

HOW TO GO INTO THE WEEK STRONG FOR FAT LOSS

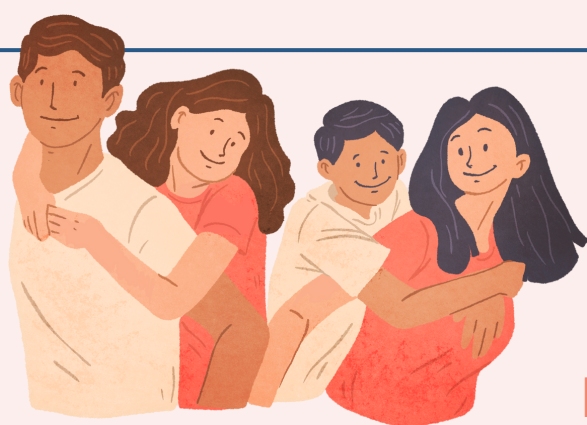
REVIEW YOUR WEEK

WHAT DOES YOUR SCHEDULE LOOK LIKE? ASSESS YOUR WORK COMMITMENTS, FAMILY NEEDS & SOCIAL OCCASIONS?



WORK COMMITMENTS

IF YOUR JOB CONSISTS OF MEETINGS, TRAVELLING, HIGH PRESSURE BE ORGANISED. FOOD PREP OR SOURCE SHOPS THAT WILL GIVE YOU THE INTAKE YOU NEED THROUGHOUT THE DAY.



FAMILY NEEDS

FAMILY TIME IS IMPORTANT, JUST BECAUSE YOU'RE ON A FAT LOSS PHASE IT DOESN'T MEAN YOU CAN'T EAT WITH THE FAMILY!

CREATE AWARENESS AND KNOW WHAT THE FAMILY TIME MEAL CONSIST OF! THEN ADAPT YOUR STRUCTURE FOR THE MEALS BEFOREHAND TO GUARANTEE YOU ARE STILL IN A DEFICIT & STILL GET TO HAVE A FAMILY DINNER.

SOCIAL OCCASIONS

THIS NORMAL CONSISTS OF EATING OUT AND ALCOHOLIC DRINKS. YOU DON'T NEED TO GIVE UP YOUR SOCIAL LIFE, IT JUST TAKES SOME PLANNING BEFORE, DURING AND AFTER TO STILL STAY ON TRACK. MAKE SURE YOU ARE CORRECT WITH YOUR DEFICIT INTAKE LEADING UP TO THE OCCASION. FOCUS ON HYDRATION AND GETTING PLENTY OF SLEEP. WHEN YOU'RE OUT, DON'T THROW THE KITCHEN SINK AT YOURSELF. EITHER HAVE A HEARTY MEAL THAT HOLDS EXTRA CALS AND LIMIT YOUR ALCOHOL INTAKE OR REVERSE THE PROTOCOLS. IF IT'S A HEAVY NIGHT WITH ALCOHOL, PICK MORE NUTRIENT DENSE FOOD OPTION. BUT IF ALL ELSE FALSE JUST REMEMBER THAT IF YOU ARE ABLE TO SHOW CONSISTENCY SIX DAYS OUT OF THE SEVEN THATS WHAT CREATE RESULTS!

