

COACH KAYTLIN'S

7 Day Guide to

**FAT  
LOSS**



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## 7 Day Guide to **FAT LOSS**



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# HEY LADIES,

Coach Kaytlin here.

First off, Happy New Year!

Let's talk about fat loss really quick. With so many diet trends and fitness fads out there, things can get a bit confusing. But guess what?

It's actually easier than you may think. To really shed pounds and get in the best shape of your life, here's what you need to do: keep it simple.

That's right. Fat loss is all about simplifying your approach.

As a certified personal trainer and Professional MMA fighter, I know what it takes to maximize fat loss results and get feeling healthy, strong, and confident.

I've compiled my top 10 tips for effective fat loss, as well as designed the ultimate meal plan and workouts to help you maximize your results.

But that's not all! I've also put together an awesome Fat Loss goal-based stack of IdealLean Protein, BCAAs, and Burner -everything you need to fast track your progress.

Let's kick 2018's butt and make this one our best year yet!

Hugs & Kicks,

Coach Kaytlin

# TOP 10 FAT LOSS TIPS

## **1. Eat healthy carbs & fats.**

Don't be scared of eating carbs and fats! As long as you're choosing to eat the healthier options of them, they'll be great for your body and actually help aid your fat loss. Instead of white bread, switch it out for wheat bread.

## **2. Take a multivitamin.**

As you are cutting down some foods in your diet, you might be missing out on vital nutrients your body needs to function properly. Instead of risking that, take a multivitamin to fill any gaps in your diet that you could possibly be missing.

## **3. Increase your water intake**

Ideally you should be drinking 3/4-1 full gallon of water each day. Water will help your body function properly as well as flush out toxins and aid your fat loss. Some tips for increasing your water intake would be to carry a water bottle with you everywhere and set a reminder in your phone of when you should drink it! If you're sick of water squeeze in a fresh lemon/ lime or drink more BCAA's.

## **4. Sleep 6-9 hours every night.**

Sleep is one of the most important things you can do for your health. Getting enough sleep will help decrease your body's cravings, support healthy brain function, and get you performing and feeling better. If you're getting enough sleep throughout the night, you will more likely make better choices throughout the day.

### **5. Increase protein intake.**

If you didn't know by now, protein is important to help build and repair your muscles as well as keep your body functioning properly. Protein can help with fat loss because it is RARELY stored as fat. Most of the time if your body doesn't use it, it is excreted through urine. It also takes more energy for your body to digest protein than it does other macronutrients. Protein helps you have bigger muscles (when combined with training) and the more muscle you have, the more calories you'll burn throughout the day.

### **6. Prepare food ahead of time.**

A huge key to success is being prepared ahead of time and knowing what you're going to eat throughout the day. That way you will have a gameplan, and when something pops up, it won't throw you off track! When you get hungry, you'll know what you're going to eat next throughout the day. You know when you're supposed to eat and when you're not and you won't be tempted to eat unhealthy foods because you have healthy foods prepared ahead of time.

### **7. Watch your bites, licks, and taste (also known as BLT's)**



Calories from bites, licks, and tastes of food, or as I like to call them, BLT's, can add up throughout the day. Make sure to avoid those as much as possible, so that you can stay on track!

### **8. Limit (not eliminate) your sugar consumption.**

Besides the fact that it is nearly impossible to eliminate all sugar from our lives, our bodies actually do need sugar to run properly. But you should definitely limit your sugar consumption and pay attention to your intake.

### **9. Do HIIT (high-intensity interval training) exercises to improve fat loss.**

These workouts can be done in a shorter period of time but they are often very intense and fast paced, which means you can burn more calories. No more needing to run on the treadmill for hours and hours. For those with busy schedules, HIIT workouts are an amazing way to train.

### **10. Focus on the positive things in your life.**

Surround yourself with positive, like-minded people, and spend time doing what will make you happier and a better person! Picture yourself with the body & health that you want and focus on that. Bring that positivity into your life.

Fat-Loss Training: 7 Days of

# WORKOUTS

## DAY 1

### **Round 1**

20 Shoulder touches  
15 Jump Squats  
10 Push ups  
5 Burpees

Set a timer for 5 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 1 again.

### **Round 2**

20 High knees  
15 Shoulder Circles (15 forward, 15 backwards)  
10 Tricep Dips  
5 Man Makers -weighted

Set a timer for 5 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 2 again.

## DAY 2

### **Round 1**

20 Squats  
10 Reverse Lunges  
20 Skaters  
10 Forward Lunges

Set a timer for 5 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 1 again.

### **Round 2**

20 Mountain Climbers  
10 V-ups  
20 Squat Jacks  
10 Russian Twists

Set a timer for 5 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 2 again.



# DAY 3

## **Round 1**

30 Bunkickers  
20 Crunches  
10 Inch Worms

Set a timer for 5 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 1 again.

## **Round 2**

30 Bicycle Twists  
20 Jumping Jacks  
10 Jump Lunges

Set a timer for 5 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 2 again.

## DAY 4: REST

## DAY 5

### **Round 1**

20 Sumo Squats -Weighted  
20 Squat Surrenders  
20 Overhead Tricep Extensions -Weighted  
20 Bicep Curls -Weighted  
2 Burpees

\*Bonus Minute Wall Sit

Set a timer for 8 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 1 again. Add in the bonus minute at the end of the second time you complete the round.

# DAY 6

## **Round 1**

30 High Knees

30 Military Planks

30 Squat Jacks

30 Single leg hop (15 each leg)

3 Burpees

\*Bonus Minute Sumo Squat Hold

Set a timer for 9 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 1 again. Add in the bonus minute at the end of the second time you complete the round.

# DAY 7

## **Round 1**

40 Crunches

40 Skii Hops

40 Shoulder Touches

40 Popsquats

4 Burpees

\*Bonus Minute Plank Hold

Set a timer for 10 minutes, repeat these workouts as many times as you can within the time period. Have a one minute rest and repeat Round 1 again. Add in the bonus minute at the end of the second time you complete the round.

FAT LOSS

## MEAL PLANS

Here's how the meal plan is set for each day:

1. Breakfast
2. Snack
3. Lunch
4. Snack
5. Dinner
6. Snack

Each day, pick from the following options below. Feel free to mix things up or stay the same -whatever is best for you!

# BREAKFAST OPTIONS

## 1. Avocado & Egg English Muffin

1 whole wheat English muffin  
3 large egg whites  
3 turkey slices  
1/4 avocado  
1 thin slice cheddar cheese

Directions: Scramble and cook your egg whites on a frying pan over medium heat until fully cooked. Toast English muffin then layer turkey slices, egg whites, cheese, and avocado between English muffin slices. Salt and pepper it until it tastes good to you, but don't go overboard! Then enjoy one of my all-time favorite breakfast recipes!

Nutrition per muffin:

Serves 1

Calories: 345

Protein: 30g

Fat: 13g

Carbs: 35g

Sugar: 9g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

## **2. Rise & Grind Smoothie**

3/4 c unsweetened coconut milk  
1/2 c nonfat plain Greek yogurt  
1 scoop Vanilla IdealLean Protein  
1/2 c strawberries  
1/2 medium orange  
1-2 c ice

Directions: Throw all of the ingredients into the blender, throw three punches, then add as much ice as you want! Blend & start the daily grind!

Nutrition per smoothie:

Serves 1

Calories: 250

Protein: 34g

Fat: 4g

Carbs: 18g

Sugar: 14g

\*Calories and nutrients will vary depending on the exact



# LUNCH OPTIONS

## 1. Chicken Teriyaki Bowl

1 c veggies (broccoli, carrots, zucchini or whichever veggies you prefer)

1/2 cup brown rice, cooked

4 oz cooked chicken, cubed

2 tbsp. teriyaki sauce

Directions: Cook the brown rice according to the directions on the package. Mix in desired veggies (I use carrots, broccoli and zucchini) and add the chicken. Put everything into a bowl and mix in the teriyaki sauce and eat up!

Nutrition per bowl:

Serves 1

Calories: 300

Protein: 34g

Fat: 2g

Carbs: 39g

Sugar: 5g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

## 2. PB&J Smoothie

3/4 c unsweetened almond milk  
1 scoop Vanilla IdealLean Protein  
2 tbsp. natural peanut butter  
3/4 c fresh raspberries  
1-2 c ice

Directions: Liquid goes first in the blender, then the rest of the ingredients! Start the machine and you will get one of my favorite sandwiches (PB&J) in a drinkable form!

Nutrition per smoothie:

Serves 1

Calories: 350

Protein: 29g

Fat: 18g

Carbs: 17g

Sugar: 6g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

# DINNER OPTIONS

## 1. Barbecue Chicken Pita

1 tbsp. barbecue sauce  
1 whole wheat pita  
1/4 c low-fat mozzarella cheese  
3 oz cooked chicken breast, cubed  
Red onions and cilantro, chopped

Directions: Spread the barbecue sauce on pita. Top the pita with mozzarella, cooked chicken breast, red onions, and cilantro. Broil the pita on low until the cheese is perfectly melted to your liking! Yeah baby, enjoy this one!

Nutrition per pita:

Serves 1

Calories: 370

Protein: 34g

Fat: 7g

Carbs: 41g

Sugar: 10g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

## 2. Shrimp Enchilada

36 medium shrimp, cooked  
1/2 c onion, cubed  
1 green pepper, cubed  
1 c nonfat plain Greek yogurt  
1 (15 oz) can green enchilada sauce  
1 tbsp. minced garlic  
6 whole wheat tortillas  
1/2 c sharp cheddar cheese

Directions: Preheat the oven to 350 degrees. Cook the shrimp according to the package or buy the precooked shrimp! Chop up the onion and green peppers. Combine the shrimp, Greek yogurt, sliced green pepper, onions, HALF of the can of enchilada sauce, and garlic. Spoon enchilada filling equally into 6 tortillas and lay on bottom of baking dish. Top with the remaining half of enchilada sauce and cheese. Bake 20-25 minutes, or until hot and bubbly. Add a side of veggies or brown rice to make it into your calorie range for this meal!

Serves 6

1 enchilada= 1 serving

Nutrition per enchilada:

Calories: 260

Protein: 21g

Fat: 7g

Carbs: 28g

Sugar: 4g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

# SNACK OPTIONS

## 1. Veggies & Avocado Dip

1/2 medium avocado

2 tbsp. fat-free cottage cheese

1 tsp. Hidden Valley The Original Ranch, Salad Dressing And Seasoning Mix®

3/4 c veggies

Directions: If you like avocados, you're going to LOVE this dip! Cut the avocado in half and mash it into a bowl. Mix in the cottage cheese and seasoning. Then dip in your veggies!

Nutrition per recipe:

Serves 1

Calories: 195

Protein: 5g

Fat: 11g

Carbs: 18g

Sugar: 0g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

## 2. Tuna Takedown Rice Cake

2 plain rice cakes

1 can tuna

2 tbsp. nonfat plain Greek yogurt

1 tsp. Hidden Valley Dips Mix, Fiesta Ranch®

Directions: You can either mix the tuna, Greek yogurt and fiesta seasoning together and spread it on top of the two rice cakes OR you can just mix the Greek yogurt and fiesta seasoning together, spread that on the rice cakes then top the rice cakes with tuna, you know, get creative ;)

Nutrition per recipe:

Serves 1

Calories: 195

Protein: 28g

Fat: 2g

Carbs: 18g

Sugar: 1g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

### **3. Bone-Crackers & Peaches**

1 tbsp natural peanut butter  
4 whole wheat crackers  
¼ medium peach, sliced

Directions: Spread peanut butter onto the crackers. Slice ¼ of the peach into 4 slices, or you can just cut the ¼ of the peach into small pieces. Top the crackers with the peaches, and wham-o! You have yourself a yummy little snack!

Nutrition per recipe:

Serves 1

Calories: 190

Protein: 4g

Fat: 11g

Carbs: 20g

Sugar: 5g

\*Calories and nutrients will vary depending on the exact types of food you choose to use.

### **4. Chocolate PB Rice Cake**

1 rice cake  
1 tbsp. peanut butter  
5 dark chocolate chips  
1 tsp. raw honey

Directions: Spread the peanut butter on the rice cake. Top with chocolate chips and drizzle the honey on top!

Calories: 186 Carbs: 19g Protein: 5g Fats: 10g Sugar: 9g



## **5. Protein Pudding**

1/2 c plain nonfat Greek yogurt  
1/2 scoop IdealLean Protein (any flavor)  
1 tbsp. dark chocolate chips

Directions: Mix the protein into the Greek yogurt & enjoy!

Calories: 175 Carbs: 16g Protein: 20g Fats: 5g Sugar: 12g

## **6. Fitchix**

Calories: 120 Carbs: 11g Protein: 15g Fats: 2g Sugar: <1g

# SUPPLEMENT GUIDE:

Nothing beats exercise and proper nutrition, plain and simple. But adding effective supplements into your training regimen is a great way to help support your efforts and fast track your results.

I've put together the ultimate Fat Loss Stack to help you crush your goals:

## **IdealLean Protein**

IdealLean Protein is my favorite protein supplement ever. Why? Each serving is packed with high quality whey protein isolate designed to help you recover effectively after training and build lean muscle. IdealLean Protein only contains 80 calories per serving, and has 20g of protein, but doesn't contain any sugar, carbs, or fat. It mixes up easily by itself, but can also be used as a delicious base for smoothies and shakes with fruits, vegetables, and juices. Talk about a win, win, right?

## **IdealLean BCAAs**

IdealLean BCAAs are designed to be taken during your workout, to help your muscles recover quickly so you can get back into action ASAP. They also contain a Fat Loss Blend to help you stay lean, and coconut water powder to keep you hydrated. They have 0g sugar, 0g fat, and 0g carbs so you can stay on track and build a lean and toned body. They are easy to mix up and come in delicious flavors.

## **IdealLean Burner**

IdealLean Burner can help you take your hard work to the next level. This supplement is formulated to support healthy weight loss and give you the energy you need to pursue your fitness goals. With ingredients like natural caffeine and Theobromine and CLA (conjugated linoleic acid), IdealLean Burner can help you make the most of your training and healthy eating.



FAT LOSS STACK

GET IT TODAY!