

# CHERRY BOMB

**Quick Start Guide - SUCCESS MANUAL**



**BE YOUR  
OWN  
SUCCESS  
STORY**



*cuz misery loves company*

[cherrybombgaragegym.com](http://cherrybombgaragegym.com)

# Disclaimer

Here's all the fun legal stuff my lawyer says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from **Cherry Bomb Garage Gym**, you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of **Sara Leger** or other staff or trainers of **Cherry Bomb Garage Gym and Fit Club** there are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against **Sara Leger** or other staff or trainers of **Cherry Bomb Garage Gym** or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

**\*IMPORTANT:** Again, more fun things from my lawyer: **This program is copyrighted and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.**

**HAVE A NICE DAY ;)**



**I'm VERY excited to have you as a part of FIT CLUB! You've just taken the first step in become the badass bitches you know you are. B.A.B.S!**

The next few weeks are going to be a life-changing journey filled with new experiences, self-discovery, sweat and **NO BULLSHIT**.

## **This is A Bullshit Free Zone**

I'm calling out the blatant bullshit in the realm of health and fitness. Know this:

- Short cuts don't exist.
- You can't alter your height, limb or torso length, and most other characteristics determined by your genetics; it's not about trying to look like "her"; it's about being the best version of yourself.
- Strict diets are not sustainable long-term.
- Exercise is not punishment.
- Bullshit gimmicks prey on your insecurities (and even create new ones).
- There is no magical pill, powder, or supplement; your best bet is to eat real food with ample amounts of fruits and vegetables. Some of the finer details are up to you.
- You don't have to be miserable or deprived.
- Stick to the basics: eat well and perform three total body workouts per week, for starters.
- You'll reap far greater results doing the good things consistently than haphazardly doing something deemed perfect. Consistency trumps all!

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**\*\*\* Want to determine if something you overheard is bullshit? \*\*\***

*Run it through the three-S test. **Is it Simple? Is it Sustainable? Is it Sane?** Those are three important criteria a health and fitness regimen should meet, but they don't sell books or magazines or get lots of likes. If it sounds too good to be true or bat-shit bonkers crazy, it likely is.*

\*

Hey, every diet system is going to stop working at some point. No matter how great it seems initially, inevitably you and that diet **will** break.

So, in this guide, I'm not going to give you a set of rules to follow. Or even share a specific diet philosophy.

Instead, I'm going to share a framework. A simple, go anywhere guide.

This way, if you follow a Paleo diet, you can learn to Paleo better. If you're a vegan, you can learn to do that better too. And, if you're just getting started with eating healthier, you can start out right, without wasting time, energy, or feeling like a total failure!

The benefits of this eating strategy stretch far beyond fat loss, however.

You'll be eating a LOT of delicious recipes that are loaded with energy-boosting, nutritious, and healing properties.

**Here's a quick snapshot of some of the other benefits:**

- Naturally balance blood sugar and helps eliminate cravings
- Supports hormone production and rebalancing
- Improves brain health and help protect against dementia and other disorders
- Improves memory and clear brain fog
- Improves digestion
- Increases energy levels
- Improves fertility
- Improves quality of sleep
- Decreases anxiety and mood swings

I'm very excited and grateful to be a part of your journey to better health and fitness.

I'm here to help and answer any questions, no matter how big or small. Or go ahead and talk to your coach. If they can't help they'll pass it along to me and I'll do my very best.

I want you to have the BEST possible experience and get the BEST possible results, so please reach out if you have any questions or concerns.

Thanks again for trusting in us and joining us for the next few weeks.

Sincerely,

***Sara Leger***

***sara@cherrybombgaragegym.com***

*This is Where Your awesome begins!*

## **How Do We Measure Progress at Cherry Bomb?**

Weight, body composition and circumference measurements are only a few of the many tools used to gather evidence of your progress. They should not, I repeat, should not, be thought of as the only way to measure success. There are so many other methods for measuring your progress that won't make you feel like a big ol' loser. Our approach uses simple strategies to help keep you focused but at the same time – avoiding frustration.

### **1. CLOTHING**

- Find evidence by taking a trip to your very own closet. Take out a pair of pants that fit snugly before you began your new, healthy habits. Are you able to ease into them, when before you had to sit (or lie) down, and yank them up your legs? This is a sure sign of progress toward a leaner you!
- Jeans are often the best form of measurement because they are the least forgiving. They just won't stretch to fit in those bulging areas. They will be your benchmark for you while you are progressing through this course. Try them on every 3-4 weeks.
- Unlike the scale, jeans do NOT lie. They can't. They are ALWAYS the same size.

### **2. BODY MEASUREMENTS**

- Other numerical signs of progress. Watch the measurements of your waist, arms, neck and hips change. If you are not losing pounds, you are losing inches all over your body as your figure slims down and tones up.
- Other numerical indicators include a reduction of blood pressure or cholesterol, BMI, and body fat percentage.

### **3. ENERGY LEVELS**

- Monitor how eating supportively and regular exercise affects your energy levels. Not only will you be able to work out for longer intervals of time, but daily movements and chores will also become easier. Whether cutting the grass or simply walking up the stairs, these behaviors will come effortlessly.
- Think of all the daily activities you could use more energy for— grocery shopping, house cleaning, playing with your kids, and more. Pretty soon you'll be training for your first 5K!

## 4. EMOTIONALLY

- Most importantly, be conscious of how you feel emotionally. You work hard to reach your goals. Hopefully, the hard work will come with a boost in self-esteem, confidence, and happiness.
- Are you beginning to feel more comfortable in your own body? What do you hear others saying to you? What are you saying to yourself?

## 5. SCALE WEIGHT

- **Lastly, we have scale weight. WE DON'T USE THIS!** But I know you will so I've added it...yuck!

See how low on the scale of importance this is? While it's a factor in seeing results it's **definitely not** as important as the top 4 factors in how we measure results.

- Scale weight is based on a combination of many things like water, food, bowel movements and that time of the month. While it can show us one aspect of seeing results it definitely is not the main factor. So if the scale makes you feel bad about yourself then throw the 'effin thing out.

## First...What's It Going To Take?

Reaching your fitness goals and maintaining them permanently will take a significant, nay a lot, of effort and dedication on your part, however once you reach those goals, you'll realize just how worth it all your effort is!!

Throughout your transformation, you can depend on your Cherry Bomb Coach to work with you every step of the way. However, it is important to realize that ultimately **ONLY YOU** have the ability to make sure you follow this program (at home too) to the best of your ability and experience the maximum results possible in the quickest time. Fat loss is really a simple equation---what goes in must be less than what comes out, meaning you must burn more energy (Calories) than you eat and drink. Move more, eat less. However, it's not just the quantity of Calories you eat, but also the quality that makes a huge difference. Sure, you can lose weight by eating fat free Danishes, as long as you don't eat too many; however, you can also kiss your muscles goodbye if that is your choice. Instead, it's important to look at the overall quality of everything you consume—food and drinks.

With that said, let's take a look at some specific guidelines and recommendations that, when coupled with a sound exercise regimen, such as our CBGG workouts, can help you to lose fat, while preserving as much muscle as possible.

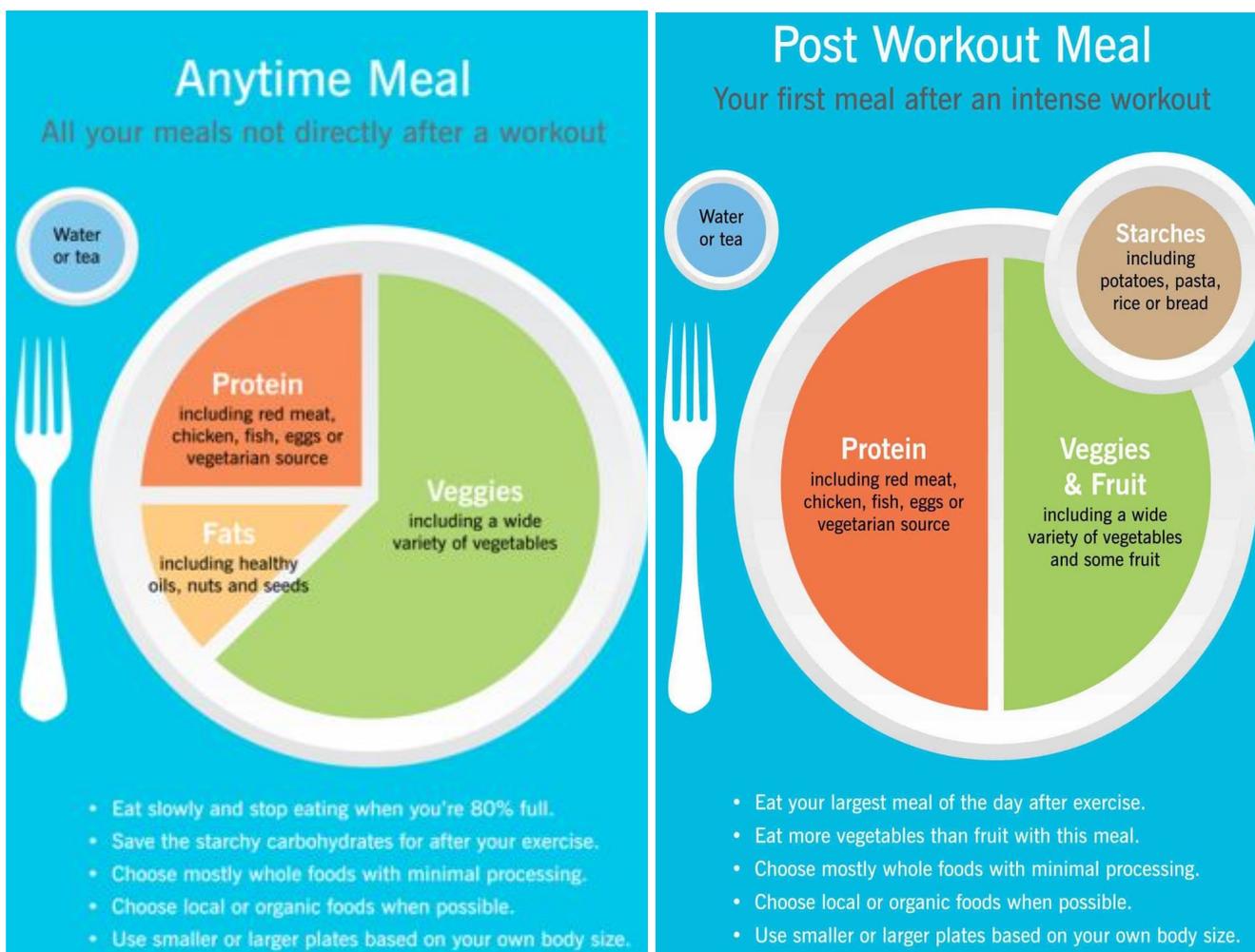
# Your Simple Nutrition Strategy !!!

Over the next few weeks, you'll be eating a real, whole-foods based meal plan. If it comes out of a box, you're probably not going to find it on the grocery list.

Great nutrition is the foundation of great results. Your main focus is going to be on eating high-quality protein, healthy fat, nutrient dense greens, and real fruits and vegetables.

Processed foods laden with chemicals, artificial colourings and preservatives are NOT on this plan.

Other things you won't find here: added sugars like high fructose corn syrup, inflammation-causing grains (like white bread or other baked goods), most dairy and complicated , calorie or macro counting. **We will be using the simple Precision Nutrition and FIT U approach of the "handy guide" "Plate".**



That's why the overall goal of this plan is to **feed** your body with nutrient rich foods, to help reduce inflammation so your body can heal and restore itself, especially after a hardcore, kick butt, badass workout and to do it without little containers to carry around or calories to count.

*Calorie counting is usually a recipe for failure: It's annoying, impractical, and research shows it can be up to 25 percent inaccurate on both sides — calories in, and calories out. Ugh, can't stand it!*

Instead we will focus on simple meal planning, timing and habits.

**HABIT 1: Eat Slowly (mindfully)**

**HABIT 2: Eat To 80% Full (hunger is not an emergency)**

**HABIT 3: Eat Protein with Every Meal**

**HABIT 4: Practice Gratitude (be kind to yourself and notice the small wins)**

As your body begins to balance out, you'll notice increased energy, better quality of sleep, better digestion, and increased fat loss which makes me VERY excited about the next few weeks, because what you will be learning can literally change the rest of your life!

**NO CALORIE COUNTING.** Refer to **How To Eat The Right Amount For Your Goals** for a more specific and "handy" guide to portion sizing specific to you.

## **There is no "perfect"**

We're going to try and stay away from ideas like "good" or "bad" foods. That said, processed foods, alcohol, white bread and sugary drinks aren't going to get you to where you want to be so they should be avoided.

You know this. I know this, so let's not pretend.

But I'm not a monster. I'm human and I understand indulgences once in a while. I also understand life is crazy and doesn't give a rat's booty that you're trying to eat better. When the stress is high and you just want to feel better that cookie does help... for a while. That's OK. Notice it. Name the feeling and move on. NO GUILT!

There will be days when you can't get a good meal in.

Here's the simple, **non shaming** approach we like to take.

# Just A Little Bit Better

*If staying away from sugar and bread and processed foods is too tough a challenge, then let's try the "just a little bit better approach". Example. Say you buy a Double Double XL from Timmy's, how about making that choice **just a little bit better** by cutting down on the sugar to 1 sugar and cutting down on the extra calories by purchasing a Medium instead. See, **a little bit better**.*

*Every time you reach for something on the "RED LIGHT" list. You know what they are. The things that you can't just have one of. Brownies, cookies, high calorie drinks... Think, "How can I make this choice just a little bit better?" 5 cookies can be 1 or even better, an apple.*

Here's a few more options for that sweet tooth. Some BETTER choices.

## **SWAPS & SUBSTITUTES**

Acceptable substitutes (in moderation, of course) are raw coconut palm sugar, raw local honey, dates, and Green Leaf Stevia.

The first three are slow to raise your blood sugar levels, so they're ok in small amounts. Green Leaf Stevia is a much less processed form of Stevia and does not have an impact on your blood sugar levels. It has been around for centuries. It's about 30-40 times sweeter than regular sugar... so make sure you only use the smallest amount!

\*

***Remember- this is a LIFESTYLE approach, not a fad diet.***

***\*\*\* NOT A PUNISHMENT! \*\*\****

***I don't want you feeling deprived in any way- so it's all about finding healthier alternatives to what you're already eating!***

# Putting it into Practice

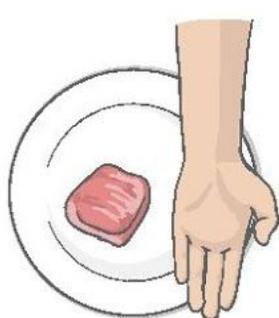
## How To Eat The Right Amount For Your Goals

How much you should eat depends on many factors, but here's 2 simple way to start.

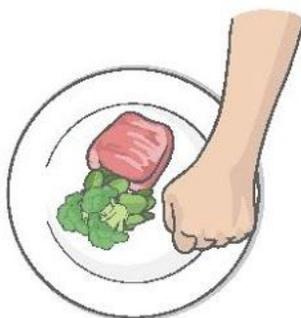
### The basics of portion sizing

You don't need to count calories to get the right portions for your goals. Instead, just use your hand to measure. This keeps meal times simple and easy.

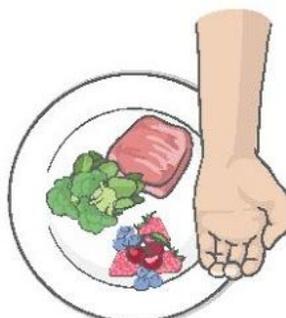
As you go through your coaching program, you'll learn more about specific foods and nutrients. For now, just get the general idea.



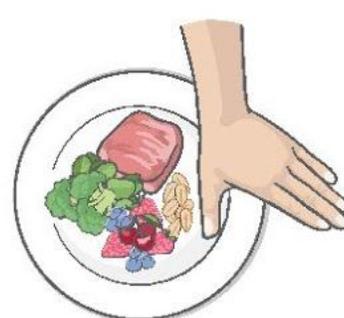
A portion of protein = 1 palm



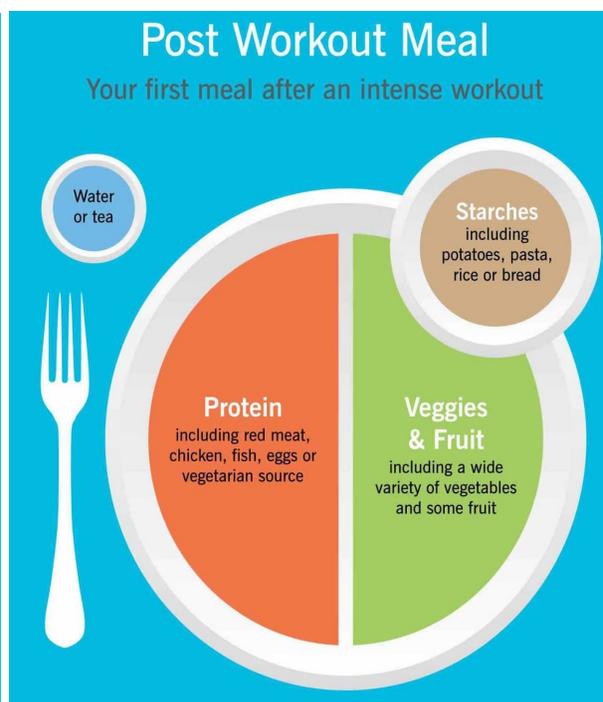
A portion of vegetables = 1 fist



A portion of carbs = 1 cupped hand



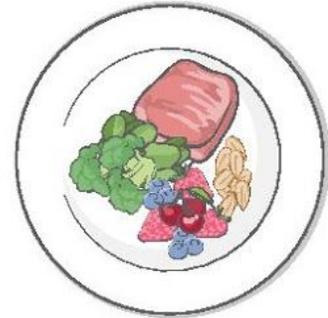
A portion of fats = 1 thumb



# Workout Nutrition Guidelines

## BEFORE YOUR WORKOUT

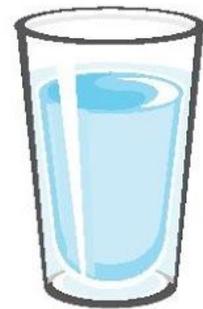
Eat 1-2 hours beforehand, as outlined in your meal planning section above



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## DURING YOUR WORKOUT

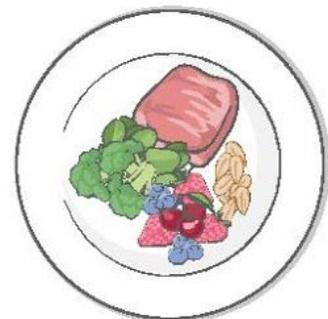
Drink water



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## AFTER YOUR WORKOUT

Eat within 1-2 hours after, as outlined in your meal planning section above



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**If you are still hungry...  
for the love of all that is holy,  
EAT MORE FOOD!!!  
More veggies and protein is preferable!**

# How to shop for what you need and like

Shopping can feel complicated, or like a pain in the butt — if you don't have a clear system and structure. It doesn't have to be like that.

With a shopping list full of foods **that you like and will eat**, you can hit the grocery store, get in and out quickly, and leave knowing you've bought all the things you need to make your meal plan happen.

So here's what to do:

1. List off what you'd like to buy this week.
2. Take this list to the grocery store with you.
3. Plan meals based on your custom meal template, knowing you'll have all that you need.

## ONLY Purchase Food on your Grocery List:

Don't fall into the trap of putting tempting items in your cart while you are at the store. If this is something you struggle with, try eating a small apple before you go. This will definitely help! Also- always print out your grocery list before you go.

## NO NEED TO GO ORGANIC BUT CONSIDER THIS:

Below is EWG's updated "Dirty Dozen List and Clean 15 List".

This will outline the fruits and vegetables that have the highest levels of pesticides, herbicides, and fungicides on them. Other than this list, a good rule of thumb is to choose organic when you're going to eat the skin such as grapes, pears, cucumbers, etc.



# Meal Planning

We don't normally eat "ounces" of things, or refer to food by their nutrients (like "omega-3 fatty acids").

Instead, we eat foods like:

- hamburgers
- tacos and burritos
- salads
- pasta and noodles
- sandwiches, wraps, pitas and rotis
- cereal and granola
- stir-fries
- Casseroles

Bottom line: If you want to eat better, you don't have to get weird about things. You don't need to weigh and measure everything, or count out your almonds. Ask yourself: "Is someone paying me to do this?" If the answer is no, you likely don't need this kind of approach.

You just need to think about what you're already eating, and how you could make it a little bit better. Remember that bit from before, "**Just a little bit better.**" This means fiddling and adjusting things. Making small changes and improvements to what you already normally eat and enjoy, one small step at a time. Not completely overhauling everything and eating shit you can't stand or that your family will hate you for. No one needs that kind of added stress.

Think about a *spectrum* of food quality rather than "bad" or "good" foods.

**Think of this as a game.**

*How can you play "make this meal/choice just a little bit better" in every situation?*

When your choices are limited (for instance, when you're traveling, or eating at a workplace cafeteria), how can you shoot for "a little bit better" while still being realistic, and without trying to be "perfect"?

How far you progress along the "better" continuum all depends on what YOU want, what YOU need, and what YOU can reasonably do, right now.

Over time, things can change.

Play YOUR game. With your life, family and food preferences in mind. No one else's.

# Success secret: Have a food prep ritual.

You might look at health pros instagram and facebook food photos and think, “How can people possibly do all that?” One: stop that shit. Stop looking at others and just do you! Two: Be prepared!

The idea is simple: Practice planning and preparing healthy food in advance which makes healthy eating convenient and easy.

It also makes decisions easier: You don’t have to make a choice when you’re rushed and hangry.

## On the weekend

Prep one-pot meals and versatile ingredients like grilled chicken and roasted veggies.



**STEP 1**  
Look ahead



Which busy days in the coming week will you need pre-prepped meals?



**STEP 2**  
Make a menu



Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.



**STEP 3**  
Shop for ingredients



Buy the ingredients for your pre-prepped meals.



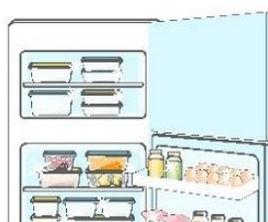
**STEP 4**  
Cook for the week



Cook time-consuming meal components: chicken, veggies, potatoes, etc.



**STEP 5**  
Store it conveniently

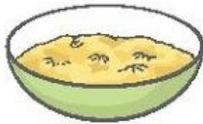


Pack your prepped food in stackable clear containers and make them accessible in the fridge.

# The night before

Soak hearty foods like whole grains, beans, and oats to save up to an hour of cooking time.

## Grains



1. Dump slow-cooking whole grains (like spelt, barley, or wheat berries) into a large bowl.



2. Cover them with a couple inches of water.



3. Leave them on the counter overnight.



4. Discard soaking water. Pour soaked grains into pot; cover with two inches of fresh water and boil until tender, 15-60 mins.

## Oatmeal



1. In a jar, combine equal parts rolled oats, milk, and plain yogurt (generally 1/3 - 1/2 cup each).



2. Mix in healthy toppings like fresh or dried fruit, nuts, seeds, spices and/or protein powder.

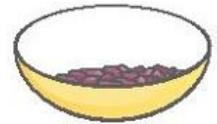


3. Cover and store in the fridge overnight.

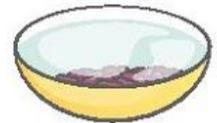


4. Enjoy for breakfast warm or cold.

## Beans



1. Pour 1 part beans into a large bowl.



2. Cover with 4 parts water.



3. Leave them on the counter overnight.



4. Discard soaking water. Pour 1 part soaked beans into pot; cover with 3 parts fresh water and boil until tender, 45-60 mins.

# In the morning

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Do quicker prep tasks like washing, chopping, boiling, and toasting.



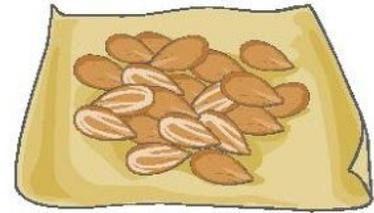
## 1 WORK WITH YOUR ROUTINE

Pair food prep with a daily activity like your morning coffee, making lunches, or watching the news.



## 2 PUT IT ON THE CALENDAR

So you won't forget — and you can reschedule if the unexpected comes up. 15 minutes should do the trick.



## 3 PREP IN BULK

Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.

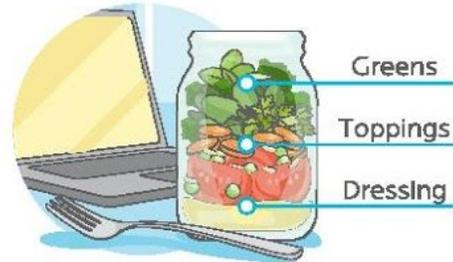
# In a jar

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Keep these pre-mixed meals handy at home or work for instant breakfasts and lunches.



In a large jar, combine uncooked oats with toppings like nuts, seeds, dried fruit, and spices. At breakfast time, simply scoop a serving into a pot, add water, and cook.



Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.

Experiment with systems, skills and strategies that work for YOU and YOUR life.

### **The real goal of a meal plan is to stop using a meal plan.**

Fit, healthy people who have a good relationship with food don't need other people to tell them exactly what to eat at all times.

Living a fit and healthy life doesn't require perfection, as mentioned before.

### **Keep it real.**

As much as possible, try to make the meal plan fit your **real life**, not the other way around.

If you're a parent, a worker, a student, or anyone else living in the real world, most of your meals will fall somewhere in the stages 1 through 3 spectrum. That's perfectly OK. Just experiment with being a little bit better, wherever you can.

Remember all goals require **trade-offs**.

If you want to achieve a high level of performance or exceptional body composition, understand what you are prioritizing and sacrificing.

Getting very lean, for instance, comes with costs. Perhaps not going out with friends or having that Friday night drink? What about the junk foods with kids at home? Is it reasonable to think your family will be willing to give up for you? How about rushed meals? Or on the road? Sanity is far more important than abs.

Make sure it's working for you.

If your meal plan is making you feel:

- overwhelmed
- anxious and fretful
- guilty
- regretful
- bad
- overly rigid and/or preoccupied with food...or any other negative, unproductive emotion.....and if you find that meal plans result in you:
  - “falling off the wagon”, hard
  - getting obsessive and compulsive about food
  - restricting foods and food groups...
  - doing “all or nothing”, usually ending with “nothing”

...then consider trying another approach. Like yesterday!

# Bonus Guidelines!

## **Caffeine:**

Caffeine is a stimulant that will increase your stress hormones. When stress hormones go up, insulin also goes up. Now- there are definitely benefits to drinking caffeine, so we just need to find a healthy balance.

Limit caffeine to 5 servings per week MAX (*and never after 1 pm.*) On days you have caffeine, make sure you drink an extra glass of water.

## **Alcohol, Sugary Juices & Soda:**

Liquid calories can add up FAST. Not only that, they're loaded with sugar that will spike your insulin. It places a heavy load on your body to detoxify from it (which is the exact opposite of what we're trying to do during this challenge.)

For the next few weeks, you should consider steering clear of anything other than water, an occasional coffee or green tea. If you're going to indulge be clear that it's something you want to do... notice it, name it and move on. Don't feel guilty or punish yourself afterwards. Try to make sure it's only 1-2 servings maximum per week.

## **Sleep to Peak:**

Over 40% of us suffer from chronic lack of sleep! Lack of sleep is associated with impaired memory, slowed speech, lack of ambition, and will lead to imbalanced hormones in your body causing weight gain and chronic fatigue. During this challenge (and in general) aim for 6-8 hours of uninterrupted sleep.

## **Always Be Prepared:**

*"If you keep good food in the fridge, you will eat good food." ~ Errick McAdams.*

This goes for your pantry, too. It's simple and easy to follow and is the main premise behind pretty much every program and challenge we run at **Cherry Bomb**.

Being prepared will mean the difference between success and failure during this or any challenge! Set yourself up for success by cleaning out your pantry from temptations and replacing them with healthy, delicious options.

## **De-Stress Your Life:**

It's time to focus on YOU for the next four weeks. Here's a great rule of thumb to help: If it's NOT going to help you grow, contribute, or reach your personal goals, then it's probably wasting your time.

All of that "extra stuff" = stress. Stress increases cortisol in your body and that equals more body fat. Not only that, it takes away the most valuable resource which we have, our time. Guard your time like your life depends on it, because it does.

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## **Toss the Margarine:**

Just get rid of it. Margarine smells SO horrible after all of the processing that it needs to be chemically deodorized so people will be able to eat it. It's also processed with a petroleum solvent. Toss it.

## **Measure Your Food (no calorie counting):**

Measuring is extra important if portion control is an issue for you. When you start doing this regularly, you'll soon be able to estimate the correct serving sizes just by looking at it. This is a very eye-opening exercise!

**REFER TO THE "HANDY GUIDE"**

## **Real Food. Real Meat:**

The living conditions (whether or not the animals were raised in congested feedlots, given antibiotics and hormones, what they are fed, etc.) all play a major role in the amount of nutrition that is passed along to us when we eat protein.

I could write an entire chapter about the differences between grass-fed, organic, and wild practices versus conventionally raised and farmed practices. It's true that you'll pay a little bit extra for the quality, but it is definitely worth it in my opinion.

Plus... you'll be saving money during this challenge because you won't have any food that goes to waste, so it will help balance out the cost.

If you're interested in learning more, check out this great article about grass-fed meat vs. grain-fed raised: [chriskresser.com/why-grass-fed-trumps-grain-fed/](http://chriskresser.com/why-grass-fed-trumps-grain-fed/)

# **How to Handle Your Cheat Meals:**

**In a nutshell, you're NOT "cheating" on anything. Cheating infers judgment and shame. It's food. You did not FAIL. Do not beat yourself up and do not deprive yourself.**

If you trip? Did you fail at walking and give up on walking all together? No you probably took the information you learned about that particular path having a big ol hole in it and adjusted your plan for the next time you walk that path.

Then why the heck don't we do this when we are "dieting"?

So stop calling them "Cheat meals" they are just meals that you can learn from. Enjoy a night out with someone you love or with your family once in awhile. If you find yourself straying from the planned path, notice it... name it (why?) then the very next time you find yourself in that situation again you'll have a plan. Or at the very least have knowledge of what to expect.

These indulgent meals can not only have a positive impact on your mood they also have a positive impact on your hormone levels when they're planned into your weekly schedule.

That said... You do NOT want to ruin all of your hard work and preparation in a single cheat meal. Example: entire bag of chips! Now, if you find yourself jamming cookies into your mouth like cookie monster... STOP. REFLECT. Ask yourself what are you feeling? What's going on around you? RECOGNIZE. LEARN. MOVE ON! Don't beat yourself up just make your next bite a better choice.

**So, feel free to indulge a little bit... but make sure NOT to go overboard.**

## **Remember to... Not only Focus on the Trifecta of Results**

Your results will be a COMBINATION of 3 things:

1. The total inches lost off of your body.
2. How your clothes feel.
3. Your bod. A photo before and after. How sexy that shit is looking. (we can also call this jealousy factor - you know, when your friends start getting all jealous;)

**But to consider your mental health. Fat loss is great but the most important thing is how you feel! Don't lose sight of life's ultimate goals - health and happiness.**

## **A few helpful tips:**

- What gets measured gets improved upon. Journaling your food and feelings on a daily basis helps you stay accountable to the program and more in tune with your emotions.
- Start with an end goal in mind and write it down.
- Keep your own daily journal of Food intake. TRACK & LEARN.
- Take one multivitamin a day and 1 gram of fish oil with each meal.
- Drink one glass of water upon waking and aim to drink water throughout the day.
- Drink a glass of water 30 minutes prior to and during meals to slow you down.
- Eliminate alcohol and sugary processed foods from your diet.
- Eat at least 3 meals a day (Protein, Vegetables and Fat).
- Eat protein with EVERY meal. Fill plate up with 3 quarters of veggies.
- Get 6 to 8 hours sleep.
- CONSISTENCY - The more consistent you are with the diet easier it gets.
- Good habits tend to crowd out bad habits, so develop lots of good habits
- Prepare your meals in advance so your aren't rushed and don't succumb to temptations.
- 80% of success is just showing up. Show up to 3 workouts.
- Focus on one day at a time and trust the process.

**• This is YOUR JOURNEY. Focus on YOU! And what works for you!**

# FINAL THOUGHTS

## Go towards your goals

A healthy, fit body isn't just about food and exercise (though that's important). It's also about how you think and feel, and what's important to **you**. Not some bullshit the media tells you.

### Imagine your Perfect Day.

Imagine you've succeeded, and you've gotten everything you wanted. What's happening? What are you doing? What's around you? What's better? What's actually important to you?

Now, see if you can do a tiny piece of your Perfect Day, today. It doesn't have to be big.

This could be as simple as spending 30 seconds doing a little extra to work towards your goals. Something as tiny as an extra glass of water. Or pretending, if only for a moment, that you've already become that person you want to be. That you already live the way you want to live, and feel how you want to feel.

The more you can imagine yourself living your goals, the more real they get.

You've already started taking steps towards change. That's huge!

Focus on moving toward what you **do** want.

Reward yourself for every small victory. Everything counts, no matter how little. Be that badass bitch you know you are. Be awesome!

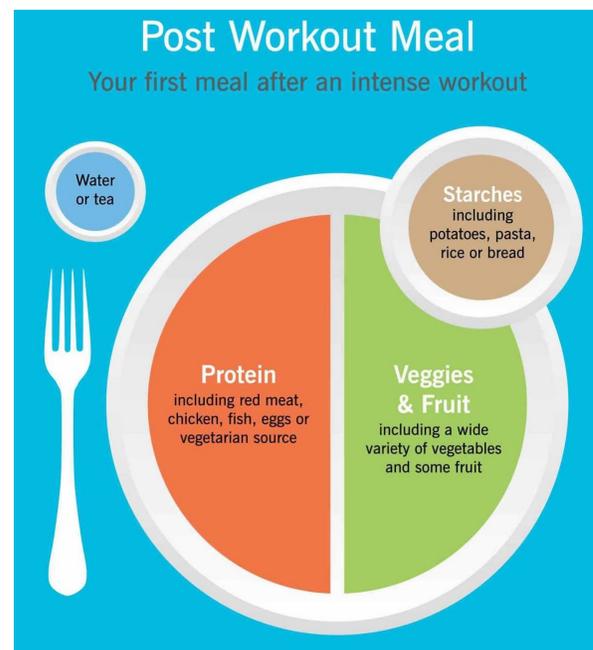
- Sara Leger

## Have Fun & Stick to the Plan!

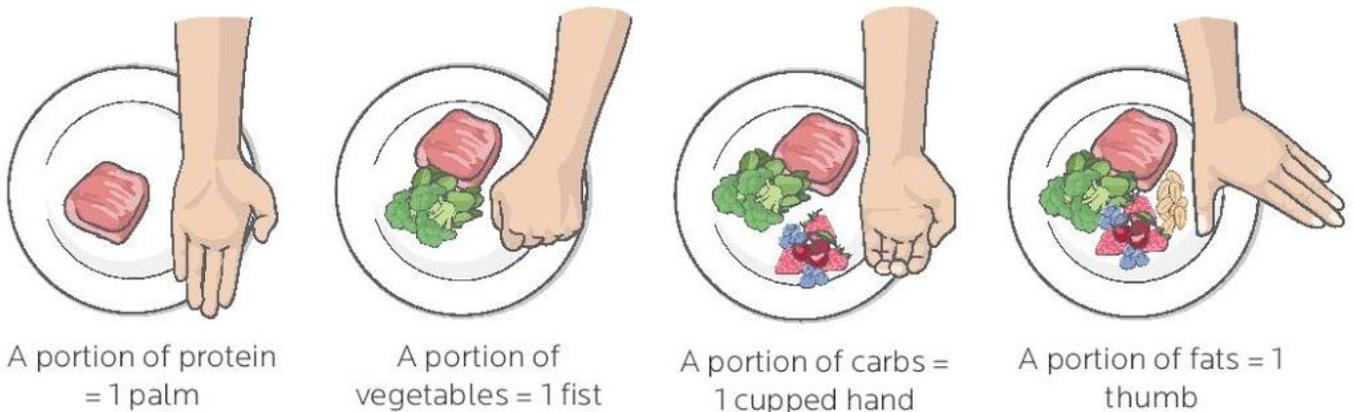


**Trust in the journey itself, and take it one day at a time.**

# CHEAT SHEET



Remember that the above is a fat loss solution... when things even out, don't be afraid to add in carbs to every meal. Build your meals using the "Handy Guide". Also ADD carbs to second meal (pre & post WOD) if you're feeling run down from workouts to help with recovery.



**Eat slowly**  
**Eat to 80% full**  
**Have protein at every meal**  
**Be kind to yourself... think "just a little bit better"**