



**FASTER WAY**

**FAT BURNER**

**FAT LOSS GUIDE**

**+ 3-DAY SAMPLE MEAL PLAN**

## YOU CAN DO THIS!

We are thrilled that you've taken our FASTER Way to Fat Loss quiz to determine your unique fat loss profile. Based on your results and personal goals, we've created a custom guide to help you on your journey to better health.

We know how confusing it can be to navigate the complicated world of fitness and nutrition. That's why we've developed a 3-day sample meal plan to empower you to burn fat, increase energy, and thrive through your day once and for all.

We know that burning fat is a goal that's important to you, and we're THRILLED that you've decided to say goodbye to the cookie-cutter weight-loss plans and restrictive diets that simply don't work!

In this guide, you'll find fat-burning tips and tricks, a checklist with simple daily strategies to help you start burning fat TODAY, and three days of fat-burning recipes from the FASTER Way meal guide to get you started.



According to the CDC, excessive abdominal fat places you at greater risk for developing conditions such as Type 2 Diabetes, high blood pressure, and coronary artery disease. By choosing to burn fat, you're taking a huge step towards preventing disease and living your best, healthiest life!

Source: Centers for Disease Control and Prevention



## CHECKLIST: TIPS AND TRICKS

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**Get Moving!** Exercise helps burn fat by reducing the body's level of insulin (which tells the body to hang on to fat) and causing the liver to use up fat deposits instead.

- Aim for at least 20 minutes of exercise daily
- Incorporate high-intensity interval workouts in addition to strength training (versus long-form cardio)



**Catch Some Zzz's:** Getting 7-9 hours of sleep per night is critical to burning fat, boosting your metabolism, and feeling your absolute best.

- Keep your bedroom cool
- Go screen-free at least an hour before bed (blue light blocks the production of melatonin, the hormone that makes you sleepy!)
- Avoid caffeine within 8-10 hours of bedtime



**Optimize Your Meals:** The right balance of whole foods will fuel your body, help you burn fat, and give you plenty of natural energy.

- Try intermittent fasting
- Focus on consuming whole foods that “come from the ground or have a mother”
- Watch your macros (more on the next page!)
- Limit your alcohol intake
- Cut out sugar, processed foods, trans fats

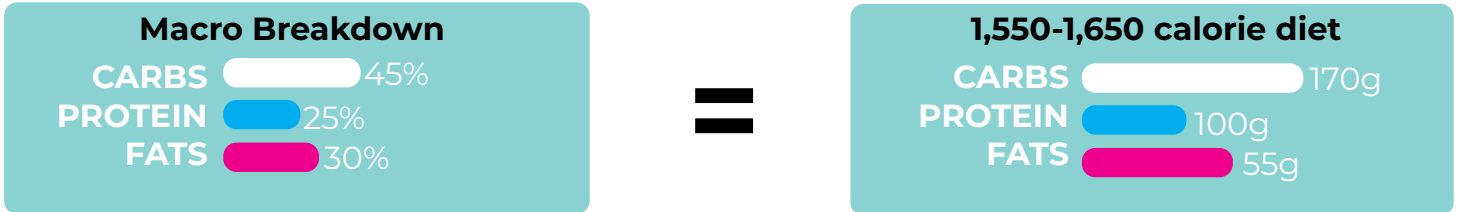


**Relax!** Change your mindset and your habits to optimize your body's ability to burn fat efficiently.

- Take deep breaths to keep emotions in check when dealing with stress
- Get some sun (you need that Vitamin D!)
- Express gratitude morning and night
- Surround yourself with a community that champions your goals and supports you!

## PUTTING IT ALL TOGETHER

One of the core strategies of the FASTER Way to Fat Loss is tracking macros. Macros are broken down into three basic categories: carbohydrates, proteins, and fats. Here, we've included a 3-day sample meal plan based on your goal of burning fat. Your ideal macro breakdown for a regular day is:



\*Remember: 1g protein or carbs = 4 calories, 1g fat = 9 calories

If you're intimidated by counting macros or unsure how to incorporate them into your overall wellness strategy, that's O.K.! We're here for you. Here at the FASTER Way, we make it simple to track your macros, and by pairing macro tracking with intermittent fasting, carb cycling, whole food nutrition, strategic workouts, and positive reinforcement, we have helped **over 210,000 people** burn fat, gain confidence, and live their best, healthiest lives.

Want to experience this for yourself? Learn how to implement these strategies with a certified professional in the cutting-edge FASTER Way to Fat Loss® program. You'll also get incredible support and accountability through our online community. You won't be alone on this journey!

[Click here](#) to join us for our next round today!



## MON



**MEAL ONE**  
Vanilla & Berry Overnight Oats, Sliced Almonds



**MEAL TWO**  
Chicken, Broccoli & Sweet Potatoes



**MEAL THREE**  
Shrimp, Snow Peas & Jasmine Rice

## TUE



**MEAL ONE**  
Eggs your Way with Bacon, Banana



**SNACK ONE**  
Banana & Cherry Protein Shake



**MEAL TWO**  
Beef, Rice & Carrots



**MEAL THREE**  
Salmon Kabobs and Asparagus,  
Steamed White Rice

## WED



**MEAL ONE**  
Smoked Salmon Egg Cups, Pear



**MEAL TWO**  
One Pan Halibut & Green Beans,  
Mashed Potatoes



**MEAL THREE**  
Chicken over Mexi Rice & Beans



## FRUITS

- 1/2 Avocado
- 1 1/2 Banana
- 1/4 cup Blueberries
- 1/4 cup Cherries
- 3/4 Lemon
- 1 Pear
- 1/4 cup Raspberries

## BREAKFAST

- 1 tbsp Almond Butter

## SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1 tsp Chia Seeds
- 1 1/3 tsps Cumin
- 1/4 tsp Oregano
- 1/8 tsp Red Pepper Flakes
- 2/3 tsp Sea Salt
- 1 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 2 tbsps Sliced Almonds

## VEGETABLES

- 1 1/2 cups Asparagus
- 1/3 cup Baby Spinach
- 2 cups Broccoli
- 1 Carrot
- 1 tsp Chives
- 1 tsp Fresh Dill
- 1 2/3 cups Green Beans
- 1 1/2 tsps Parsley
- 1/2 Red Bell Pepper
- 1 Russet Potato
- 1 cup Snow Peas
- 5 ozs Sweet Potato

## BOXED & CANNED

- 1/2 cup Black Beans
- 3/4 cup Brown Rice
- 2/3 cup Jasmine Rice
- 2 tbsps Salsa

## BAKING

- 1 cup Oats
- 1/2 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Breast
- 4 ozs Extra Lean Ground Beef
- 5 1/3 ozs Halibut Fillet
- 2 slices Organic Bacon, Cooked
- 5 ozs Salmon Fillet
- 6 ozs Shrimp
- 1 1/3 ozs Smoked Salmon

## CONDIMENTS & OILS

- 1 3/4 tbsps Avocado Oil
- 1 3/4 tbsps Extra Virgin Olive Oil

## COLD

- 2 Egg
- 2 Eggs
- 1 cup Unsweetened Almond Milk

## OTHER

- 2 Barbecue Skewers
- 1 3/4 servings Protein Powder
- 1 1/2 cups Water



# Vanilla & Berry Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1 cup Oats (dry)  
1 tsp Chia Seeds  
1 cup Unsweetened Almond Milk (vanilla unsweetened)  
1/2 tsp Vanilla Extract  
3/4 serving Protein Powder (18 grams of protein per serving)  
1/4 cup Raspberries  
1/4 cup Blueberries  
1 tbsp Almond Butter

## DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds, vanilla extract and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Place the oats in a bowl or cup and top with raspberries, blueberries and almond butter. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	572	Protein	35g
Fat	18g	Cholesterol	0mg
Carbs	70g	Sodium	168mg
Fiber	15g	Calcium	581mg
Sugar	7g	Iron	5mg



# Sliced Almonds

1 SERVING 1 MINUTE



## INGREDIENTS

2 tbsps Sliced Almonds

## DIRECTIONS

01 Add on top of your dish and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	80	Protein	3g
Fat	7g	Cholesterol	0mg
Carbs	3g	Sodium	5mg
Fiber	2g	Calcium	30mg
Sugar	1g	Iron	1mg





# Eggs your Way with Bacon

1 SERVING 5 MINUTES



## INGREDIENTS

2 Eggs  
2 slices Organic Bacon, Cooked

## NUTRITION

### AMOUNT PER SERVING

Calories	232	Protein	18g
Fat	17g	Cholesterol	389mg
Carbs	1g	Sodium	497mg
Fiber	0g	Calcium	58mg
Sugar	0g	Iron	2mg

## DIRECTIONS

- 01 Cook eggs to your desire.
- 02 Cook bacon per directions on package or to liking.
- 03 Serve and enjoy!



# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana

## DIRECTIONS

01 Peel and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Protein	1g
Fat	0g	Cholesterol	0mg
Carbs	27g	Sodium	1mg
Fiber	3g	Calcium	6mg
Sugar	14g	Iron	0mg



# Smoked Salmon Egg Cups

1 SERVING 25 MINUTES



## INGREDIENTS

1/2 tsp Avocado Oil  
2 Egg  
1 tsp Chives (chopped)  
Sea Salt & Black Pepper (to taste)  
1/3 cup Baby Spinach (chopped)  
1 1/3 ozs Smoked Salmon (roughly chopped)

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 02 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 03 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	210	Protein	20g
Fat	14g	Cholesterol	381mg
Carbs	1g	Sodium	403mg
Fiber	0g	Calcium	71mg
Sugar	0g	Iron	2mg



# Pear

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear

## DIRECTIONS

- 01 Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	101	Protein	1g
Fat	0g	Cholesterol	0mg
Carbs	27g	Sodium	2mg
Fiber	6g	Calcium	16mg
Sugar	17g	Iron	0mg



# Banana & Cherry Protein Shake

1 SERVING 5 MINUTES



## INGREDIENTS

1 serving Protein Powder (25 grams of protein)  
1/2 Banana  
1/4 cup Cherries (fresh or frozen)  
1 cup Water

## DIRECTIONS

01 Add all ingredients to a blender; blend until smooth and enjoy.

## NUTRITION

### AMOUNT PER SERVING

Calories	315	Protein	28g
Fat	1g	Cholesterol	0mg
Carbs	54g	Sodium	6mg
Fiber	7g	Calcium	50mg
Sugar	34g	Iron	1mg



# Chicken, Broccoli & Sweet Potatoes

1 SERVING 15 MINUTES



## INGREDIENTS

- 5 ozs Chicken Breast
- 5 ozs Sweet Potato (5 oz, weighed)
- 2 cups Broccoli
- 1 tbsp Avocado Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	477	Protein	39g
Fat	18g	Cholesterol	103mg
Carbs	41g	Sodium	124mg
Fiber	9g	Calcium	93mg
Sugar	3g	Iron	2mg

## DIRECTIONS

- 01 Grill, bake or air fry chicken until internal temperature reaches at least 165 degrees.
- 02 Wash sweet potato, peel and weigh. Chop into desired size pieces. Coat evenly with avocado oil and bake at 375 on a sheet pan for 18-22 minutes, stirring half way until desired tenderness.
- 03 Steam broccoli and season to your liking.
- 04 Plate all ingredients and enjoy!



# Beef, Rice & Carrots

1 SERVING 30 MINUTES



## INGREDIENTS

- 1/4 cup Brown Rice
- 1 Carrot (large, sliced)
- 4 ozs Extra Lean Ground Beef
- 1/3 tsp Cumin
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	398	Protein	27g
Fat	13g	Cholesterol	74mg
Carbs	42g	Sodium	416mg
Fiber	4g	Calcium	49mg
Sugar	3g	Iron	4mg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
- 03 While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
- 04 To serve, add the beef, rice and carrots to a bowl or plate. Enjoy!



# One Pan Halibut & Green Beans

1 SERVING 20 MINUTES



## INGREDIENTS

- 1/3 Lemon (zested and juiced)
- 2 tsps Extra Virgin Olive Oil
- 1 tsp Fresh Dill (stems removed, chopped)
- 1/16 tsp Sea Salt
- 1 2/3 cups Green Beans (trimmed)
- 5 1/3 ozs Halibut Fillet (sliced into thin, long pieces)

## NUTRITION

### AMOUNT PER SERVING

Calories	272	Protein	31g
Fat	11g	Cholesterol	74mg
Carbs	13g	Sodium	212mg
Fiber	5g	Calcium	74mg
Sugar	6g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 02 In a large bowl, whisk together the lemon zest and juice, oil, dill, and salt.
- 03 Add the green beans to the marinade and gently toss until well coated. Transfer to the baking sheet.
- 04 Add the halibut to the marinade and coat evenly. Transfer to the baking sheet alongside the green beans.
- 05 Cook for 10 to 12 minutes or until the halibut flakes easily and the green beans are fork tender. Plate & enjoy!





# Mashed Potatoes

1 SERVING 20 MINUTES



## INGREDIENTS

1/3 tsp Sea Salt (divided)  
1 Russet Potato (6 oz dry weight, each,  
peeled and chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	164	Protein	5g
Fat	0g	Cholesterol	0mg
Carbs	37g	Sodium	909mg
Fiber	4g	Calcium	31mg
Sugar	2g	Iron	2mg

## DIRECTIONS

- 01 Bring a large pot of water to a boil. Stir in 2/3 of the salt.
- 02 Add the potatoes to the pot and boil for 15 minutes or until soft.
- 03 Drain the water and mash with a potato masher until creamy. Season with the remaining salt to your preference. Note: if you like looser potatoes, add a little water and heat. If it fits your macros, add chicken or vegetable broth for extra flavor.
- 04 Add to your favorite dish. Enjoy!



# Shrimp, Snow Peas & Jasmine Rice

1 SERVING 15 MINUTES



## INGREDIENTS

- 6 ozs Shrimp
- 1/3 cup Jasmine Rice (uncooked)
- 1 cup Snow Peas (chopped)
- 1/2 Red Bell Pepper (about 1/4 cup)
- 2 tsps Extra Virgin Olive Oil

## DIRECTIONS

- 01 Cook rice according to package instructions.
- 02 Meanwhile, saute snow peas and red bell pepper in olive oil over medium heat in a skillet until vegetables just begin to soften. Add shrimp and cook until pink and curled. Season with salt and pepper.
- 03 Combine all ingredients together and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	479	Protein	41g
Fat	10g	Cholesterol	274mg
Carbs	59g	Sodium	207mg
Fiber	4g	Calcium	140mg
Sugar	5g	Iron	3mg



# Salmon Kabobs and Asparagus

1 SERVING 20 MINUTES



## INGREDIENTS

- 1 1/2 tsps Parsley (chopped)
- 3/4 tsp Sesame Seeds
- 1/8 tsp Black Pepper
- 1/8 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1 1/2 tsps Extra Virgin Olive Oil (plus extra for asparagus)
- 5 ozs Salmon Fillet (sliced into 1 inch cubes)
- 1/2 Lemon (sliced into thin rounds)
- 2 Barbecue Skewers
- 1 1/2 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Preheat grill to medium heat.
- 02 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 03 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used.
- 04 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 05 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Protein	33g
Fat	17g	Cholesterol	78mg
Carbs	10g	Sodium	363mg
Fiber	5g	Calcium	93mg
Sugar	4g	Iron	6mg



# Steamed White Rice

1 SERVING 20 MINUTES



## INGREDIENTS

- 1/2 cup Water
- 1/4 cup Jasmine Rice (dry, rinsed)

## NUTRITION

### AMOUNT PER SERVING

Calories	160	Protein	3g
Fat	0g	Cholesterol	0mg
Carbs	38g	Sodium	2mg
Fiber	1g	Calcium	12mg
Sugar	0g	Iron	0mg

## DIRECTIONS

- 01 Bring water to a boil in a medium saucepan.
- 02 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 03 Enjoy!



# Chicken over Mexi Rice & Beans

1 SERVING 20 MINUTES



## INGREDIENTS

5 ozs Chicken Breast  
1/2 cup Black Beans  
1/2 cup Brown Rice  
2 tbsps Salsa  
1/2 Avocado  
2 tsps Avocado Oil  
1 tsp Cumin  
1 Sea Salt & Black Pepper

## DIRECTIONS

- 01 In a grill pan over medium heat, add avocado oil and chicken breast. Season with salt and pepper. Cook for 5 minutes, then flip and cook for an additional 10 minutes, covered with a lid, until the internal temperature is 165 degrees F. Let rest for 10 minutes before slicing.
- 02 Cook rice according to package directions. Season with cumin and salt. Fluff with a fork.
- 03 In a bowl, add the brown rice and top with black beans, cooked chicken breast, salsa and avocado. Serve immediately or chill and save for leftovers. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	881	Protein	49g
Fat	31g	Cholesterol	103mg
Carbs	103g	Sodium	336mg
Fiber	18g	Calcium	81mg
Sugar	3g	Iron	6mg

