



# **FAT** *LOSS* GUIDE

**MYPROTEIN**



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# Welcome to our fat-loss guide

Whether you're trying to trim down, drop a dress size, or shred after bulking season — we're on hand to help.

Let's get started...





# NUTRITION GUIDE



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# YOUR GUIDE TO MACRONUTRIENTS

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When you're trying to lose fat, it's super-important to stay fuelled with the right nutrition. That means working out exactly what your body needs.

Use our [online guide](#) to work out your:

- Basal metabolic rate (BMR)
- Total daily energy expenditure (TDEE)
- Physical activity level (PAL)

Once you have these, we'll tell you the amount of calories you need to shift fat.

It's important to understand how many calories and how much protein, carbohydrates, and fat your body needs every day in order to lose weight.

To get access to our guide — check our [Zone article](#).



# FOOD LIST

Here's an example of foods you can use when building your macro plan.

## HIGH PROTEIN FOODS

- Chicken
- Beef steak
- Turkey fillet
- Lamb fillet
- Pork loin
- Game meat
- Salmon fillet
- Tuna
- Cod
- Hake
- Tilapia
- Sea Bass
- Mackerel
- Prawns
- Cottage cheese
- Greek yoghurt
- Eggs
- Whey protein
- Tofu
- Soy
- Grains
- Pulses





# CARBOHYDRATE SOURCES

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## *High carbohydrates*

- Rice
- Quinoa
- Millet
- Oats

## *Moderate Carbohydrates*

- White potato
- Parsnips
- Sweet potato
- Swede

## *Low Carbohydrates*

- Butternut squash
- Pumpkin
- Courgette

## FRUIT

- Mango
- Banana
- Pineapple
- Grapes
- Blueberries
- Raspberries

## FAT SOURCES

- Nuts
- Coconut oil
- Flax seeds
- Avocado
- Olives
- Hemp seeds





# TOP TIPS

1

Try to be within 10g of your protein target — aim for 100% but don't let it throw you completely if you fail to hit the exact number.

2

All foods should be weighed uncooked and using uncooked nutritional information.

3

Look to maintain your energy expenditure on a day-to-day basis — if you aren't training, try to get up and move more.

4

Put reminders in your phone about when to take supplements, eat your food, and when to drink water. Also put your training sessions into a diary.

5

If you miss a meal for any reason whatsoever, don't stress, get it in when you can. If not, move on to your next meal and you might even have some calories remaining for the end of the day.



**6** Include a protein source in every meal.

**7** Include vegetables at every meal.

**8** Ensure you have a daily mix of fats, with an emphasis on healthy fats — like the ones listed in the food list.

**9** Add herbs and spices to your meals to keep it interesting — don't just eat plain food all the time — it gets monotonous and can lead to you falling off the wagon.

**10** Finally, make sure you weigh your food accurately.





A woman with dark hair in a bun, wearing a red sports bra and grey shorts, is running on a sandy beach. The background is a warm, golden sunset sky. The text "SUPPLEMENTS FOR FAT LOSS" is overlaid in large white letters.

# **SUPPLEMENTS FOR FAT LOSS**



# When you're on a fat-loss mission, it's important to get the right fuel.

Supplements are a great way to get the extra nutrients you need to achieve your goals, alongside a balanced diet. That's where our product range comes into play.



In this section we'll show you exactly what you need to fuel your ambition.



# DAILY SUPPLEMENTS

These are your everyday essentials to keep you feeling sharp and on top of your game.

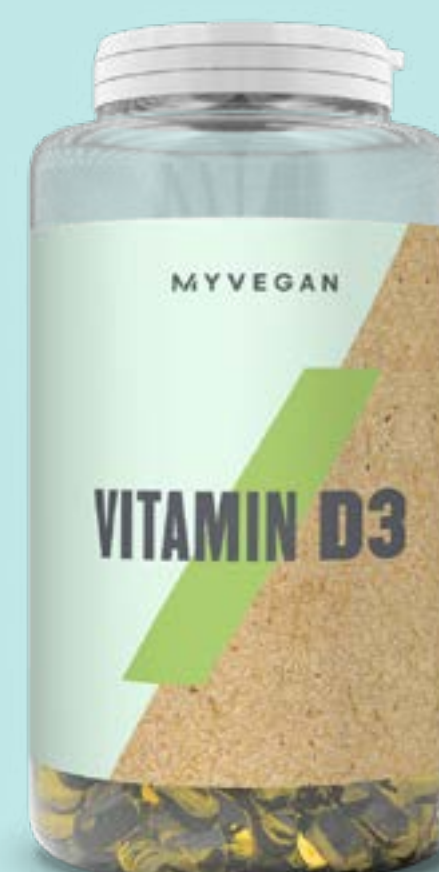
## Daily Multivitamin

Take 1 serving with your first meal to get the vitamins your body needs.



## Vitamin D3 & Vegan Vitamin D3

Take 1 serving with your first meal to get your fix of the sunshine vitamin.



## Essential Omega-3 & Vegan Omega

Fish oils can be hard to get from your diet, so take 1 serving with 2 of your meals.





## Zinc & Magnesium

Our potent formula should be taken 40mins before bed for best results.



## EXTRAS

### L-Carnitine Amino Acid

Popular with people looking to lose weight. Take 1 serving before working out.





# WORKOUT SUPPLEMENTS

To get the fat loss you're looking for, these are our recommendations.

## PRE-WORKOUT

A boost when you need it. Take 1 serving 30 minutes before working out.

### Pre-Workout Blend

Stay focussed on your upcoming session.



### Vegan Pre-Workout

A plant-based kick exactly when you need it.



### THE Pre-Workout

Powerful formula designed to have you firing on all cylinders.





# INTRA-WORKOUT

To keep pushing for peak performance, it's important to stay fuelled and hydrated. Add 1 serving to your workout water for a refreshing boost.

## Essential BCAA 2:1:1

BCAAs are the building blocks of protein, important for any goal.



## Vegan BCAA

The green way to get your amino acids during a workout.



## THE Amino+

Fuel your body and mind with our phased-release amino acid blend.





# POST-WORKOUT

This is the fuel you need to achieve your goals. It's important to get a serving of protein after working out.

## Impact Whey Protein

An everyday fitness essential, it's ideal for all goals.



## Vegan Protein Blend

Packed with green goodness, it's perfect for a plant-based diet.




## THE Whey

An optimal blend of three kinds of whey, engineered for performance.





A man with short dark hair, wearing a bright yellow t-shirt and black athletic shorts, is performing a side plank in a forest. He is leaning against a tree trunk with his right arm, with his left leg bent and foot flat on the ground. The background is a dense forest with sunlight filtering through the trees. The text "FAT-LOSS WORKOUTS" is overlaid in large white letters.

# FAT-LOSS WORKOUTS



**Over the next three months you'll complete a range of cardio and resistance workouts that target your entire body — gradually ramping up the intensity to help you progress with your fat-loss goals.**





# KEY

## Order

This is the way that the order of exercises are set out in the programme. If you see A1 and A2, that would mean they're done as a superset (alternating sets of two different exercises with no rest inbetween).

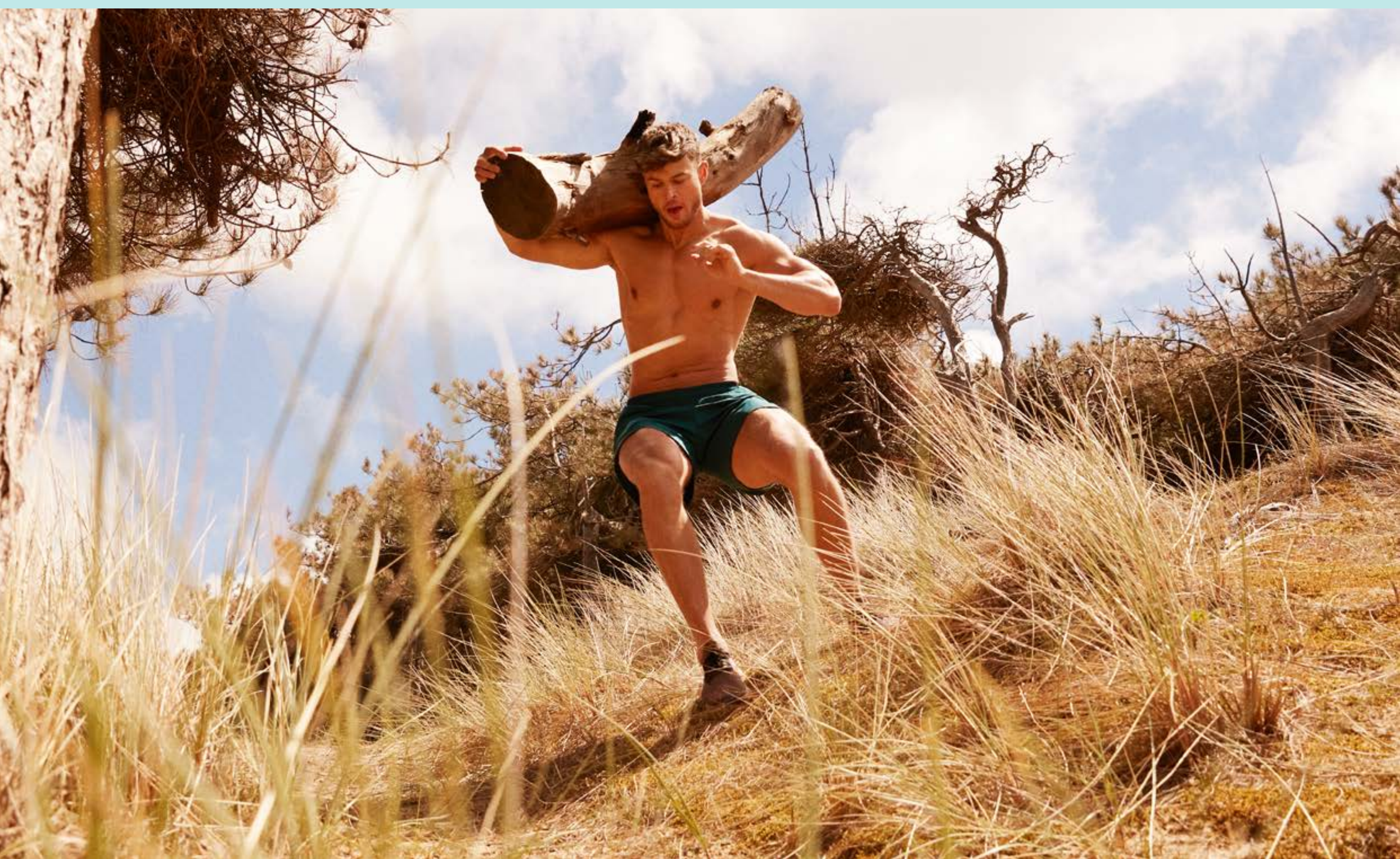
If you see A1, B1, for example — they're single sets.

## Exercise

This is simply the movement prescribed.

## Sets

Sets are the amount of times you'll perform a certain amount of repetitions (reps).





## Reps

**Reps are the amount of repetitions you'll perform of each exercise.**

## Tempo

**The first number is the time spent throughout the eccentric (lengthening) phase of the exercise.**

**The second is a pause/hold.**

**The third is time spent in the concentric (shortening) phase.**

**Fourth is a pause/hold.**

## Rest

**The time spent resting in between sets of exercises.**





MONTH ONE

This is where it all begins.

Remember to recalculate your macros every 1–2 weeks to make sure you’re optimising your diet for fat loss.

Frequency

Days	Training
Monday	Workout 1
Tuesday	Workout 2
Wednesday	Rest
Thursday	Workout 1
Friday	Workout 2
Saturday	Rest
Sunday	Rest





Fat-Loss Workouts

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WORKOUT 1

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Bulgarian Split Squat</u>	4	10-12	3010	10s
A2	<u>Flat Dumbbell Chest Press</u>	4	10-12	3010	1m
B1	<u>Barbell Bent Over Row</u>	4	10-12	3010	1m
C1	<u>Single Leg Press</u>	4	10-12	20x0	10s
C2	<u>Dumbbell Upright Row</u>	4	10-12	20x0	1m
Cardio	30 mins Incline Treadmill Walk				

WORKOUT 2

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Standing Dumbbell Push Press</u>	4	10-12	3010	10s
A2	<u>Lying Leg Curl</u>	4	10-12	3010	1m
B1	<u>Barbell Bent Over Row</u>	4	10-12	3110	10s
B2	<u>Dumbbell Heels Elevated Squat</u>	4	10-12	3110	1m
C2	<u>Leg Extension</u>	4	10-12	20x0	1m
Cardio	30 mins Incline Treadmill Walk				



# MONTH TWO

Now you’re making steady progress so we’re going to step it up — and introduce some steady-state cardio.

Remember to keep recalculating those macros!

## Frequency

Days

Training

Monday

Workout 1

Tuesday

Workout 2

Wednesday

Workout 3

Thursday

Rest

Friday

Workout 1

Saturday

Workout 2

Sunday

Workout 3





Fat-Loss Workouts						24
WORKOUT 1						
Order	Exercise		Sets	Reps	Tempo	Rest
A1	<u>Dumbbell Squat</u>		4	10	4010	10s
A2	<u>Lat Pull Down</u>		4	10	4010	1m
B1	<u>Leg Press</u>		4	12	3010	10s
B2	<u>Barbell Bent Over Row</u>		4	12	3010	1m
C1	<u>Leg Extension</u>		4	15	2010	10s
C2	<u>High Pulley Kneeling Face Pull</u>		4	15	2010	1m
Cardio	30s on 30s off Treadmill Sprints					
HIIT	40 mins Incline Treadmill Walk					

WORKOUT 2						
Order	Exercise		Sets	Reps	Tempo	Rest
A1	<u>Trap Bar Deadlift</u>		4	10	4010	10s
A2	<u>Dumbbell Chest Press</u>		4	10	4010	1m
B1	<u>Lying Leg Curl</u>		4	12	3010	10s
B2	<u>Machine Chest Press</u>		4	12	3010	1m
C1	<u>Seated Leg Curl</u>		4	15	2010	10s
C2	<u>Press Up</u>		4	15	2010	1m
Cardio	30s on 30s off Treadmill Sprints					
HIIT	40 mins Incline Treadmill Walk					



# WORKOUT 3

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Goblet Squat</u>	4	10	4010	10s
A2	<u>Standing Dumbbell Shoulder Press</u>	4	10	4010	1m
B1	<u>Dumbbell Walking Lunges</u>	4	12	3010	10s
B2	<u>High Pulley Kneeling Face Pull</u>	4	12	3010	1m
C1	<u>Seated Leg Curl</u>	4	15	2010	10s
C2	<u>Flat Dumbbell Flies</u>	4	15	2010	1m
Cardio	30s on 30s off Treadmill Sprints				
HIIT	40 mins Incline Treadmill Walk				





MONTH THREE

Into the final phase now, we’re stepping up the work with added cardio to really blast the fat.

As always, keep on top of those macros!

Frequency

Days	Training
Monday	Workout 1
Tuesday	Workout 2
Wednesday	Workout 3
Thursday	20 mins Cardio
Friday	Workout 1
Saturday	Workout 2
Sunday	Workout 3





Fat-Loss Workouts						27
WORKOUT 1						
Order	Exercise		Sets	Reps	Tempo	Rest
A1	<u>Squats</u>		4	12	3110	10s
A2	<u>Assisted Pull Up</u>		4	12	3110	1m
B1	<u>Leg Press</u>		4	15	2110	10s
B2	<u>Barbell Bent Over Row</u>		4	15	2110	1m
C1	<u>Dumbbell Squat</u>		4	20	2010	10s
C2	<u>Dumbbell Upright Row</u>		4	20	2010	1m
HIIT	Spin Bike 20s Sprint 10s Rest x 5					
Cardio	40 mins Steady-State Cardio					

WORKOUT 2						
Order	Exercise		Sets	Reps	Tempo	Rest
A1	<u>Conventional Deadlift</u>		4	10	3110	10s
A2	<u>Incline Dumbbell Chest Press</u>		4	10	3110	1m
B1	<u>Romanian Deadlift</u>		4	12	2110	10s
B2	<u>Standing Cable Flies</u>		4	12	2110	1m
C1	<u>Seated Leg Curl</u>		4	15	2010	10s
C2	<u>Standing Dumbbell Push Press</u>		4	15	2010	1m
HIIT	Rowing Machine 20s Sprint 10s Rest x 5					
Cardio	40 mins Incline Treadmill Walk					



# WORKOUT 3

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Dumbbell Squat</u>	4	10	3110	10s
A2	<u>Seated Dumbbell Shoulder Press</u>	4	10	3110	1m
B1	<u>Trap Bar Deadlift</u>	4	12	2110	10s
B2	<u>Machine Shoulder Press</u>	4	12	2110	1m
C1	<u>Barbell Walking Lunges</u>	4	15	2010	10s
C2	<u>Standing Lateral Raises</u>	4	15	2010	1m
HIIT	Treadmill Sprints – 20s Sprint 10s Rest x 5				







# LOCKER-ROOM LOWDOWN



# You've made it!

Be sure to check out our other guides for muscle building, advanced bodybuilding, toning up, and healthy living.

## Remember to:

- Recalculate your macros
- Put reminders in your phone
- Experiment with recipes to make sure your diet isn't bland and boring
- If you miss a session, not to worry



Share your progress on Instagram and tag [@myproteinUK](#) and check [The Zone](#) for workout and recipe tips.



# THE WEIGHT-LOSS ESSENTIALS BUNDLE



SHOP NOW