

THE ULTIMATE FAT LOSS FAST-START

1. Download the free 'My Fitness Pal' app and enter your age/height/gender and it will tell you how many calories to consume each day to reach your target weight.
2. You need to complete a minimum of 5,000 steps per day. BONUS: This app also has a completely free step tracker.
3. You will need the stripfast5000 Fire Bullets (either the K-CYTRO version or the BLACK EDITION).
4. Use google to search for "healthy breakfast ideas", "healthy lunchtime ideas", "healthy evening meal ideas" to get a huge list of suggestions to choose from.

TOP TIP: To keep things SUPER SIMPLE, find 2-3 clean breakfasts/lunches/meals/snacks/treats that you love and stock up on them when you do your weekly shop. The easier you make this part, the easier it is to stick to.

ABSOLUTE MUST: Drink 2-3 litres of water per day (keep 'diet/zero' drinks to a minimum).

FREQUENTLY ASKED QUESTIONS

Does this plan include weekends?

For maximum results, yes. If you have to eat out, you must complete 10,000 steps that day before the meal, and also 10,000 steps the day after (the free "my fitness pal" app has a free step tracker built in). Try to choose a lower calorie option and don't go crazy or you'll wipe out a full week's worth of weight loss in one go. Go for a lean meat or fish, or a big salad that is filling.

How long do I stay on this plan?

Carry on until you reach your desired weight/body shape. We recommend taking a one month break after 3 months continuous use of the stripfast5000 products. When you reach your desired weight/body shape, you should maintain your new weight via a healthy diet and active lifestyle. The stripfast5000 products are a food supplement, not a lifelong solution.



Breakfast:

Healthy breakfast
+ 1 capsule Fire
Bullets Fat Burner



Mid-Morning:

Snack (under
100 calories)



Lunchtime:

Healthy lunch
+ 1 capsule Fire
Bullets Fat Burner



Mid-Afternoon:

Snack (under
100 calories)



Early Evening:

Healthy Evening
Meal + Treat (Treat
= max 200 cals)

THE 10 X THINGS YOU ARE DOING NOW THAT ARE BLOCKING YOUR WEIGHT LOSS

(AND HOW TO STOP DOING THEM)

#1: Underestimating the Calories You Consume

Download the free app 'MyFitnessPal' and enter your age, weight and gender and it will give you a daily calorie target to achieve your desired weight. You can also quickly check the calorie content of your food to stop overeating.

#2: Too Many Sugary Drinks & 'Juice'

Next time you reach for a fizzy drink or juice, get into the habit of looking at the packaging to check sugar levels. Choose sugar free/zero versions and avoid fruit 'smoothies'.

#3: Not Drinking Enough Water

The less water you drink, the more toxins/water your body will hold on to making you look swollen. Drink a MINIMUM of 2-3 litres of water daily whilst using stripfast5000.

#4: You're Super Stressed

Exercise has been proven to drastically reduce stress levels. Walking the dog, a bike ride, anything that gets you moving for 1 hour (3 x times a week) will make a huge impact on your stress levels, and your fat levels.

#5: Poor Sleeping Habits

Sleep (or lack of it) severely affects your overall health, including your fat levels due to hormones. Aim for 8 hours by reducing late night excessive screen time. Our new Stripfast5000 night time fat burners (Night Bullets BLACKOUT) help you lose weight whilst enjoying a longer, deeper sleep.

#6: You Restrict What You Eat Then Binge

By removing all food pleasures, you'll crave them more. Instead, eat clean and work hard through the day, and save yourself a small "treat" for at night to reward yourself (low calorie ice cream, a chocolate/protein bar etc).

#7: You're Only Doing Cardio

Cardio is great, but unless you want to look like a popped balloon, aim to lift weights to maintain/grow lean muscle mass (ladies, don't worry about "looking muscly", this is a myth). Having more lean muscle also helps burn more calories each day.

#8: You Haven't Stopped Eating Refined and Processed Foods

If a product has an ingredient list that reads like a science experiment, avoid it. Aim to eat lean meats (chicken, turkey, fish, low fat beef mince), clean carbohydrates (basmati rice, sweet potato, wholegrain pasta) and unlimited amounts of vegetables and salad. Get organised and plan a weekly shop.

#9: You Make Poor Diet Choices Accessible

Remove 'trigger foods' from your working/home environment and keep clean snacks within reach to help you through those tempting moments. You'll regret it 5 minutes later anyway, stop the bingeing before it starts.

#10: After-Work Drinks

Keep alcohol for special occasions. Understand that every glass of alcohol has calories and affects your body in many ways including promoting weight gain, negatively affecting sleep quality and triggering depression. You'll also find it harder to eat clean and exercise the day after.



THE FAT BLAST BOOT CAMP

10 X FAT BLASTING 'AT HOME' EXERCISES FOR MEN & WOMEN

IMPORTANT: Please spend a few moments stretching before going ahead with any of the exercises shown. Always keep water nearby to drink on your rest periods to keep hydrated. Move away any objects within your home that may get in the way or cause injury. The more effort you put into these exercises, the more weight you will lose. By taking it easy, you are only cheating yourself - so go for it!

NOTE: Always consult your doctor before performing any strenuous exercise.

1. Alternating Lunge – 30 seconds, 30 second rest (x 3)
2. Prisoner Squat – 30 seconds, 30 second rest (x 3)
3. Leg Raise (alternate legs) - 30 seconds, 30 second rest (x 3)
4. Lower Body: Bodyweight Jump Squat - 30 seconds, 30 second rest (x 3)
5. Core: Mountain Climbers (alternate legs) - 30 seconds, 30 second rest (x 3)
6. Bicycle Crunches (alternate legs/twists) 30 seconds, 30 second rest (x 3)
7. Tricep Dips Using Chair - 30 seconds, 30 second rest (x 3)
8. Bridge Exercise (hold for 3 second at top) - 30 seconds, 30 second rest (x 3)
9. Donkey Kicks (alternate legs) - 30 seconds, 30 second rest (x 3)
10. High Knees Running On The Spot (alternate legs) 30 seconds, 30 second rest (x 3)



**THE MORE EFFORT YOU PUT INTO THESE EXERCISES,
THE MORE WEIGHT YOU WILL LOSE.**

10 X SECRET CELEBRITY TIPS AND TRICKS... TO SUPERCHARGE FAT LOSS

#1 Brush Your Teeth Early

Studies have shown that if you brush your teeth after eating your evening meal, you are 37% less likely to eat again before bedtime.

#2 Guzzle Sparkling Water

If you are feeling hungry in general, or want to eat less when you are about to eat a meal, guzzle lots of sparkling water to fill your stomach.

#3 Take a (Non-Flattering) Body Selfie

We've all seen 'that' holiday photo where we didn't look our best. Take a horrible body selfie and put it as your home screen image on your mobile phone.

#4 Skinny Clothes = Skinny You

Buy some jeans/clothes that are too tight on you (or hot wash your current jeans to shrink them). Wearing them you'll feel conscious of any 'over hangs' and it provides yet more incentive to stay focused and lose the excess weight.

#5 Fruit Water Jugs

Create mind-blowing yet healthy jugs of 'fruit water' which taste like a naughty treat yet provide lots of nutrients and antioxidants.

#6 Cook Twice As Much

When making your evening meal, make twice as much and split the additional food into 2 x smaller meals for the next day.

#7 The 7 Day 'Colour Diet'

1. Day 1 = any Red coloured foods
2. Day 2 = Yellow
3. Day 3 = Pink
4. Day 4 = Green
5. Day 5 = Orange
6. Day 6 = Purple
7. Day 7 = Blue

This is both an entertaining, and frustrating



plan at the same time. But your body will thank you for it!

#8 Ditch the 'All or Nothing' Mentality

If you dropped your mobile and scratched the screen, would you then smash the whole phone to pieces just because you scratched it? Well don't do the same diet wise. If you stray slightly off plan, go for a long walk to make up for it.

#9 Smaller Plate

Scientists have proven that eating your meal on a smaller plate tricks your mind into thinking you've had a full meal, but with a much smaller amount of food.

#10 The '32 Chews' Method

Now this sounds like a tiring one, my jaw is almost aching at the thought of it! A professor from a university in America released a study showing that if you chew EVERY mouthful 32 times, after just a few mouthfuls you lose interest in eating the rest of the meal (wonder why?!) and your brain signals that you are full. This technique is reserved only for the hardcore amongst us!