



LEAN MACHINE A GYM-GOER'S GUIDE TO MAXIMIZE FAT LOSS



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The secret to fat loss

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!

In this guide, I'll share the secrets of how I got in the best shape of my life and how you can do the same without going hungry or doing hours of cardio.



In my 40's

You can get your dream body

I'm sure you have tried to get into the shape you want before, probably several times. As you are reading this, your previous attempts have failed, leaving you feeling deflated. Being stuck and not reaching your goals is so frustrating!

As you know by now I know that feeling! I also know how it feels to succeed and that feeling is fantastic. I want to help you get unstuck and really get your dream body.

I want to help you get the results you deserve! Close your eyes and imagine how it would feel to reach your dream body.

If you are ready to get results and achieve your dream body without starving yourself or doing endless cardio, you should continue reading.

The best hacks come at the end, so don't stop reading halfway through.



How you successfully lose fat

To lose fat you need to create a calorie deficit. This is when you use more energy than you consume. I'm sure you've heard this before and it's an easy concept to grasp in theory however it is much harder to practice.

Understanding how to create a sustainable calorie deficit without going hungry all the time was key to my fat loss and getting in the best shape of my life in my 40s. When you do the same you will also be able to reach your goals.

The key is to focus on food with good nutritional value but also fills you up much compared to its calorie content.

As you will soon see, 2,000 calories can be an enormous amount of food or a very small amount of food. If you eat enough of the food that has high volume compared to its calorie content you will be able to reach your goals.

I will go into this more in detail but there are some common characteristics of this type of food.

High volume low-calorie foods characteristics

- High in protein
- High in fibre
- Low in fat
- Low in sugar



The easy fat loss plan

Based on what you've read so far you might think that my recommendation will be like anyone else to just eat a lot of boring vegetables etc but that is not the case. I know that's not sustainable for most including myself. That's why I created Higher Horizons High Protein Wraps.

Burritos = no abs

It all started with me loving to eat a burrito but looking at the calorie and carb content (it's over 1,000 calories) I quickly understood that if I eat a burrito every day I'm not going to ever see my abs.

Being an engineer I broke down the problem and it was clear that the wrap was the problem. It was only acting as a container and is full of calories putting me in a calorie surplus and loads of carbs spiking my insulin leading to fat storage. The opposite of what I was looking for!

High Protein & Low Calorie wrap

That made me think, can I make a wrap full of protein and much less calories? If I did, I would be able to eat burritos every day and see my abs! Wow that would be fantastic! I had to look closer into this.

Eating delicious wraps to get abs

When starting to develop these wraps I realised that it's not only burritos I can do. This works for any type of delicious wrap. With the right fillings you could make a delicious wrap with loads of protein and less calories and carbs than a salad. Not only that, but it would make you full as well.

It's like combining the best parts of a salad- low calories and carbs- with the best parts of a burrito- a lot of protein, super tasty, and it fills you up! With these wraps, I can eat my favourite food and get lean. With this, getting abs is easy!

Therefore, my recommendation is not just to eat kale to get lean. The easy fat loss plan is built around you changing some of your normal meals to Higher Horizons Wraps.

The plan includes loads of delicious recipes.

Benefits of the Higher Horizon Lean Machine Fat Loss Plan

- Easy to follow
- Filling meals that keep hunger away
- 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

[**Click Here To Get The Plan**](#)



How quickly can you get lean?

When aiming to get lean and lose fat it's important to set realistic goals. As your goal is to get lean and lose fat you also want to make sure you don't lose a lot of muscle.

Studies have shown that to maintain as much muscles as possible while losing fat you should target a lose 0.5-1.0% of your total body weight each week. Note that this refers to total body weight, not the fat you want to lose.

Link to study: [PubMed](#)

To put this in practice if you are 80kg you should aim to lose 0.4-0.8kg/week. If you have more fat to lose you can aim for the upper limit and if you have less fat to lose you should aim for the lower limit to ensure you keep as much muscle as possible.

To set your goal by calculate that you lose about 0.5% of your total body weight each week, then estimate how much fat you want to lose and you can see how long it will take to reach your fat loss goal.



The secret to losing fat

First we need to understand the difference between weight loss and fat loss. As you are reading this I assume you are looking for fat loss and not just weight loss.

Weight loss is any type of decrease in your body weight that can come from muscle, water or fat. This can fluctuate a lot daily based on what you have been drinking and eating in the last 24 hours. The issue with focusing on weight loss is also that it doesn't take into consideration the loss of muscle mass.

Fat loss is a much better goal and focus just on how much fat you have lost. The purpose is generally also to maintain as much muscle as possible.

Creating a calorie deficit to lose fat

To lose fat you need to create a calorie deficit. A calorie deficit is when you consume fewer calories through eating and drinking than you use through normal activities and exercise. Simply put, you feed your body less energy than it uses. When this happens, your body will use energy stored in fat and muscles to compensate for the difference.

To lose 1kg of body fat, you need to create a total calorie deficit of 7,700 calories. We will discuss how to do this in more detail later.

A calorie deficit can be created in three ways

- Increase your calorie usage
- Decrease your calorie consumption
- A combination of the above two

We will go into those areas in more detail in later chapters.

Calculating your calorie consumption

To calculate your calorie requirement, you can use the form on this link: [calorie counter](#)

Focus on maintaining weight data. Later, I will show you how to calculate the size of the calorie deficit you should reach to ensure you are not losing muscle.



Maintaining muscle when losing weight

To ensure the weight you are losing through the calorie deficit you have created is fat you need to keep your muscle. Maintaining as much muscle as possible also makes your fat loss more sustainable because it will keep your daily calorie burn high.

Losing muscle when losing weight is one of the key reasons why some people end up in a jo-jo dieting cycle. Every time they lose weight, they also lose muscle, so when they stop dieting, their energy consumption is lower, and they quickly gain back the weight they have lost, often with interest.

Unless you actively work to maintain your muscles while you are in a calorie deficit there is a large risk that the weight you lose will come from muscle rather than fat. This is because muscle requires more energy than fat and the body would rather get rid of the muscles as they are more “expensive” from an energy perspective. It’s like the body prefers to remove muscle instead of fat.

How to maintain muscle when losing weight

- Resistance training
- Use Palm Cooling
- Eating sufficient amount of protein
- Have a moderate calorie deficit
- Taking creatine

Resistance training

Studies have shown that resistance training prevents muscle loss when in a calorie deficit. You should aim to do regular resistance training while you are trying to lose fat.

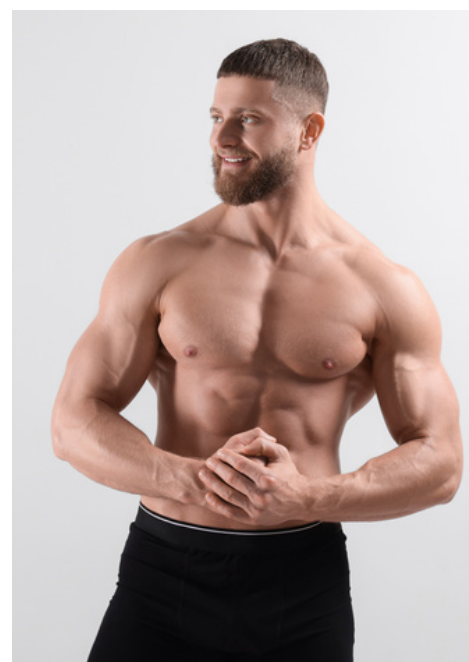
Link to study: [PubMed](#)

Aim to lift as heavy as possible and if you can continue to do progressive overloading while you are losing fat. If you are new to resistance training, progressive overloading is when you continue to increase the weight you lift each session to challenge the body. This doesn’t mean you up the weight a lot each session but you try to always either increase the weight or do 1-2 repetitions more. Focus on trying to reach failure.

While you are in a calorie deficit there is a higher risk for injury so listen to your body.

Aim to lift as heavy as possible and if you can continue to do progressive overloading while you are losing fat. If you are new to resistance training, progressive overloading is when you continue to increase the weight you lift each session to challenge the body. This doesn’t mean you up the weight a lot each session but you try to always either increase the weight or do 1-2 repetitions more. Focus on trying to reach failure.

While you are in a calorie deficit there is a higher risk for injury so listen to your body.



Use palm cooling

If you don't already use palm cooling in your training, we strongly recommend that you start using it. It has been shown to hugely improve the performance lifting performance in a range of studies. One of the studies showed an increase of pull-ups by 144% in only 6 weeks in trained individuals.

Link to study: [PubMed](#)

Studies have also shown that it can increase bench press by 26% in only 3 days for individuals with an average of 10 years of lifting experience.

Link to study: [PubMed](#)

Based on the studies and my own experience it is a very good protocol to help you continue lifting. If you have not heard of the protocol yet, you will get a free guide on how it works when you purchase Higher Horizons High Protein Wraps.

Eating sufficient amount of protein

Studies clearly show that to maintain your muscles while being in a calorie deficit, you should eat sufficient amount of protein. It is recommended that you eat 2.2-3.0g of protein per kg of body weight per day.

It is important to know that when you are in a calorie deficit the protein intake is recommended to be higher than when you are in maintenance phase.

Link to study: [PubMed](#)

Having a moderate calorie deficit

As previously mentioned you should studies show that to maintain as much muscle as possible while losing fat you should target 0.5-1.0% of your total body weight each week.

To lose 1kg of body fat you need to reach a total calorie deficit of 7,700 calories. This would mean that to lose 0.4-0.8kg/week you would need to be in a calorie deficit of 3,080-6,160 kcal each week. This is equivalent to 440-880 kcal/day.

Based on my experience, I recommend that you aim for the lower part of that bracket. This is especially true if you are already decently lean. However, if you have over 10kg of fat to lose, you can be in the upper part, at least for the first 5 weeks.

Supplementing with creatine

Studies have shown that creatine supplementation enhances fat-free mass, which is exactly what you are looking for. It also helps to increase strength. Maintaining as much strength as possible while on a cut will make you able to lift heavier and, therefore, preserve more muscles.

Link to studies: [PubMed](#) [PubMed](#)



Burning calories

Our total energy expenditure consists of three components:

- Basal metabolic rate
- Diet-induced thermogenesis.
- Physical activity

Basal metabolic rate

This is the primary component of human energy expenditure. It's the energy we require to breathe and keep our bodies alive. It accounts for about 60-70% of the total energy expenditure in non-athletes.

Your weight and body composition highly impacts this. You will have a higher basal metabolic rate if you have more muscle.

Diet-induced thermogenesis

This is the energy used by our body to digest, absorb, and store food. It generally accounts for 10-15% of our total energy expenditure. However, the different macronutrients require a very different number of calories to be digested.

Protein burns more calories

It takes energy from the body to digest all foods. However, this differs between foods. For protein, 20-35% of the calories are burned in digestion compared to only 5-15% for carbs and 0%-5% for fat.

Calories used to digest	
Macro	Share
Protein	20%-35%
Carbs	5%-15%
Fat	0-5%

It's like 20-35% of the calories you eat from protein disappear without you needing to do anything. This is brilliant news when you want to reach a calorie deficit.

Another way to put it is that 125 calories of protein have the same impact as 100 calories of carbs. So you can eat more calories from protein than from both carbs and fat without impacting your calorie deficit.

Studies show that a high protein intake can boost your metabolism and increase the number of calories burnt by 80-100 calories/day. Other studies show that eating a high protein diet compared to a low protein diet can increase your calories burnt by 260 calories/day. That's equivalent to an hour of moderate intensity exercise every day!

Link to studies: [PubMed](#), [PubMed](#), [PubMed](#)

To summarise eating more protein will help make you burn more calories.



Physical activity

There are mainly two ways you can increase the calories your body burns through physical activity.

- Exercise
- Non Exercise Activity Thermogenic (NEAT)

How to exercise to get lean

Exercise, in any form, burns calories and can help you lose fat. However, many studies show that to only exercise without a diet change is ineffective for weight and fat loss.

Link to study: [PubMed](#)

In addition, most types of exercise don't burn as many calories as you think. There are a lot of individual circumstances that impact the exact number of calories burnt. The most important aspect of how many calories you burn is the intensity of the exercise. Therefore, using online tables that tell you how much calories you burn is very unreliable.

The purpose of this is not to say that you should not exercise. However, if you are doing specific exercises just to burn calories, it might be easier to decrease the calories you eat instead. Having that said exercise can help you create a larger deficit, which means you can eat a bit more.



3 main areas of exercise

- Resistance training/weight training
- Cardio
- High Intensity Training

Fitness trackers are not accurate at measuring calories burnt

First of all a word on fitness trackers which have become a very popular way to track calories burnt during the last 10 years.

However, studies also show that fitness trackers are very poor at measuring energy expenditure. One study showed that all trackers tested were more than 20% wrong, and the worst was 93% wrong! The researchers stated that none of the tested devices were within "an acceptable error range." Therefore, relying on them to check your calorie burn is not helpful.

Link to study: [PubMed](#)

Instead of using these, I recommend assessing your overall activity level and using this as an input when calculating your daily energy consumption.

Resistance training for fat loss

Resistance training does burn calories. However, it's not the main benefit from a fat loss perspective. The main benefit is that you will maintain more muscle, which will help your resting metabolic rate, which simply means that you will burn more calories doing nothing.

Ways resistance training helps fat loss

- Burn calories
- Maintain muscle leading to a high metabolic rate

I strongly recommend maintaining your current routine of resistance training. If you have something that works for you, you do not need to adjust this because you aim to lose fat. As you do end up in a calorie deficit it is likely that you start losing a bit of strength which is natural. Try to maintain the weights you are lifting as much as possible.

The only adjustment I recommend to do is if you feel you have some niggles or start to get some injuries. Then you should adjust for this as your body is more prone to injuries when you are in a calorie deficit.

Cardio for fat loss

Cardio has a lot of benefits for your overall health and cardiovascular health. However, it's not as effective for fat loss as many people think.

The theory is that if you burn 300 calories through cardio, you will end up in a 300-calorie deficit and lose fat. However, a study has shown that the body actually compensates for this and saves energy through less movement the rest of the day.

Your body will simply make you more tired, so you spend more time sedentary. Many will also overcompensate by eating more without really knowing it. In the worst cases, the 300 calories of cardio you did can be cancelled out completely.

Link to study: [PubMed](#)

There are no specific types of cardio that burn more fat than others. The body is smart so even if you do something at some point such as fasting cardio it's the overall calorie deficit over time that will determine your fat loss.

Some competitive natural bodybuilders successfully prep for competitions without doing any cardio to burn calories.

My recommendation on cardio is to do it if you enjoy it and like the overall benefits. If you do it purely to burn calories and really dislike it, it is better just to reduce the amount of food you eat instead to keep yourself motivated.

If you want to eat more, you can add cardio to create a larger room to eat more. However, make sure that you are not just compensating with eating more or moving less in general.



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High-intensity training for fat loss

In the same way that cardio has many benefits for overall health, high-intensity training does. It's also not necessary to lose fat.

The main benefit of high-intensity training compared to normal cardio is that it takes less time. Therefore, it could be beneficial if you have time constraints. Do this if you like it and feel there are overall benefits for it, but if you hate it and the purpose is only to burn calories, I recommend decreasing the calories you eat instead.

My recommendation for high-intensity training is the same as for cardio in general. If you like it and the benefits do it. If you hate it and do it purely to burn calories focus more on reducing calorie intake instead. There's nothing magic about it to lose fat.

Non-Exercise Activity

Thermogenesis

Non Exercise Activity Thermogenesis (NEAT) is simply all activities we do that are not sleeping or direct exercise. Examples include walking, cycling to work, walking up the stairs, and grocery shopping. It also includes things such as cold exposure which can be very effective to increase your calorie burn.

Types of NEAT

- Walking
- Cycling for transportation
- Standing while working
- Cold exposure
- Fidgeting

You can increase your NEAT and calorie burn in many ways. Be creative and get your body moving as much as you can in your daily life.

One of the most effective and common ways is to reach 10,000 steps each day. This will help you increase your NEAT significantly, which will help you enter a calorie deficit.

Ways to naturally increase your NEAT

- Get off the bus or train 1 stop earlier
- Take the stairs instead of the elevator
- Stand while working
- Take a longer walk from A to B
- Do household chores
- Park further from your destination
- Walk around the office
- Lower the temperature in your house or office

I recommend picking at least two areas where you aim to increase your NEAT every day. It can be the same area every day or it can change, but be sure to get in at least two each day. This will help you achieve a calorie deficit.



How to eat to get lean

The key to any fat loss plan is the diet! However, just saying eat less isn't really helpful. If you just stop eating, you will be hungry all the time and it is not sustainable.

The key is to find foods you enjoy eating and fill you up enough so you can continue your life normally without going hungry. This section is focused on this.

Food that keeps you full

One of the major issues when you are in a calorie deficit is that your body wants to combat this, and you feel hungry. Walking around and being constantly hungry is really hard, and it is one of the main reasons people don't stick to diets and reach their goals.

The best way to combat this is to eat foods that are low in calories but still fill you up. The opposite of this is to eat and drink things that are high in calories and don't fill you up much and should be avoided.

The best way to demonstrate this is to compare food volume to its calorie content. Below are some foods that are high volume and low volume and how much you can eat for 200 calories of each.

Broccoli 200kcal = 588g



Peanut butter 200kcal = 31g



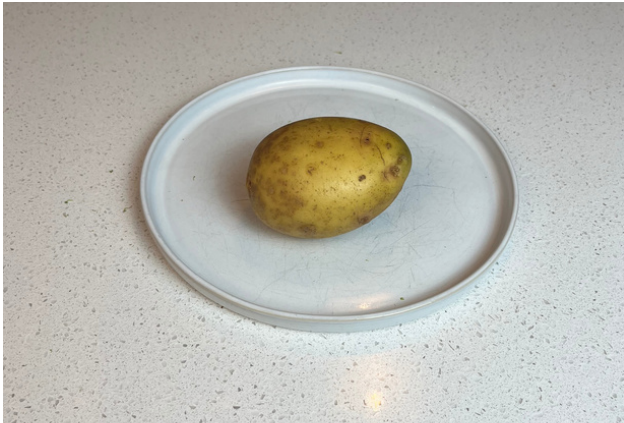
Cauliflower 200 kcal = 800g



Dark chocolate 200 kcal = 35g



Potatoes 200 kcal = 230g



Almonds 200 kcal = 31g



Blue berries 200 kcal = 444g



Olive oil 200 kcal = 22g



Boiled eggs 200 kcal = 198g



M&Ms 200 kcal = 38g



Zucchini 200 kcal = 1,000g



Granola 200 kcal = 45g



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The difference in volume of 1,000 calories is huge

If you eat enough low-calorie food, it will be impossible to be hungry even if you are in a calorie deficit! Below you can see the difference between 1,000 calories for high and low energy density food.

If you eat 1,000 kcal of broccoli, cauliflower, potatoes zucchini and blueberries. If your target calories to lose weight is 2,000 kcal, you could eat twice that in a day, which would surely fill you up. However, as you can see if you eat 1,000 calories of low-density food it will not fill you up much at

Broccoli, cauliflower, potatoes, zucchini, and blueberries 1,000 kcal



Almonds, dark chocolate, granola, butter and peanut butter 1,000 kcal



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I can't list all foods and how they rank in keeping you full compared to their calorie content. However, if you look at both low-calorie and high-calorie food, there are some common patterns.

The low-calorie foods are high in protein fibre or both. The high-calorie food is high in sugar fat, or both. This makes it pretty easy for you to find foods that are low in calories and will keep you full. Look for foods that are high in protein or fibre or even better if they are high in both.

Protein keeps you full

In addition to its benefits in building and maintaining muscle mass, which is essential for maintaining muscle mass, Protein is also very filling compared to the number of calories in it.

Studies have shown that protein is the most filling of the macronutrient. This is because it impacts satiety hormones such as ghrelin and glucagon. Ghrelin is a hormone that regulates your hunger.

Protein also increases levels of peptide YY, a hormone that makes you feel full.

These hormones are like little guys running around in your body telling you that you are full and don't need to eat. You obviously want as many of those as possible and eating more protein helps with that.

Link to studies: [PubMed](#), [PubMed](#), [PubMed](#), [PubMed](#)

The impact on hunger can be huge. In one study increasing the protein intake from 15% to 30% of calories made overweight women eat 441 fewer calories each day without intentionally restricting calories.

Link to study: [PubMed](#)

Simply put, if you eat a lot of protein, it will fill you up much more than if you eat a lot of carbs and fat. So, eating a lot of protein when trying to get lean helps curb your hunger.

Protein helps fat loss

Protein makes you lose more fat when you are in a calorie deficit. A study comparing two groups of individuals in a calorie deficit, the group eating a high protein diet lost 53% more fat than the individuals on a normal- protein diet eating the same number of calories.

It's like when you eat more protein, your body will burn more fat for the same weight loss. This is something you want to happen.

Link to study: [PubMed](#)

Good lean protein sources

- Chicken
- Beef
- Higher Horizons Wraps
- Lean pork
- Eggs
- Turkey
- Low-fat cottage cheese
- Low fat yoghurt
- Tofu & Tempeh
- Seitan

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Eat Fibre It Fills You Up

Fibre only contains 2 calories/gram. This makes it have less calories than fat (9 calories/gram), carbs and protein (4 calories/gram). In addition to its lower calorie content, it's very filling. This means you consume a few calories/gram, filling you up.

Studies show that fibre slows digestion, which means your stomach is fuller for longer after your meal. This means it will take longer until your stomach is empty, and you are hungry for the next meal.

Link to studies: [PubMed](#), [PubMed](#)

This makes fibre one of the best things to eat to curb your hunger for a calorie deficit.

Good fibre sources

- Higher Horizons Wraps
- Broccoli
- Cauliflower
- Zucchini
- Split peas
- Lentils (most types)
- Beans (most types)
- Raspberries
- Quinoa
- Chia seeds

Higher Horizons Wraps Are High in Both Protein And Fibre

There are few foods that are high in protein and fibre while still being low in calories. One of these is Higher Horizons High Protein Wraps. So, if you want to get lean and not be hungry, we highly recommend you try them.

There are also other foods that contain both protein and fibre, mainly legumes such as beans and lentils.

Food that is high in both protein and fibre

- Higher Horizons Wraps
- Lentils (most types)
- Beans (most types)

Higher Horizons High Protein Wraps

- 27.7g of protein, more protein than a chicken breast/100g
- 12.0g of fibre/100g - twice the amount of fibre than wholegrain bread
- Only 111 calories/wrap - 41% less than normal wraps
- Only 5g of carbs/wrap



Food and drink that make you fat

After getting a better understanding of what to eat and drink, let's turn to what you should avoid eating and drinking. By this, we don't mean never eat or drink these things, but do it in moderation.

I don't recommend eating and drinking these because they will give you a lot of calories and not fill you up much. Simply put, it is the opposite of why we suggested you should eat things in the previous section.

Don't drink calories

The reason why you shouldn't drink calories is simple. Liquid calories don't fill you up as much as calories from solid food, but they still add calories.

This is also true for things that are generally high in fibre and protein such as juices and protein shakes. One of the main reasons for this is that they will be digested faster when liquid. The faster digestion means they are emptied from the stomach faster and you will feel hungry faster.

Studies have shown that liquid meal replacement leads to higher calorie consumption than solid food meal replacement. This is because the meal replacement drinks don't fill you up as much, so you consume more.

Link to study: [PubMed](#)

Other studies have shown that solid food decreases hunger, insulin and ghrelin responses (satiety hormone) when compared to liquid food. This is the case even if it's the exact same number of calories and the same food, e.g. a solid chicken filet vs a chicken fillet in a mixer. The conclusion is that you cannot replace solid food with liquid food if you want to feel full. This is even true when you have the exact same food.

Link to study: [PubMed](#)

Based on this evidence, it's clear that if you want to lose fat and maintain it, you should avoid drinking calories.

Avoid eating calorie-dense food

As I mentioned previously, foods that are not energy-dense fill you up and are great for keeping hunger at bay. On the opposite side of the spectrum, we have energy-dense food that has a lot of calories but doesn't fill you up. This is the type of food you want to avoid!

As mentioned previously, calorie-dense foods are mainly characterized by being high in fat, sugar, or both. The overall calorie content of a product is also easy to see: If it's over 300 kcal/100g, it's a calorie-dense food. If it's over 400 kcal/100g it's very calorie dense.



How to structure your overall diet for fat loss

You need to know the calorie content of your meals to confidently know that you have reached a calorie deficit. You also need to ensure you get enough protein.

Based on what I have already mentioned, you should aim to get 2.2-3.0g of protein each day to maintain as much muscle as possible. This becomes the base of our meal planning.

After this, eating around 1g of fat for each kg of body weight each day is recommended. This is a rough recommendation that can be flexible.

You should aim to get at least 30g of fibre each day. As you now know this can help a lot with feeling full, but it also helps your overall gut health which is very important.

The number of calories you have left can be used for carbs.

Macronutrient	Amount/day
Protein	2.2-3.0g/kg body weight
Fibre	30g
Fat	1g/kg body weight
Carbs	Remaining calories

Meal planning helps to keep you on track

The best way to control the overall food intake is to plan it. If you don't plan it in advance, it's much easier to make choices that will not help you reach your goals. For the meal plan to make you reach your fat loss goals it needs to hit the levels of macronutrients you determined in the previous section.

I strongly recommend an app for you to outline and track your meals. This will make it much easier for you and you can also keep track of things you eat that are outside of the plan because let's be honest it's very hard to always be 100% on track.

Key tips for meal planning

- Ensure you get enough of the key macronutrients
- Invest in quality storage containers
- Keep a variety of spices at hand
- Create a place to save and store recipes
- Always write a grocery list before shopping
- Buy things in bulk
- Batch cook
- Pre-portion your meals so you know the right amounts
- Use mobile apps for tracking



Higher Horizons Easy Fat Loss Plan

As I've told you already I struggled for a long time to get into the shape I wanted. I knew in theory what to do. I just calculate what I need to eat, find loads of recipes, calculate how much each recipe has in calories and macros, and then I take all this and put it into a spreadsheet to work out a meal plan.

Yeah simple in theory but so much work and effort even before even cooking the food. I wanted to get in shape but I didn't want it to consume my entire life. I have a busy job and I want to spend some time with my friends and not just planning what to eat. I simply don't have time to do that!

I'm sure you feel the same. This can be so deflating you know you are not going to get there without completely changing your life and giving up your social life. You think of that next beach holiday and what it would feel like to have your dream body.

I was in a store and looking around at different diet products. I saw a weight loss shake and the message was simple. Drink two shakes a day and have a calorie controlled meal and you will lose weight. In theory, this works as you will only have a set number of calories.

As you know now this doesn't work in practice. This is as helpful as the recommendation, don't eat. The small shakes don't fill you up enough so you will be starving all day and then end up eating a lot anyway.

That's when it hit me, imagine doing this with Higher Horizons High Protein wraps! You eat two wraps each day instead of the crappy shakes. It will solve all the problems! It will give you enough protein to maintain your muscles and you don't need to go hungry! It's all you need to lose fat and get your dream body!

Imagine how simple that is! You just need to replace two of your meals with wraps, and you are guaranteed to end up with a calorie deficit! It's that simple.

Imagine how simple that is! You just need to replace two of your meals with wraps, and you are guaranteed to end up with a calorie deficit! It's that simple.

This is the perfect solution. It will take away all the issues with planning every meal and constantly counting calories and you will not go hungry. It solves the issues you have with losing fat and makes it easy. Just imagine how your life would be when you can get your dream body by eating delicious wraps and not going hungry!

Benefits of the Higher Horizon Fat Loss 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

How the plan works

When I first thought about the plan I was replicating the system from the shakes by replacing two meals per day. I quickly realised that for some that would not be ideal. They will LOSE TOO MUCH WEIGHT doing that!

You need a personalised approach based on how much weight you want to lose, your current weight and your gender. Earlier, you could calculate how much weight you can lose based on your current body weight without losing muscle.

Based on your target weight loss we determine how many meals you should replace each day. The remaining meals should be the same as what you are currently eating focusing on high protein content.

The wraps come with recipes that are all high protein and with a set amount of calories which means you will reach your calorie deficit and still get enough protein to maintain your muscles.

Higher Horizons High Protein Wraps

- 27.7g of protein, more protein than a chicken breast/100g
- 12.0g of fibre/100g - twice the amount of fibre than wholegrain bread
- Only 111 calories/wrap - 41% less than normal wraps
- Only 5g of carbs/wrap



Determining how many wraps to eat each day

The table below shows the number of meals to replace each day depending on your weight and target weight loss. There are two tables, one for men and one for women as the calorie consumption differs between men and women.

Men				
	Your weekly weight 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 weight 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



Get your dream body now

Now you understand how to get lean. However, to actually do it, you need to take action! Nothing comes to the one who waits.

If you don't take action now you will continue to be stuck and not make the progress you want and deserve. Start now to ensure you are not stuck in 3, 6 or even 12 months' time. How would it feel if you would reach your dream body in weeks rather than years?

Remember the only thing you cannot replace is time. If you don't act now, you will lose time, time you cannot replace. Money can always be replaced but time can't, so act now to not lose irreplaceable time.

Simple steps to start

- Determine how much fat you want to lose
- Determine how many wraps to eat/day
- Buy Higher Horizons Wraps

Determine how much you want to lose

Now determine how much fat you want to lose. As you're reading this, I'm confident you already have a pretty good idea.

Then set a realistic goal for how much you want to lose each week. Remember that if you aim to lose too much you are likely to lose more hard earned muscle so don't overdo it.

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 to lose you can aim for up to 1.00%, if you have less than 10kg to lose aim for 0.5% - 0.75%.

Weekly weight 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



Determine how many wraps to eat/day

Based on how much fat you want to lose each week use the table below to determine how many meals each day you should replace with Higher Horizons Wraps.

Men				
	Your weekly weight loss			
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 weight loss			
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

Buy the wraps

Use the below link to buy your wraps. The wraps are sold in packs of 4.

The table to the right shows you how many wraps you should be based on the number of wraps you should change each day and how many weeks you are buying for.

You take the number of wraps/day from the previous table on the left column then decide how many weeks supply you want.

Remember you can't put a price on reaching your goals! So act now to not lose more time being stuck.

The wraps last for 12 days but can be frozen when you get them, and then they last for at least 3 months.

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

[Link to buy the wraps](#)

Congratulate yourself!

Now, you can congratulate yourself on taking the first steps towards reaching your goals!

Summary

To summarise it all to lose fat you need to be in a calorie deficit.

3 ways to reach a calorie deficit

- Increase your calorie usage
- Decrease your calorie consumption
- A combination of the above two

Maintaining muscles

When you are losing fat you want to make sure you don't lose your hard earned muscles. This is because maintaining the muscles will give you a lean look and it will help you burn more calories making it easier to maintain. Eat 2.2-3.0g of protein/kg body weight every day.

How to maintain muscle when losing weight

- Resistance training
- Use palm cooling to increase strength
- Eating sufficient amount of protein
- Have a moderate calorie deficit
- Taking creatine & use palm cooling

Burning calories

3 areas impact how much calorie you burn

- Basal metabolic rate
- Diet-induced thermogenesis
- Physical activity

Eating protein will increase your calorie burn as 25% of the calories are used for digestion.

Physical activity can be split up into exercise and Non Exercise Activity Thermogenesis (NEAT).

Cardio will help to increase your calorie consumption but is not necessary and often you overcompensate in other areas leading to minimal benefit. If you don't love cardio, it's better to increase your NEAT by doing daily activities such as walking instead of taking the car. Fitness trackers are very poor at determining how much calories you burn so don't rely on them.

How to eat to get lean

Reaching a calorie deficit and getting lean becomes much easier if you eat food that has high volume compared to its calorie content as it keeps you full. Foods that are high in protein and fibre generally fit this profile.

Avoid drinking calories as this will not fill you up and can easily add many calories. Also avoid eating anything that is over 300 calories/100g such as nuts and oils.

Low calorie food characteristics

- High protein
- High Fibre
- High volume

The easy fat loss plan

The easy way to fat loss is to change 1-2 of your daily meals for Higher Horizons High Protein Wraps.

Benefits of the Higher Horizons Fat Loss 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

To start go to this link and get your wraps today

Take action NOW

Don't sit there in 6 months' time, still unhappy that you don't have your dream body! Start NOW; follow the 5-minute easy steps to start your journey today to ensure you are