

**BEGINNERS  
GUIDE  
TO LOSE  
5KG+**

**BILLY BUTLER**

# Table of CONTENTS

## 01 BEFORE YOU START

Setting expectations, understanding sacrifices & discover the commitment you have to this process.

## 02 LET'S GET PLANNING

Now we build the foundations to make this journey a success. Planning for everything will set you up for the best results.

## 03 NUTRITION

Deep dive into popular Nutrition subjects and ways to work around them.

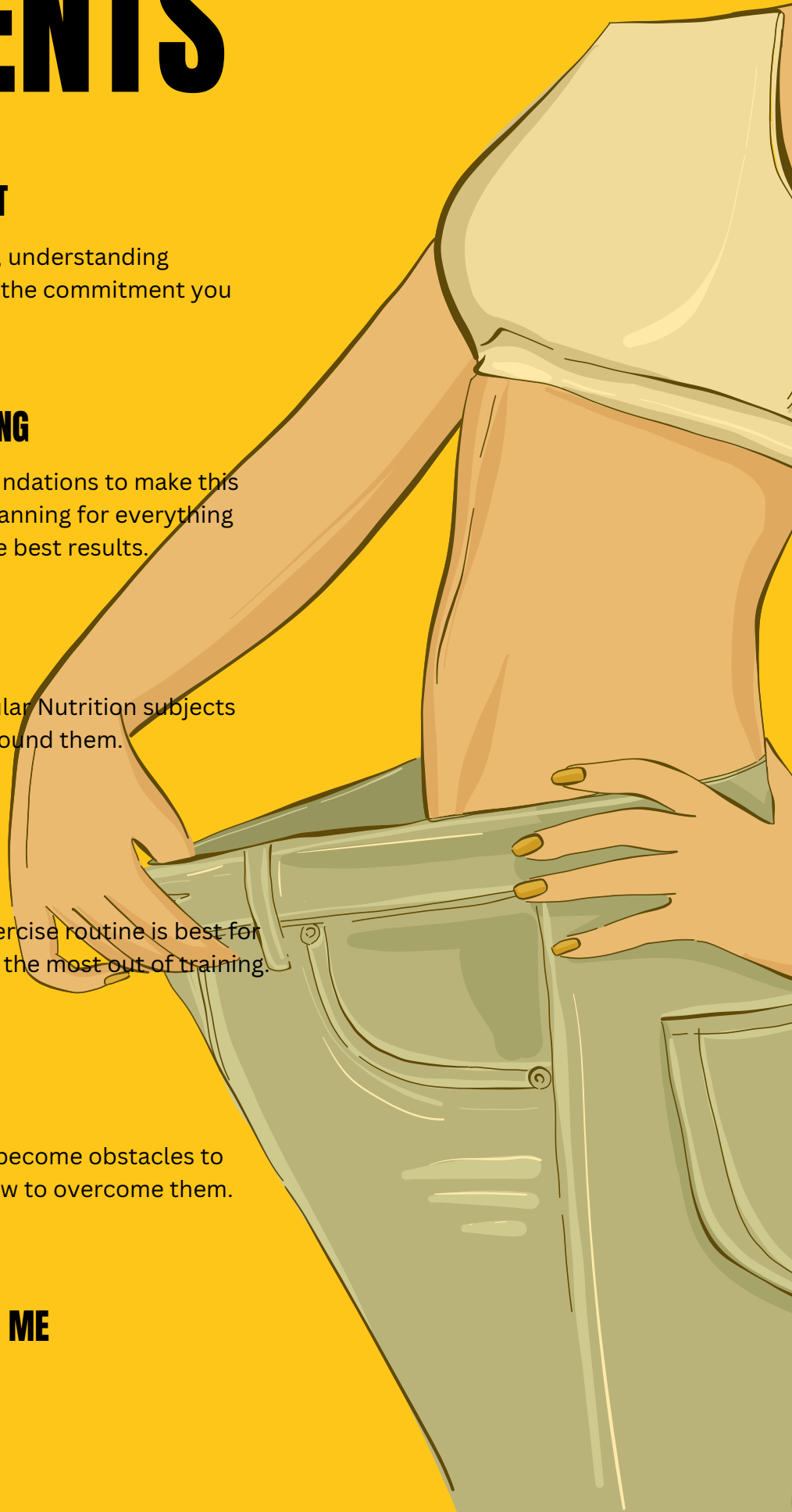
## 04 EXERCISE

Finding out what exercise routine is best for you and ways to get the most out of training.

## 05 LIFESTYLE

Key areas that may become obstacles to your journey and how to overcome them.

## 06 HOW TO CONTACT ME



# *Intro*

Within this guide I'm going to help you lose up to 5kg within the next 30 days. I've created this guide because I firmly believe Weight loss is simple. The science behind weight loss is simple & with the correct plan, then the process can be too. My challenge to you is that if you're not willing to read this guide fully and implement the information contained, then you're not as serious about losing the weight that you claim to be.

I break this weight loss journey into 3 Pillars.



This guide has been designed to simplify the whole process and help you to see past the scaremongering and misinformation that plasters your social media apps.

But I want 1 important commitment from you right now - That you do not use any excuses. Yes you may have PCOS, Underactive thyroid, Diabetes or any other condition, which I'm not glossing over. However this doesn't make weight loss impossible, just a little more difficult.

In the following pages I will go into further detail on the key areas within those 3 pillars. But first we need to run through a few key foundations for your journey to be a success.

# START

## **HOLD YOUR HORSES! BEFORE YOU GET GOING.**

### The Priming Phase

In this phase you're going to have to get real with yourself, set expectations, understand sacrifices you're going to have to make & discover how committed you really are. I will throughout this guide bust the most common myths out there & help you understand the trends in behaviour & actions that you need to look out for.

### Expectations

What is it you want to achieve? Just to drop a few Kg? Or do you want to completely change your life? You also need to ask yourself the reasons why you're wanting to achieve this. Is it to impress others, or is it because you feel physically sick looking at yourself in the mirror?

With the initial goals in your head, you now need to understand Expectations V Reality. What I mean by this is that if you expect just because you follow a plan for a few days that you're going to get the results you want, then I'm here to bring you back down to earth. If you want it. You've got to work for it. The way I describe this is that you get the returns from the work you put in. If you do 50% of the tasks that are required, then you'll only get 50% of the rewards.

### Sacrifices

Now you will have seen people on social media tell you that you can lose weight without giving up your favourite foods. Now that is partly true, BUT if you're favourite foods are being consumed on mass every single day then you're going to have to give some things up. You 100% can lose weight whilst still eating crisps, chocolate & drinking alcohol, but the amount will have to reduce. That's part & parcel of it. Not willing to do that, then close this guide right now & go back to moaning how life is unfair.

# JUST A FEW MORE

## Commitment

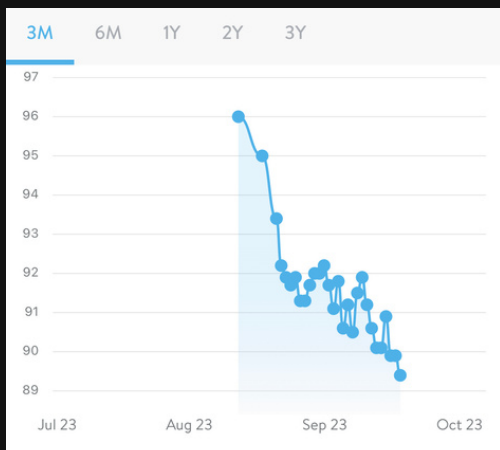
**The Big One!** This goes back to the reasons you want to do this. If you're doing this for a partner, or for any other reason than for yourself, then you won't stick to it. You need to really dig deep into the reasoning & understand you may have to work bloody hard to get the results. But the rewards waiting for you at the end are going to be lifechanging. Your call.

## Trends

Weight loss isn't linear, meaning you won't see an equal drop each day if you do everything you need too. There will be daily fluctuations in your weight dependant on sex, age, current weight, exercise level & diet. The best way you can look at it is over a week period, this way you can notice any trends happening & if there is a particular time that you're less adherent or slipping up. This is why my advice is to weigh yourself every day so you can notice these trends. If you leave it a week or longer between weighing yourself then you may be disappointed when it can be simply explained. Here are a few examples –

- You could have gone to the toilet before one of the weigh ins.
- You could have retained more water on one of the days.
- You may have consumed more calories because of a family meal or work event.
- You are using different scales.
- Where you're in your cycle.
- Alcohol, illness & even the time you ate the previous day.

As you can see from just the points of this list, that it is important to monitor weight daily & notice these trends early. I can't stress how much of a negative impact it can have if you work hard all week & see no change because you weigh in once. When it could be one of the reasons above that the weight has crept up again & it is not the fact you've not made progress.



# LET'S GET PLANNING

Now you've got the reasons why you want to make this journey; you can start putting foundations in place.

When I talk about planning, I don't just mean your food. I want you to plan your daily activity, work commitments, social occasions, family time & hobbies. I want you to begin **TIMEBLOCKING** every bit of time you have in a week.

This might sound excessive but until you know exactly how much of your time you're spending on tasks & events, then there will be a lot of that time allocated to procrastinating.

Time blocking holds you accountable to deadlines and means more gets done. Grab a calendar or simply do it on your phone or computer. List down every single task you have included in your week (Relaxing time also) and assign it to a particular slot in your week. This may well change multiple times and that is normal. You must find what works for you & your circumstances and that is why no one else can tell you what works best.

## Social Media

If you found yourself stuck with the time blocking and can't simply find any free time, then I've got a task for you. Open your most used social media apps and go to the settings. Find the part which displays your screen time or daily usage. Look at how many hours it says and then try and tell me you don't have any free time.

This can be very eye opening to realise how much time you throw away watching pointless videos.

## Calorie Counting

You've just sighed & rolled your eyes. Yes, I know it can be boring but if you have no idea how many calories you're consuming every day then you've got no hope of losing bodyweight. Use a calorie calculator to determine what your daily intake should be & by counting your calories everyday, you will be able to stick to targets and begin to see weight loss.



# PLANNING

## Meal Prep

When you have a clear plan for the week with your meals, your adherence will be better, you will reduce snacking & you know you're hitting your targets. But how do you do it?

You don't need to be a MasterChef to be able to cook healthy meals. I personally hate cooking, yet I can still put together a healthy meal in 15-20 mins. You need to stop using this as an excuse and learn how to cook 5-10 easy meals. When meals are all planned out, it also reduces the amount of time you spend in the evening deciding what to have. No one is going to do it for you & the sooner you realise that and act, the better off you will be. Dozens of recipes are available in my free Facebook Group - [Click Here](#)

My preferred method of planning the week out is a whiteboard that has your breakfast, lunch & dinner in a table for the week. Keep this on your fridge or somewhere in plain sight & you'll not be able to avoid it. Keep breakfast simple as mostly they will be rushed or on the go. Overnight oats are perfect for this, and you can play around with recipes to find what ones you prefer best. With evening meals, you need to sit down & work out what you can cook every day & get creative. Don't be boring and please use spices & flavourings in your meals. Then the easiest thing for lunches is leftovers. Get creative and plan it all out.

## Portion Control

Focusing on portion size means that you can carry on having your favourite meals. You just need to be more cautious with how much. For example, when having a roast dinner, you didn't need to have 14 roast potatoes. You could have satisfied that craving with much less. How big your portion size should be for meals, will depend on your individual circumstances. Helpful tip is to add fruit or vegetable with every meal to boost it up and try and eat until only 80% full.

## Discipline

Nutrition may take many attempts of trialling different things. But stay consistent with it & it will come. Once this happens your relationship with food will be much more improved & this is when the guilt of anything "BAD" disappears.

Avoid quick fixes, listen to reputable sources who quote studies & not opinions. I'm not here to tell you what is right or wrong for you, I'm just trying to simplify the process.

# NEXT STEPS

Now your routine is starting to take shape & your meals are planned out for the week you need to look at your activity level. What do you currently do? What can be added or changed.

The go to method for people beginning on a weight loss journey is going to the nearest cardio machine & doing 20-30 minutes high intensity & then looking at how many calories they have burnt. Now if this was the way to lose weight effectively then there would not be an obesity crisis on the planet.

Most people who Yo-Yo with their weight loss & diet have tried this method time and time again. If it was productive, then they wouldn't have any issue with their weight. But when you put it into context that a 45-minute spin session may burn 500 calories (Or so your watch says), you could consume the same amount with a coffee & your breakfast. So, unless you can 100% commit to that level of exercise every single day then you may just have to ditch the 'Work Hard & burn more calories' mindset that you've got.

Exercise is to increase your strength, improve your cardiovascular fitness & make your bones & joints ache less when you age. It doesn't have to be a particular way or follow the exact plan that someone else has done. You can workout from home, the gym, you can go running, go for long walks, take up sports or quite frankly any other form of exercise that you wish. The key thing is that you have some enjoyment in it otherwise it will be more difficult to sustain. Before you say, 'But I hate the gym', that may well be the case, but is that because you don't have a clue what you're doing? If you got clear with a plan and started to see the body changes that you've always wanted, you might just start thinking differently. Now I'm going to go through a few key points below & make you understand all about exercise.

Free Workout programmes are available in my Free Facebook Group - [Click Here](#)

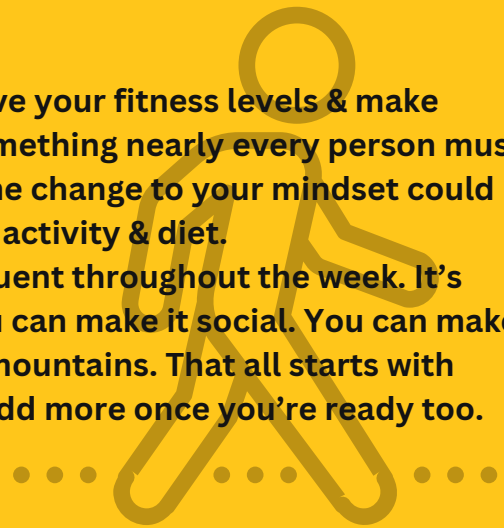




## **WALKING**

Developing a regular walking routine will improve your fitness levels & make positive changes to your mindset. Walking is something nearly every person must do daily but choose the easier option. Making the change to your mindset could be the catalyst to further mindset changes with activity & diet.

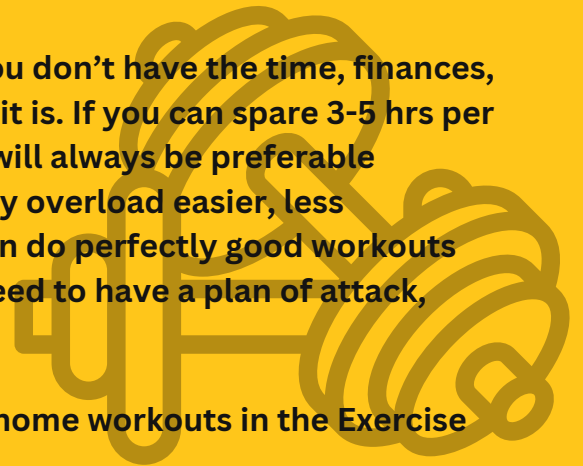
You'll carry on for longer durations & more frequent throughout the week. It's something you can do with friends & family. You can make it social. You can make it an activity and in the future look at climbing mountains. That all starts with getting out for 20mins every day. Build it up & add more once you're ready too.



## **GYM OR HOME WORKOUTS**

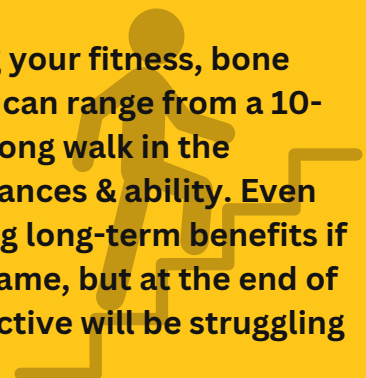
You need to think about your circumstances. If you don't have the time, finances, or resources to get to a gym then home workouts it is. If you can spare 3-5 hrs per week to work out in the gym, then do it. The gym will always be preferable because of the access to equipment, progressively overload easier, less distractions & access to experts. However, you can do perfectly good workouts from Home. The key thing with both is that you need to have a plan of attack, rather than try & winging it.

I break down how to make the most of the gym & home workouts in the Exercise section further into this guide.



## **ACTIVE EVERYDAY**

Being active every single day, means you'll be improving your fitness, bone strength, muscle mass & increasing life expectancy. This can range from a 10-Minute workout in your living room, through to an hour long walk in the countryside. Whatever fits within your routine, circumstances & ability. Even taking the stairs instead of a lift at work will have amazing long-term benefits if done consistently. Active every day is playing the long game, but at the end of it you have the benefits that people that chose to be inactive will be struggling with.



# SUMMARY

You've got meals planned.

You know what calorie value those meals have.

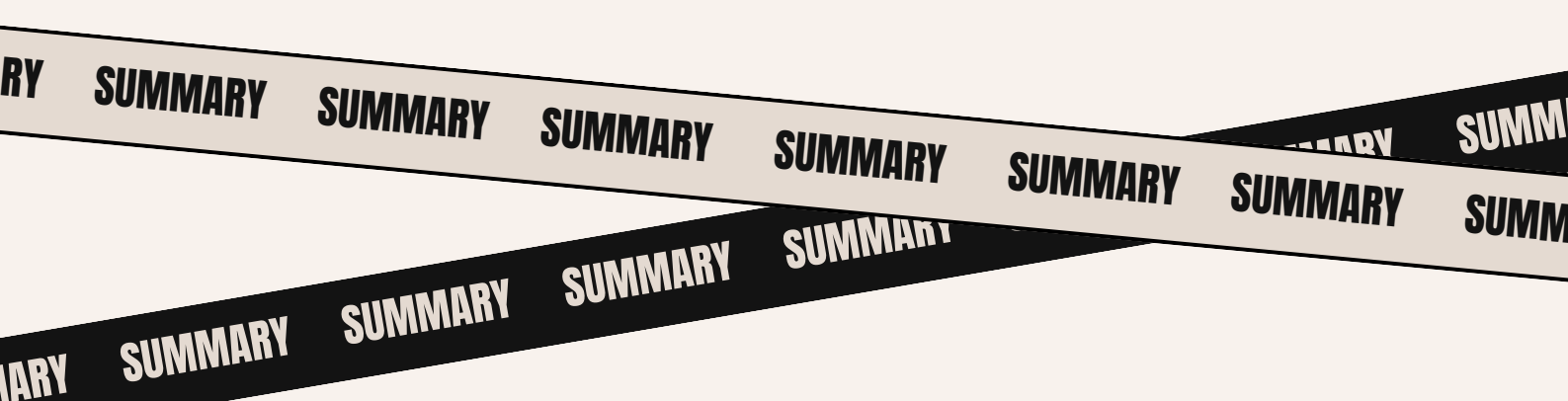
You have organised a workout routine.

You've planned it in all in your calendar.

Now if you stick to this plan as closely as you can the results will come. There will never be a perfect week and all you must do is pick up where you left off if things get missed. Don't try and make up for over consuming calories or doubling the exercise sessions up. This routine will work, and you need to give it time. If you chop and change it every few weeks as the results aren't as quick as you like, then you'll back in the cycle you were previously, and months will pass before you try again.

Trust the process and if workouts or steps targets feel easy, then add more into your routine.

Keep reading throughout the guide where I breakdown each of the 3 Pillars and explain key areas within these.



# NUTRITION



In this section I'm going to cover everything you need to know about Nutrition & some of the key areas where a little more knowledge will help you with your journey.

## Good Vs Bad

You've always believed that chocolate is bad, salad is good. Well, I'm here to bring music to your ears. You can be perfectly healthy whilst eating chocolate & crisps. There really aren't any GOOD or BAD foods. Some in higher quantities will be worse for you than others but if you remain sensible then you'll be fine. Labelling these foods only further damages your overall relationship with food & will subconsciously make you feel guilt when you eat anything in your fictional 'BAD' category.

Don't listen to all the whoppers on the internet that say a squares bar will kill you. They are extremists with their own agenda to sell you in their bios. They have no morals & don't care if you start to feel worse or even more confused.

## Cheat Days?

There is a massive hype around 'Cheat Days'. I think the term is stupid. With your diet, you can have small quantities of your favourite snacks every single day if you're disciplined. If you build up all week to then eat what you want, you will likely overindulge & the next few days you will be feeling guilt anyway, low in energy & more often than not people carry on the binge for a few days past their cheat day.

## Shakes, Pills, Fad Diets Explained

Now for some people the traditional weight loss organisations have worked in the past, but if you're reading this then they clearly haven't worked long-term. If you've never tried them before, or you're someone who has tried everything on the market, then don't worry. I'm not judging, I'm just explaining the reasons why they do not work.

# “DON'T BE A WHOPPER” - BILLY BUTLER



Whether it is Keto, Paleo, Carnivore, Veganism, or anything else you've seen advertised then they are all just trying to push their own agenda. The basics behind any diet is that you remain in a calorie deficit & regularly exercise. Whether you do that with no carbs, only meat, only leaves or by milkshakes, the science remains the same. Don't fall into the trap of someone using a study to back up their position because I can assure you there will be another study out there disagreeing with everything they say.

With 'Weight Loss Pills' or 'Weight Loss Shakes', you just need to realise you're being taken for a fool. How long do you think you could carry them on?

Going to stick with them for life, because if you get to your goal weight, then what do you start eating afterwards? You haven't learnt anything about being healthy.



## Macros

What are they? What do people mean when they talk about this? Let me break it down for you.

Macronutrients are a group of nutrients that provide the body with energy it requires to function normally. This is why it is vitally important to not neglect anything when it comes to a whole & well-balanced diet. If you simply tried to eat nothing in the hope of losing weight, then your body would react accordingly & functions would begin to slow down. This is why when you're ill and feel like you've lost weight, but you're tired all the time. It's because you've not eaten much in the last few days, therefore no energy. It's not a healthy & long-term strategy.

The main 3 Macros are Carbohydrates, Protein & Fats. The amount of each of these 3 Macros that you require daily completely depends on your personal circumstances. There are some good macro calculators on the internet that will give you a rough estimate, but your best bet is to use that number and make small changes that suits you.

## MACRO'S EXPLAINED --->

# KEEP READING YOU'RE DOING GREAT!

Carbohydrates – The main functions of carbs are to provide Instant & stored energy. Lowering quantity or reducing all together makes it more difficult for your brain to perform all required tasks.

---

## EDUCATION OF NUTRITION WILL LEAD TO LONG-TERM RESULTS

---

Protein – Digested into amino acids. These amino acids are used for repairing and building muscle tissue. Protein is more satiating & is why a high protein diet is recommended when losing weight.

Fats – Stored as energy reserves for when you consume less calories than you burn (Calorie Deficit). Therefore, the process of losing body fat. Fat is required however before you try & eliminate it altogether. Broken down fats insulates & protects organs.

In summary, you need to find the balance that works for your body & not avoid anything as the human body requires all macronutrients for essential functions. Micronutrients is another subject we will not get into as that further confuses people.

But for an example this is a recommended Macro split:

Carbs: 45–65% of your daily calories.

Protein: 10–35% of your daily calories.

Fat: 20–35% of your daily calories.

### Finances, Family & Other Obstacles

Kids can make mealtimes more difficult. Difficult but not impossible. Get them involved and educate them. If you're only ever resorting to fast food or quick oven meals, then how much are they learning for the future. They will copy what you show them.

With costs going up in recent years, people have had to cut back and the companies I said about might not be possible for you. The processed food that you're buying now adds up to more than healthier options. There are apps now that show you food that shops are getting rid of that is close to being out of date. It's good stuff so go and get some decent food for a massively discounted price.

Whether you're working long hours, travelling, got dietary concerns, suffering with eating disorders, then there are ways to overcome these. You need to be open minded & realise that the other option you've got is to remain the same, and if that was working, then you wouldn't be feeling this way.

# LIFE IS FOR LIVING. NOT BEING SCARED OF FOOD BECAUSE OF A SOCIAL MEDIA VIDEO.

## Social Occasions

Often where people fall off track. With a little bit of planning prior to any social events, you can manage them a lot easier. This doesn't mean avoiding your favourite food or drinks. What is important is you realise that this day will mean a slight gain in your weight. You could spend the week slightly reducing calories further and 'Bank' several hundred for the weekend to minimise the amount you go over.

The problems that most people have is that it is not just the day of the social occasion that they then go over. Due to this feeling of 'Falling off the wagon' people then carry this binge on for several more days. I can assure you I've never seen a 'Loss of gains' or gained huge amounts of weight, from simply having a massive meal and lots of alcohol.

Plan ahead & watch how much easier they get to navigate.

## Exercise Gym

The main obstacle to someone new in the gym environment is the anxiety that you feel. This is perfectly normal.

You may think people are looking at you but they are not judging, they've just seen someone new. I have guides for overcoming gym anxiety in my Facebook Group.

Something you need to remember is that you're not exercising in the gym to burn calories. You're building muscle, improving confidence & increasing your fitness levels. When you look at it that way then it opens the door to see success a lot more often.

Onto Gym classes! The big commercial chains that attach 'Fat Burning', 'Body Pump' to their class name isn't as good for you as they state. They go against any scientifically proven evidence that just exercising burns fat, it really is just a money spinner. When in classes you will be doing low weights & high repetitions & you may well leave feeling sweaty, but that's just your body's way of cooling down. That's why your spin class is small with no air con or windows. I go into a lot more depth in gym classes in my free guides.

## HOME WORKOUTS

A brilliant back up for busy individuals, typically with kids who are unable to attend the gym. They can be highly effective but you need to ensure that you have a specific set up at home that is free from distractions. Either this or get the kids involved. Wear gym clothes as you will then feel like you're in the right environment & if you can, purchase a few pieces of equipment. Home Workout plans available in my Free Facebook Group - [Click Here](#)

## PROGRESSIVE OVERLOAD

You may have heard this term before & it is one of the most important principles you need to follow for your exercise routine. Progressive overload is when you increase the weight, frequency, number of reps or sets, change tempo or simply improve form. This same principle can be added to all forms of training, even walking, and running. By measuring progress across more metrics, you will see improvements a lot more frequent & therefore motivation will be higher to keep going.

An example of progressive overload:

Week 1 – 3 Sets, 8 Reps.

Week 2 – 3 Sets, 10 Reps.

Week 3 – 4 Sets, 10 Reps.

Week 4 – 3 Sets, 8 Reps, Increase Weight.

## INFLUENCERS, BEACH BODS & 6-PACKS

The emergence of social media platforms has added extra pressures on people to look a certain way. We now compare ourselves to people on reality TV shows or people posing on beaches on Instagram. You don't live the same lifestyle as these people so why would you expect to look the same way. You must work, look after your kids & 200 other jobs in your week. For most of these "Influencers" their job is to look good. They work on their bodies all day & then have professionals take photos of them. Your terrible photography is no match. Also, it is now emerging that most of these photos are then edited anyway so you really can't believe everything you see.

Do you really want to look that way? With these 6-Pack, shiny abs that you see, comes a lot of restrictions & sacrifices. You'd have to give up your favourite foods, drinks & miss social occasions. Most of these people after looking that way for a length of time will then open up about how much they struggled to maintain it and how much they regret their decision. So once more, how much do you really want to look that way? I certainly don't think it's worth it.

# **SUPPORT STRUCTURE**

All this information is great & I know what is contained within this guide can dramatically change your life.

However, without any support the information is just words. Words that you've read before & seen all over social media videos but haven't been strong enough to get you started on your journey. That's down to not having the correct support structure behind you to keep you going when things get tough.

Whoever you decide to use for support throughout this journey is your choice, but what you need to make sure is that you explain in depth the reasons for you wanting to change. If you don't explain it fully then you will get people saying things like "What are you doing this for?", "I won't hurt" or "You're fine the way you're".

Now if you were fine the way you are then you wouldn't be needing to read this. People are just trying to be nice as they don't want to offend you. The only issue with this is that does not do you any favours. You need honesty & to accept the position you find yourself in. Once you've accepted it, you can put plans in place to combat it.

If someone is constantly dragging you down then this isn't the person you want to choose. If you can find someone to go on the journey with you then you can hold each other accountable.

I do want to make sure though that you take your advice from the right sources as well as some people will tell you very very strange things that they've seen on social media so please do some research before you believe something you hear.

The easiest way to sustain the active everyday mindset is to include family & friends into the activities you do. Not only are you then helping them become more active but as a collective you can hold each other accountable & sustain it for longer. A healthier family is undoubtedly going to be a happier family.



## **TIME**

The most precious currency on the planet. Often misspent & the most frequently used excuse. But you don't have to commit a whole lot of time towards active choices to get the rewards, you just need to find what works for you personally. Trying to cram in 5x workouts a week when you have kids, and a full-time job isn't going to be sustainable for everyone. As little as 10 minutes a day is still a whole lot more than doing nothing. But before you say that you haven't got time for that, I want you to check your daily usage of social media apps & then tell me you don't have the time.

## **PREVENTING BURNOUT**

As someone who has experienced this and almost been at the position of quitting everything, I'm confident in being able to lecture about the subject. With the ever increasingly busy world we live in & the pressure on people to keep up with everything & everyone, it's no surprise that more and more people are burning out and developing mental health issues. I won't touch on Mental health issues in this guide as that's to come in its own separate guide in the future (Exciting I know...). But I found myself in the position of getting ill due to working 3 jobs and doing 15-hour days 5x per week, leaving my weekends to spend the whole time in bed avoiding talking to anyone, even my partner. It wasn't healthy, it wasn't smart, and I most definitely wouldn't recommend anyone goes down that path. I'm all for you committing to new adventures & challenges but do it sensibly and always leave time for yourself.

## **LAST NOTE**

As I have mentioned several times throughout this guide, the information is excellent but only effective if you have the right level of support in place. You can choose one of your current circle or sign up to my coaching. But make sure you do not just simply read and ignore this.

You've taken the first step towards your goals, now you just need to back yourself.

Thank-you so much for taking the time to read this.

I appreciate it greatly.

Billy Butler

## **HOW TO CONTACT ME**

### **Facebook Group**

If you want to have access to dozens of FREE resources, then you can join my Facebook group - [Click Here](#)

I have training plans, recipe guides, challenges & lots more.

This group gives you an insight into how my Coaching services work & demonstrates how passionate I am about helping you change your life. Reach out if you have any questions or to enquire about joining my Coaching Team.

Facebook - Billy Butler PT

Instagram - BillyButlerPT

TikTok - bbutlerpt

YouTube - billybutlerpt

Email - [billy@billybutlerpt.com](mailto:billy@billybutlerpt.com)

Website - [www.billybutlerpt.com](http://www.billybutlerpt.com)

*Thank you*  
**FOR READING**



**BILLY BUTLER**