



The Starting Fat-loss Program

Everything you need to kick-start your fat loss journey while improving your health at the same time.



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Ryan Nolan was born and raised in Northern California. He has always had passion for food and nutrition and before getting certified as a Personal Trainer he spent his early adult life working in the restaurant industry as a Chef and had his own catering company. His experience as a Chef gives him a unique advantage when it comes to nutrition and meal planning.

His passion for fitness began when he saw a picture of himself and decided it was time to take the initiative and get motivated. He was in the gym within a week and competing within the year. Since then it has propelled him into this field with vigor and resolve to help others get to what is healthy for their body and mind.

In his free time Ryan enjoys hiking, tabletop gaming, and spending time with his family and dog.



Action Plan

*Your step-by-step guide to starting
your sustainable weight-loss journey!*

Welcome to the Starting Fat Loss (SFL) Program



Primary Goal:

- Lose weight sustainably
- Increase strength
- Improve health

If you are looking to kick-start your fat loss efforts while improving your health at the same time, then this program is for you.

This program contains the key information and resources that you will need for sustainable and realistic weekly fat loss.

Apply this and stay consistent to it and you will achieve great results.

Below you will find some further details on what to consider during this fat-loss program.

Why increase strength?

This is one of the first steps in any fat loss plan. When we lose weight, the number of calories we burn daily is reduced. Building muscle and strength can help to keep the calorie burn high.

Nutrition

Fat loss is not about boring & bland meal plans.

It is about how much energy you are consuming (food and drink), on a consistent basis. Therefore, our primary goal is to calculate how many Calories you need to consume daily.

We also know the importance of how your daily protein, carbohydrate and fat intake are too, so that must be calculated before starting. You will find more info on how to do this soon. The meal planner below is to provide you a basic structure and an ideal template to follow. Use the suggested meals from it to create great-tasting food every day. You don't need to eat every meal suggested on this plan; it's simply a template for you to use to guide your daily decisions and choices.

What we will do:

- 1) Calculate your personalized calorie and macronutrient intake.
- 2) Aim to be within 5% of your recommended macro breakdown and calorie intake daily.
- 3) Use a food tracker such as www.MyFitnessPal.com to record and track accurately.

Remember:

Create great tasting, varied and nutritious meals. Avoid eating plain chicken breast with some boring veg...spice it up and get creative (see recipes included).

You know that you've got this right when you look forward to your meals and enjoy eating.

Training

Your Starting Fat Loss (SFL) training program has been created to **optimize fat burning** from your exercise efforts.

This plan is simple yet highly effective, and it's recommended that you stick to it as closely as possible. Exercise is simply a tool to aid fat loss when following a reduced calorie diet.

Weight training is a very effective tool for increasing muscle mass, which will help to burn more calories throughout the day. That is why it is a cornerstone of this program.

You shouldn't be weight training daily, so you will also need to do some further lower-intensity exercise on your non-weight training days. The ideal is some walking or cycling.

In this program you will find a training planner, which outlines an ideal template for the suggested workouts.

Just like with the nutrition plan this doesn't need to set in stone for your success. It can and likely should be adjusted to suit your routine and schedule.

You can therefore complete this exercise at any time of the day.

“The only rule to exercising for fat loss is... **just get it done!**”

Lifestyle

We have already put into place the most important factors for your success.

So, for the mean time, simply focus on the above and make those consistent changes to your current routine.

But aiming for 7-8 hours of quality sleep each night and finding some time to unwind or relax daily will greatly improve your health and well being too.





Meal Plan

Meal Plan

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
MONDAY	Spinach Shakshuka	Leek & Pea Soup with Basil	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, Chocolate & Sea Salt Nut Clusters	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Steamed Italian Meatballs with side of rice & veg + remaining macros as you see fit
TUESDAY	Cottage Cheese Fruit Bowl	Leftover Leek & Pea Soup with Basil	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, Chocolate & Sea Salt Nut Clusters	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Steamed Italian Meatballs with side of rice & veg + remaining macros as you see fit
WEDNESDAY	Vanilla & Coffee Protein Smoothie	Avocado & Basil Tomatoes on Toast	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, Chocolate & Sea Salt Nut Clusters	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Keto Tagliatelle with Pea Sauce & Ham + remaining macros as you see fit
THURSDAY	Avocado & Basil Tomatoes on Toast	Leftover Keto Tagliatelle with Pea Sauce & Ham	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, Chocolate & Sea Salt Nut Clusters	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Bean Stew with potatoes + remaining macros as you see fit
FRIDAY	Vanilla & Coffee Protein Smoothie	Warm Salmon & Quinoa Salad	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, Chocolate & Sea Salt Nut Clusters	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Bean Stew with potatoes + remaining macros as you see fit
SATURDAY	Cottage Cheese Fruit Bowl	Kale & Tofu Salad with Peanut Butter Dressing	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, Chocolate & Sea Salt Nut Clusters	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Meal Out - Enjoy!
SUNDAY	Spinach Shakshuka	Leftover Kale & Tofu Salad with Peanut Butter Dressing	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, Chocolate & Sea Salt Nut Clusters	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Warm Salmon & Quinoa Salad + remaining macros as you see fit