



Ultimate Fat Burning Checklist

I'm a big believer that small changes will turn into big results in the future. If you lost 2 pounds a month, you won't be excited about your waistline for the first 60 days, but by the end of the year, you are going to get some skinner jeans for Christmas. This is why my first book is called Today's Choices Tomorrow's Health.

Let's dive into some quick wins and minor alterations in your diet and lifestyle to see fat loss over the next 90 days.

- Protein consumption. 1 gram per kilogram of your body weight should be eaten each day.

Protein makes you feel full. Eating just carbs like bread and bagels for breakfast will make you feel hungry again in 2 hours. However, adding 3 eggs will give you 18 grams of protein and give you a more full feeling to last till lunch. You could also take protein powders and bone broth products. I do like this one shake that has 30 grams of protein and 1g of sugar, it can range from \$1.25 to \$2.5 per bottle though.

To find out your bodyweight simply divide your weight in pounds by 2.2 to get kilograms. For example: 120lbs = 54.5kg, 150lbs= 68kg, 170lbs= 77kg, 200lbs= 91kg, 230lbs= 104kg.

Remember, we don't want to just lose weight because that tends to be muscle mass and not fat loss. By eating the right amount of protein, the muscles are retained and the fat gets melted.

- Warm water with lemon

In Ayurveda and Chinese medicine, it's just a common thing to drink warm water with meals, especially meaty and fatty meals. They say it aids in digestion, helps in satiety and according to people who do it, they really feel it's like a secret sauce in their accelerated fat burning journey. I picked this up tip again from Dan John's information.

- Vegetables

No shocker here, we need more vegetables in our life and fewer chips, candy, soda, and alcohol. Aim for a variety of colors for the day. Eggplants are purple, bok choy is green, mushrooms are brown, cauliflower is white, carrots are orange, and so on. While you are more than welcome to just stick to your top 4 and eat those all the time, I would suggest each week changing it up.

Google recipes with a vegetable you saw at the grocery store and you will be amazed at how you can make them taste good without just pouring cheese on everything. Venture to an Asian market and prepare to see vegetables you have never seen before but taste amazing, lotus root and Chinese cabbage for example.

- A snack is a fruit.

Make a strong effort to stop eating potatoes, chips, candy, alcohol, and bread. We all know it just breaks down into simple sugars and that leads to packing on the pounds. So, stick to protein and veggies at meals and for a snack, eat an apple or a pear, etc.

- Intermittent Fasting

Do you know the difference between hungry, starvation, and boredom? You can not eat for 5 days and be okay, well most people - not diabetics and such. Am I suggesting that you should do that, NO. It's a mind over matter situation. You will be hungry those first few days before your body kicks into burning stored fat for energy. Again, I'm not suggesting you fast for 5 days, so let me get to my actual recommendation.

Intermittent fasting can be discovered on many podcasts, websites, and even my book I mentioned earlier. Here are the down and dirty versions of it.

1. You don't eat for 15-18 hours each day. Eat dinner around 7 pm and you don't eat anything again until 15 hours later (Noon the next day). Eat all your calories from 12-7 only.
2. You could not eat for 48 hours consecutively once per week.
3. You can eat normally 6 days a week but 1 day a week you don't eat.
4. You could eat 5 days in a row of only 600 calories using the Fast Mimicking Diet and Prolon by Dr. Valter Longo. (love this by the way and I can get you a good deal on the product).
5. You could, once per week, fast for 24 hours. After eating dinner, you don't eat again until the next days' dinner.

While fasting you can drink all the water you want and 1 cup of black coffee or tea.

- Exercise Regime - easy style

Everyone knew exercise would be thrown in the mix at some point. I'm only talking 15 minutes of weight lifting and 30-45 minutes of brisk walking. Let's begin with what types of weight lifting are appropriate.

1. I recommend big full body motions like: squats/deadlifts, pull-ups/ should press, bench press/push-ups, and pulling heavy things/seated rows. Every gym has machines, free weights, or barbells that you can do these types of exercises: 2 sets of 10 repetitions is enough and should only take 15 minutes or less. Feel free to play around with doing heavy weights and trying to reach 10 repetitions and using fewer weights but doing 20 repetitions. The main goal is to tire out lots of muscle groups in motions that you could technically be done with normal daily activities.
2. Now, immediately after the weights, go walk for 30-45 minutes at a brisk pace. It's as if walking triggers your body to eat up the fat after the energy expenditure from the weight lifting.

Walking Considerations

I have a few thoughts on walking and progressing into harder walks I'd like to cover. If you have a solid 100 pounds of extra weight, FAT, then you could see 20 pounds come off in these first 60-90 days. That's because if you were a couch potato and suddenly have to walk 40 minutes the body is inefficient at carrying around all this extra weight. The body requires more energy and has to dip

into the fat to keep it going. After you lose that initial burst of fat, you might see it slow down and you probably feel pretty good doing 40 minutes. It's not a big challenge anymore.

Now we need to confuse your metabolism again. Grab a backpack and put 5 pounds in it. Now do your walk. Every week or two you can add an additional 5 pounds until you reach a maximum of 30 pounds in the book sack. After two weeks at each weight increase, you should notice it is easy or more natural again to do these brisk walks.

Next up is to keep the backpack of 30 pounds but now we add 5-pound ankle weights to our ankles. Now every step is a bit of a challenge for you. You could do this for a month before adding the last piece.

The last extra piece is to add a maximum of 3-pound hand weights while you walk with the backpack and ankle weights. These could be hand-held weights or ankle-style weights.

It's an inverse relationship: as you lose weight, you are adding weight to walk with.

There you have it. An easy-to-follow checklist of ways to modify your diet and exercise to see explosive fat loss in the next 90 days.

If you need more guidance or have back pain, neck pain, or other pains like knee or adult scoliosis, please call us, and let's see what Dr. Justin can do for you.

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