

FASTER WAY

T O F A T L O S S [®]



A Day With the
FASTer Way

Welcome to A Day With the FASTER Way! We're so glad you're here with us.

The **FASTER Way** is a one of a kind program designed to deliver maximum fat loss and optimal health through sustainable strategies, comprehensive resources, and expert coaching. It's our mission to help you get well and fulfill your purpose with energy!

We hope you enjoy this day with our community, and regain new hope and enthusiasm for your health journey.

Let's begin!

Amanda Tress

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Founder and CEO

FASTER Way to Fat Loss[®]





WHOLE FOOD NUTRITION

Our Whole Food Meal Guides in VIP are specially designed to reflect our macro cycle for the month.



INTERMITTENT FASTING

Intermittent Fasting is a simple eating schedule to ignite fat loss and promote cellular repair.



ADEQUATE HYDRATION

Adequate Hydration to promote cellular health, improve cognitive function, regulate body temperature, and support the fasting window.



CARB CYCLING

Carb Cycling is an intentional variation of carbohydrate intake through the week to train your metabolism to use stored fat for fuel.



STRATEGIC WORKOUTS

FASTer Way Workouts focus on strength training, HIIT, and recovery in only 30 minutes improving fitness and lean, calorie burning muscle.



COMMUNITY & SUPPORT

A Certified Coach dedicated to your goals and an uplifting, like-minded community for daily encouragement. You'll never be alone in your journey to become the healthiest you.



INTERMITTENT FASTING

I Our program incorporates Intermittent Fasting, which is not a type of diet, but an eating schedule. There are several ways to implement this strategy, but in the FASTer Way to Fat Loss, we use a daily 16/8 protocol. This means that every day we fast for 16 hours and eat during an 8-hour window. For example, you may start eating at 11am and stop at 7pm. Most of your fasting period is spent sleeping! We use fasting as a flexible tool, and not a rigid rule, adapting the fast to each client's needs and always striving for progress, perfection!

How does it work?

Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it hard to burn fat. However, in the fasted state (8–12 hours after you finish digesting), your insulin levels are lower, so your body is better able to reach into

your fat stores. People rarely go into a fasted state throughout the day. In fact, the traditional theory of several small meals per day keeps us from ever reaching the fasted state! Plus, eating that way regularly spikes insulin levels, which we now know hinders fat loss.

Eating several small meals per day can lead to weight loss (calorie deficits always do—at least at first), but you will likely be losing both muscle and fat. When you lose calorie-burning muscle, you actually lower your metabolism and make it harder for your body to burn fat. You won't ever feel toned and fit even though you're working out and eating clean.

Start gradually by pushing your first meal of the day back. Enjoy water, black tea, and black coffee during your fast until it's time to eat! Your body will come to thrive with this all-natural approach!



Maximize your day and experience results!

- ✓ Increased insulin sensitivity
- ✓ Reduced insulin resistance
- ✓ Cellular repair
- ✓ Increased human growth hormone
- ✓ Enhanced hormone function
- ✓ Increased metabolism
- ✓ Weight loss
- ✓ Fat loss
- ✓ Reduced inflammation

Utilize the following tracker to tune into your body and celebrate your wins!



DATE: _____

MY ONE MAIN GOAL TODAY IS

- Practiced intermittent fasting
- Watched the bonus training
- Completed the FASTer Way workout
- Followed the meal guide
- Drank half my bodyweight in ounces of water

MY WIN FOR TODAY IS



How to use the FASTer Way Meal Guide

Designed by our RD team to promote fat loss and enhance wellness, our recipes feature key vitamins and minerals and a well rounded macronutrient profile of protein, carbs, and fats! Each recipe is curated with our FASTer Way fundamentals in mind.

Our delicious meals will satisfy even the most refined palates, yet are simple enough to customize and make meal planning a breeze. Our meal guides provide the flexibility you need to seamlessly implement the FASTer Way fundamentals into your life using ingredients you already have.

If you're looking for an easy way to amplify your results, our healthy and delicious FASTer Way recipes are in your corner. Our clients thrive with our guides and we know you will, too!





Here are our **3 top tips** to make the meal guide work for **YOU!**

1.) Substitute as needed: Don't be afraid to make substitutions to fit your taste preferences, dietary needs, or what's available at the store. For example, if a recipe calls for chicken, but you prefer fish, make the switch.

2.) Prep your meals ahead of time: To save time during the week, prep the meals ahead of time if possible. Chop vegetables, cook proteins, and portion out meals so they're ready to go when you need them.

3.) Be flexible: While it's important to stick to the meal guide for best results, don't be too hard on yourself if things don't go as planned. Be flexible and make adjustments as needed.

We help our clients customize their nutrition plan and use these guides as a comprehensive tool as it suits their needs! We hope you enjoy this “taste” of the FASTer Way lifestyle! Read on for your day of FASTer Way meals!



Shopping List



FRUITS

- 1 Avocado
- 2 Banana
- 1 bag Frozen Strawberries



PROTEIN

- Bacon
- Eggs
- 6 ozs Chicken Breast
- 12ozs Extra Lean Ground Beef



VEGETABLES

- 2 cups Arugula
- 1 bag Baby Spinach
- 1 head Broccoli
- 1 pint Cherry Tomatoes
- 1 Garlic Bulb
- 1 Ginger Root
- 1 Red Onion
- 1 head Romaine
- 1 stalk Scallions
- 1 Sweet Potatoe



PANTRY CONDIMENTS

- Almond Butter
- Bourbon
- Coconut Aminos
- Dill Pickle Juice
- Extra Virgin Olive Oil
- FASTER Way Protein Powder
- Ketchup
- Organic Chicken Broth
- Rice Vinegar
- Unsweetened Almond Milk

Egg with Bacon and Avocado

 **1 SERVING** |  **5 MINUTES**

Calories – 518 | **Carbs** – 11g | **Fiber** – 7g | **Fat** – 40g | **Protein** – 31g | **Sodium** – 764mg
Calcium – 162mg | **Iron** – 4mg | **Cholesterol** – 584mg | **Sugar** – 2g

INGREDIENTS

- 3 Eggs
- 3 slices Bacon, Cooked
- 1/2 Avocado
- 2 cups Arugula



INSTRUCTIONS

1. Cook eggs to your liking.
2. Cook bacon per directions on package or to your desired crispness.
3. Slice and serve avocado, eggs and bacon on top of the arugula and enjoy!

Burger in a Bowl

 **1 SERVINGS** |  **20 MINUTES**

Calories – 543 | **Carbs** – 10g | **Fiber** – 4g | **Fat** – 39g | **Protein** – 36g | **Sodium** – 845mg
Calcium – 76mg | **Iron** – 5mg | **Cholesterol** – 121mg | **Sugar** – 4g

INGREDIENTS

- 6 ozs Extra Lean Ground Beef
- 2 cups Romaine (chopped)
- 1/2 cup Cherry Tomatoes
- 1/4 cup Pickle (chopped)
- 2 tbsps Red Onion (chopped)
- 2 tbsps Mayonnaise (made with olive or avocado oil)
- 1 1/2 tsps Ketchup (No corn syrup or artificial sugar)
- 1/4 cup Dill Pickle Juice
- 1 1/2 Red Onion (diced)



INSTRUCTIONS

1. In a medium skillet, cook ground beef until cooked throughout over medium to high heat.
2. Chop romaine lettuce and add to bowl. Top with half of the pickles, chopped red onion, cherry tomatoes.
3. In a small bowl, whisk together mayo, ketchup, pickle juice, diced onions, diced pickle chip until smooth.
4. Add cooked ground beef to bowl. Top with sauce and serve.

Bourbon Chicken

 **1 SERVING** |  **40 MINUTES**

Calories – 391 | **Carbs** – 14g | **Fiber** – 4g | **Fat** – 6g | **Protein** – 56g | **Sodium** – 501mg
Calcium – 81mg | **Iron** – 2mg | **Cholesterol** – 177mg | **Sugar** – 6g

INGREDIENTS

| | |
|--|---|
| 1 tbsp Coconut Aminos | 6 ozs Chicken Breast |
| 1 tbsp Bourbon (Can use apple cider vinegar) | (boneless, cut into bite-size pieces) |
| 1 1/2 tsps Rice Vinegar | 1 tbsp Organic Chicken Broth (low sodium) |
| 1/4 tsp Ginger (fresh) | 1 stalk Scallions |
| 1/2 Garlic Clove | |
| 1/4 bunch Broccoli (cut into florets) | |



INSTRUCTIONS

1. Mix together coconut aminos, bourbon, rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
2. Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
3. Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
4. Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
5. Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
6. Top with sliced scallions.

FASTer Way Strawberry Banana Smoothie

 **1 SERVING** |  **5 MINUTES**

Calories – 261 | **Carbs** – 17g | **Fiber** – 6g | **Fat** – 10g | **Protein** – 30g | **Sodium** – 188mg
Calcium – 540mg | **Iron** – 2mg | **Cholesterol** – 0mg | **Sugar** – 6g

INGREDIENTS

1 cup Unsweetened Almond Milk
1/3 Banana (40 grams peeled and weighed)
1/4 cup Strawberries (frozen, 100 grams)
2 1/4 tps Almond Butter (12 grams, no added sugar or oil)
1 cup Baby Spinach (30 grams)
5 Ice Cubes
1 scoop **FASTer Way Protein Powder** (25 grams of protein)



INSTRUCTIONS

1. Add all ingredients to a high speed blender; blend until smooth. Add water (or preferred non-dairy milk) as needed. Enjoy!

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Ready to experience the total package?

Join our next round, where 30-minute workouts and daily meal guides are your new way of life! Plus, you'll have access to our comprehensive app and receive daily support from a Certified Coach. We make it easy for you to succeed. Get ready to meet a fitter, healthier you!

[JOIN NOW](#)

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