



THE LEAN MACHINE PLAN

YOUR EASY FAT LOSS PLAN



The secret to fat loss

Congratulations! You've made a great decision to get the Lean Machine Plan.

Getting lean with visible abs is a dream for many. In theory it's easy, you just eat less and do tons of cardio! However, as you know that's much harder in practice. As soon as you eat less you become hungry which isn't sustainable and you fall off track. Doing hours of cardio also doesn't help as much as people think.

However, you know that reaching your dream body will make you feel great and have a huge impact on your overall confidence.

How I got my abs

My name is Timmy and I'm the founder of Higher Horizons. I'm now in my 40s and in the best shape of my life.

However, it wasn't always like this! I know very well that it can be hard to reach your goals. I've struggled a lot to get lean and get those abs showing. I've always had very easy to gain weight. When I was younger it felt like I could look at my mates eating a pizza and I would gain weight.



In my 30's

This led me to become very disciplined with what I ate. Some previous colleagues called me a machine looking at what I ate. Even with this discipline I couldn't really get the abs I wanted.

In my quest to get my dream body I've always strived to learn more and acquired a personal trainer qualification and a certificate in Optimum Nutrition for Health & Performance. I'm also an affiliate member of the Chartered Institute for Management of Sport and Physical Activity (CIPSA).

What I learnt was a couple of secrets that got me to the best shape of my life with visible abs in my 40s. When I tell people that I only go to the gym three times/week and don't do cardio they are shocked.

All that is great but the biggest impact is on how I feel. I simply feel fantastic! I want you to have the same feeling!

The Lean Machine Plan is based on all my knowledge and the Higher Horizons Wraps I've spent over £30,000 and countless hours to develop. It makes reaching your dream body easier than ever before.



In my 40's

Get your dream body now

The Lean Machine Plan plan is very simple. You replace your normal meals with low calorie and tasty wraps from the Lean Machine Recipe Pack.

The meals are high protein and super filling so you don't need to go hungry just because you want to get your dream body.

3 simple steps in the plan

1. Determine how much fat you want to lose
2. Determine how many wraps to eat/day
3. Eat, enjoy and get your dream body

Step 1: Determine how much fat you want to lose

The first step is to determine how much fat you want to lose each week. Use the table to the right to determine your target weight loss based on 0.5%, 0.75% and 1.00% weekly loss. If you have more than 10kg of fat to lose you can aim for up to 1.00%, if you have less than 10kg to lose aim for 0.5% - 0.75%.

Find your target fat loss in the table and write down how much you want to lose each week.

Weekly fat loss			
Weight (kg)	0.50%	0.75%	1.00%
50	0.25	0.38	0.50
55	0.28	0.41	0.55
60	0.30	0.45	0.60
65	0.33	0.49	0.65
70	0.35	0.53	0.70
75	0.38	0.56	0.75
80	0.40	0.60	0.80
85	0.43	0.64	0.85
90	0.45	0.68	0.90
95	0.48	0.71	0.95
100	0.50	0.75	1.00
105	0.53	0.79	1.05
110	0.55	0.83	1.10
115	0.58	0.86	1.15
120	0.60	0.90	1.20

Benefits of the Higher Horizon Lean Machine Plan

- Easy to follow
- Filling meals that keep hunger away
- Save time with recipes you can do in as little as 3 minutes
- High in protein to maintain muscle
- High in fibre to support your gut
- Low carbs keeping your insulin in check



Step 2: Determine how many wraps to eat each day

The second step is to determine how many meals each day you should replace with wraps.

The amount of meals you need to replace depends on how much fat you want to lose from the previous table. You take this number and round it to the one that is closest to 0.25, 0.50, 0.75 or 1.00. Then you see what this represents in the table based on your weight. There are two tables, one for men and one for women as the calorie consumption differs between men and women.

Men				
	Your weekly fat loss (kg)			
Your current weight (kg)	0.25	0.50	0.75	1.00
50	1.00	1.50	X	X
55	0.50	1.50	2.00	X
60	0.50	1.50	2.00	X
65	0.50	1.00	2.00	X
70	0.50	1.00	1.50	2.00
75	0.50	1.00	1.50	2.00
80	0.50	1.00	1.50	2.00
85	0.50	1.00	1.50	2.00
90	0.50	1.00	1.00	1.50
95	0.50	1.00	1.00	1.50
100	0.50	0.50	1.00	1.50

Women				
	Your weekly fat loss (kg)			
Your current weight (kg)	0.25	0.50	0.75	1.00
50	1.00	2.00	X	X
55	1.00	2.00	X	X
60	1.00	1.50	X	X
65	0.50	1.50	2.00	X
70	0.50	1.50	2.00	X
75	0.50	1.00	2.00	X
80	0.50	1.00	1.50	2.00
85	0.50	1.00	1.50	2.00
90	0.50	1.00	1.50	2.00
95	0.50	1.00	1.50	2.00
100	0.50	1.00	1.50	1.50



What each position in the table means

- 0.5 = replace dinner with a wrap every 2nd day
- 1 = replace dinner with a wrap every day
- 1.5 = replace dinner with a wrap every day + lunch every 2nd day
- 2.0 = replace dinner + lunch with a wrap every day
- X = we don't recommend aiming to lose this much weight as it's very likely you will lose too much muscle. Use 2.0 as a starting point.

How your new eating schedule will look

<p>0.5 Replace dinner every 2nd day</p> <ul style="list-style-type: none">• Breakfast normal• Lunch Normal• Dinner Normal or Higher Horizons Wrap	<p>1.0 Replace dinner every day</p> <ul style="list-style-type: none">• Breakfast normal• Lunch Normal• Dinner Higher Horizons Wrap
<p>1.5 Replace dinner every day + lunch every 2nd day</p> <ul style="list-style-type: none">• Breakfast normal• Lunch Normal or Higher Horizons Wrap• Dinner Higher Horizons Wrap	<p>2.0 Replace dinner every day + lunch every 2nd day</p> <ul style="list-style-type: none">• Breakfast normal• Lunch Higher Horizons Wrap• Dinner Higher Horizons Wrap



Step 3: Eat, enjoy and get your dream body

Now you know which meals you should replace with Higher Horizons Wraps.

To make your meals choose any of the recipes from the Lean Machine Recipe Pack. These recipes will ensure you get into a calorie deficit to reach your fat loss goals while having enough protein to maintain your muscles and maximise your fat loss. They are super filling so you don't need to go hungry when you reach your dream body.

You can download the recipe pack on this [link](#).

For the remaining meals you keep on eating as you've done previously focusing on high protein meals to help you feel full. You can use the additional recipes from the Over Night Oats, Air Fryer and Slow Cooker Recipes that you can download from the link. If you want to use other recipes feel free to do so, just remember to focus on high protein recipes.

Exercise

For your training, continue to work out like you normally do in the gym focusing on progressive overloading. To push yourself further while on a calorie deficit, check out the Strength Secrets Guide at this link.

Remember that with this plan there is no need for cardio.

Next steps

When you run out of wraps you can get more on the link below.

If you have any questions please don't hesitate to contact me directly on th@higherhorizons.co

Enjoy your journey!

Link to buy
more wraps

Weeks of supply					
Wraps /day	2	3	4	5	6
0.5	2	3	4	5	6
1.0	4	6	7	9	11
1.5	6	8	11	14	16
2.0	7	11	14	18	21