

HOW TO LOSE WEIGHT *Fast*



STEP 1 CALCULATE BMR

Calculate your resting energy needs. (Basal Metabolic Rate)

MEN = WEIGHT (lbs.) x11
WOMEN = WEIGHT (lbs.) x10



STEP 2 CALCULATE TDEE

Total daily energy expenditure (TDEE)
Determine how many calories you need to maintain your current weight.

SEDENTARY | 1.2 x BMR
MOD. ACTIVE | 1.5 x BMR
VERY ACTIVE | 1.7 x BMR



STEP 3 ESTIMATE CALORIES

Estimate how many calories do you need to lose weight

Sustainable Weight Loss = TDEE x0.85

Aggressive Weight Loss = TDEE x0.80



STEP 6 SKIP THIS

Eat less of these kinds of foods:

- Added Sugars
- Refined Grains
- Processed Foods
- Empty Calories
- Sugar Sweetened Beverages



STEP 5 EAT THIS

Eat more of these kinds of foods:

- Veggies
- Protein
- High Fiber Foods
- Water

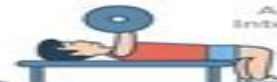


STEP 4 CALORIE BURN

Increase calorie burn

Lift Weights 2-3x/Week

Also add High Intensity Training 2-3x/week



STEP 7 TRACK FOOD INTAKE

Download the Trifecta app for easy food tracking.



STEP 8 COUNT YOUR MACROS

How many grams of carbs, protein and fat are you eating?



STEP 9 STAY MOTIVATED

- Positive Vibes
- Get Enough Sleep
- Remember Your Why



WEIGHT LOSS CALCULATOR - EXAMPLE

This is Beth, she's 160 lbs. and moderately active. To lose weight she will need to eat less than 1920 calories a day.

160 lbs. X 10 = 1600 (BMR)

1600 X 1.5 = 2400 (TDEE)

2400 X 0.8 = 1920 Calories



STEP 10 BE CONSISTENT

Stick to it for at least

21 days!

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Guide To Fast Weight Loss

H Kauffman



Guide To Fast Weight Loss:

Whispering the Secrets of Language: An Psychological Journey through **Guide To Fast Weight Loss**

In a digitally-driven earth wherever monitors reign great and quick communication drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words usually get unheard. However, nestled within the pages of **Guide To Fast Weight Loss** a interesting fictional value pulsating with fresh thoughts, lies a fantastic quest waiting to be undertaken. Penned by a talented wordsmith, this marvelous opus encourages readers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the fabric of each and every word. Within the psychological depths of this moving review, we can embark upon a sincere exploration of the book is core styles, dissect their interesting publishing design, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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