable and easy to overeat.**

They spike cravings, increase calorie intake without increasing fullness.

That doesn't mean you can never eat them. But it does mean you need to be intentional about how and when they show up.

Pro Tip: Never eat processed snacks when you're already starving.

Goal: Save these foods for after you've hit your protein and fiber goals, and make them fit into your calories, not derail them. Track them honestly and enjoy them mindfully.

THE BASE DIET METHOD

SIMPLIFYING YOUR MEAL STRATEGY

One of the biggest mistakes people make in fat loss is constantly trying new diets, changing foods every day, and obsessing over variety. But for real, lasting results, you want consistency with flexibility.

Enter: **The Base Diet Method.**

This strategy is simple:

Create 1–2 base meals for breakfast, lunch, and dinner
Make them aligned with your calorie and protein goals
Repeat them often during the week

You don't have to eat the exact same thing every day, but reducing decision fatigue is crucial. When you already know what works, you're less likely to:

- Skip meals
- Make last-minute poor choices
- Feel overwhelmed by tracking

Why the Base Diet Works:

- It naturally follows the LEANER Framework, helping you prioritize the most filling, fat-loss-friendly foods without overthinking it
- You save time on planning, shopping, and prepping
- It keeps your nutrition consistent and measurable
- It helps you build habits around food quality and quantity

How to Create Your Base Diet (Using LEANER):

- Use the LEANER framework. Start with veggies and protein. Add in carbs and fats as needed.
- Keep it simple. Choose meals that take 15 minutes or less to prep.
- Balance macros. Aim for ~30–40g protein per meal, and fill in with carbs/fats based on your targets.
- Have “plug-and-play” options. Swap out the protein or carb source while keeping the rest the same.

How to Build Your Daily Meals:

LEANER+

Base Diet Method

L — Leafy & Low-Cal Veggies

Volume foods that fill you up without many calories

Examples: spinach, broccoli, cauliflower, lettuce.

E — Essential Proteins

Lean protein preserves muscle and keeps you fuller.

Examples: chicken, turkey, eggs/egg whites, Greek yogurt, fish, whey.

A — Appetite-Filling Fruits

Fiber-rich fruits help curb cravings with low calorie density.

Examples: apples, berries, oranges, watermelon, grapes.

N — Necessary Carbs

Carbs fuel training, recovery, and hormones when used strategically.

Examples: rice, oats, potatoes, quinoa, lentils, whole-grain wraps.

E — Energy-Dense Fats

Crucial for hormones and satiety but very calorie-dense.

Examples: olive oil, avocado, nuts, seeds, full-fat dairy.

R — Refined & Processed Foods

Limit ultra-processed items engineered to be hyper-palatable.

Goal: Keep these out of the house if moderation is tough.

Protein

Cheat Sheet

PROTEIN ONLY	PROTEIN + FAT	PROTEIN + CARBS
Chicken breast	Whole eggs	Low-fat milk
Turkey breast	Salmon	Flavored Greek yogurt
Egg whites	Sardines (in oil)	Lentils (boiled)
Whey protein isolate	Ground beef (80/20)	Black beans
Tilapia	Pork chops	Chickpeas
Tuna (in water)	Chicken thighs (skin-on)	Green peas
Cod	Cheddar cheese	Edamame
Nonfat Greek yogurt	Bacon	Quinoa
Cottage cheese (low fat)	Sausage	Tempeh
Seitan	Tofu (regular)	Kidney beans

Carb

Cheat Sheet

Carb Only	Carb+Protein	Carb + Fat
White rice	Lentils	Avocado
Brown rice	Chickpeas	Almonds
Sweet potatoes	Black beans	Walnuts
White potatoes	Kidney beans	Cashews
Oatmeal	Green peas	Pistachios
Cream of rice	Edamame	Sunflower seeds
Couscous	Tempeh	Chia seeds
Whole wheat bread	Quinoa	Flaxseeds
Bananas	Farro	Macadamia nuts
Apples	Buckwheat	Coconut meat

Fat

Cheat Sheet

Fat Only	Fat + Protein	Fat + Carbs
Olive oil	Whole eggs	Avocado
Avocado oil	Salmon	Macadamia
Coconut oil	Bacon	nuts
Butter (unsalted)	Sausage	Almonds
Ghee	Ground beef (80/20)	Walnuts
Macadamia oil	Cheddar cheese	Cashews
Flaxseed oil	Pork chops	Pistachios
MCT oil	Tofu (regular)	Sunflower seeds
Almond oil	Chicken thighs (skin-on)	Chia seeds
Peanut oil	Sardines in oil	Flaxseeds
		Coconut meat

HOW MANY CALORIES?

FAT LOSS CALORIE RANGES BY BODYWEIGHT

Male Calorie Ranges		Female Calorie Ranges	
Under 200 lbs:	10-16x bodyweight	Under 150 lbs:	11-16x bodyweight
200-250 lbs:	9-12x bodyweight	150-200 lbs:	10-13x bodyweight
250-300 lbs:	8-10x bodyweight	200-250 lbs:	9-12x bodyweight
300-400 lbs:	7-8x bodyweight	250-300 lbs:	8-10x bodyweight
400+ lbs:	5-7x bodyweight	300-400 lbs:	7-8x bodyweight

Choose the lower end if sedentary, the higher end if active.

There are countless calorie calculators available online, and you're welcome to use one, but in my experience, this method is a simpler and more practical approach

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[Macro Calculator](#)

Understanding Calorie Targets

You may have noticed that lighter individuals are recommended more calories per pound of bodyweight compared to those who weigh more. This isn't a mistake, it's because, generally speaking, the smaller someone is, the higher percentage of their body tends to be lean mass (muscle, bone, organs, etc.).

Contrary to popular belief, a heavier individual, especially one with a higher body fat percentage, can physically function on fewer calories per pound. Why? Because their body already has ample stored energy (body fat) to support basic functions during a calorie deficit.

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Mentally, this can still be difficult, hunger, fatigue, and diet stress may feel stronger, but from a purely physical standpoint, the risk of negative outcomes is lower than for someone leaner.

Consistency Over Perfection

The calorie ranges provided are meant to reflect your daily average intake across the entire week. Some people prefer to eat slightly less on weekdays and enjoy a bit more flexibility on weekends. That's totally fine, as long as your 7-day average stays aligned with your target, you're moving in the right direction.

Example:

- **Weekdays: 1,900 calories**
- **Weekend: 2,300 calories**
- **Weekly average: 2,057 (still on track for a 2,100-calorie target)**

Why You Should Avoid Super Low or No-Calorie Days

While intermittent fasting or cycling calories can work for some, extremely low or zero-calorie days often do more harm than good. They increase fatigue, reduce workout quality, and most importantly, usually lead to low protein intake, a key factor in maintaining muscle while dieting.

Low energy + low protein = higher muscle loss risk

And for some individuals, this pattern increases the urge to binge or overeat later in the week.

That said, if you genuinely enjoy occasional fasting, and it doesn't compromise your energy or consistency, it can still be used strategically.

Bottom line: Focus on consistency, not extremes. Average weekly intake matters most, don't sacrifice your progress for aggressive restriction.

Adjusting Calories: How to Track Progress Accurately

To get reliable data, follow this exact process each time you weigh yourself:

- Weigh yourself first thing in the morning, right after waking.
- Use the restroom before stepping on the scale.
- Weigh in nude or in underwear only for consistency.
- Do not eat or drink anything beforehand.
- Record your weight and the date. You can log this in a notes app, a tracking app, or a spreadsheet, just make sure you can reference previous weigh-ins easily.

What to Expect in the First 1–2 Weeks

The first 7–14 days of weigh-ins often show a rapid drop, but it's not all fat. Much of this initial change is:

- **Water weight**
- **Reduced food volume**
- **Glycogen depletion (from fewer carbs)**

It's not uncommon to see 5–10 lbs lost early on, but this isn't an indicator of a massive calorie deficit, just your body recalibrating.

What a Typical Fat Loss Start Looks Like

14-DAY WEIGHT TRACKING EXAMPLE – FAT LOSS PHASE

Day	Weight (lbs) (Starting at 2,100 cal)
01/01	
01/02	215.0
01/03	211.8
01/04	210.6
01/05	209.6
01/07	209.2
01/08	208.8
01/09	208.6
01/10	208.2
01/11	208.4
01/12	208.0
01/13	207.8
01/14	208.0

By Week 2, the weight starts to stabilize between 207–208. That quick early drop? Mostly water and glycogen. Now the true fat loss phase begins, and scale changes will come more gradually, but they'll be more meaningful. make sure you can reference previous

Long-Term Progress Example

WEEKLY WEIGHT LOG – REAL FAT LOSS EXAMPLE

Date	Weight (lbs)
03/14	200.2
03/15	200.4
03/16	199.8
03/14	199.8

Small daily changes add up. Real fat loss shows up in weekly trends.

In this case, they've lost around 15 lbs in 10 weeks. That puts them at:

- An average 1.5 lbs/week fat loss rate
- Likely in a moderate-to-high deficit (~600 cal/day)

This data tells us two things:

- The plan is working.
- They now have the choice to maintain, reduce calories, or increase them, depending on hunger, recovery, and how sustainable the pace feels.

When Slower Fat Loss Still Works

If you're losing weight, but slower than expected, that's not a problem, it's a decision point.

You can either:

- Stay the course and continue losing at a slower but steady rate
- Or, increase the deficit slightly to accelerate your fat loss

For example:

- Losing ~0.5 lb per week and want to aim closer to 1.5 lbs/week?
- Drop calories by approximately 600/day
- Want to nudge from 0.5 to 1 lb/week?
- Try reducing by ~300 calories/day

Intention Not Impulse

Don't slash calories just because you're "impatient" to see faster progress. Before you make any changes:

- Ask yourself: Am I mentally and physically ready for a sharper drop?
- Consider the trade-off: Faster loss = more hunger, more fatigue, and higher risk of burnout

Sometimes, a slower, more sustainable pace is the smarter strategy, especially if it helps you stay consistent long-term.

A Note to Smaller Women (This Really Matters)

If you're a woman, especially a smaller-framed woman, please don't compare your weight loss pace to men.

- A 5'4", 160 lb woman will not (and should not) lose fat at the same speed as a 6'1", 300 lb man.
- Losing 4–6 lbs in a month is amazing progress for most women. Stay focused on YOUR body, YOUR rate of change, and YOUR sustainability.

Consistency always beats extremes. And comparison kills progress.

Macros: A Practical, Flexible Approach

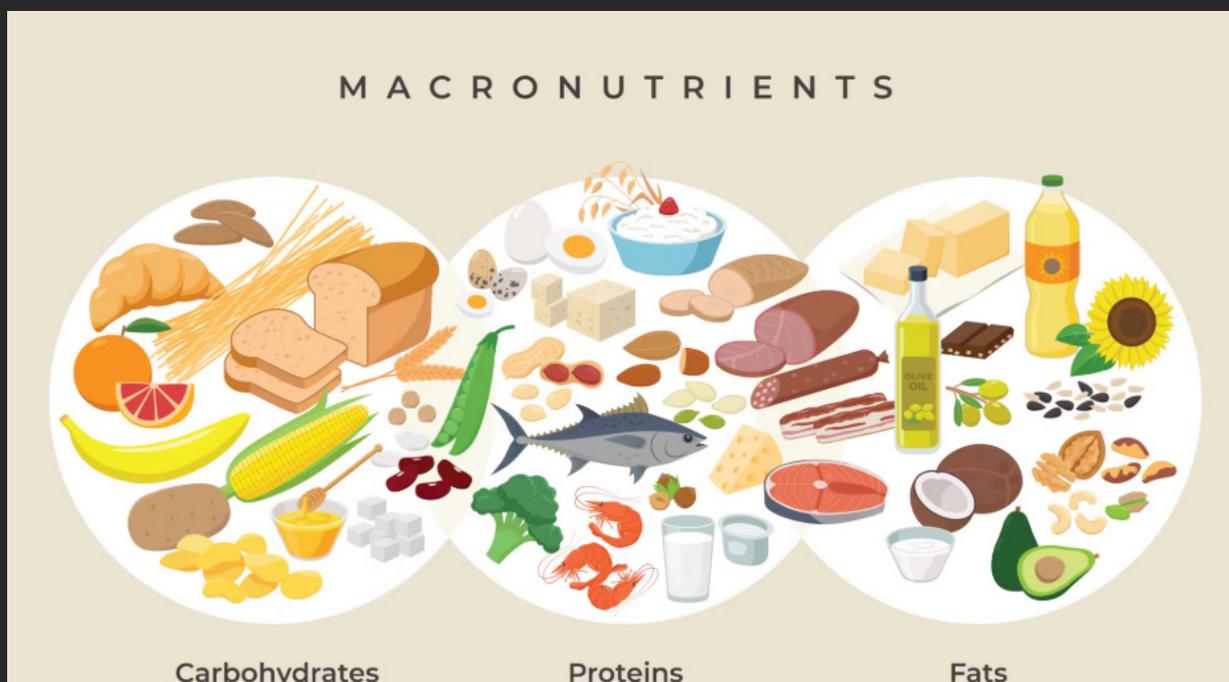
Before diving into numbers, let's be real, you might not get everything perfectly right at the start, and that's okay.

The way you answer questions today about your lifestyle, preferences, or body composition might evolve as you learn more about your habits, energy levels, or progress over the next few weeks. That's normal.

What matters most is that you begin with a structure, stay consistent, and adjust intelligently when needed.

Step 1: Determine Your Calorie Target

You already learned how to estimate your daily calorie needs based on your bodyweight and goals (see earlier section). Now we'll break those calories into macros, starting with what matters most for fat loss and muscle retention.



Step 2: Set Your Protein Target

In a fat loss phase, protein is your foundation. It preserves lean mass, improves satiety, and supports recovery. If you don't know your exact body fat percentage or lean mass, a height-based estimate works extremely well as a starting point.

Minimum Daily Protein Guidelines (Based on Height in Feet & Inches):

- 5'0" – 5'3" → 110–130g
- 5'4" – 5'7" → 120–140g
- 5'8" – 5'11" → 130–160g
- 6'0+ → 150–180g

These numbers are great minimum targets during a fat loss phase. More is okay, less is not ideal.

Step 3: Set Your Fat Target

Fat is essential for hormone health, nutrient absorption, and overall wellness, but you don't need excessive amounts during a fat loss phase. To keep it simple, we'll use a percentage of total bodyweight in pounds.

Minimum Fat Intake Guidelines (Based on Bodyweight):

Men: ~0.4g per pound of bodyweight

Women: ~0.4–0.45g per pound of bodyweight

- **Example: A 160 lb woman × 0.4 = 64g fat/day**
- **Example: A 180 lb man × 0.4 = 72g fat/day**

These are minimum targets to support hormone health and recovery. You can adjust based on personal preference and how your body responds.

Step 4: Fill the Rest with Carbs

Now that protein and fat are covered, the rest of your calories will come from carbs. Carbs are your performance fuel, supporting workouts, recovery, and brain function.

Here's how to calculate:

1. Start with total calories (e.g., 2,000/day)
2. Subtract protein and fat calories:
3. Protein: $130\text{g} \times 4 = 520\text{ cal}$
4. Fat: $65\text{g} \times 9 = 585\text{ cal}$
5. Total: 1,105 calories from protein + fat
6. Remaining = 895 cal for carbs
7. $895 \div 4 = \sim 224\text{g}$ carbs

That gives you a balanced macro split of:

Protein: 130g | Fat: 65g | Carbs: ~224g | Total: ~2,000 cal

Important Notes on Tracking & Flexibility

These targets are starting points, not rules carved in stone. Real life doesn't always cooperate with your macros, and that's okay.

Here's what to remember:

- If a restaurant gives calories but no macros? **Estimate.**
- If you track protein and calories but not fat/carbs? **That's okay.**
- If carbs go a little high and fats a little low? **No big deal.**

Your weekly consistency matters far more than daily perfection.

The goal is long-term sustainability, not short-term obsession. Mastering macro tracking is a skill, it gets easier with time, just like anything else.

MACRO SETUP FLOWCHART

Step 1: Set Your Calories

Multiply bodyweight in lbs \times 10–12



Step 2: Set Your Protein

Use height-based guide



5'0"–5'3": 110–130g

5'4"–5'7": 120–140g

5'8"–5'11": 130–160g

6'0"+: 150–180g



Step 3: Set Your Fat

Men: \times 0.4 \times bodyweight (lbs)

Women: \times 0.4–0.45 \times bodyweight (bs)
(lbs)



Step 4: Add Your Carbs

Carbs = (Calories – Protein \times 4 –
Fat \times 9) \div 4



Tip: Set protein and fat at minimum targets
+ Fill in the rest of your calories with carbs

Introducing: Mr. Bean

Mr. Bean is a 38-year-old male, 6'2" tall, weighing 270 lbs at the start of his fat loss journey. His goal is to lose fat in a sustainable, realistic way using the **LEANER Framework** and **Base Diet Method**. With moderate activity levels and no extreme dietary restrictions, Mr. Bean followed a structured plan based around protein-rich meals, fiber-dense vegetables, and simple carb/fat balancing.

By consuming approximately 2,430 calories/day, hitting ~190g of protein, and using consistent, repeatable meals, Let's see how it worked out for Mr Bean.

Sample Base Diet Plan (LEANER Framework)

Meal	Food Example	Est. Macros
Breakfast	3 eggs, 2 egg whites, 4 oz, lean ground beef, spinach & mushrooms	→ 600 cal
Lunch	6 oz grilled chicken, 1 cup rice 1 cup broccoli & zucchini, olive oil	→ 650 cal
Dinner	6 oz salmon, 1 medium baked potato 1 cup asparagus, 1 tbsp butter	→ 650 cal
Snack	¼ cup Greek yogurt, 1 scoop whey 1 tbsp peanut butter, ¼ cup berries	→ 500 cal
Total	—	-2.400-2.450 cal

Weight Progression

WEIGHT LOSS PROGRESS – 8 WEEK TREND

Date	Weight (lbs)	Note
01/01	270.0	Starting weight
01/04	267.6	Initial water/ glycogen drop
01/08	265.8	Energy good, consistent meals
01/12	264.2	Fluctuation, still trending ↓
01/20	263.4	Holding steady
01/28	261.8	Waist visibly smaller
02/10	259.8	Solid month of consistency
02/24	257.4	Total loss = -12.6 lbs in 8 weks

KEY TAKEAWAYS

He never panicked over daily fluctuations. Instead, he focused on the weekly trend and how his clothes were fitting, energy levels, and appetite. Because his progress stayed consistent, we made no adjustments to his plan.

What made Mr. Bean successful was not a fancy meal plan or strict diet, it was structure, consistency, and realistic expectations. He didn't chase fast results. He focused on building habits, using repeatable meals, and trusting the process. His journey serves as a clear, no-nonsense example of how to apply the principles in this guide to get real, sustainable results.

Finding the Balance: Rigid vs Flexible

Fat loss isn't just about numbers, it's about navigating life while honoring your goals.

There will be times when rigidity is required. You may need to say “no” to certain situations, hit your macros with precision, or stick to a meal plan even when you're tired. This phase builds discipline and results.

But there will also be times when flexibility is essential, for holidays, family dinners, social events, or simply for mental sustainability. You'll learn how to adapt without spiraling.

The key is knowing when to tighten the dial and when to ease off, without abandoning the process.

Everyone's balance point is different. While the biological mechanism behind fat loss (calorie deficit) remains the same, the method that keeps you consistent may vary. That's okay.

What I'm sharing in this guide are not rigid rules, but rather, field-tested strategies I've seen work time and time again with real people.

4 Traits of Successful Fat Loss Maintainers

Across studies, long-term weight loss success tends to correlate with specific behaviors and diet patterns. Let's explore some of the most powerful ones you can begin implementing now.

Whole Foods: Less Processed, More Control

Those who regularly consume whole, minimally processed foods are significantly less likely to become or remain overweight. **Why?**

Because whole foods are:

- Naturally higher in fiber and water
- Lower in energy density
- Slower to digest, increasing satiety

In studies where participants were allowed to eat freely from either processed or whole food groups, people consistently consumed more calories from the processed food group, even when the meals were matched for macros. This isn't just about willpower; it's about how foods affect your physiology.

If you want to reduce hunger and improve energy naturally, eat more real food. Your body notices the difference.

Physical Activity: Move More, Live Better

Beyond just fat loss, regular movement is one of the most powerful things you can do for your long-term health. People who engage in moderate-to-vigorous activity are at significantly reduced risk of all-cause mortality.

Here's what the current research shows:

- 300 minutes/week of moderate activity (like brisk walking, cycling) yields broad health benefits
- 150minutes/week of vigorous activity (like running, HIIT, or intense lifting) also significantly improves lifespan and quality of life

Even if fat loss isn't your goal, movement matters. But if you're trying to improve your body composition, regular activity supports muscle retention, improves insulin sensitivity, and burns more energy throughout the day.

Step Count: A Daily Metric That Matters

Walking more isn't magic, but the research doesn't lie:

People who consistently walk more tend to weigh less and have lower BMIs.

Of course, it's possible that people who weigh more walk less due to discomfort, but studies show that **setting intentional step goals** (like 7,000–10,000+ steps/day) often leads to better energy expenditure and weight control over time.

You don't need a perfect workout plan to benefit from walking. Just move more than you do now, and stay consistent.

It's Bigger Than Just Calories

Yes, **calories are the mechanism**. You must be in a calorie deficit to lose fat. That's non-negotiable.

But let's be honest: knowing that isn't enough. If it were, most people wouldn't struggle with weight loss.

Understanding the science of calories is like knowing the rules of basketball, sure, you know that the goal is to “put the ball in the hoop,” but that doesn't teach you how to dribble, pass, strategize, or win under pressure.

Telling someone to “just eat less” is about as useful as saying “just score more points” in a game.

That's why we emphasize habits, structure, food quality, activity, mindset, and accountability throughout this guide. These are the variables that influence whether or not you can actually sustain the calorie deficit long enough to see meaningful change.

BUILD SOME MUSCLE

While this manual isn't specifically designed to cover the nuances of muscle building in depth, there are still a few foundational principles you should understand, especially if you're training to preserve or build muscle during a fat loss phase.

Whenever you engage in resistance training, your goal should be **centered around three main things:**

Solid Exercise Selection

Not all movement equals muscle growth.

If your training involves random motions like swinging a sandbag, that might make you better at swinging sandbags, but it won't necessarily help you build muscle efficiently.

Instead, prioritize movements that:

- Target specific muscle groups directly
- Can be progressively overloaded
- You can perform consistently with proper form

Choose exercises with intention. If you're training your chest, for example, include movements like a flat or incline press that you can progress over time. If you're training legs, use compound lifts like squats or leg presses that challenge your muscles through a full range of motion.

Building or maintaining muscle requires structure, consistency, and a smart approach to movement, not randomness.

Progressive Overload

To build or maintain muscle, your training can't stay the same forever. Your body adapts to the stress you place on it. Once it adapts, progress stalls, unless you give it a new challenge.

That's where progressive overload comes in.

- This simply means doing more over time:
- Lifting slightly more weight
- Performing more reps or sets
- Increasing time under tension
- Improving form or range of motion

Progressive overload doesn't have to be extreme. In fact, it shouldn't be. But if you're doing the exact same weights for months on end without improving performance, don't expect your physique to change much.

You don't need to destroy yourself, you need to outwork your previous self just enough.

Stimulus Over Sensation

A lot of people confuse feeling tired or sore with productive training. But soreness doesn't automatically mean growth, and chasing it can lead to injury, burnout, or spinning your wheels.

Instead, focus on stimulating the target muscle, not just sweating or feeling the pump.

- Are you controlling the movement?
- Are you using a full range of motion?
- Are you choosing exercises that actually train the muscle you're trying to grow?

Sometimes that means less weight and more focus. Sometimes it means pausing to feel the contraction. **Either way, training smart beats training hard for the sake of it.**

[It's not about doing more, it's about doing what matters.](#)

WORKOUT SAMPLER

Effective Resistance Exercises by Muscle Group

Chest	Flat/Incline Chest Press Dumbbell Chest Flys Push-Ups Incline Machine Press
Shoulders	Shoulder Press Lateral Raises Front Raises (Reverse Fly)
Back	Pull-Ups / Lat Pulldown Rows Shrugs Face Pulls
Legs	Leg Press / Squats Leg Extensions Romanian Deadlifts Hamstring Curls Walking Lunges
Calves	Straight-Leg Calf Raise Seated Calf Raise
Arms	Bicep Curls Dips Tricep Extensions Tricep Pushdowns

There are obviously way more workouts than these but if you pick a few of these throughout the week, you'll have more than enough to build a great body.

THE TRUTH

Yes, muscle building can be more nuanced. Yes, advanced programming, periodization, and biomechanics all play a role as you become more experienced.

But if you can apply the core principles outlined in this guide, effective exercise selection, progressive overload, consistency, and intentional effort, you will be well on your way to building and maintaining lean, functional muscle over time.

You don't need to do everything. You just need to do the right things consistently.

As your foundation gets stronger, you can refine the details. But the truth is, many people never stick long enough to see the results. So if you focus on these fundamentals and master them, you'll already be ahead of the game.

Stay committed. Stay curious. And never forget, results don't come from knowing more. They come from doing more of what works.



BUT...

**WHAT ABOUT
THE AFTER
DIET...?**

THE BIGGEST MISTAKE PEOPLE MAKE **POST DIET**

Most people hit their goal weight and immediately relax. They “breathe.” And while you should absolutely celebrate the achievement, you must also realize: this is not the end. It’s only Phase 1.

If you treat your fat loss phase like a temporary event, you’ll fall back into old habits. In fact, this is the exact reason most people regain all the weight they lost, and often more.

•

Why? Because they:

- Drastically increase calories overnight
- Drop their step count or training intensity
- Reintroduce hyper-palatable foods in large amounts
- Assume the job is done

The solution? You need a reverse strategy, and that starts by maintaining structure while slowly adjusting food intake and activity levels.

The Reverse Dieting Phase: How to Do It Right

Let’s bring back Mr. Bean, our 6’2”, 270 lb example who successfully dieted down using the LEANER framework and Base Diet Method.

At the tail end of his fat loss phase, Mr. Bean was averaging:

10,000 steps/day

2,100 calories/day

Losing ~0.75 lbs per week

Reverse engineering his deficit, we can **estimate he was in a 400–500 calorie deficit.**

Now what?

To avoid rebound weight gain, Mr. Bean should:

- Add back ~400–600 calories/day
- Maintain his step count and training (not drop to 2k/day!)
- Stick to Base Diet meals focused on Whole foods
- Avoid diving headfirst into “R”efined foods until hunger is under control

HOW YOU SHOULD TRACK

Mr. Bean isn't just tracking weight anymore. He's also:

- Monitoring gym performance
- Taking weekly progress photos
- Noticing changes in energy, mood, and hunger

Reminder: Weeks 1–2 may show a small increase on the scale due to glycogen and water, not fat.

From Week 3 onward, weight should either:

- Stabilize, or Climb slowly (no more than 0.5 lbs/week)

This indicates he's in the sweet spot, at or near maintenance, while setting the stage to build lean muscle.

BUILD MUSCLE NOT JUST GAIN WEIGHT

The objective isn't to "bulk." The goal is to fuel recovery, improve strength, and build lean muscle while minimizing fat gain.

You will:

- Stay consistent with training
- Maintain his Base Diet structure
- Gradually increase calories in ~100-cal increments as needed based on progress
- Use performance (**not scale weight**) as your guide

For example:

- Mr. Bean is sitting at 255 lbs
- Calories are at 2,600/day
- He's sleeping well, energy is great, and strength is improving

No need to increase calories yet.

- If progress slows, he'll bump to 2,700/day for 2–3 weeks and reassess.
- If it slows again, he may bump to 2,800/day, slow, controlled, and purposeful.

State	Anabolic Potential	Strategy
Weight Loss	Low	Preserve lean mass
Maintenance	Moderate	Optimize training
Slight Surplus	High	Maximize growth

FINAL THOUGHTS

If you're following in Mr. Bean's footsteps, **celebrating a successful fat loss phase**, your work isn't over.

You now shift from "fat loss" to body mastery.

The Base Diet stays. The LEANER framework stays. The only thing that changes is **intent**:

- From losing, to maintaining
- From maintaining, to building
- From effort-based dieting, to sustainable eating

You don't return to your old life. You upgrade it.

FINAL Final Thoughts...

I truly appreciate all the support you've given me, and I hope this guide empowers you to finally take control of your body composition, **for good**.

I understand that numbers and tracking can sometimes feel overwhelming. If you ever find it affecting your mental well-being, just remember... BREATH!

This journey is not about being perfect. It's about giving yourself the tools to take control, not to be controlled.

If you have questions or need even more help, reach out on Instagram or on our website at otocoaching.com

[Want to grow stronger together and level up your life FOR GOOD? Apply Now](#)