

Nutrition Tips for Fat Loss

Nutrition Workout

45-75 min/session | 5-6 days/week | HIIT + Strength | Calorie Deficit

#	GUIDELINE
1	Eat Clean Whole Foods
2	High Protein Every Meal
3	More Veggies & Fiber
4	Complex Carbs in Moderation
5	Healthy Fats in Moderation
6	Avoid Sugar & Junk Food
7	Meal Prep - Stay on Track

TRAINER RECOMMENDATIONS

- Create a calorie deficit of 300-500 calories daily
- Eat high protein: 1.6-2.2 g per kg of body weight
- Lift heavy, do HIIT, and stay active
- Drink 3-4 liters of water daily
- Sleep 7-8 hours every night
- Track progress every week - consistency is the key