

Yarko Castañeda

THE SIMPLE
FAT LOSS
PLAYBOOK

FOR BUSY WOMEN



20 RULES THAT ACTUALLY WORK TO LOSE FAT & KEEP IT OFF

@fitwithyarko

Practical.

Science-Backed.

Built for Real Life.

 **Disclaimer:** This information is for general knowledge and educational purposes only. It should not be taken as medical or nutritional advice. Always consult with a qualified healthcare professional before making significant changes to your diet or exercise routine.

WHAT'S INSIDE TABLE OF CONTENTS

How To Use This Book.....	4
About the Author.....	5
Introduction.....	6
Chapter 1: Diet & Nutrition.....	7
Chapter 2: Training & Movement.....	12
Chapter 3: Lifestyle & Recovery.....	15
Chapter 4: The Mistakes Costing You Results.....	19
Your 8-Week Action Plan.....	23
Recommended Tools.....	26
Bonus: Staying on Track While Traveling.....	29
Bonus: The Fell Off Track Recovery Plan.....	32
Bonus: 4-Week At-Home Workout Plan.....	36
Bonus: Macro Cheat Sheet.....	41
Bonus: Fat Loss Grocery List.....	44
Bonus: Weekly Habit Tracker.....	50
Top 3 Rules.....	53
A Final Word.....	54
Frequently Asked Questions.....	55

HOW TO USE THIS BOOK

Before you dive in, take two minutes to read this page. It will save you a lot of confusion later and help you get the most out of every section.

If You Are a Complete Beginner

Read the book straight through from start to finish, at least once. The four chapters are designed to build on each other, so jumping straight to the bonus sections without reading the rules first means you will be missing the context that makes everything else make sense. Then come back to the bonus sections as you need them. The 8-Week Action Plan is your roadmap. The bonus guides are your tools.

If You Already Have Some Experience

Feel free to jump directly to the sections most relevant to where you are right now. Use the Table of Contents to navigate. The bonus guides are completely standalone and can be read independently. That said, even experienced women often find something new in the rules chapters. At minimum, skim Chapter 4 since the habits in there quietly derail more people than almost anything else.

How the Book is Structured

- **Chapters 1 to 4:** The 20 rules. Read these first, in order.
- **Your 8-Week Action Plan:** Start here once you have read the rules. This is your week by week implementation guide.
- **Bonus:** Staying on Track While Traveling: Pull this out whenever you have a trip coming up.
- **Bonus:** The Fell Off Track Recovery Plan: Come back to this any time you have had a rough week and need a reset.
- **Bonus:** 4-Week At-Home Bodyweight Workout Plan: Start this alongside Weeks 5 to 6 of your Action Plan.
- **Bonus:** Macro Cheat Sheet: Keep this saved on your phone for quick daily reference.
- **Bonus:** Fat Loss Grocery List: Screenshot the relevant pages before your next supermarket trip.
- **Bonus:** Weekly Habit Tracker: Print one copy per week and fill it in every day.
- **If You Could Only Follow 3 Rules:** Read this when you feel overwhelmed and need to simplify.

A Few Things to Keep in Mind

- This is not a race. The 8-week plan is a starting point, not a deadline. Go at your own pace.
- You do not need to implement everything at once. Layer habits in gradually, just like the Action Plan suggests.
- If something is not working after 3 to 4 weeks, adjust one variable at a time before changing everything.
- Revisit this book regularly. The rules that feel less relevant now may become exactly what you need in three months.



Coach's Tip

The most important thing you can do right now is start. Not plan to start. Not wait until Monday. Start today with whatever small action you can do and build from there.

ABOUT THE AUTHOR

Hey, I'm Yarko, a certified personal trainer (NASM CPT), nutrition coach (CNC), and weight loss specialist (WLS) based in Chiang Rai, Thailand. I coach clients online from wherever I happen to be, and I built my practice around one belief: you don't need a gym to transform your body.

Here's something that might surprise you. I have never owned a gym membership. Not even once. Everything you'll read in this book, every principle, every protocol, and every practical tip, comes from years of training my own body using kettlebells, calisthenics, bodyweight circuits, barbell work, plyometrics, and even a bit of Muay Thai. I run three times a week, practice yoga daily, play basketball, and I genuinely love movement in all its forms. I didn't learn this stuff in a gym. I learned it by doing it.

I started coaching in 2024 because I kept seeing the same thing over and over: smart, busy women drowning in conflicting advice, doing everything they were told, and still not seeing results. Not because they weren't trying hard enough, but because the advice they were following wasn't built for their real lives.

This playbook is my answer to that. It's practical, it's honest, and it's built around what actually works, not what sells the most supplements or gets the most clicks.

I'm not the coach with a wall full of before-and-after photos or a decade of case studies behind me, but what I do have is a genuine passion for this, the drive to keep learning, and the real-world experience of building a fit, strong body without ever setting foot in a gym. Plus, I have the certifications to back it up. I think that counts for something.

If you want to follow along, see my workouts, or just get a feel for how I train and think, you can find me on social media [@fitwithyarko](#), I'd love to have you there.

Now let's get into the good stuff.

Yarko Castañeda

Yarko Castañeda

[@fitwithyarko](#)

NASM Certified Personal Trainer (CPT)
Certified Nutrition Coach (CNC)
Weight Loss Specialist (WLS)



INTRODUCTION

Let's be honest, the internet is drowning in fat loss advice. Keto. Detox teas. Waist trainers. Five-day juice cleanses. You've probably heard it all, tried some of it, and wondered why nothing seems to work.

Here's the truth: fat loss doesn't have to be complicated. It just has to be consistent.

This playbook is built for busy women who don't have hours to spend at the gym or the mental bandwidth to obsess over every bite.

The 20 rules inside are practical, grounded in real science, and designed to fit into your actual life, not some idealized version of it.

I've organized everything into four clear chapters, each building on the last, with a full action plan and bonus guides at the end to help you put it all into practice. All you have to do is read it, apply it, and trust the process.

Let's get started.



CHAPTER 1: DIET & NUTRITION

Everything starts here. You can out-train a bad diet for a few weeks, maybe. But for lasting, sustainable fat loss, what you eat is the foundation everything else is built on. The good news: this chapter isn't about deprivation. It's about eating smarter so your body works with you, not against you.

Rule #1: Calorie Deficit is King

At its core, fat loss comes down to one principle: you need to burn more calories than you consume. Without a calorie deficit, no diet plan, workout routine, or supplement will move the needle.

But here's the nuance most people miss, how deep that deficit is matters enormously. Cut too little and progress stalls. Cut too much and your body fights back.

- **The sweet spot for most women is 300-500 calories below your maintenance level.** This produces steady, sustainable fat loss without tanking your energy, wrecking your sleep, or triggering the hunger that kills most diets.
- Do a maintenance check every month and adjust your calorie targets as your weight changes, because your needs shift as you lose fat.



Coach's Tip

Don't eyeball it at first. Track your calories for at least 10–15 days using an app like FatSecret (Android) or Foodnoms (iOS). Most people are shocked by how many hidden calories sneak in through oils, sauces, and drinks.

Once you have that awareness, you can relax the tracking while staying mindful.

Rule #2: Protein Is Your Best Friend

If there's one macro to prioritize, it's protein. It keeps you full, protects your muscle as you lose fat, and even burns more calories during digestion, a process called the Thermic Effect of Food (TEF).

- **Target:** 1.4g of protein per kg of bodyweight per day as your starting point. As you become more active, you can work up toward 2.0g per kg.
- Spread it across 3–4 meals, aiming for 20–40g per meal
- Great sources: eggs, Greek yogurt, chicken, lean beef, lean pork, fish, legumes, and tofu

And here's a bonus tip tied directly to this rule:



Coach's Tip

Protein front-loading. Eat your protein first at every meal, before the carbs and fats. This leads to better blood sugar stability, reduced post-meal insulin spikes, and less hunger later in the day. Simple, powerful, and totally free.

Rule #3: Carbs Are NOT the Enemy

Repeat after me: carbohydrates are not the enemy. They're your body's primary fuel source. The real issue is that most people eat too many of the wrong carbs at the wrong times.

- **Before workouts:** simple carbs (fruit, white rice, a banana) for fast energy
- **With meals:** complex carbs (oats, sweet potato, brown rice, legumes) for steady energy and satiety
- Complex carbs are higher in fiber, raise blood sugar more slowly, and keep you fuller for longer

Cutting carbs too aggressively will leave you tired, weak in the gym, and eventually craving everything you restricted. Carb timing, not carb elimination, is the real skill.

Rule #4: The 35g Fat Floor

Fat often gets a bad reputation in diet culture, but dietary fat is essential, especially for women. It supports hormone production, joint health, brain function, and long-term metabolic health.

- Never drop below 35–50g of fat per day
- Healthy fat sources: avocado, olive oil, nuts, seeds, fatty fish, and eggs

Going too low in fat, particularly for extended periods, can disrupt hormones like estrogen and leptin, which are critical for both mood and fat metabolism. Don't sacrifice your hormones chasing a smaller number on the scale.

Rule #5: Master Your Fiber Goal

Fiber is the unsung hero of any fat loss plan. It slows digestion, keeps blood sugar stable, feeds your gut microbiome, and, most importantly, keeps you full without adding significant calories.

- Aim for 25g+ of fiber per day
- Top sources: beans, lentils, berries, oats, chia seeds, broccoli, and leafy greens

Think of fiber as nature's appetite suppressant. The more whole, fibrous foods you eat, the easier it becomes to maintain your calorie deficit without feeling like you're starving.

Rule #6: Use Intermittent Fasting or Protein Pacing, or Both

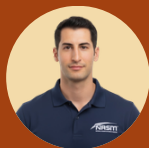
Two of the most effective eating strategies for fat loss are intermittent fasting (IF) and protein pacing (eating 3–4 high-protein meals throughout the day). The great news: they both work. And they can even be combined.

- Intermittent Fasting (18/6 is a great starting point): Eat within a 6-hour window, fast for 18 hours. Great for those who prefer simplicity, hate calorie counting, and struggle with nighttime snacking.
- Protein Pacing (3–4 meals, 25–50g protein each): Better for hunger management and active women who need steady fuel for muscle repair and energy throughout the day.

The winning combo: Use an IF window AND hit your protein targets (aim for ~1.4g per kg of bodyweight) within that window.

CHAPTER 1: DIET & NUTRITION

Research published in Nature Communications found that combining these two strategies produced significantly greater body fat and visceral fat loss compared to standard calorie restriction alone.



Coach's Tip

Not sure which approach is right for you? Try protein pacing first for 2–3 weeks. If you find it hard to stop eating after dinner or you're a night snacker, add IF on top. Find what you can actually stick to, because that's the one that wins.

Rule #7: Start Strong with a High-Protein Breakfast

What you eat first thing in the morning sets the hormonal tone for the rest of your day. A high-protein breakfast, think eggs, Greek yogurt with berries, or a protein smoothie, significantly reduces cravings, hunger hormones, and overall calorie intake later in the day.

Skipping breakfast or starting with sugar (pastries, sweetened cereals, juice) triggers a blood sugar rollercoaster that leads to cravings, energy crashes, and overeating by afternoon. Starting with protein keeps your hunger stable and your decisions sharp.

Rule #8: The 80/20 Rule and Your Weekly Cheat Meal

Sustainable fat loss is not about perfection. It's about consistency 80% of the time, and giving yourself permission to enjoy life the other 20%.

A planned cheat meal once a week (not a cheat day!) isn't a setback, it's a strategy. It reduces psychological deprivation, strengthens your long-term adherence, and keeps you sane. Pizza, KFC, Shabu, whatever you love. Enjoy it, then get back on track.



Coach's Tip

The key word is "meal", not "day." One indulgent meal per week works with your fat loss plan. A full cheat day can easily wipe out an entire week's calorie deficit. Keep it to one meal and make it count.

Rule #9: Stop Eating Like It's Your Last Meal

One of the sneakiest drivers of overeating is a scarcity mindset around food. When you believe you "can't" have something, you obsess over it and eventually binge.

Adopt the "food won't run away" rule: remind yourself that any food you're craving will still exist tomorrow, next week, and next month. This isn't your last meal. That mindset shift alone can dramatically reduce impulsive overeating and help you stop eating past fullness.

Pair this with the Japanese principle of *hara hachi bu*, which basically means eating until you're only 80% full. It takes your brain about 20 minutes to register fullness signals. If you pause at 80% and wait, you'll almost always find you don't need more.

Rule #10: Plan Meals and Remove Temptation

Your environment shapes your behavior more than your willpower does. Set your kitchen up for success:

- Plan meals for the week ahead so you're not making food decisions when you're hungry and tired
- Remove ultra-processed snacks, sugary cereals, and junk food from your home entirely
- Keep fruits, veggies, and pre-portioned healthy snacks at eye level in the fridge
- Store indulgent foods in opaque containers at the back of the pantry, out of sight, out of mind
- Grocery shop on a full stomach. When you're hungry, your brain turns into a vending machine that wants everything

These small environmental tweaks do the heavy lifting so you don't have to rely on willpower, which, after a long day, is always the first thing to run out.



Coach's Tip

Your kitchen is either your greatest ally or your biggest obstacle. You get to decide which one it is. Spend 20 minutes this weekend doing a pantry audit: throw out the junk, move the healthy stuff to the front, and prep a few snacks in advance. That one hour of preparation is worth more than a week of willpower.



“

YOU DON'T RISE
TO THE LEVEL OF
YOUR GOALS.
YOU FALL TO THE
LEVEL OF YOUR
SYSTEMS.

James Clear

CHAPTER 2:

TRAINING & MOVEMENT

Here's a belief worth challenging: fat loss does not require hours of punishing cardio. It doesn't. In fact, doing too much of the wrong kind of exercise can actually work against you by spiking hunger hormones, taxing your nervous system, and making you dread moving your body.

This chapter is about moving smarter and building a sustainable activity foundation that burns fat, protects muscle, and becomes something you actually want to keep doing.

Rule #11: Resistance Training + Walking Beats Endless Cardio

The most effective long-term fat loss combination isn't hours on the treadmill, it's strength training paired with daily walking. Here's why:

- Resistance training builds lean muscle, which increases your resting metabolic rate. The more muscle you carry, the more calories you burn doing absolutely nothing.
- Walking is low-impact, sustainable every single day, and burns meaningful calories without taxing your nervous system or spiking hunger hormones the way intense cardio does.
- Traditional high-intensity cardio (HIIT, cycling, running) is harder to recover from. Done every day, it leads to fatigue, burnout, and often increased appetite, which is the opposite of what you want.

Start with resistance training 2–3 days per week and a daily walking habit. Master the foundation first, because everything else builds on top of it.

Rule #12: Walk Your Way to Fat Loss

Walking is arguably the most underrated fat loss tool available. It's free, it requires no equipment, and it can be done every single day without recovery days. Aim for 8,000 - 10,000 steps per day as your baseline.

- During a fat loss push, bump it up to 15,000–20,000 steps daily for a month or two
- Try the Japanese IWT (Interval Walking Training) protocol: alternating 3 minutes of brisk walking with 3 minutes of slow walking. Research shows it improves cardiovascular fitness and fat metabolism significantly.
- A walking pad under your desk is a game-changer for anyone with a sedentary office job
- A 10-20 minute walk after meals helps manage blood sugar spikes, and aids digestion.



Coach's Tip

Consistency beats intensity every time. A 45-minute walk every single day will outperform a brutal 90-minute gym session done twice a week. The best exercise is the one you'll actually repeat.

Rule #13: Build Your Base, Then Introduce HIIT

High-Intensity Interval Training (HIIT) is powerful for fat loss, but only when introduced at the right time and in the right amount. Jump in too early or too aggressively, and you'll burn out, get injured, or find yourself too sore and exhausted to stay consistent.

- Build a fitness foundation first: at least 6 weeks of consistent walking and resistance training
- Then introduce HIIT once per week, starting with low-impact versions first (cycling, elliptical intervals)
- Progressively increase to 2–3 sessions per week, replacing 1–2 cardio sessions
- Always keep at least one full rest or light activity day between HIIT sessions

HIIT is a tool, not a religion. Use it strategically to accelerate fat loss, and don't make it the centerpiece of your plan before you're ready for it.

Rule #14: Maximize NEAT, Move More Without 'Working Out'

NEAT stands for Non-Exercise Activity Thermogenesis, which is basically all the calories you burn through movement that isn't formal exercise. It accounts for 15–30% of your total daily energy expenditure, making it one of the biggest levers you can pull for fat loss.

- Stand at your desk instead of sitting for hours
- Take the stairs whenever possible
- Walk during phone calls
- Park farther from the entrance
- Do light stretching or household tasks during TV time

The difference in calorie burn between a sedentary desk job and an active lifestyle can be 500–700+ calories per day, without a single minute of formal exercise. Stack small movements throughout your day and they compound into real results.

Rule #15: The 'Play' Mindset, Find Movement You Love

The best workout is the one you'll actually show up for. If the thought of going to the gym fills you with dread, stop forcing it.

Instead, find your version of physical play:

- **Team sports:** basketball, volleyball, football, badminton, tennis, etc...
- Dance classes, Zumba, or even just dancing in your kitchen
- Hiking, cycling, swimming, or martial arts
- Rock climbing, yoga, Pilates, whatever lights you up

When movement feels like play instead of punishment, you stop skipping it. Sustainability is the ultimate fat loss superpower.

“

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE *YOU*
HAVE TO *LIVE*.**

Jim Rohn

CHAPTER 3:

LIFESTYLE & RECOVERY

Training and diet are the obvious pillars. But the results you get from those efforts are largely determined by what happens in between: your sleep, your stress levels, your hydration, and the invisible habits you build into your daily routine.

This chapter covers the lifestyle and recovery practices that separate people who plateau from people who progress consistently.

Rule #16: Sleep Is Non-Negotiable for Fat Loss

Sleep isn't a passive recovery tool, it's an active fat loss strategy. Chronic sleep deprivation disrupts the hormones that regulate hunger, cravings, and metabolism in ways that can completely undermine your diet and training efforts.

Here's what happens when you're well-rested:

- **Hunger hormones balance out:** ghrelin (the hormone that makes you hungry) drops, leptin (the hormone that signals fullness) rises
- Cortisol levels fall, reducing cravings for high-calorie, high-sugar foods
- Your body burns fat preferentially over muscle during a calorie deficit
- Decision-making improves, and studies show that adequate sleep naturally reduces daily calorie intake by roughly 270 calories, simply by making you less impulsive around food
- You have the physical energy and mental motivation to actually follow through on your workout plan

Aim for 7–9 hours of quality sleep per night. This is not optional, so treat it like a training session.

Rule #17: Build a Night Routine That Protects Your Sleep

Quality sleep doesn't start when your head hits the pillow, it starts 1–2 hours before. Build a wind-down routine and stick to it every night:

- No screens (phone, tablet, TV) for at least 1 hour before bed, as blue light suppresses melatonin production
- No water in the hour before bed to avoid nighttime wake-ups
- Finish your last meal 3–4 hours before sleep to support proper digestion and overnight fat burning
- Go to bed at the same time every night, even on weekends. Your circadian rhythm rewards consistency.
- **Create your ideal sleep environment:** blackout curtains, room temperature between 19–21°C, comfortable loose clothing or sleeping without
- Wind down with light yoga, meditation, journaling, or breathing exercises to lower your heart rate and cortisol levels

Rule #18: Manage Stress, Because Cortisol Is a Fat Storage Hormone

Chronic stress is one of the most underestimated obstacles to fat loss. When you're constantly stressed, your body pumps out cortisol, a hormone designed for short-term emergency survival that, when elevated long-term, tells your body to store fat, particularly around the belly.

Cortisol also directly raises ghrelin (the hunger hormone), which is why stress makes you crave pizza, chips, and ice cream, not salad.

Practical stress management tools:

- **Daily breathing exercises** (box breathing, 4-7-8 method)
- **Meditation**, even just 10 minutes a day, measurably lowers cortisol
- **Walking in nature**, a double win for both NEAT and stress reduction
- **Journaling**, because getting thoughts out of your head and onto paper reduces mental load
- **Protecting social time** and setting boundaries around your schedule

Your fat loss plan needs a stress management plan built into it. They're not separate things.

Rule #19: Hydration, the Free Metabolism Booster

Water doesn't directly burn fat, but it's deeply involved in every process that does. Here's what proper hydration actually does for fat loss:

- Enables lipolysis: your body needs water to break down fat molecules for energy. Dehydration slows this process down
- Temporarily boosts metabolism: drinking cold water causes a small but real increase in calorie burn as your body works to warm it
- Reduces appetite: drinking a glass of water before meals increases satiety and naturally reduces how much you eat
- Improves workout performance: even mild dehydration reduces strength, endurance, and calorie burn during exercise



Coach's Tip

Make it a habit to drink a full glass of water before every meal. It's one of the simplest, zero-cost ways to reduce your overall calorie intake without changing what you eat.

Rule #20: Track Non-Scale Victories and Stay Accountable

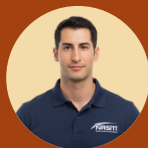
The number on the scale is one data point, and often a misleading one. Weight fluctuates daily based on water retention, sodium intake, hormonal cycles, and muscle gain. Obsessing over it can derail your mindset and motivation when the real progress is hiding in plain sight.

Track these instead, or alongside the scale:

- Energy levels throughout the day
- How your clothes fit (this is often the first place you'll notice change)
- Strength gains in the gym
- Quality and depth of sleep
- Mood, focus, and mental clarity
- Measurements: waist, hips, arms, and thighs, taken monthly

And remember: muscle weighs more than fat. If you're strength training, the scale may not move as fast as your body is changing. Trust the process.

Accountability matters too. Share your goals with a trusted friend, hire a coach, or use a tracking app. Research consistently shows that people who track their behavior and have social accountability lose significantly more weight and keep it off longer than those going it alone.



Coach's Tip

Try the marble jar trick: fill a glass jar with one marble per kilogram you want to lose. Every time you hit that milestone, move a marble to an empty jar. Watching it fill up provides powerful visual motivation that no number on a scale can replicate.

Stop letting one data point dictate your mindset; look for the real wins beyond the scale.



“

ALMOST
EVERYTHING WILL
WORK AGAIN IF
YOU **UNPLUG IT**
FOR A FEW
MINUTES,
INCLUDING YOU.

Anne Lamott

CHAPTER 4:

THE MISTAKES COSTING YOU RESULTS

Sometimes the most powerful thing you can do for your fat loss isn't adding something new, it's stopping something that's quietly working against you. This chapter covers the most common habits and mistakes that stall results, even when everything else looks right on paper.

Think of it as your "stop doing" list.

Do Not Drink Your Calories

Liquid calories are one of the sneakiest obstacles to fat loss, and one of the easiest to fix. Drinks don't trigger the same satiety response as solid food, meaning you can consume hundreds of calories without feeling any fuller. They also tend to be loaded with sugar, which spikes insulin and makes fat burning significantly harder.

The main offenders:

- Sodas and energy drinks
- Sweetened coffees, frappes, and lattes
- Fruit juices (yes, even 'natural' ones, they're basically sugar water without the fiber)
- Milkshakes and smoothies with added syrups
- Sweetened teas and flavored waters

Swap to water, black coffee, plain tea, or sparkling water. The calorie savings are immediate and meaningful, easily 200–500 calories per day for many people.

Do Not Drink Alcohol

Alcohol deserves its own spotlight because it's a triple threat to fat loss, and most people don't realize all three ways it works against them.

- Calorie-dense: at 7 calories per gram, alcohol packs nearly as many calories as fat (9g) and more than protein or carbs (4g each)
- Pauses fat burning: when your liver is busy metabolizing alcohol, it can't process fat for fuel. Fat burning literally stops until the alcohol is cleared
- Triggers late-night cravings: alcohol lowers inhibitions and raises appetite, which is why drunk pizza at midnight is a universal experience, and a calorie disaster

You don't have to be perfect. But if fat loss is your goal, minimizing or eliminating alcohol will produce noticeable results quickly.

Say "NO" to alcohol



Do Not Over-Restrict Calories

This is one of the most common and counterproductive mistakes in fat loss: cutting calories too aggressively in an attempt to speed things up. Here's what actually happens when you slash too deep:

- Your body enters 'survival mode' and reduces your metabolic rate to compensate
- Muscle mass is broken down for energy, reducing the lean tissue that burns calories at rest
- Hunger hormones (ghrelin) spike, cravings intensify, and cravings become almost impossible to resist
- Hormonal imbalances develop, including thyroid function drops, leptin falls, and cortisol rises, all of which encourage fat storage
- The result: a weight loss plateau or regain, plus a slower metabolism that makes future fat loss even harder

Sustainable fat loss lives in a deficit of 300-500 calories below maintenance, no more. Slow and steady isn't just a cliché. It's the only approach that preserves metabolism, protects muscle, and lasts.

Do Not Eat Mostly Processed Foods

Ultra-processed foods are engineered to make you eat more, more than you intended, more than you're hungry for, and more than your calorie deficit can handle. They're calorie-dense, nutrient-poor, low in fiber, and designed by food scientists to override your natural fullness signals.

- They're easy to overconsume, and a small bag of chips or a few cookies can add 400–600 calories before you realize it
- They spike blood sugar rapidly and then drop it, triggering more cravings within the hour
- They crowd out whole foods that keep you full, support muscle repair, and fuel your workouts

The rule is simple: choose whole foods whenever possible. That doesn't mean never having packaged food, it means making whole foods the default, not the exception.

Do Not Skip Meals to Save Calories

Skipping meals might seem like an easy way to cut calories, but it almost always backfires. When you skip a meal, hunger accumulates, and by the time you do eat, you're in a primal survival state that makes portion control nearly impossible.

The result: you end up consuming more at your next meal than you would have across two balanced meals. Additionally, skipping meals raises cortisol (stress hormone), increases ghrelin (hunger hormone), and can cause muscle breakdown as your body looks for fuel.

This is different from intentional intermittent fasting, which is structured and planned. Skipping meals impulsively and erratically is a different habit entirely, and one that rarely supports fat loss.

Do Not Rely on Supplements

The supplement industry is worth billions of dollars and is largely built on hope, marketing, and the appeal of an easy shortcut. Fat burners, metabolism boosters, detox teas, waist trainers. Most of these products range from ineffective to mildly harmful.

Here's the honest truth:

- No supplement replaces a calorie deficit, adequate protein, and consistent movement
- Fat burners often rely on high doses of caffeine, which can increase heart rate, anxiety, and sleep disruption, all of which worsen fat loss indirectly
- Detox teas and cleanses have no meaningful effect on fat metabolism
- The only supplements with meaningful evidence behind them are protein powder (to hit your protein targets conveniently), creatine (for strength and muscle retention), and vitamin D/omega-3 (for general health in deficient individuals)

Save your money. The basics done consistently will always beat the fanciest supplement stack.

Do Not Ignore the Power of Compound Habits

Finally, don't underestimate small, consistent actions done daily. Fat loss isn't won in dramatic gestures. It's built through the accumulation of tiny, repeatable habits:

- Drinking water before every meal
- Taking a 10-20 minute walk after dinner
- Brushing your teeth right after eating to end the kitchen visits
- Prepping your lunch the night before so you don't order takeout
- Using a smaller plate to naturally reduce portions
- Waiting 20 minutes before getting seconds, because you'll almost always find you don't want them

None of these feel significant in isolation. Together, practiced daily for months, they become the difference between someone who loses fat and keeps it off, and someone who never sees results.

No pills or powders will out-work a bad diet



“

THE PLAYBOOK FOR **FAILURE**
IS WRITTEN IN
PROCESSED FOODS
AND LIQUID CALORIES.

THE PLAYBOOK FOR
SUCCESS IS WRITTEN IN
WHOLE FOODS,
STEADY NOURISHMENT,
AND THE REFUSAL TO LET A
'QUICK FIX' SUPPLEMENT
REPLACE A
SOLID FOUNDATION.

YOUR ACTIONABLE 8-WEEK STARTER PLAN

You've read the rules. Now here's how to put them into motion, without trying to do everything at once (the fastest way to do nothing at all).

This 8-week plan introduces changes in layers, building habits one week at a time. Each new week adds one or two actions on top of the last. By week 8, you'll have a full, functional fat loss lifestyle in place, not a crash diet.

Weeks 1-2: Foundation

- Calculate your TDEE (Total Daily Energy Expenditure) using an online calculator. Set your calorie target 300–500 calories below maintenance.
- Start tracking food in FatSecret or Foodnoms for at least 10 days. No changes yet, just observe where your calories are actually coming from.
- Eliminate liquid calories. Switch sodas, juices, and sweetened drinks to water, black coffee, or plain tea.
- Begin a daily 20–30 minute walk. Non-negotiable, rain or shine.
- Set a consistent bedtime and start your wind-down routine.

Weeks 3-4: Nutrition Upgrade

- Hit your protein target every day: 1.4g per kg of bodyweight, spread across 3–4 meals.
- Eat protein first at every meal before touching carbs or fat.
- Add a high-protein breakfast: eggs, Greek yogurt, or a protein smoothie.
- Meal prep 2–3 days worth of food at a time so healthy eating becomes the default choice.
- Add fiber-rich foods to every meal: berries, oats, legumes, or vegetables.
- Bump your daily steps to 10,000.

Weeks 5-6: Training Begins

- Add 2–3 resistance training sessions per week following the 4-Week At-Home Bodyweight Workout Plan in the bonus section. No equipment needed, just show up and do the work.
- Continue daily walking. Try adding a post-dinner walk of 10–20 minutes to manage blood sugar.
- Introduce your first weekly cheat meal. Plan it ahead, enjoy it fully, and move on.
- Start applying the 80% fullness rule at every meal. Slow down, chew, and pause before going back for seconds.
- Begin a weekly 24-hour fast if medically appropriate for you and you feel ready. Otherwise, stick to your daily calorie target.

Weeks 7–8: Optimization

- Continue your 3 resistance training sessions per week. Focus on progressive overload: add reps, slow down the tempo, or reduce rest times rather than doing more sessions.
- Maintain your daily walking target of 10,000 steps. On non-training days, aim for an active recovery walk of 20-30 minutes.
- Do a calorie audit: recalculate your TDEE based on your new weight and adjust your deficit if needed.
- Start tracking non-scale victories: energy, strength, clothing fit, and measurements.
- Increase NEAT intentionally: standing desk time, extra walks, active breaks.
- Review your stress levels and sleep quality. If either is suffering, treat it as urgently as your training plan.

Your Daily Non-Negotiables

Regardless of where you are in the 8-week plan, these five habits should be in place every single day:

- ✓ Hit your protein target
- ✓ Move your body (walk, train, or both)
- ✓ Drink enough water, and a glass before each meal
- ✓ Get 7–9 hours of sleep
- ✓ Log your food or practice mindful portion awareness

Monthly Maintenance Check

At the end of every month, spend 15 minutes reviewing:

- Has my weight changed? Recalculate TDEE and adjust calories.
- Am I hitting protein targets consistently?
- Is my sleep and stress level sustainable?
- What's working? What needs adjusting?
- Am I enjoying the process, or fighting it every day?

Fat loss isn't a destination you arrive at and then stop. It's a set of skills and habits you build until they become effortless. Every rule in this playbook is a brick in that foundation.

Trust the process. Be patient with yourself. And remember: slow progress is still progress.

You've got this!

Disclaimer: This information is for general knowledge and educational purposes only. It should not be taken as medical or nutritional advice. Always consult with a qualified healthcare professional before making significant changes to your diet or exercise routine.

“

*IT'S EITHER
ONE DAY
OR
DAY ONE.
YOU DECIDE.*

RECOMMENDED TOOLS & RESOURCES

You do not need expensive equipment or fancy apps to follow this playbook. But having the right free tools on your phone makes tracking your calories, protein, and steps significantly easier and more accurate. Here are the ones worth using.

Calorie and Macro Tracking Apps

Tracking your food for at least 10 to 15 days is one of the most eye-opening things you can do for your fat loss journey. Most people are shocked by how many calories are hiding in sauces, oils, drinks, and snacks they never even think about. These apps make that process simple.

Android	FatSecret The best free calorie and macro tracker for Android. Clean interface, massive food database including Thai foods, barcode scanner, and meal logging. Highly recommended as your starting point.	FREE
iOS	Foodnoms The top free option for iPhone users. Beautifully designed, easy to use, and has an extensive food database. Tracks calories, protein, carbs, fat, and fiber with clear daily summaries.	FREE
iOS + Android	MyFitnessPal The most widely used calorie tracker in the world. Massive food database, barcode scanner, and restaurant listings. The free version is sufficient for most people starting out.	FREE
iOS + Android	Cronometer Best for tracking micronutrients in addition to macros. Slightly more detailed than other apps, great once you are past the beginner stage and want deeper nutritional insight.	FREE



Coach's Tip

You only need ONE calorie tracking app. Pick whichever one feels easiest to use and stick with it. The best app is the one you will actually open every day.

Step Tracking Apps

You do not need a fitness watch or smart band to track your steps. Your smartphone already does it automatically. Here is how to access your step count on any phone.

iOS	Apple Health Built into every iPhone. Opens automatically and tracks steps in the background without you doing anything. Just open the Health app, tap Browse, then Activity, then Steps.	FREE
Android	Google Fit Built into most Android phones or free to download from the Play Store. Tracks steps automatically in the background. Clean dashboard showing daily steps, active minutes, and weekly progress.	FREE
Samsung	Samsung Health Pre-installed on all Samsung devices. One of the most accurate step trackers available on a smartphone. Also tracks sleep, water intake, and workouts in one place.	FREE
iOS + Android	Pacer Pedometer A dedicated step tracking app if you want something more detailed than your built-in health app. Shows daily, weekly, and monthly step history and lets you set daily step goals.	FREE



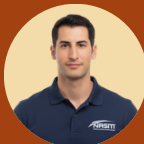
Coach's Tip

Keep your phone in your pocket as much as possible throughout the day for the most accurate step count. Leaving it on your desk while you walk around means you are missing hundreds of steps every hour.

TDEE Calculators

Before you can set your calorie target, you need to know your Total Daily Energy Expenditure (TDEE). These free online calculators give you a reliable starting estimate based on your age, height, weight, and activity level.

Web	TDEE Calculator The most detailed free TDEE calculator available. Visit tdee.calculator.net on any browser. Gives you your maintenance calories broken down by activity level, plus your estimated macros.	FREE
Web	Calculator.net Calorie Calculator Simple and reliable. Visit calculator.net/calorie-calculator.html for a straightforward maintenance calorie estimate. Good as a cross-reference against the TDEE calculator above.	FREE



Coach's Tip

TDEE calculators are estimates, not exact numbers. Your real TDEE may be 10 to 15% higher or lower than what any calculator tells you. Use it as a starting point, track your food for 2 weeks, and adjust based on what your actual weight does.

Find Me online

If you want to follow along with my workouts, ask questions, or just see how I train and eat day to day, you can find me here:

- Instagram / TikTok: [@fitwithyarko](#)
- For coaching inquiries, DM me directly on social media

I share kettlebell workouts, running tips, calisthenics sessions, and honest no-nonsense content about training and fat loss. No filters, no unrealistic transformations, just real training from someone who genuinely loves movement.

BONUS GUIDE:

STAYING ON TRACK WHILE TRAVELING

Let's be real: vacations and travel are some of life's greatest pleasures, and the last thing you should do is spend them stressed about every meal. But there's a big difference between enjoying yourself and completely abandoning every good habit you've built. This guide gives you a realistic, no-guilt framework for navigating airports, hotels, restaurants, and all-inclusive resorts without coming home feeling like you need to start all over from zero.

The Mindset First

Before anything else, decide what kind of trip this is. A one-week beach vacation is not a fat loss phase, and that is perfectly fine. Your goal during travel should simply be damage control and maintenance, not transformation. Give yourself permission to enjoy food and culture, while keeping a few key habits in place. The women who come home only slightly off track are always the ones who made peace with this mindset before they even left.

At the Airport

- Eat before you fly. Airport food is overpriced, low quality, and usually ultra-processed. A protein-rich meal before you leave means you arrive in control of your hunger.
- **Carry snacks in your bag:** a protein bar, a bag of nuts, or some jerky. These are lifesavers during long layovers when your only options are fast food or a chocolate muffin.
- Avoid the meal deal trap. Combo meals at airport food courts are designed for convenience, not nutrition. Pick items individually: a grilled protein, a piece of fruit, and water.
- Stay hydrated on the plane. Cabin air is extremely dehydrating, which can trigger hunger signals that are actually just thirst. Bring a refillable bottle and aim for at least 16 oz per hour of flight.
- Skip the airport cocktail if you can. Alcohol before a long flight dehydrates you further, disrupts sleep, and often leads to snacking you wouldn't otherwise do.

At the Hotel

- Request a room with a fridge if possible. Being able to store fruit, Greek yogurt, water, and snacks from a local supermarket makes a huge difference to your day-to-day food choices.
- Find the nearest supermarket on day one. Stock up on high-protein snacks, fruit, bottled water, and easy breakfast options. This one habit can save you from making desperate, expensive, calorie-heavy choices throughout the trip.
- Use the hotel breakfast smartly. Most hotel breakfasts are buffets, which can easily become a calorie disaster. Load your plate with eggs, smoked salmon, plain yogurt, and fruit first. Then if you want a pastry, have one, not three.
- Keep your water bottle visible on the bedside table. Traveling disrupts routines, and hydration is usually the first thing to slip.

Eating Out Every Day

When every meal is at a restaurant, the key is making consistently better choices rather than perfect ones.

- Protein-anchor every meal. Whatever the cuisine, find the protein on the menu and build around it. Grilled fish, chicken, legumes, eggs, tofu. Most restaurants in most countries have a high-protein option if you look for it.
- Ask for dressings and sauces on the side. Sauces are often where hundreds of hidden calories live. Controlling how much you use is a simple win.
- Fill at least half your plate with vegetables or salad before touching anything else. Most restaurants will accommodate this if you ask.
- Don't skip meals to save calories for dinner. This leads to arriving ravenous, ordering more than you intended, and overeating. Eat regular, balanced meals throughout the day.
- Choose grilled, baked, or steamed over fried whenever there's a choice. You'll barely notice the difference in enjoyment, but the calorie difference is significant.

Managing Alcohol Socially

Traveling with friends or family often means more social drinking than usual. Here's how to navigate it without being the person who refuses every drink and makes everyone feel awkward.

- Set a personal limit before the evening starts. Two drinks is a reasonable number that allows you to be social without completely switching off fat burning for the night.
- Choose lower-calorie options: spirits with soda water and a squeeze of lime, dry wine, or light beer over cocktails, sweet mixers, or shots.
- Alternate every alcoholic drink with a glass of water. This halves your intake naturally, keeps you hydrated, slows you down, and means you feel significantly better the next morning.
- Eat a protein-rich meal before drinking. A full stomach slows alcohol absorption, reduces cravings for late-night food, and helps you make better choices as the evening goes on.

The Hotel Room Workout

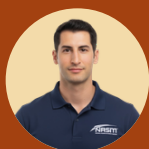
You don't need a gym to keep your body moving on vacation. This 20-minute bodyweight circuit can be done in any hotel room with no equipment:

- Warm up: 2 minutes of marching on the spot, arm circles, and hip rotations.
- Round 1: 15 squats, 10 push-ups, 20 walking lunges, 30-second plank. Rest 60 seconds.
- Round 2: 15 glute bridges, 10 tricep dips on the bed edge, 15 reverse lunges each leg, 30-second side plank each side. Rest 60 seconds.
- Round 3: 20 squats, 10 push-ups, 15 single-leg glute bridges each side, 45-second plank. Done.
- On top of this, walking on vacation is massively underrated. Sightseeing, exploring markets, walking to restaurants, and strolling along the beach all add up to 12,000-20,000 steps on many travel days without you even trying.

The Damage Control Protocol

Had a blowout day? Ate everything at the resort buffet? Here's your simple reset, no guilt required:

- The morning after, drink 16 oz of water before anything else.
- Eat a high-protein, high-fiber breakfast: eggs, vegetables, fruit. Skip the pastries just for this morning.
- Get outside and walk for at least 30 minutes. Fresh air, movement, and sunlight reset your mood and your appetite hormones faster than anything else.
- Get back to your normal eating pattern for the rest of the day. Don't restrict to make up for yesterday. That cycle never ends well.
- Remind yourself: one day, even three days, of overeating does not reverse weeks of consistent effort. It's just a blip. Return to your habits and keep going.



Coach's Tip

The goal on vacation isn't perfection, and it isn't coming home having gained 10 lbs either. Aim to come back feeling like you made reasonable choices most of the time, moved your body a few times, and actually enjoyed yourself. That's a win.

“

DISCIPLINE
IS CHOOSING BETWEEN
WHAT YOU WANT NOW AND
WHAT YOU WANT MOST.

BONUS GUIDE:

THE 'FELL OFF TRACK' RECOVERY PLAN

Every single person who has ever successfully lost fat and kept it off has fallen off track at some point. Every one of them. The difference between the women who reach their goals and the ones who don't see results isn't that the successful ones never slip. It's that they know how to get back up quickly, without turning a stumble into a full collapse.

Why It Happens

Falling off track isn't a character flaw. It's almost always the result of one of these predictable triggers:

- A stressful life event that used up all your mental bandwidth
- An all-or-nothing mindset that turned one bad meal into 'well, I've ruined it now'
- A diet that was too restrictive to be sustainable
- A social event, vacation, or celebration that threw off your routine
- Boredom, loneliness, or emotional eating that crept in unnoticed

Understanding your trigger isn't about making excuses. It's about making sure the same thing doesn't knock you down the next time it comes around, because it will come around again.

The 3-Step Same-Day Reset

If you've just had a rough day, here's exactly what to do before you go to sleep tonight:

- Step 1: Close it out. The day is done. Don't try to compensate by skipping dinner or doing an extra workout tonight. That punishing mindset is what creates the binge-restrict cycle. Just close the day and start fresh tomorrow.
- Step 2: Drink a big glass of water and get to bed at your normal time. Sleep is the single fastest way to reset hunger hormones, mood, and decision-making ability.
- Step 3: Write down one simple intention for tomorrow morning. Not a full plan, just one thing: 'I will eat a high-protein breakfast.' Small, concrete, achievable.

The Morning After Protocol

Wake up, and resist the urge to weigh yourself. The scale after a day of overeating reflects water retention and food volume, not actual fat gain. Step away from the scale for at least 3 days.

- Drink 16 oz of water first thing.
- Eat a high-protein breakfast within an hour of waking. Eggs, Greek yogurt, a protein shake. Don't skip breakfast to save calories. That never works.

- Get outside for a 20-30 minute walk. This is not about burning off last night's calories. It's about resetting your mood, lowering cortisol, and signaling to your brain that today is a new day with new choices.
- Return to your normal eating pattern for the rest of the day. Regular meals, regular protein targets. No dramatic restriction.



Coach's Tip

You did not gain 2kg of fat overnight. What the scale shows after a blowout is mostly water, glycogen, and food volume. Real fat gain requires sustained overeating over days and weeks. One bad day is a blip, not a setback.

What to Do After a Bad Week

- Monday is now. Don't wait for a symbolic fresh start. The next meal is your fresh start. The next hour is your fresh start.
- Do a gentle audit, not a punishment session. Look back at the week and identify what went wrong without judgment. Was it stress eating? Social pressure? Too-aggressive restriction that led to a rebound? Use it as information, not as evidence that you're a failure.
- Run the 3-day reset protocol below to get your hunger hormones, energy, and habits back on track.

The 3-Day Reset Protocol

Three days of clean, structured eating to reset your appetite, reduce bloating, and rebuild momentum. This is not a punishment or a crash diet. It's simply removing noise and getting back to basics.

- Protein at every meal: eggs, chicken, fish, Greek yogurt, legumes. Aim for your full daily target.
- Plenty of vegetables at lunch and dinner: leafy greens, broccoli, zucchini, cucumber, peppers.
- Complex carbs in moderate portions: oats at breakfast, sweet potato or brown rice at lunch.
- No alcohol for 3 days.
- No ultra-processed food for 3 days.
- 2.5 - 3 Liters of water daily.
- A 20-30 minute walk every day, ideally outside.
- In bed by 10:30pm, phone down, room dark.

By day 3, most women report feeling significantly better physically and mentally. Bloating reduces, energy returns, cravings settle down, and momentum rebuilds.

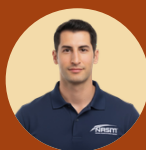
Breaking the All-or-Nothing Cycle

- The all-or-nothing mindset is the single biggest enemy of long-term fat loss. It sounds like this:
- 'I had one cookie so the day is ruined, I may as well eat everything.'
- 'I missed my workout so this whole week is a write-off.'
- 'I ate badly on vacation so I have to do a detox when I get back.'

None of these thoughts are logical, but they feel very real in the moment.

Here's the reframe:

Progress is not linear, and consistency over time matters infinitely more than perfection in any single day. Think of your fat loss journey as a bank account. Every good choice is a deposit. Every bad day is a small withdrawal. As long as you're making more deposits than withdrawals over weeks and months, the balance grows.

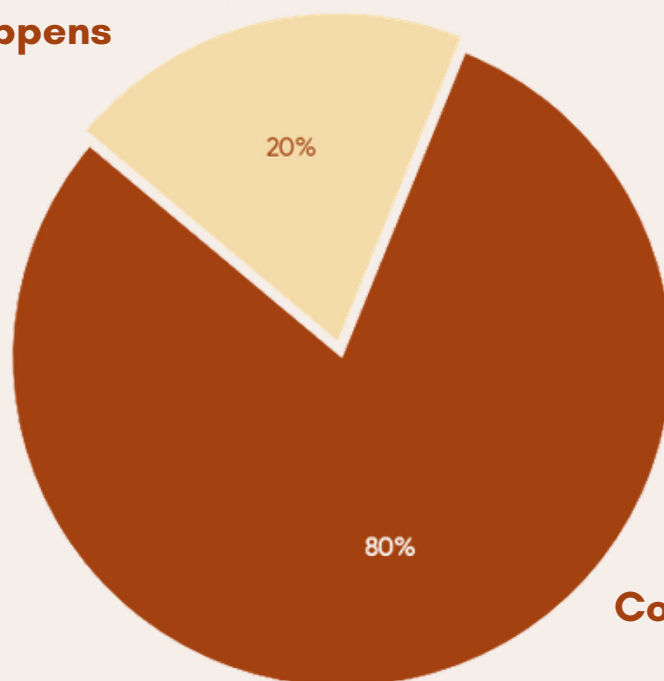


Coach's Tip

Aim to be consistent 80% of the time. The other 20% is life: birthdays, bad days, vacations, stress, and celebrations. Build them into your expectations from the start and they lose their power to derail you.

THE 80/20 CONSISTENCY RULE

Life Happens



Consistent Action

“

FALL DOWN
SEVEN TIMES,
GET UP EIGHT.

Japanese proverb

4-WEEK AT-HOME BODYWEIGHT WORKOUT PLAN

No gym. No equipment. No excuses. This 4-week plan is designed for busy women who want to build lean muscle, boost their metabolism, and burn fat from their living room. Each week has three workout sessions. Each session takes 30-40 minutes. The plan progressively increases in difficulty so your body keeps adapting.



Coach's Tip

Warm up for 3-5 minutes before every session: march on the spot, do 10 arm circles each direction, 10 hip circles, and 5 slow bodyweight squats. Cool down for 3-5 minutes after with gentle stretching of your quads, hamstrings, glutes, and chest.

Week 1: Build the Foundation (Beginner friendly)

3 sessions this week. Rest at least one day between sessions. Daily step target: 10,000 steps.

Session A: Lower Body

- Bodyweight squats: 3 sets of 12 reps. Rest 60 seconds.
- Reverse lunges: 3 sets of 10 reps each leg. Rest 60 seconds.
- Glute bridges: 3 sets of 15 reps, squeeze and hold at the top for 1 second. Rest 45 seconds.
- Wall sit: 3 sets of 30 seconds. Rest 45 seconds.
- Standing calf raises: 2 sets of 20 reps. Rest 30 seconds.

Session B: Upper Body and Core

- Knee push-ups (or full push-ups): 3 sets of 10 reps. Rest 60 seconds.
- Superman hold: 3 sets of 10 reps, hold each for 2 seconds. Rest 45 seconds.
- Tricep dips using a chair: 3 sets of 10 reps. Rest 60 seconds.
- Dead bug: 3 sets of 8 reps each side. Rest 45 seconds.
- Plank hold: 3 sets of 20 seconds. Rest 30 seconds.

Session C: Full Body Circuit

(3 rounds, 90 seconds rest between rounds)

- 10 squats, 8 push-ups, 10 reverse lunges, 10 glute bridges, 20-second plank, 15 calf raises.

Week 2: Build the Habit

3 sessions this week. Daily step target: 10,000 steps.

Session A: Lower Body

- Sumo squats: 3 sets of 15 reps. Rest 60 seconds.
- Forward lunges: 3 sets of 12 reps each leg. Rest 60 seconds.
- Single-leg glute bridges: 3 sets of 10 reps each leg. Rest 60 seconds.
- Squat pulses: 3 sets of 20 reps. Rest 45 seconds.
- Donkey kicks: 3 sets of 15 reps each leg. Rest 45 seconds.

Session B: Upper Body and Core

- Full push-ups (or elevated with hands on a chair): 3 sets of 12 reps. Rest 60 seconds.
- Pike push-ups: 3 sets of 8 reps. Rest 60 seconds.
- Tricep dips: 3 sets of 12 reps. Rest 60 seconds.
- Plank shoulder taps: 3 sets of 10 taps each side. Rest 45 seconds.
- Bicycle crunches: 3 sets of 15 reps each side. Rest 45 seconds.

Session C: Full Body Circuit

(3 rounds, 75 seconds rest between rounds)

- 12 sumo squats, 10 push-ups, 12 forward lunges, 10 single-leg glute bridges each side, 10 plank shoulder taps each side, 15 donkey kicks each leg.



Week 3: Increase Intensity (Intermediate)

3 sessions this week. Daily step target: 10,000 - 12,000 steps.

Session A: Lower Body

- Jump squats (or regular squats for low impact): 3 sets of 12 reps. Rest 75 seconds.
- Bulgarian split squats using a chair: 3 sets of 10 reps each leg. Rest 75 seconds.
- Single-leg glute bridges: 3 sets of 12 reps each leg. Rest 60 seconds.
- Lateral lunges: 3 sets of 10 reps each side. Rest 60 seconds.
- Glute bridge march: 3 sets of 10 reps each leg. Rest 45 seconds.

Session B: Upper Body and Core

- Push-up to shoulder tap: 3 sets of 10 reps. Rest 60 seconds.
- Wide push-ups: 3 sets of 12 reps. Rest 60 seconds.
- Tricep dips with one leg extended: 3 sets of 10 reps. Rest 60 seconds.
- Side plank: 3 sets of 30 seconds each side. Rest 45 seconds.
- V-ups or modified V-ups: 3 sets of 12 reps. Rest 45 seconds.

Session C: 20-Minute AMRAP (as many rounds as possible with good form)

- 10 jump squats, 10 push-ups, 10 Bulgarian split squats each leg, 10 tricep dips, 30-second plank. Record your rounds and try to beat it next week.



Week 4: Peak Week (Challenging)

3 sessions this week. Daily step target: 12,000-15,000 steps.

Session A: Lower Body

- Jump squats: 4 sets of 15 reps. Rest 60 seconds.
- Bulgarian split squats: 4 sets of 12 reps each leg. Rest 75 seconds.
- Curtsy lunges: 3 sets of 12 reps each leg. Rest 60 seconds.
- Single-leg glute bridges: 3 sets of 15 reps each leg. Rest 60 seconds.
- Sumo squat pulses: 3 sets of 30 reps. Rest 45 seconds.

Session B: Upper Body and Core

- Decline push-ups with feet elevated on a chair: 3 sets of 10 reps. Rest 75 seconds.
- Standard push-ups: 3 sets of 15 reps. Rest 60 seconds.
- Tricep dips, both legs extended: 3 sets of 12 reps. Rest 60 seconds.
- Plank with hip dips: 3 sets of 15 dips each side. Rest 45 seconds.
- Hollow body hold: 3 sets of 20 seconds. Rest 45 seconds.

Session C: Full Body Finisher

(4 rounds, 60 seconds rest, maximum effort)

- 15 jump squats, 12 push-ups, 12 Bulgarian split squats each leg, 12 tricep dips, 45-second plank, 20 glute bridge marches each leg.

After completing Week 4, repeat the program with added difficulty: slow each rep down to 3 seconds on the way down and 1 second on the way up, add a resistance band around your thighs for lower body work, or add a 4th set to each exercise.



“

EXCUSES
DON'T BURN
CALORIES.

BONUS GUIDE: MACRO CHEAT SHEET

Find your current body weight in the left column. The numbers shown are your daily targets for protein, carbohydrates, and fat based on your goal. These values are based on NASM (National Academy of Sports Medicine) guidelines and are calibrated toward the lower, more sustainable end for busy women.

P = Protein (grams) C = Carbohydrates (grams) F = Fat (grams)

Weight	FAT LOSS (P/C/F)	MAINTENANCE (P/C/F)	MUSCLE BUILDING (P/C/F)
50 kg	70 / 130 / 45	60 / 160 / 55	90 / 185 / 55
55 kg	77 / 140 / 48	66 / 175 / 60	99 / 200 / 60
60 kg	84 / 150 / 50	72 / 190 / 65	108 / 215 / 65
65 kg	91 / 160 / 53	78 / 205 / 70	117 / 230 / 70
70 kg	98 / 170 / 55	84 / 220 / 75	126 / 245 / 75
75 kg	105 / 180 / 58	90 / 235 / 80	135 / 260 / 80
80 kg	112 / 190 / 60	96 / 250 / 85	144 / 275 / 85
85 kg	119 / 200 / 63	102 / 265 / 88	153 / 288 / 88
90 kg	126 / 210 / 65	108 / 280 / 90	162 / 300 / 90

How to Use This Table

For Fat Loss:

Use this to lose body fat while keeping your muscle. Protein is set at 1.4g per kg of bodyweight, which is the NASM-recommended starting point for active women in a calorie deficit. Carbs are moderate to keep your energy up for workouts. Fat stays at a healthy floor to support hormones.

Maintenance:

Use this when you have reached your goal, are taking a planned diet break, or going through a high-stress period where a deficit is not sustainable.

Muscle Building:

A slight calorie surplus with higher protein at 1.8g per kg. Use this after your fat loss phase if your goal shifts to building strength and lean muscle.

Important Notes

It's a Starting Point:

These are just starting estimates. Your actual needs may vary based on your activity level, metabolism, and how your body responds.

The 2-Week Check-in:

Don't change anything for at least 14 days. If the scale and the mirror haven't budged after two weeks of being consistent, try reducing your daily carbs or fats by a small amount.

The Protein Rule:

Protein is your "anchor." It protects your metabolism and helps your muscles recover. No matter what else happens in your day, make sure you hit your protein number.

Fuel Your Workouts:

If you are training hard 4+ days a week, eat most of your daily carbohydrates before and after your workout. This ensures that energy goes toward your training rather than being stored.

Recalculate every 4-6 weeks as your body weight changes:

- If you are very active, training 4 or more days per week, add 10-15% to your carbohydrate targets.
- If fat loss stalls after 3 weeks with no change in weight or measurements, reduce carbohydrates by 15-20g before reducing protein or fat

“

**SUCCESS IS THE
SUM OF
SMALL EFFORTS
REPEATED
*DAY IN AND DAY
OUT.***

Robert Collier

BONUS GUIDE: THE FAT LOSS GROCERY LIST

Print this, screenshot it, or keep it open on your phone at the supermarket. Stock your kitchen with these staples and you'll always have the ingredients to build a high-protein, high-fiber, fat-loss-friendly meal, even on the most chaotic weeknights.



Coach's Tip

Shop on a full stomach. Seriously. Every item on this list was chosen because it helps you reach your goals. When you're hungry in the supermarket, your brain replaces half these items with cookies and chips.

Proteins

- Eggs (a dozen, always)
- Chicken breast or thighs (buy in bulk and freeze in portions)
- Salmon fillets
- Canned tuna in water or brine, not oil
- Lean minced beef or turkey mince
- Shrimp, frozen (quick to cook, high in protein, low in calories)
- Greek yogurt, plain (check the label, aim for 10g+ protein per 100g)
- Plain yogurt (a great locally available alternative to Greek yogurt in Thailand)
- Protein powder (whey or plant-based, unflavored or vanilla)
- Tofu or tempeh for plant-based meals (excellent plant-based protein, widely available in Thailand)

Complex Carbohydrates

- Rolled oats, not instant
- Sweet potatoes
- Brown rice or basmati rice
- Whole grain bread or sourdough
- Lentils, canned or dried
- Chickpeas and black beans, canned (rinse before use)
- Quinoa
- Rice cakes for a quick low-calorie snack base

Healthy Fats

- Extra virgin olive oil
- Avocados
- Mixed nuts, unsalted
- Natural peanut or almond butter (no added sugar)
- Chia seeds and ground flaxseed
- Dark chocolate, 70%+ for when you need something sweet

Fruits

- Berries: blueberries, strawberries, raspberries (fresh or frozen, both equally nutritious)
- Apples and pears (high in fiber, portable, satisfying)
- Bananas (great pre-workout quick energy)
- Oranges and mandarins
- Watermelon (high volume, low calorie, great for hydration)

Vegetables

- Baby spinach and morning glory (add to anything: eggs, smoothies, wraps)
- Broccoli and cauliflower (frozen bags are just as nutritious and much cheaper)
- Zucchini, cucumber, and bell peppers (all colors)
- Cherry tomatoes
- Carrots and celery (great for snacking)
- Mushrooms (surprisingly filling and low in calories)
- Onions and garlic (the base of almost every healthy meal)

Condiments and Flavourings

- Soy sauce or tamari, low sodium if possible
- Hot sauce or sriracha
- Balsamic vinegar and apple cider vinegar
- Dijon mustard
- Smoked paprika, cumin, turmeric, garlic powder, mixed herbs
- Low-calorie cooking spray instead of pouring oil
- Salsa with no added sugar
- Hummus in sensible portions, very filling and high in protein

Real, nutrient-dense whole foods to keep you full, energized, and fueled for a busy week.



Always Have These in Your Freezer

- Frozen berries (last for months, perfect for smoothies and yogurt bowls)
- Frozen vegetables: broccoli, peas, edamame, spinach
- Frozen shrimp or fish fillets (thaw quickly, cook in minutes)
- Frozen chicken portions (defrost overnight in the fridge)
- Frozen cauliflower rice (great low-carb base)

Smart Snacks

- Rice cakes with peanut/almond butter
- Greek yogurt with berries
- A small handful of mixed nuts
- Boiled eggs (batch-cook 6 at the start of the week)
- Edamame, frozen (microwave in 3 minutes, surprisingly filling)
- Fresh fruit from local Thai market (Thailand has the best and most affordable fruit in the world. Use it!)
- Carrot and celery sticks with hummus



Coach's Tip

A well-stocked kitchen is your single greatest fat loss tool. When the right food is already there, you make good choices by default. When it's not there, willpower alone rarely saves you.

Fat loss doesn't start in the kitchen. It starts in the supermarket.



THAI KITCHEN ESSENTIALS

If you are based in Thailand, live here, or cook Thai food regularly, this section is for you. These are the herbs, spices, and condiments that make healthy Thai cooking possible. You simply cannot make a proper Pad Krapao, Tom Kha, or Som Tum without them. And the great news is that most of these are incredibly low in calories while being packed with flavor, making them perfect for fat loss cooking.

Find almost all of these at your local fresh market (ตลาดสด) for a fraction of the price of a supermarket. Shop local, eat fresh, and cook Thai the healthy way.

Fresh Herbs

- Holy basil (กะเพรา) (the heart of Pad Krapao. Non-negotiable.)
- Thai basil (โหระพา) (slightly sweeter, great for curries and stir-fries)
- Lemongrass (ตะไคร้) (anti-inflammatory, essential for Tom Yum and Tom Kha)
- Kaffir lime leaves (ใบมะกรูด) (adds incredible fragrance to curries and soups, almost zero calories)
- Galangal (ข่า) (the Tom Kha essential. Similar to ginger but more complex in flavor)
- Fresh turmeric (ขมิ้น) (anti-inflammatory powerhouse, great in soups and marinades)
- Fresh coriander/cilantro (ผักชี) (perfect for garnishing, adds freshness to any dish)
- Sawtooth coriander (ผักชีฝรั่ง) (stronger than regular cilantro, great for soups and salads)

Aromatics

- Thai garlic (กระเทียม) (smaller and more pungent than Western garlic. Use generously, it is a fat loss superfood)
- Shallots (หอมแดง) (the base of almost every Thai dish. Cheaper and more flavorful than regular onions)
- Thai chilies (พริกขี้หนู) (capsaicin has a small thermogenic effect and adds serious flavor with zero calories)
- Dried chilies (พริกแห้ง) (for stir-fries and chili pastes)
- Spring onions/scallions (ต้นหอม) (great for garnishing and adding mild onion flavor)

Pantry Condiments

- Fish sauce (น้ำปลา) (the backbone of Thai flavor. Low calorie and incredibly versatile)
- Oyster sauce (use in moderation as it contains sugar, but a small amount goes a long way)
- Light soy sauce (ซีอิ๊วขาว) (lower sodium than regular soy sauce, great for stir-fries)
- Sweet dark soy sauce (ซีอิ๊วดำ) (use sparingly for color and a hint of sweetness)
- Nam prik pao (น้ำพริกเผา) (roasted chili paste. Incredibly versatile for stir-fries, soups, and marinades. Check labels for sugar content)
- Lime juice (น้ำมะนาว) (fresh squeezed is always better. Adds brightness and acidity to any dish)
- Light coconut milk (กะทิ) (use in moderation for curries. Choose light versions to keep calories in check)

Curry Pastes

Ready-made curry pastes are a convenient, flavor-packed base for quick healthy meals. They are generally low in calories on their own. Just be mindful of sodium content and watch your portion of coconut milk.

- Green curry paste (แกงเขียวหวาน) (pair with chicken or tofu and light coconut milk)
- Red curry paste (แกงแดง) (more versatile than green, works with almost any protein)
- Massaman curry paste (มัสมั่น) (richer flavor, pairs well with sweet potato and chicken)
- Tom Yum paste (น้ำพริกเผาต้มยำ) (for a quick, low-calorie, high-flavor soup in minutes)

Quick Healthy Thai Meal Ideas

Here are five simple, high-protein Thai meals you can build from this grocery list:

- **Pad Krapao Gai** (ผัดกะเพราไก่): Chicken breast stir-fried with holy basil, garlic, chilies, fish sauce, and oyster sauce. Serve with brown rice and a fried egg. One of the highest protein, most satisfying meals in Thai cuisine.
- **Tom Kha Gai** (ต้มข่าไก่): Chicken in a coconut broth with galangal, lemongrass, kaffir lime leaves, and mushrooms. Use light coconut milk and load it with vegetables to keep it fat-loss friendly.
- **Grilled fish with som tum** (ปลาย่างกับส้มตำ): Grilled tilapia or sea bass with a simple papaya salad. High protein, high fiber, and incredibly low in calories.
- **Tofu and vegetable stir-fry** (ผัดผักรวมน้เต้าหู้): Firm tofu with morning glory, mushrooms, garlic, and light soy sauce. Simple, fast, and packed with protein and fiber.
- **Tom Yum soup** (ต้มยำ): Shrimp or chicken in a spicy, sour broth with lemongrass, galangal, chilies, and mushrooms. One of the lowest calorie, highest satisfaction meals you can make.

Thai Kitchen Essentials



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*BY FAILING TO
PREPARE, YOU
ARE PREPARING
TO FAIL.*

Benjamin Franklin

BONUS GUIDE: WEEKLY HABIT TRACKER

Print this page and stick it somewhere you'll see it every day: the fridge, your bathroom mirror, your desk. Fill in the daily section each morning (60 seconds) and the evening check-in before bed (60 seconds). The weekly review on Sunday takes 5 minutes and is the most important part. Consistency is built through visibility. What gets tracked gets done.

WEEK OF: _____ CURRENT WEIGHT: _____ GOAL WEIGHT: _____

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Protein Target	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
Water Intake	☐ 1L ☐ 2L ☐ 2.5L+	☐ 1L ☐ 2L ☐ 2.5L+	☐ 1L ☐ 2L ☐ 2.5L+	☐ 1L ☐ 2L ☐ 2.5L+	☐ 1L ☐ 2L ☐ 2.5L+	☐ 1L ☐ 2L ☐ 2.5L+	☐ 1L ☐ 2L ☐ 2.5L+
Steps Today	_____	_____	_____	_____	_____	_____	_____
Workout	☐ Done ☐ Rest ☐ Skip	☐ Done ☐ Rest ☐ Skip	☐ Done ☐ Rest ☐ Skip	☐ Done ☐ Rest ☐ Skip	☐ Done ☐ Rest ☐ Skip	☐ Done ☐ Rest ☐ Skip	☐ Done ☐ Rest ☐ Skip
Sleep (hrs)	_____	_____	_____	_____	_____	_____	_____
Energy (1-5)	_____	_____	_____	_____	_____	_____	_____
Win of the Day	Write your biggest win of the day here each evening...						
Improve Tomorrow	What one thing will you do better tomorrow?...						

WEEKLY REVIEW – COMPLETE EVERY SUNDAY

Week of:	_____
Start Weight:	_____ kg
End Weight:	_____ kg Change: _____ kg
Measurements:	Waist: _____ Hips: _____ Arms: _____ Thighs: _____
Protein Target Hit:	_____ / 7 days
Workouts Completed:	_____ / 3 Average Daily Steps: _____
Average Sleep:	_____ hrs/night Overall Energy (1-5): _____
Non-Scale Victory:	_____
What Worked Well?	_____
What to Improve?	_____
My Intention for Next Week:	_____

Small steps. Consistent effort. Real results. You've got this.

“

**BIG RESULTS DON'T
COME FROM
MASSIVE,
EXHAUSTING
OVERHAULS.**

**THEY COME FROM
THE SMALL, SIMPLE
HABITS YOU CHOOSE
TO STICK WITH EVERY
SINGLE WEEK.**

IF YOU COULD ONLY FOLLOW 3 RULES

20 rules can feel like a lot. And honestly, it is. You are not expected to implement all of them perfectly from day one, and chances are you will not remember every single one when life gets busy and overwhelming.

But here is the truth: you do not need all 20 to see real, meaningful results. If you stripped everything back and could only commit to three rules consistently, these are the ones that will move the needle more than anything else in this book. Master these three first. Everything else is a bonus.

#1

Calorie Deficit is King

This is the non-negotiable foundation of fat loss. Without a calorie deficit, nothing else matters. No workout plan, no supplement, and no diet trend will produce results if you are consistently eating more than you burn. Start here. Calculate your TDEE, set a 300-500 calorie deficit, and track your food for at least 10 days. That single habit will teach you more about your body than anything else in this book.

#2

Hit Your Daily Protein Goal

Protein protects your muscle while you lose fat, keeps you full, stabilizes your blood sugar, and even burns more calories during digestion. It is the one macro that does everything at once.

Aim for 1.4g of protein per kg of bodyweight every single day, spread across 3-4 meals. Get this right and the rest of your nutrition almost takes care of itself.

#3

Resistance Training + Walking for Fat Loss

Hours of cardio will exhaust you, spike your hunger, and burn you out. Resistance training builds the lean muscle that raises your metabolism at rest, and walking burns meaningful calories every single day without taxing your recovery.

Three resistance training sessions per week plus a daily walking habit of 8,000-10,000 steps is the most sustainable, effective, and beginner-friendly fat loss combination that exists.

Get these three right, consistently, for 8 weeks, and you will be amazed at what your body is capable of. Then, when you are ready, layer in the other 17 rules one at a time.

A FINAL WORD FROM ME TO YOU

Thank you for reading The Simple Fat Loss Playbook.
Genuinely, it means a lot to me.

I put this together because I kept seeing the same pattern over and over: smart, motivated women with real goals, doing everything they were told, and still not seeing the results they deserved. Not because they were lazy or undisciplined, but because the information they had access to was either too complicated, too extreme, or simply not built for real life.

This book is my attempt to change that. To cut through the noise, strip fat loss back to what actually works, and give you something practical enough to use on your busiest, most chaotic days.

You do not need to be perfect. You never did. You just need to be consistent enough, most of the time, with the things that actually matter. That is it. That is the real secret.

The 20 rules in this book are not a temporary fix. They are a way of living. And the beautiful thing about building habits is that the longer you practice them, the less effort they require. What feels hard today will feel effortless six months from now. Trust that process even when you cannot see the results yet.

Fall off track? Use the recovery plan. Going on vacation? Use the travel guide. Feeling overwhelmed? Come back to the top 3 rules and start there. This book is designed to be something you return to, not something you read once and forget.

If this playbook helped you in any way, I would love to hear about it. You can find me on social media at @fitwithyarko. Share your progress, ask questions, or just say hello. Building a community of women who support each other on this journey is one of the things I care about most.

Now close this book, lace up your shoes, and go make Day One happen.

Yarko Castañeda

@fitwithyarko

Yarko Castañeda



**NASM Certified Personal Trainer (CPT)
Certified Nutrition Coach (CNC)
Weight Loss Specialist (WLS)**

FREQUENTLY ASKED QUESTIONS

These are the questions I get asked most often by clients, followers, and readers. If something in the book left you with a question, there is a good chance the answer is right here.

Q: How Do I know if my TDEE calculator is accurate?

A: The honest answer is that you do not know until you test it. TDEE calculators are estimates based on population averages and they can be off by 10 to 15% in either direction depending on your individual metabolism, body composition, and actual activity levels. The best way to validate your TDEE is to track your food accurately for 2 weeks at your calculated maintenance level and see what happens to your weight. If it stays the same, the calculator was accurate. If you gain weight, your real TDEE is lower. If you lose weight, it is higher. Adjust accordingly and use real data rather than a number on a website.

Q: What if I don't lose weight in the first two weeks?

A: Don't panic. This is more common than you think and rarely means something is wrong. In the first 1 to 2 weeks of a new eating and exercise plan, your body is adjusting. Water retention from changing your sodium intake, muscle glycogen fluctuations, hormonal shifts, and increased inflammation from new exercise can all temporarily mask fat loss on the scale. If you are consistently hitting your calorie target and protein goal, fat loss is almost certainly happening even if the scale does not show it yet. Give it at least 3 to 4 weeks before making any changes. Take measurements and progress photos in week 1 so you have something to compare against beyond just the number on the scale.

Q: Can I follow this plan as a vegetarian or vegan?

A: Absolutely. The principles in this book apply regardless of your dietary preferences. The main adjustment for vegetarians and vegans is hitting your protein target, which requires a little more planning without meat and dairy. Great plant-based protein sources include tofu, tempeh, edamame, lentils, chickpeas, black beans, seitan, and high-protein grains like quinoa. A plant-based protein powder is also a very convenient way to close any protein gaps. In Thailand specifically, tofu and tempeh are widely available and affordable, making plant-based eating very practical.

FREQUENTLY ASKED QUESTIONS

Q: What if I cannot hit my protein target every day?

A: Do your best and do not stress about the occasional day where you fall short. Protein targets are a daily average goal, not a strict daily requirement. Missing by 10 to 20g occasionally will not derail your progress. Where it starts to matter is if you are consistently hitting 50 to 60% of your target day after day, because over time that leads to muscle loss rather than fat loss. If you find it consistently hard to hit your target through food alone, a protein shake once a day is the simplest and most affordable fix. One scoop of whey protein typically provides 20 to 25g of high-quality protein in under 2 minutes.

Q: Is it okay to work out every day?

A: It depends entirely on what you mean by working out. Daily walking, light stretching, yoga, or active recovery is not just okay but encouraged. Intense resistance training or HIIT every single day without rest is not recommended, especially for beginners. Your muscles grow and repair during rest, not during the workout itself. Training the same muscle groups intensely without adequate recovery leads to fatigue, injury, and diminishing returns over time. The 4-Week Bodyweight Workout Plan in this book is structured at 3 sessions per week for exactly this reason. On your non-training days, move your body gently and let it recover properly.

Q: What if I do not have time to meal prep?

A: Then keep it even simpler. Meal prep does not have to mean cooking 10 containers of food on a Sunday. Even 20 minutes of preparation makes a meaningful difference. Boil 6 eggs at the start of the week. Pre-portion a bag of nuts into small containers. Wash and cut your vegetables so they are ready to grab. Keep canned tuna, plain yogurt, and fruit on hand for zero-prep high-protein options. In Thailand specifically, fresh market food is so accessible and affordable that eating healthy without cooking is entirely realistic. A grilled chicken skewer, a plate of stir-fried morning glory, and a bag of fresh fruit from a street vendor is a perfectly solid fat loss meal.

Q: Should I weigh myself every day?

A: You can, but only if you understand what you are looking at. Daily weight fluctuations of 1 to 3 pounds are completely normal and reflect water retention, food volume, sodium intake, and hormonal cycles rather than actual fat gain or loss. If seeing those daily swings makes you anxious or derails your motivation, weigh yourself once a week instead, always at the same time of day and first thing in the morning before eating or drinking. What matters is the trend over weeks and months, not the number on any single day. A 7-day or 14-day moving average gives you a much clearer picture of your actual progress than any single weigh-in.

Q: What is the difference between fat loss and weight loss?

A: This is one of the most important distinctions in this entire book. Weight loss simply means the number on the scale goes down. That number includes fat, muscle, water, and the contents of your digestive system. You can lose weight by skipping a meal or getting a haircut. Fat loss specifically means reducing your body fat percentage while preserving or building lean muscle mass. Fat loss is what makes you look and feel different. It is what changes how your clothes fit. A person who loses 10 pounds of fat while maintaining muscle looks dramatically different from someone who loses 10 pounds of muscle through crash dieting, even if the scale shows the same number. This is exactly why this book emphasizes high protein intake and resistance training alongside a calorie deficit rather than just cutting calories alone.

Q: Can I target fat loss in my belly, thighs, or arms specifically?

A: This is one of the most common questions I get, and I completely understand why. For most women, the belly, thighs, and arms are the areas they want to change most. But the honest answer is no. Spot reduction, the idea that you can burn fat from a specific area by training that area, has been consistently disproven by research. Doing 100 crunches a day will not burn belly fat. Doing endless tricep exercises will not specifically slim your arms. Your body decides where it burns fat from based on genetics, hormones, and your individual biology, and unfortunately you cannot override that. What you CAN do is reduce your overall body fat percentage through a consistent calorie deficit, daily protein targets, and resistance training. As your body fat percentage drops, fat will reduce across your entire body. For most women, the belly tends to be one of the last places to visibly change, which is frustrating but completely normal. Stay consistent, trust the process, and the results will come to every area over time.

The Simple

Fat Loss Playbook

for Busy Women

20 Rules That Actually Work to Lose Fat and Keep It Off

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Yarko Castañeda
NASM Certified Personal Trainer (CPT)
Certified Nutrition Coach (CNC)
Weight Loss Specialist (WLS)
[@fitwithyarko](#)

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