

HOLY GRAIL OF FAT LOSS

Down 70lbs in 9-months

HOW I BURNED OFF THE FAT PLUS MY BEST KEPT
RECIPES AND METABOLIC WORKOUTS



KELLY RAMIREZ

Holy Grail of Fat Loss

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Hey You,

My name is Kelly Ramirez. Yes, that was me on the left a few years ago... I was 200lbs and lost 70lbs in 9 months. In an 8 week period, I'd lost 13 inches from my body.

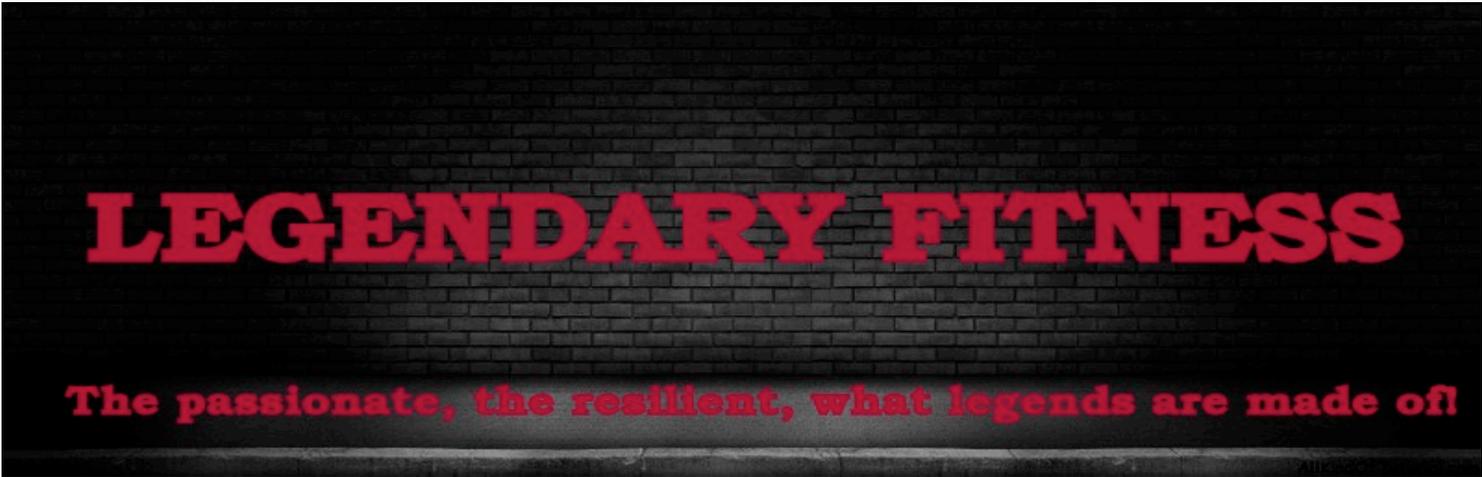
I had had high cholesterol, and there was no end in sight to my continued weight gain. Like you, I'd tried and failed numerous times. I was willing to try anything to make it happen. It's so exciting when you start losing the weight. You feel on top of the world.

However, the second stage of feelings starts to kick in like always. You feel like, "I can just slip a little it will be ok." Then the slight slip turns into longer and longer. Before you know it, it's a few months later, and you wonder what just happened. How did I gain all that weight back, and more?

If I can do it, so can you! I'm super excited to share with you, myths about dieting and give you the "Holy Grail" of fat loss.

You will gain full knowledge of how to attain fat loss and maintain it. The importance of calories and protein. The difference in carbohydrates. What kinds of fats to consume. Lastly, how you pull it all together.

Above all this, I'm excellent at coaching fat loss. I've done fat loss myself and know exactly what you feel. Emotionally, mentally, and physically.



LEGENDARY FITNESS

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FACTS ABOUT BODY FAT AND MUSCLE

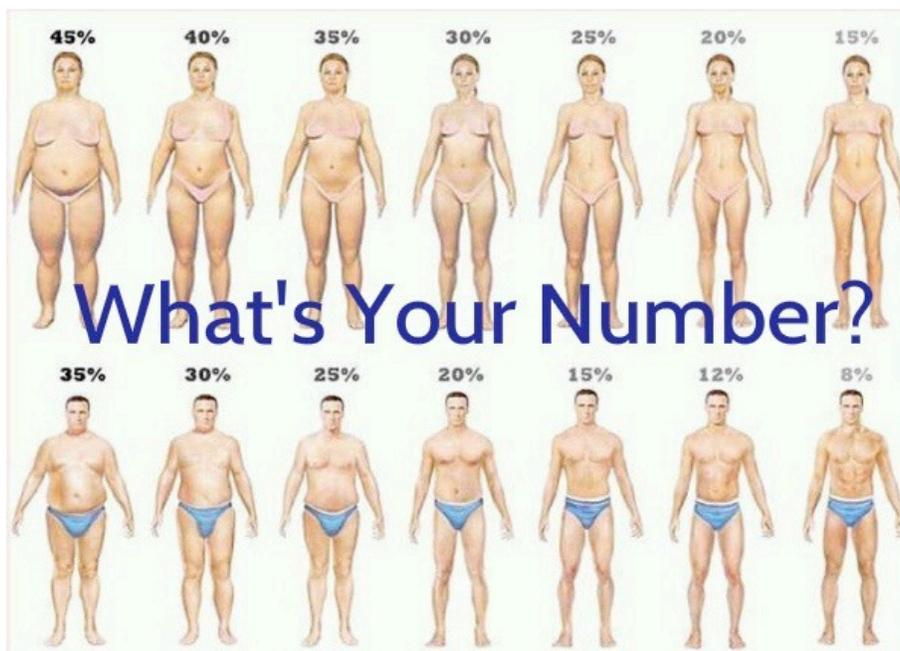
What is body fat and what does it look like?



Shocking, but true. This is what body fat looks like. Everyone is born with a certain amount of fat cells. The problem is over time with foods that you consume these fat cells expand. If you over consume foods, these cells continue to expand, and you end up being overweight and having the fat look on our bodies look the way it does in the picture above.

What should my proper body fat percentage be?

For the average women, a body fat range is between 21% - 31%. For men, it's between 18%-24%. The reason I take the time to point this out is that more and more Americans are becoming obese. These ranges are the starting guideline where you would like your body to fall within to being healthier and improving your quality of life.



What is the difference between body fat and muscle?



You can easily see they weigh the same. Look at the size difference. Because muscle takes up so much less space, it will leave you with a leaner looking body.

Body fat makes a person feel sluggish, and it slows down your metabolism. Body fat will not burn any calories on your body. With increased muscle growth, your metabolism will speed up. The great news is muscles burn calories even when your body is in a resting state.

FAD DIETS ARE BS.....

What is a Fad Diet?

Fad Diets promise you drastic results in a short period. They tell you things like

- ◆ You can have the body of your dreams in 2 weeks.
- ◆ Take this one pill, you can blast your belly fat away.
- ◆ Cut carbohydrates from your diet, just eat protein.
- ◆ No fat.
- ◆ Skip eating meals twice a day, you can replace it with our magic drink instead.



My Fad Diet experiences.....

Like everyone else I had fallen for these types of diets. I was skinny as a teenager then as time went on my weight increased. Before I knew it, my weight had spiraled out of control. I would be at the grocery checkout line looking at all the magazines. It would be one after another about this diet or that one.

Yes, awesome!

Why wouldn't I want to do what they say?



Weight Watchers is a diet you've heard. Weight Watchers is on a point system. Each food item is worth a certain amount of points. Daily you would keep track of your food by logging it into their online food journal. I thought this was easy. It would keep track of how many points I started with, how many I was consuming, and how many I would have left.

It was amazing how many processed food items I could have that were low in points. I started snacking on all these 100 calorie packs of cookies and crackers. The great part is it worked! I was losing weight.

I skipped social events. Ate the same foods every day. They taught me the tools I needed to keep losing weight. So I quite. It was no big deal if I just kept up the process.

I couldn't keep eating the same foods every day. I wanted to go to social events, so I gave up. It took less than three months to gain all the weight back and was already 5 pounds heavier.



This one is a fun one. I can eat all the bacon, steak, and eggs I want and don't have to worry about it! This new diet was going to work out perfect for me.

Just one problem. Little to know carbohydrates.

My first week went so well that I was praising the diet to anyone that would listen. It was the miracle diet for sure. The second week, I felt headaches coming on. I was going through some major withdrawal on the things I normally ate. By the third week, I was down 17 pounds but was so sluggish. I couldn't even focus.

That was it for me.

Within two weeks, I gained all the weight back.

Why Fad Diets don't work.....

These diets are unrealistic and certainly not maintainable. Often the diets have restrictions on food groups all together along with unrealistic calorie intake needs. If you restrict yourself to such a low-calorie intake, the body will store fat, and you will lose muscle.

You need carbohydrates for energy. Lowering carbohydrates to little or nothing does produce rapid weight loss, but it's usually water weight.

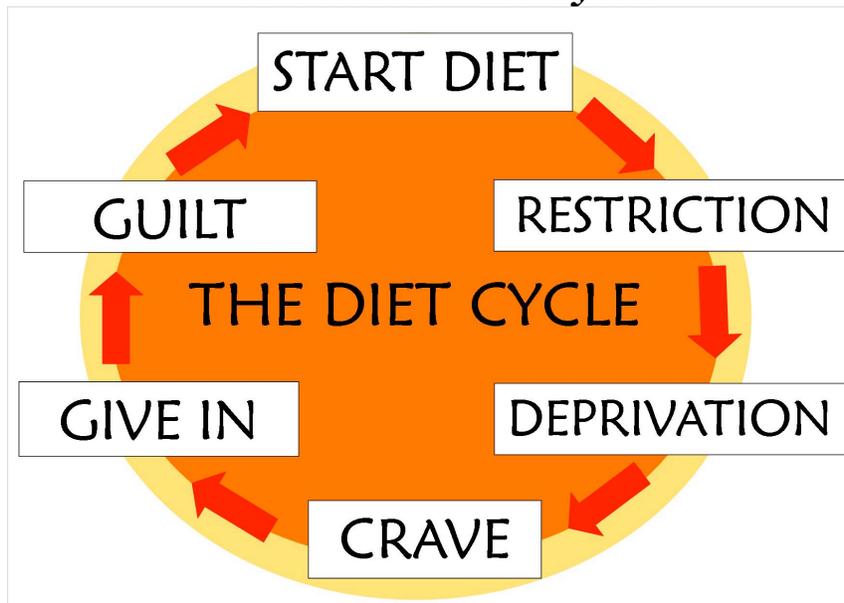
Eliminating fats from any diet is good up to a point. You need some fats to help the body absorb essential vitamins.

Most diets fail to talk about protein. Without some form of protein being consumed, the body will not survive. You need it for fat loss and the growth of muscles.

The biggest question I get asked is what kind of diet I'm on?

My answer: I'm not on a diet.

The Vicious Diet Cycle.



I was tired of not going out to social events without having to worry that I was going to cheat on my diet. I would end up feeling guilty if I over ate, had that treat, or just said no I can't come.

It always left me saying **I GIVE UP**. So where do you go from here?

YOUR HOLY GRAIL

What do I need to blast away the fat?

The two nutrition components to blast away your fat is your calorie and protein intake.



Calories:

To lose a pound of fat, it equals out to 3500 calories per week. The 3500 calories is equal to 500 calories per day.

To figure out how many calories you will need to consume you need to know your Basal Metabolic Rate. Also known as BMR. This rate is how many calories the body burns off per day. The starting BMR as you will see below is based on someone completely resting. The BMR will be calculated differently for men versus women.

Women:

Take: $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

For example, if you weigh 180 pounds. Are 5'5, and are 41 years old. You will first need to convert your height into inches. Each foot has 12 inches. In this case, it would be 65 inches. Calculations:

$$4.35 \times 180 (\text{Weight in pounds}) = 783$$

$$4.7 \times 65 (\text{height in inches}) = 305.5$$

$$4.7 \times 41 (\text{age in years}) = 192.7$$

$$655 + 783 \text{ (1st calculation)} + 305.5 \text{ (2nd calculation)} - 192.7 \text{ (3rd calculation)} = 1550.8$$

Your BMR is = 1550.8

Male:

$$\text{Take: } 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

For Example, if you weigh 180 pounds. Are 5'11 and are 38 years old. You will need first to convert your height into inches. Each foot has 12 inches. In this case, you would be 71 inches.

Calculations:

$$6.23 \times 180 \text{ (Weight in pounds)} = 1121.14$$

$$12.7 \times 71 \text{ (Height in inches)} = 901.7$$

$$6.8 \times 38 \text{ (Age in years)} = 258.4$$

$$66 + 1121.14 \text{ (1st calculation)} + 901.7 \text{ (2nd calculation)} - 258.4 \text{ (3rd calculation)} = 1830.44$$

The BMR is = 1830.44

Activity levels are broken down into five different categories.

- **Sedentary** (little or no exercise): BMR x 1.2
- **Lightly active** (easy exercise/sports 1-3 days/week): BMR x 1.375
- **Moderately active** (moderate exercise/sports 3-5 days/week): BMR x 1.55
- **Very active** (hard exercise/sports 6-7 days a week): BMR x 1.725
- **Extremely active** (very hard exercise/sports and physical job): BMR x 1.9).

You will need to recalculate your BMR based on how active you are.

Protein:

You will want 1 gram minimum for each pound that you weigh. For example, if you take 180-pound male or female. You will need to consume 180 grams of protein per day. Some others respond better with a little more protein. The average is between 1 - 1.5 grams of protein per pound. If you were to take a male or female, again using 180 pounds at 1.3 grams of protein, it would equal out to 234 grams of protein per day ($180 \times 1.3 = 234$).

With the calories and protein together you will begin to shed the pounds from your body. You will blast away the fat while you maintain your muscle.

Proteins



The highest sources of protein would be from lean meats, poultry, fish, milk, eggs, and cheese. Plants carry protein as well, however on a much smaller scale. If a Vegetarian, you may obtain protein from lentils, chickpeas, black beans, nuts, tofu, etc. Vegetarians can obtain fat loss as well.

Tip: Not everyone likes the same kinds of proteins. You can pick and choose the kinds of proteins you want to consume. Here is an example of some serving sizes along with protein grams:

Turkey Breast no skin-4oz	153 calories	34 grams
Chicken Breast no skin-4oz	124 calories	26.1 grams
Egg Beaters-1 cup	120 calories	24 grams
Chobani Greek Yogurt plain nonfat-5.3 oz	90 calories	15 grams
Beef Jerky-1 oz	80 calories	13 grams
Shrimp-6oz	180 calories	34.5 grams
Tuna-2oz	60 calories	13 grams
Tilapia-6oz	163 calories	34.2 grams
Sirloin-4oz	208 calories	34.6 grams
Reduced Fat cottage cheese	102 calories	15.5 grams

There are plenty of other types of protein sources as well. If you don't like fish like me, no problem. Everyone has different tastes. I looked on the internet when I first got started to expand my knowledge of what kinds of protein sources I liked.

Once you establish the kinds of protein, you like a great source for recipes is on www.pinterest.com. You can look up healthy recipes for chicken. Or whichever protein you choose to use.

I understand that you probably have a full-time job. You might be wondering how long will it take to cook meals. The crockpot comes in super handy. You throw in the ingredients before you leave, and it's done when you get home. Pinterest is also loaded with healthy recipes for the crockpot as well.

Recipes:

Here are two sample chicken recipes:

Maple-Mustard Glazed Chicken:

Ingredients: 4 chicken breasts
Dash Seasoning Garlic & Herb

Glaze Ingredients: ¼ cup sugar-free maple flavored syrup
¼ cup low sodium chicken broth
1 heaping tbsp of whole Rosemary
2-3 tbsp minced garlic
1 tbsp dry mustard
1 tbsp apple cider vinegar

Season chicken with Dash seasoning to taste. Lightly cook chicken with non-stick cooking spray until slightly browned on both sides. Place in baking dish. Combine glaze ingredients and pour over chicken. Bake at 400F for 30 minutes.

Bacon Wrapped Chicken:

Ingredients: 4 chicken breasts-4 oz portions thinly sliced or butterfly
8 slices turkey bacon
Garlic Powder

Stuffing: Fat-Free Cream Cheese
Green onion

Mix cream cheese with diced green onion in a bowl. Divide into 4 parts. Season chicken with garlic powder to taste. Place one part cream cheese mixture into each chicken. Fold the chicken over and wrap two pieces of bacon around it. Hold with a toothpick. Place the chicken on a slotted broiler pan so bacon grease can drain during cooking. Place on lower rack. Bake for 25 minutes. Then broil on high for an additional 5 minutes or until bacon is crispy. Chicken should be cooked to 180 degrees.

Protein Supplementation:

Another source of protein is from some supplementation. There are several protein supplements. There are protein powders, protein bars, and even protein cookies. If a Vegetarian, they're is specific protein powders on the market for you.

Tip: One supplementation brand I use regularly is Quest Nutrition. Their protein powders have great flavor. They also have a wide variety of protein bars. Another thing I like is their variety of chips. Their chips have 20 grams of protein per bag.

When looking at their website, www.questnutrition.com they post several recipes for meals, snacks, and desserts under community. Their Coconut Shrimp and Jalapeno Poppers are excellent. All of their recipes are healthy with added protein.

Common complaints are that protein shakes taste gross. Here are some sample recipes that give new meaning to the idea of a protein shake.

Smoothies Recipes:

1 Scoop vanilla flavored Quest protein powder
1 Banana
1 tbsp of ground cinnamon
Water
Ice

1 Scoop vanilla flavored Quest protein powder
Water
Ice
1 Green Apple
1 tbsp of ground cinnamon
¼ cup unsweetened Almond milk

½ cup unsweetened Almond milk
½ cup water
1 scoop chocolate milkshake Quest protein powder
1 scoop vanilla Quest protein powder
½ frozen banana
1 spoonful natural peanut butter

If you want to cure the cookie craving, Biotrust makes great Oatmeal Raisin cookies. They are 150 calories with 12grams of protein.

What about carbohydrates and fats?

Carbohydrates:

Whole grains are the better type of carbohydrate. Why does this benefit you and me? They're high in fiber, loaded with vitamins, they will keep you feeling full longer.

Is it Whole Grain or not?

If the ingredient says...	Is it Whole Grain?
Whole [name of grain] Whole [name of grain] flour Whole grain [name of grain] [name of grain] berries Stoneground whole [grain] Oats, oatmeal Whole white wheat Bulgur Graham flour	Yes These are all Whole Grain.
Wheat flour unbleached Semolina Durum wheat Organic flour Multigrain (may contain a mix of grains)	Maybe Some parts of the grain may be missing, so these products may lack the benefits of Whole Grain.
Enriched flour Degerminated Bran Wheat germ Pearled barley Grits, hominy, farina	No These are not Whole Grain ingredients.

Adapted from the Whole Grains Council

I'm sure you think this sounds boring and gross. I know that's what I thought when I saw this list. There are some great recipes out there. After giving some ago, I decided I liked it!

The only thing you need to keep in mind is limit your simple carbohydrates. Chips, pretzels, and donuts taste great but don't supply you with any benefits.

Sweet potatoes are a great alternative to regular potatoes. I have eliminated my bread intake almost completely. I save whole wheat bread for that occasion when I want a sandwich or am going out for a nice dinner where there might be a bread basket.

Tip: Most people love that fresh warm bread when you go out to eat. Allow yourself one going into it. It helps. It's better than saying no I can't have it at all. Once you're there, you can decide if that bread is all that important to have or not.

Recipes using whole grains:

Stuffed Quinoa Peppers

Ingredients: 6 bell peppers, tops cut, stemmed and seeded

Stuffing:
3 cups cooked quinoa
1 cup of corn
1/2 cup canned black beans, drained and rinsed
1/2 cup diced tomatoes
1/2 cup shredded pepper jack cheese
1/4 cup crumbled feta cheese
3 tbsp of chopped fresh cilantro
1 tsp of garlic powder
1/2 tsp of onion powder
1/2 tsp of chili powder
pinch of Kosher salt and pepper

Line a 9x13 baking dish with parchment paper. In a large bowl combine stuffing mix. Fill each pepper with stuffing mixture. Place peppers in baking dish stuffing side up. You will want to bake peppers until they're tender, and stuffing is warm. About 25-30 minutes. Bake at 350F degrees.

Broccoli Cheddar Quinoa Bites

Ingredients: 2 cups cooked quinoa
1 cup finely chopped broccoli, firmly packed
1 cup fat-free cheddar cheese
2 green onions diced
2 large eggs lightly beaten
1/2 tsp of garlic powder
2 tbsp of parmesan cheese onion powder
1/4 tsp of pepper

Line a 9x13 baking dish with parchment paper, and lightly spray with cooking spray.

Add quinoa, broccoli, cheddar cheese, and green onion in a bowl and mix them together.

Mix in eggs, parmesan cheese, and pepper into the bowl and mix until completely combined.

Place mixture onto baking sheet using a small scoop or tbsp. You will want to compact the mixture into the scoop or tbsp. It's ok if they don't look perfect placing them onto the baking sheet. They will bind together.

Bake at 375F degrees for about 20-25 minutes. They should be lightly browned. Remove from oven and let cool for 5 minutes before serving.

Tip: Other things that you can do is use cauliflower to make rice or mashed potatoes. There are several recipes involving cauliflower. Not everyone likes cauliflower. I didn't think I did. After giving some recipes a try, I discovered I liked it more than rice and regular mashed potatoes.

I remember seeing a recipe for spaghetti. Someone was using zucchini noodles instead of pasta noodles. I thought this is where I draw the line. One day I broke down bought the Spiralizer from www.amazon.com. I gave them a try. I threw them in a pan, added garlic powder, mixed them occasionally for about 5 minutes. The noodles were soft, but not mush. After I had drained as much water as I could, I was ready to give it a try. I've never had a spaghetti noodle again!

For fruit intake I usually mix them with smoothies, add it to Greek yogurt, or to steel oats.

Fats:

You should consume fats sparingly. There are some good fat sources. For example, Olive Oil and Coconut Oil are both better than using Canola oil or Vegetable oil.

Another good fat source would be from nuts. Whole Walnuts and Almonds in their rawest form are the best.

Lastly, Avocados. They can be used in making dressings, guacamole, even as mayonnaise.

Avocado Recipes:

Guacamole

Ingredients: 1 Avocado
1 Fresh packed store bought salsa (Plain, no special flavoring)
1 lime wedge
Chopped Cilantro to taste
Sea Salt to taste

Mix together and you're done. If you don't intend to eat it right away be sure to leave the pit in with guacamole in the refrigerator.

Avocado Dressing

Ingredients: 2 Avocados
1 lemon
1/8 cup balsamic vinegar
1/4 cup water
4 sprigs of cilantro
1 tsp sea salt
1 1/2 tsp of garlic powder
pepper to taste

Place all ingredients in a food processor and blend until smooth. If you don't like the consistency, you can add water in very small amounts. After tasting you can add more garlic and pepper if you like. Once finished place all items in an airtight container for up to 7 days.

How do I pull this together?

What if I want that treat or am going out to dinner?

I split, my weekly calories into three categories. Two high days, two middle, and three lower days. The total combined calories don't go over my weekly calorie intake.

Earlier we gave an example of a women's calories. If you used this example, her weekly calories totaled 11,424. If you use the split example from above you could break it down into 3-1500 calorie days, 2-1650 calorie days, and 2-1800 calorie days.

This example allows you for days when your might be treating yourself, going to a social event, or dinner.

If occasionally you have met the protein intake level for yourself and have calories left for a lower calorie day and want that treat, go for it! Just don't go over the calorie guidelines. You will still obtain fat loss.

It isn't the end of the world if you end up going over the requirements on occasion. If you have been consistent with the nutrition guidelines 80% or more of the time, you will be fine.

When I'm on vacation, I don't stress about my calories at all. I'm accustomed to making good food choices at restaurants. That doesn't change when I'm on vacation, but I allow myself splurges. I never count calories or protein when I'm on vacation. Have fun! That's why you take a vacation.

To sustain what you've done is get back on track after a weekend of eating bad, or maybe that social event, or after a vacation. Nothing you do will damage you beyond repair. You can be right back on track with your body within a week.

Tips:

- ◆ Most restaurants have their menus online to look at better food choices.
- ◆ Make sure to consume a minimum of 8, 8 oz glasses of water per day.
- ◆ At the end of the day if you still are a little hungry and have hit the calorie intake levels, try a glass of water or seltzer water. If that doesn't work, have something with very minimal calories that is not high in carbohydrates.

◆ Keep in mind cravings are a mental thing. They aren't something the body needs. The feeling passes. Get focused on doing something. Tell yourself I will have it later if I still want it. Before you know it you don't even think about it and is gone.

Tools to help you have success

◆ Food Journal =

Food journals are helpful in the beginning especially because it helps you keep track of what your eating. I was completely unaware of what I was eating and portion sizes. It might be a great idea to track yourself for a couple months. See areas where you can improve on. You will just naturally be more willing to explore and be more adventures as time goes on.

◆ Food Scale =

Food scales will help you measure out your serving sizes. In the beginning, it's very important to know how much to consume. For example, most people grab a bag of chips, or a bowl of chips and dig in. Not once do you look at how much you should be consuming. Serving sizes matter. Look them up on nutrition labels so that you can measure them accordingly.

◆ Calorie King App =

Calorie King has an app that can be downloaded. It's a great way to keep track of the total amount of calories, fat, carbohydrates, and protein consumed through the day. Some like not having to write it down yourself.

◆ Calorie King.com

Calorie King.com is different from the app in that you will have to log food amounts in the food journal yourself. It's also beneficial when planning out food options you want to eat. I've also looked at recipes and picked them apart using calorie king. For example, if a recipe calls for sour cream. I look up fat-free sour cream instead and figure out how many calories I can save for something else.

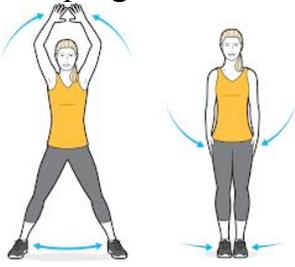
Bonus Material

Here are two free Metabolic Conditioning workouts to help you get started....

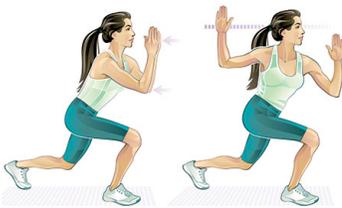
Workout 1:

Perform as many as possible of each exercise for 20 seconds with a 1-minute rest in between each set.

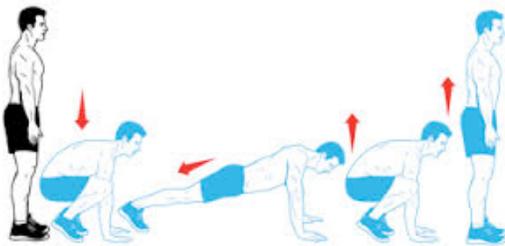
Jumping Jacks:



Reverse Lunges with a Twist:



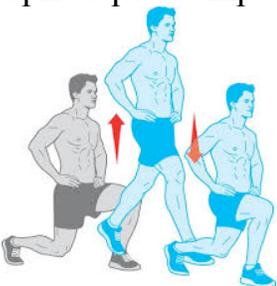
Burpees without Push up:



Mountain Climbers:



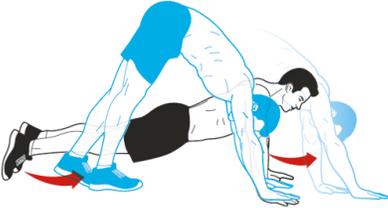
Split Squat Jumps:



Workout 2:

Perform as many as possible of each exercise for 20 seconds with a 1-minute rest in between each set.

Inchworms:



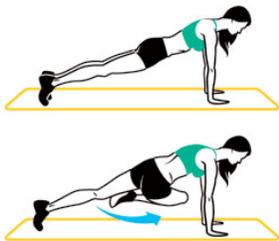
Goblet Squats:



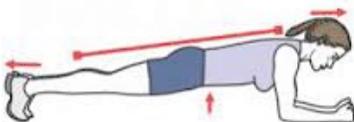
Frog Jumps:



Cross Body Mountain Climbers:



Plank:



Thank You

I want to thank you and hope you enjoyed the book. The goal was to help you understand how real fat loss works and how you can incorporate this into daily living.

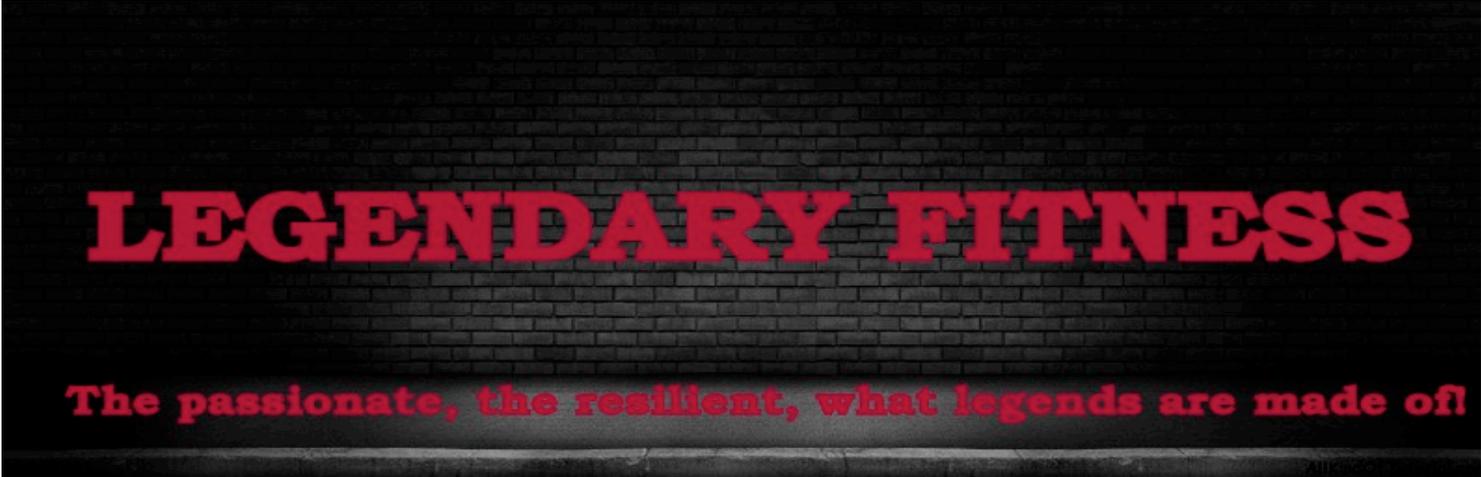
Remember, that with nutrition alone you can have success with fat loss. However, when you add a sound training program along with nutrition, you can have even better success. It's like the dynamic duo.

I've maintained my fat loss for three years. I enjoy vacations, going out eat, and other social events just like everyone else. This program is no diet; this is sustainable for life.

Again, thank you for becoming a VIP member of the Legendary Fitness community. I'm looking forward to getting to know you better. If you ever have, any questions don't hesitate to email me at kelly.legendaryfitness@gmail.com. I will get back to you with answers as quickly as possible.

Want me to be your nutrition/strength training coach?

You can apply for a spot today in my online coaching program.



LEGENDARY FITNESS

The passionate, the resilient, what legends are made of!