

THE ULTIMATE FAT LOSS CHEAT SHEET

EVERYTHING YOU NEED TO KNOW ABOUT LOSING FAT - SIMPLIFIED



EVIDENCE BASED



PRACTICAL TIPS



EASY TO FOLLOW



REAL RESULTS

WHY PROTEIN IS YOUR SECRET WEAPON

A high-protein diet helps you:



STAY FULL FOR LONGER



PRESERVE MUSCLE DURING WEIGHT LOSS



RECOVER BETTER



REDUCE CRAVINGS



Aim for approximately 1.6-2.2 g of protein per kilogram of body weight each day.

THE BEST DRINKS FOR FAT LOSS



WATER



SPARKLING WATER



BLACK COFFEE



GREEN TEA



DIET SOFT DRINKS (IN MODERATION)



ZERO SUGAR DRINKS



AVOID EXCESSIVE SUGARY BEVERAGES AND ALCOHOL IF FAT LOSS IS YOUR GOAL.

FAT LOSS VS. WEIGHT LOSS

WEIGHT LOSS



Includes water, muscle and body fat.

Your weight can fluctuate daily.

FAT LOSS



Means reducing body fat while preserving muscle.

This is what creates a lean, healthy physique.



FOCUS ON FAT LOSS - NOT JUST THE NUMBER ON THE SCALE.

THE GOLDEN RULE

You must be in a **calorie deficit**.

Your body loses fat only when you consistently consume fewer calories than you burn.

It doesn't matter whether you're eating low-carb, keto or intermittent fasting.



A CALORIE DEFICIT IS THE FOUNDATION.



THE BIGGEST FAT LOSS MISTAKES

- ✗ Skipping meals
- ✗ Drinking calories
- ✗ Eating too little protein
- ✗ Relying on fat burners
- ✗ Unrealistic expectations
- ✗ Weekend overeating
- ✗ Not tracking progress
- ✗ Drinking too little water
- ✗ Avoiding strength training
- ✗ Poor sleep
- ✗ Eating while distracted
- ✗ Giving up too early
- ✗ Following fad diets
- ✗ Comparing yourself to others
- ✗ Expecting perfection instead of consistency



CONSISTENCY BEATS PERFECTION. EVERY. SINGLE. TIME.

FAT LOSS TIMELINE



WEEK 1

Water weight drops. Motivation is high.



WEEK 2

Hunger may increase. Stay consistent.



WEEK 4

Clothes often fit differently. Energy improves.



WEEK 8+

Noticeable body composition changes. New habits become easier.



FAT LOSS MYTHS



✗ CARBS MAKE YOU FAT.

Truth: Excess calories cause fat gain - not carbohydrates alone.



✗ YOU MUST DO CARDIO EVERY DAY.

Truth: Nutrition is more important than endless cardio.



✗ EATING AFTER 6 PM CAUSES FAT GAIN.

Truth: Total daily calorie intake matters far more than meal timing.



✗ FAT BURNERS MELT BODY FAT.

Truth: Most have only a very small effect and cannot replace a calorie deficit.



THERE ARE NO SHORTCUTS. JUST SMART CHOICES AND CONSISTENCY.

DAILY FAT LOSS CHECKLIST

- ✓ Hit your protein goal
- ✓ Stay in a calorie deficit
- ✓ Walk at least 8,000 steps
- ✓ Drink 2-3 liters of water
- ✓ Eat vegetables
- ✓ Sleep 7-9 hours
- ✓ Complete some form of exercise
- ✓ Be consistent



FINAL REMINDER



You don't need the perfect diet.



You don't need expensive supplements.



You don't need to suffer.



YOU SIMPLY NEED A PLAN YOU CAN STICK TO.

Consistency beats perfection

EVERY SINGLE TIME.