

# THE 60-SECOND MEAL SYSTEM

FitZone Health Solutions



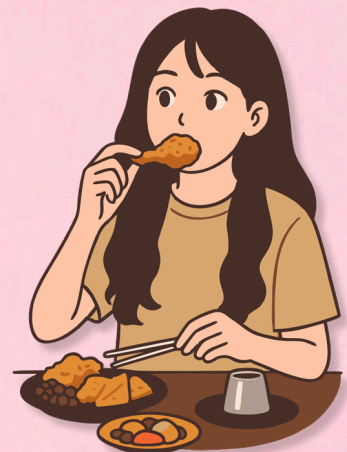
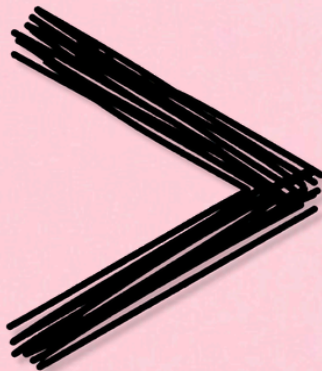


Before jumping in, I want to cover some basic stuff to make sure we're in the same page:

# WEIGHT LOSS 101

The only way to lose weight is through a calorie deficit.  
Thats it.

Dont ever let nobody try to make it more complicated.  
It aint.



Whats a calorie deficit?  
Your body burns more calories than it consumes.

That makes your body lose weight.

We have 2 ways to be in a calorie deficit.

1. Increase the amount of calories you burn.
2. Decrease the amount of calories you consume  
(or both)



*The thing is, you truly can't outrun a bad diet.*

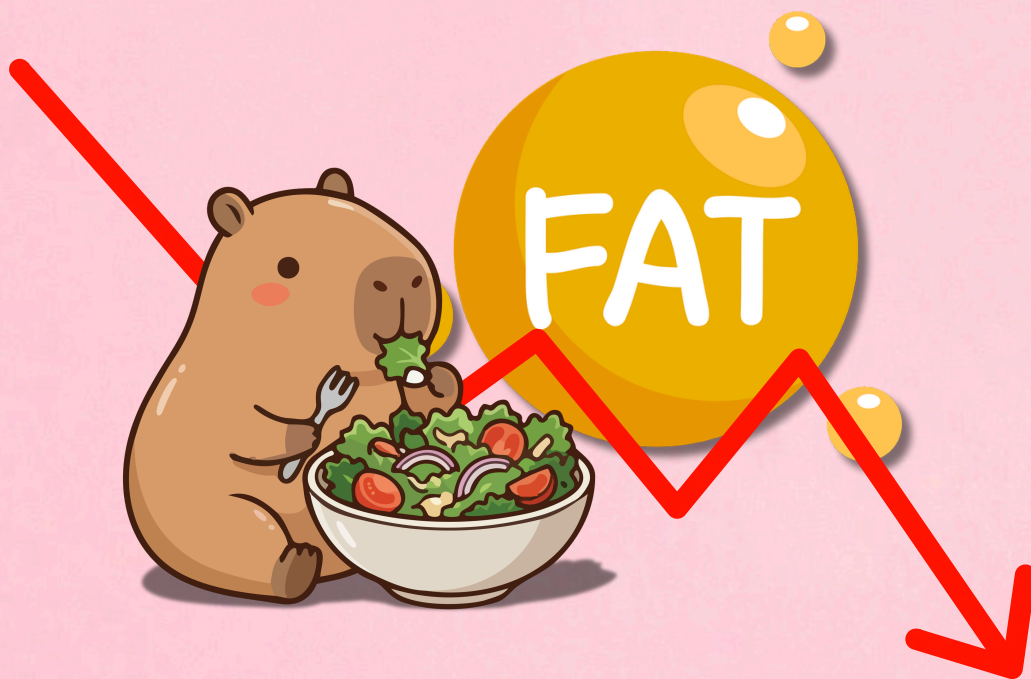
- *Eating an extra 500 calories just takes a few minutes.*
- *Burning an extra 500 calories could take hours of exercise.*

So if we want to make this as simple as possible, all our focus is going towards decreasing the amount of calories we eat, and staying healthy doing so.

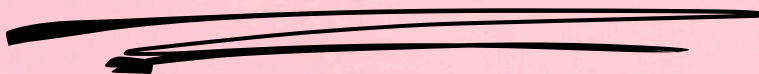


I want to show you how to make healthy, satisfying meals that naturally make eating in a calorie deficit much easier

- More sustainable than extreme workout routines you hate doing.
- More enjoyable than constantly trying to eat as little as possible.
- And much easier to stick with than a diet that makes you feel hungry, restricted, and miserable.



This is the single most important thing you can do right now because it gives you the biggest reward for your effort

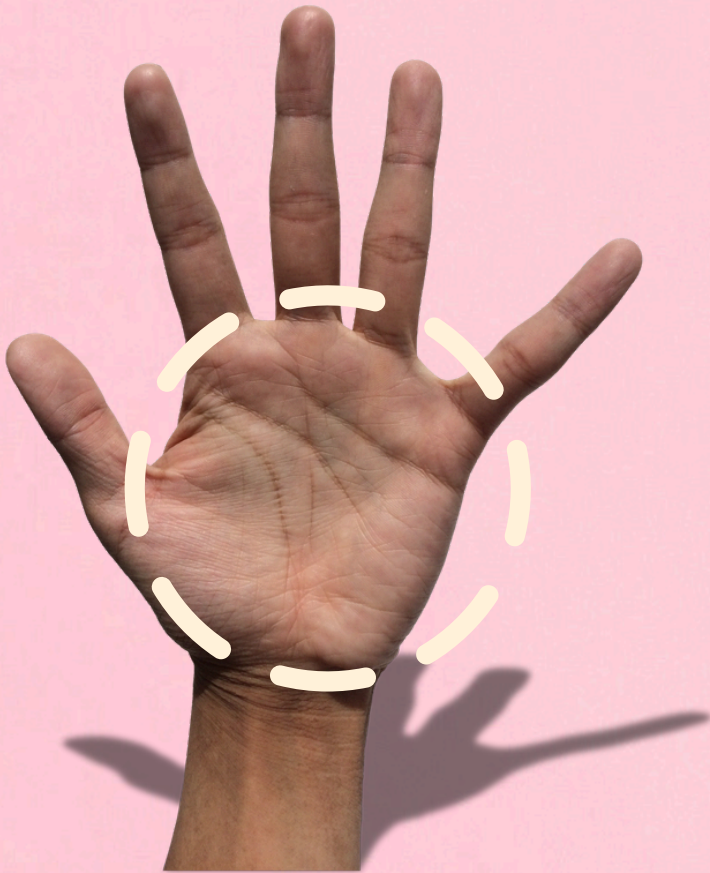




# 1

# PICK ONE PROTEIN

Choose ONE palm-sized serving of a lean/moderate-fat protein



Chicken breast, Fish, Lean  
beef, Turkey, Shrimp, Eggs...





# 2

# PICK ONE CARB

Choose ONE cupped-hand serving of your main starch.



Rice, Pasta, Potatoes, Oats,  
Bread, Tortillas...



# 3

# FILL THE REST WITH PRODUCE

After you've allocated your protein and carb, use vegetables/fruit to make the meal physically satisfying.



Aim for:  
 $\frac{1}{2}$  plate → produce  
 $\frac{1}{4}$  → protein  
 $\frac{1}{4}$  → starch

Broccoli, Spinach, Cucumber, Tomatoes,  
Peppers, Carrots, Berries, Apples, Oranges...



# 4

# CHECK THE EXTRAS

Control the invisible calories  
How many calorie-dense extras am I adding?



Pick one or two to avoid increasing your calories since these foods are very sneaky.

Oil, Butter, Cheese, Creamy sauces, Nuts,  
Nut butters, Avocado, Mayo, Sugary  
sauces, Dressings



# 2-WEEK CALIBRATION

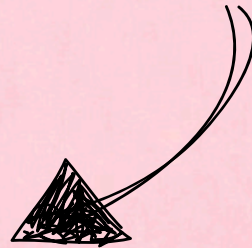
Follow the plan for 2 weeks, then watch what happens to your weight, waist or clothes



If you're losing weight:  
Keep doing exactly that

If nothing is changing:  
Make ONE adjustment

Reduce your starch  
portion slightly



or

Reduce one calorie-dense  
extra

Now the system starts self-correcting



# ONE LAST THING...

If you made it all the way through this guide, be proud of yourself. Seriously.

Most people say they want to change.

Very few actually take the time to learn, apply something new, and do something about it.

You just did.

I would love it if you could go to the email where you received this guide and reply with our secret keyword:

KIWI



I'll know you made it through the guide and that you're serious about your journey.

I'll be keeping an eye out for you.

You don't need to have everything figured out yet.  
You just need to be willing to start.

*I'm rooting for you.*





# THIS IS JUST THE BEGINNING

Coming to your inbox...

## THE FAT-LOSS FOOD GUIDE

A simple list of foods to prioritize, foods to be more mindful of, and how to use both without labeling anything off limits.



## 20+ MEALS BUILT WITH THE SYSTEM

I'll break down exactly how each meal fits the 4 steps so you can start copying the formula with foods you already love.



## THE PROCESS BEHIND THE MEALS

I'll show you why certain meals work, how to make substitutions, and how to build your own instead of relying on a rigid meal plan.



## THE FAT-LOSS GROCERY LIST

What to actually buy at the grocery store to make satisfying meals easier without spending a fortune.



So keep an eye on your inbox ;)