

GOAL: LOSE 5-10 LBS

If you feel Option 2 is for you, then the strategy will be for you to **start with a 3 day Eat Easy Reset** to help your body quickly reduce inflammation, bloat, and waste; and **then transition into a moderate calorie deficit (which I'll set for you after your Reset) for 6-10 weeks to lose up to 5-10 lbs** and build habits that make keeping the weight off feel easy and nourishing!

On the next page I have a Full Sample Calendar for you to print to help keep you on track.

The first thing to get prepared for Fueling Fat Loss with Hormone Harmony is read the Eat Easy Reset section to start to prepare for your 3 Day Reset. (Hyperlinked here or in the Program Materials under named Section).

Next, go to the 5 Habits section and read the "Macros, Micros & Minerals Explained + 7 Superfoods & Food Quality Considerations" Ebook to learn ALL ABOUT how Balanced Nutrition can help you reach your Fat Loss with Hormone Harmony goals! (Hyperlinked here or in the Program Materials under named Section).

These are all the most important to read through BEFORE getting started.

While you're doing the Reset or our as you're wrapping it up, you want to go through the "Mastering Macros" section to learn How to Calculate your own Macros and How To Use My Fitness Pal for tracking Macros at home, for restaurants/take-out (with & without nutrition info), and how to track alcohol.

After that, be sure to read through the "Treat Meals" for restaurant and lifestyle tips to help you with keeping balanced while having fun!

Then you can look through the Eat Easy Meal Ideas ebooks and Healthy Hormone Product Swaps list for how to eat more low inflammatory foods for better progress!

Fat Loss with Hormone Harmony



Goal to lose 5-10 lbs in 6-10 weeks



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	START DAY! TAKE PICS & MEASUREMENTS	3 Day Eat Easy Reset (no workouts, only walks/steps)			First Check-in Take Post Reset Measurements & Pics, Start Transition out of Reset Meals	Continue Transition Reset Meals & Start Pre-Phase workouts	Continue Transition Reset Meals if Possible
Week 2	START MACROS SHOP/MEAL PREP	Check-In 2 Start Phase 1 Training Program (Day 1 Full Body)		Phase 1: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 1: Day 3 Workout	
Week 3	SHOP/MEAL PREP	Check-In 3 Phase 1: Day 1 Workout		Phase 1: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 1: Day 3 Workout	
Week 4	SHOP/MEAL PREP	Check-In 4 Phase 1: Day 1 Workout		Phase 1: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 1: Day 3 Workout	<i>Should be down 3-5 lbs by this week, we will adjust whenever necessary for progress</i>
Week 5	SHOP/MEAL PREP	Check-In 5 Phase 1: Day 1 Workout		Phase 1: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 1: Day 3 Workout	
Week 6	SHOP/MEAL PREP	Check-In 6 START Phase 2: Day 1 Workout		Phase 2: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 2: Day 3 Workout	
Week 7	SHOP/MEAL PREP	Check-In 7 Phase 2: Day 1 Workout		Phase 2: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 2: Day 3 Workout	<i>May Transition to maintenance during weeks 6, 7, 8, or 9 depending on progress.</i>
Week 8	SHOP/MEAL PREP	Check-In 8 Phase 2: Day 1 Workout		Phase 2: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 2: Day 3 Workout	
Week 9	SHOP/MEAL PREP	Check-In 9 Phase 2: Day 1 Workout		Phase 2: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 2: Day 3 Workout	
Week 10	SHOP/MEAL PREP	Check-In 10 Phase 2: Day 1 Workout		Phase 2: Day 2 Workout	SHOP/MEAL PREP FOR WEEKEND WEIGH IN BEFORE WEEKEND	Phase 2: Day 3 Workout	<i>We'll do a final Check-in on the following Monday for Maintenance Macros &/or future goal setting</i>

RECAP:

WEEK 1: Weigh in & do pics & measurements before AND after the reset + after the transition reset to best establish where your metabolism is at!

Thursday AFTER the reset: I will set your Macros for you to start then or the following Sunday.

WEEKS 2-10: We will do email check-ins on Mondays & you will also want to weigh in on Thursdays to get averages to determine progress.

Program adjustments will be made based on progress during check-ins
Workout days can be adjusted, but good to have one day in-between
Calls can be set anytime through the 10 weeks which will set up via email.