

" Fat is merely a stored energy, Use it "

• Cut Fats

**YOUR 21-DAY GUIDE TO
WEIGHT LOSS,
INCREASED
ENERGY,
INCREDIBLE
HEALTH**



Greetings

Welcome to your journey to a healthier, sexier, and happier you! This program is made to equip you with the knowledge and tools you need to achieve your weight loss and fitness goals. We will explore the three main pillars of incredible shape : **mindset, diet, and exercise.**

Topics

Section 1: Mindset

- Develop a Positive Attitude
- Believe in Yourself
- Make it a Lifestyle Change

Section 2: Diet

- Eat Clean
- Find Your Calorie Balance

Section 3: Exercise

- Move Your Body Regularly
- Resistance Training

Questions

What is your current weight?

What is your goal weight?

Do you really want to be fit?

Are you eating well?

Are you willing to give it all it takes?

Will you invest in a program to get you to your goal FAST?

P.S: Please make sure to write your answers.

MINDSET



- **Develop a Positive Attitude**

The journey to a healthier you is a marathon, not a sprint. There will be ups and downs, moments of frustration, and setbacks along the way. Cultivating a positive attitude is crucial for maintaining motivation and overcoming challenges. Focus on progress, not perfection, celebrate your achievements, and learn from your mistakes.

- **Believe in Yourself**

You are capable of achieving anything you set your mind to. Believe in yourself and your ability to reach your goals. Surround yourself with positive and supportive people who encourage your journey. For this reason, we built this community Cut Fats for you (Click this [LINK](#) to join us on Facebook), so you can share with us your progress and to let you know you are not alone in this.

- **Make it a Lifestyle Change**

Don't view your weight loss efforts as a temporary fix or a crash diet. Instead, focus on making sustainable changes to your lifestyle that you can maintain in the long term. This approach will lead to lasting results and overall well-being.

Embrace Small and Consistent Changes: Start with small, achievable changes that you can easily incorporate into your daily routine. These changes could be anything from adding a daily walk to swapping sugary drinks for water. As you become accustomed to these changes, gradually add more challenges to keep yourself motivated and engaged.

Practice Self-Compassion: It's okay to have occasional slip-ups; don't beat yourself up over them. Instead, focus on getting back on track.

Remember! It's a Journey, Not a Destination.

Checklist

Please, write down your Targets related to your Mindset for the next 21 Days.

[illegible]

DIET



- **Eat Clean**

Healthy Fats: These are not your enemy! Contrary to popular belief, healthy fats like those found in avocados, nuts, and olive oil are crucial for satiety, hormone regulation, and brain health. Incorporate them into your diet in moderation to reap their numerous benefits.

Read Food Labels: Deciphering food labels is key to making informed choices about what you eat. Pay attention to the serving size, calories, fat, carbohydrates, and sodium content. Look for foods that are low in calories and unhealthy fats and high in fiber and essential nutrients. Be aware of hidden sugars that may be listed under different names, such as sucrose, fructose, and corn syrup.

Lean Protein: Protein is essential for building and repairing muscle, boosting metabolism, and promoting satiety.

Lean protein sources like fish, poultry, legumes, and tofu are excellent choices for weight loss as they are low in fat and calories while still providing essential nutrients.

Fruits and Vegetables: Fruits and vegetables are nature's candy, bursting with a rainbow of colors and a wide range of beneficial nutrients. They are low in calories and fat but high in vitamins, minerals, and fiber, essential for optimal health and weight management. Aim to fill half your plate with fruits and vegetables at every meal.

Making Smart Swaps: Instead of reaching for processed snacks and meals, choose healthier alternatives that are packed with nutrients. For example, swap sugary cereals for Smoothie Drinks (You can click this [LINK](#) to get access to delicious smoothie Recipes for **70% Off** Today). Also, you can give up on candy bars and replace them with lean protein bars.

• Find Your Calorie Balance

Understand Your Needs: Everyone has unique calorie needs based on their age, sex, weight, height, and activity level. To achieve sustainable weight loss, you need to create a calorie deficit, meaning you consume fewer calories than you burn.

Count your Calories: Tracking your calorie intake may seem daunting, but it is an invaluable tool for understanding your eating habits and staying on track with your goals. There are numerous calorie-tracking apps and websites available to help you make informed choices and monitor your progress. There are several online calorie calculators that can help you determine your personalized calorie needs based on your individual factors.

Creat a Sustainable Calorie Deficit:

Aim to reduce your calorie intake by 300-500 calories per day. This moderate deficit allows you to lose weight at a healthy pace of 1-2 pounds per week while still providing your body with the energy it needs to function properly. Remember, sustainability is key to long-term success.

Set Realistic Goals: Setting realistic and achievable goals is crucial for maintaining motivation and preventing frustration. Instead of focusing on unrealistic ideals or drastic weight loss targets, set smaller, more attainable goals that you can celebrate along your journey.

Checklist

Please, write down your Targets related to your Diet for the next 21 Days.

[illegible]

EXERCISE



- **Move Your Body Regularly**

Aerobic Activity: Regular aerobic exercise is essential for a healthy heart, strong lungs, and a fit body. Aerobic activities, such as brisk walking, running, swimming, biking, and dancing, burn calories, improve cardiovascular health, and boost mood. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week.

Variety is Key: To avoid boredom and maximize results, incorporate a variety of aerobic activities into your routine. Experiment with different exercise classes, explore new outdoor activities, or find a workout buddy to keep you motivated. Making exercise fun and engaging will increase your chances of sticking with it long-term.

Find Your Ideal Intensity: Listen to your body and find the intensity level that feels challenging yet sustainable for you. Gradually increase the intensity as your level improves.

- **Resistance Training**

Strength Training: This is not just for bodybuilders! It offers numerous benefits for everyone, regardless of age or fitness level. Building muscle boosts metabolism, strengthens bones, improves balance, and enhances overall fitness. Aim for at least two strength training sessions per week, targeting all major muscle groups.

Bodyweight Exercises: Bodyweight exercises are a convenient and effective way to build strength without any equipment. Examples include squats, lunges, push-ups, planks, and sit-ups. These exercises can be done anywhere, anytime, making them ideal for busy schedules.

Free Weights and Resistance Bands: Adding free weights or resistance bands to your routine can help you progress further and build more muscle. Start with lighter weights and gradually increase the resistance as you get stronger.

Checklist

Please, write down your Targets related to your exercise for the next 21 Days.

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Conclusion

You made it to this page. Well, **Congrats**. But before wrapping up this lecture, let me Thank you for tuning in.

I'm sure you got enough knowledge to get started cutting fats right away.

Don't forget that the **Cut Fats Community** is waiting for you and waiting to see the before and the after.

FAQs

I NEED TO LOSE MORE WEIGHT, HOW DO I CONTINUE AFTER THE 21 DAYS?

WON'T I JUST GAIN ALL THE WEIGHT BACK?

I DON'T HAVE A LOT OF TIME IN THE DAY, IS THIS HARD TO FOLLOW?

WHAT IF IT DOESN'T WORK FOR ME?

P.S : You can get the answers to all your questions right [HERE](#).

Links



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