

# THE DAILY FAT BURN PROGRAM

"FOR A LEAN AND HEALTHY LIFE"

Part 2 of your **Wellness Kit**



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We have provided you with templates to follow for your perfect day of health. Regardless of whether you are a morning person or an individual who works out in the evening. These templates are perfect for you! Feel free to adjust these templates to meet your daily schedule. Remember, these are simply a guideline! The rest is up to you =)

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As always, we would like to thank you for taking the time to invest in yourself. You deserve it! =)



# Welcome



Welcome to your second SNS Wellness Starter Kit Newsletter! In the newsletter, we aim to teach you how to maintain your health plan, stay motivated, and follow through with your goals. We have provided for you simple blueprints to follow for a healthy day from start to finish! This may change slightly depending upon whether you work out in the morning or in the evening. For your convenience, we have provided you with both! We encourage you to challenge yourself this week! (Add more fruit or vegetables to your daily diet, give a new exercise regimen a try.. It's up to you!) Additionally, we realize that sticking to the same diet each and every day can be difficult (and a bit boring!) so we provided you with a fun and health recipe to try!



# Daily Challenge

Taking the initiative toward a better and healthier you was the first step! – We hope to guide you and provide you with motivation each and every step of the way! – Therefore, before you embark on this journey, we urge you to print the following challenge sheet. Keep this with you, and create copies so that you may continuously challenge yourself every step of the way!

Daily Challenge		TO DO THIS WEEK
Week of:.....		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Moving your body is an important part of staying health and fit!! As you will see in the templates provided below, it is important to get your body moving each and every day. We suggest about 30-45 minutes of exercise each day. Don't have that amount of time? No Worries! Any movement is better than no movement. We have provided below several cardio options, followed by different leg;-toning movements, arm toning movements, and core tightening movements. We advise that you mix and match these movement every day for total body tightening!

## CARDIO OPTIONS:

- Walk briskly for 30 minutes
- Jog at comfortable pace for 15 minutes
- Perform 5 rounds of 20 jumping jacks. (Rest for 10 seconds between each round)
- Perform 5 rounds of 20 jumping ropes. (Rest for 10 seconds in between each round)
- Perform 5 rounds of 15 high knees. (Rest for 10 second in between each round)



Perform 5 rounds of 15 mountain climbers.  
(Rest for 10 seconds in between each round)



Perform 5 rounds of 20 butt-kickers.  
(Rest for 10 seconds in between each round).

# LEG TONING OPTIONS:



Perform 5 sets of 20 walking lunges. (rest for 10 seconds in between each round)



Perform 5 sets of 20 standing squats. (rest for 20 second in between each round)



Perform 5 rounds of 20 step ups – using an elevated platform. Rest for 20 seconds in between each round



Perform 5 wall-sits in intervals of 30 seconds. (rest for 10 seconds in between each)

# ARM TONING OPTIONS:

## 1 – MINIMAL - NO EQUIPMENT NEEDED



Perform 5 sets up 10 pushups. (rest for 10 second in between)

o Modify with elevated bench pushups



Perform 5 sets of 10 triceps dips (rest for 10 seconds in between)

You can use a chair or any elevated surface for this

## 2 – SOME EQUIPMENT NEEDED



Perform 5 sets of 10 dumbbell lateral raise (rest for 10 seconds in between)



Perform 5 sets of 10 seated tricep press (rest for 10 seconds in between)

# CORE TONING OPTIONS:



Perform 5 rounds of 20 sit-ups (rest for 10 seconds in between each round)



Perform 5 rounds of 20 crunches (rest for 10 seconds in between each round)



Perform 5 rounds of 10 V-ups (rest for 10 seconds in between each round)



Perform 5 rounds of 30 second planks (rest for 10 seconds in between each round)



Perform 5 rounds of 20 bicycle crunches (rest for 10 seconds in between each round)



It is common knowledge that spending time being active and fit can be monumental throughout your journey toward health and fitness. However, the timing that you choose to work out can be just as significant as the workout that you choose. It is for this reason that we have provided two different “generalized” schedules that you can use to organize your day and be the best version of you.

# 1-MORNING WORKOUT

## DAILY SCHEDULE

### 5:30am – Wake Up

Good morning! Drink about 12 ounces of water

### 6:00am Workout

Choose from one of the workouts listed above! – Issues to come will feature new and exciting workouts as well. It does not matter what you choose. We simply recommend that you engage in 30–45 minutes of physical activity each day!

### 7:00am – Post Workout Shake

Drink a whey protein drink that is around 25 grams of protein. Check out Whey-26 Advanced Protein Powder for the best on the market. Whey Protein is absorbed best within 30 minutes after a workout. If you have trouble processing whey, there are plenty of great plant-based proteins on the market!

### 7:30am – Post Workout Meal

Consume a well-balanced meal that is high in protein and moderate in carbohydrates and low in fat. It is important to eat after a workout in order to replace the energy that you burned off in an effort to ultimately repair your body for the next day!

### 10:30am – Snack

Have a protein packed snack! Try hard boiled eggs, quest bar, yogurt, cottage cheese, and don't forget to keep drinking water!

### 1:00pm – Lunch

Enjoy lunch that is high protein, moderate carbohydrate, and low in fat

### 4:00pm – snack

Have another protein packed snack of your choosing!

### 7:00pm – Dinner

Eat a dinner that is high protein, low in carbohydrates, and low in fat

### 10:00pm – Bedtime

Sleep is vital for maintaining your body. Sleep allows your body to reset and repair any damage done over the day!

After designing this general template, our team realized that while some may be “morning people” our entire community base may not work out at the same time! Therefore, we have constructed an Evening Workout Template for those of you who like this routine a little more!

## 2-EVENING WORKOUT DAILY SCHEDULE

### 6:00am – Wake up

Drink 12 ounces of water

### 6:30 – Breakfast

Breakfast should contain high protein, moderate carbohydrates, and moderate healthy fat. Try adding black tea with lemon slice for a bit of added energy!

### 9:30am – Snack

Have a snack packed with protein. Don't forget to drink water!

### 12:00 – Lunch

Enjoy a well-balanced meal of high protein, low carbs and low fat

### 2:30pm – Snack

Grab another high protein snack! Hard boiled eggs, a quest bar, yogurt, and cottage cheese are just a few examples!

### 5:30pm – Pre-workout Snack!

This should be small and easy to digest. This should be full of protein and moderate in carbo-

### 6:00pm – Sweat it out!!

Choose one of the workouts mentioned above and engage in 30-45 minutes of physical activity each and every day! Remember, YOU deserve to be happy and healthy!!

### 7:00pm – Post workout shake

Drink a whey protein drink that is around 25 grams of protein. Check out Whey-26 Advanced Protein Powder for the best on the market. Whey Protein is absorbed best within 30 minutes after a workout. If you have trouble processing whey, there are plenty of great plant-based proteins on the market!

### 7:30pm – Dinner

Eat a dinner that is high protein, low in carbohydrates, and low in fat. It is always important to eat after a workout in order to assist your body in repairing for the next day

### 10:00pm – Bedtime

Sleep is vital for maintaining your body. Sleep allows your body to reset and repair any damage done over the day!

# FEATURED RECIPE OF THE WEEK!

This week's feature recipe comes from Lilia Nevarez.



## ITALIAN STUFFED BELL PEPPERS

### Ingredients

- 4 bell peppers, tops and seeds removed
- 1 ½ lb. lean ground turkey
- 1 cup cooked brown rice
- 1 egg, lightly beaten
- ¼ cup finely chopped onion
- ½ cup breadcrumbs
- ¼ tsp. salt
- ¼ tsp. black pepper
- ¼ cup grated parmesan cheese
- 1 can (28 oz.) of tomato sauce
- ¼ cup white vinegar
- 2 tbsp. grated parmesan cheese

### Instructions:

Bring a large pot of water to a boil. Cook the peppers in boiling water until softened, 4 to 5 minutes. Remove peppers from boiling water and rinse with cold water; set peppers aside to drain. Mix together ground beef, cooked white rice, lightly beaten egg, finely chopped onion, Italian-style bread crumbs, salt, black pepper, garlic powder, and 1/4 cup grated Parmesan cheese in a large bowl until evenly mixed. Preheat oven to 350 degrees F (175 degrees C). Divide beef and rice mixture among peppers; stuff each pepper with beef and rice mixture. Place peppers open side up in a 9x13-inch baking dish or shallow roasting pan. Combine tomato sauce and white vinegar in a bowl. Pour tomato mixture over stuffed peppers. Top with 2 tablespoons grated Parmesan cheese. Bake in the preheated oven until heated through, basting the peppers two or three times while baking, about 80 minutes.

I will now introduce you to a term that we may all know but have mixed feelings about. The term is “cheating”. People use this term when discussing negative consequences of over-indulging while attempting to stick to a healthy meal plan and overall life-style. I am here to tell you that this does not have to be a negative word! In fact, you are human and it is perfectly natural to stray away from a healthy lifestyle from time to time. To support you when you do, we have created a simply “cheating guide” so that you can stay on track, even when you find it difficult to do so.

## Basic Cheating Guide

Before I get into the cheating rules, let me explain a bit more on how your body works. Chronic overeating (especially the wrong things) makes you fat. You knew that. Chronic undereating **KEEPS** you fat. You might not have known that.

That’s why normal “diets” stall and ultimately fail. We go from states of overeating to states of damn near starving. Your body freaks out and holds onto its stored body fat through a series of hormonal checks.

One of the big hormones involved is leptin. It is considered one of the most important hormones in bodyfat regulation. Leptin is nice and high when we eat a lot. Also when we carry a lot of body fat. When leptin is nice and high your body has no problem allowing fat loss to occur. Understand that it does not just happen because leptin is high, there has to be a reason for the body to give up the bodyfat.

That is where a caloric deficit comes in. That means we need to consume less calories than we burn. Eat less and move more which means diet and exercise.

Simple, right?

Uh, no. You see that is where the problem comes in. When calories are restricted leptin levels begin to fall. When leptin levels are low the body will bring all fat loss to a halt. Great, now what?

It seems we have no choice but to eat more to get leptin levels up. But if we eat too much we get fat. See the problem?

But there is good news- We can use this information to our advantage. We can take what we know about leptin and make it work **FOR** us instead of against us.

How do we do this? Simple: Strategic cheating coupled with specialized workouts.

To be clear, a “cheat” is a pre-determined period of high calories. The best cheat for our purpose is high in carbs, moderate protein and low fat. But basically anything will work so long as your carbs are high. Do not stuff yourself, but there is no need to limit either. I will further say that you should plan on only 1 cheat meal / night per week.

So we will be keeping calories (relatively) low on “normal” days, but then going much higher on “cheat” days. By keeping calories low we will be creating a caloric deficit so your body must turn to bodyfat for fuel. **BUT** we will also be using resistance training (specialized workouts) to maintain and even increase the metabolism. This is backed by research that shows even when calories are dropped to **RIDICULOUSLY** low levels lean body mass and metabolism are maintained and even increased – so long as there is resistance exercise as part of the program.

Ok, no problem. You will be training 3 or more times per week. So we have that covered.

But remember what I said about leptin levels when you diet? They drop. And what happens when they drop? Fat loss stops.

That is where the cheats come in. We will use the cheats to up-regulate leptin levels. You see your body produces

leptin when calories are high, and it does it fast too. So that means even a short cheat can get leptin pumping again and get you ready to burn fat once again. Also, you need not worry about fat spill over either. Trust me when I say the likelihood of that is EXTREMELY slim.

To be a bit more specific, leptin levels are influenced by 2 main things: Caloric intake and muscle glycogen levels. Glycogen is the stored muscle sugar (carb), and is in general a good thing. When dieting and working out glycogen levels will fall as we exercise and the sugar is used to exercise.

You can think of your muscles like sponges. When you workout they get rung out. And that is just fine as it forces your body to use fat for fuel. But to get leptin levels up we should refill these glycogen tanks.

Again, this is where the cheat comes in. So let's put it all together.

When we diet calories and glycogen drop and thus so too do leptin levels. Then fat loss comes to a screeching halt. Ok, let's fix that with the cheat. A short cheat of 4-6 hours will do the trick quite nicely for our 28 day plan. Leptin levels rise, and now you are in a perfect position to burn fat again.

So there we have it - a simple and effective solution.

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## (THIS PART IS OPTIONAL)

We can do even better. Let's super charge it.

First, let's really get you primed for the cheat. To do this we are going to perform a "depletion" workout. Remember that muscles are like sponges? Well with the depletion workout we will ring the crap out of them. Getting the glycogen levels as low as possible. This does a few things, but the most important thing is now those muscle sponges will soak up your cheat calories (carbs specifically) like nobody's business. The likelihood of fat spillover has just been obliterated.

(That is also why it is next to impossible to overdo a cheat. Don't go nuts, but enjoy.)

Now your glycogen levels are full, you have temporarily spiked your calories and leptin levels are now flying high. That means your fat burning potential is VERY high.

Now it is time to fire up your metabolic furnace with the "Ignition" workout. This happens the day after the cheat. Because your leptin levels will be at their highest we need to take advantage of that and create a massive caloric deficit via getting back to the "normal" phase of our diet and attack the workout.

So you should see a very simple pattern emerging: Workout, cheat, workout. You really earn that cheat and then use it to incinerate your body fat

So here is what an OPTIMAL week with a Saturday cheat would look like.

**Monday** : Normal diet + workout

**Tuesday** : Normal diet

**Wednesday** : Normal diet + workout

**Thursday** : Normal diet

**Friday** : Normal diet + workout

**Saturday** : Normal diet until cheat meal + Depletion workout prior to cheat

**Sunday** : Normal diet + Ignition workout

Also, optimally the depletion workout would be as close to the cheat as possible. Now this might not always work out

(no pun intended) exactly like above, but the basic rule of thumb is EARN YOUR CHEAT, BURN YOUR CHEAT.

Don't freak out if you can't do a depletion workout. You'll still be just fine. But if you can...

The depletion workout does not need to be anything special. Remember the muscle are like a sponge. Just wring out the last remaining bit of glycogen with the little burner:

### **Basic Depletion / Ignition Workout:**

Reps: 10, 20, 30, 20, 10

Moves:

Bodyweight Squats

Push Ups

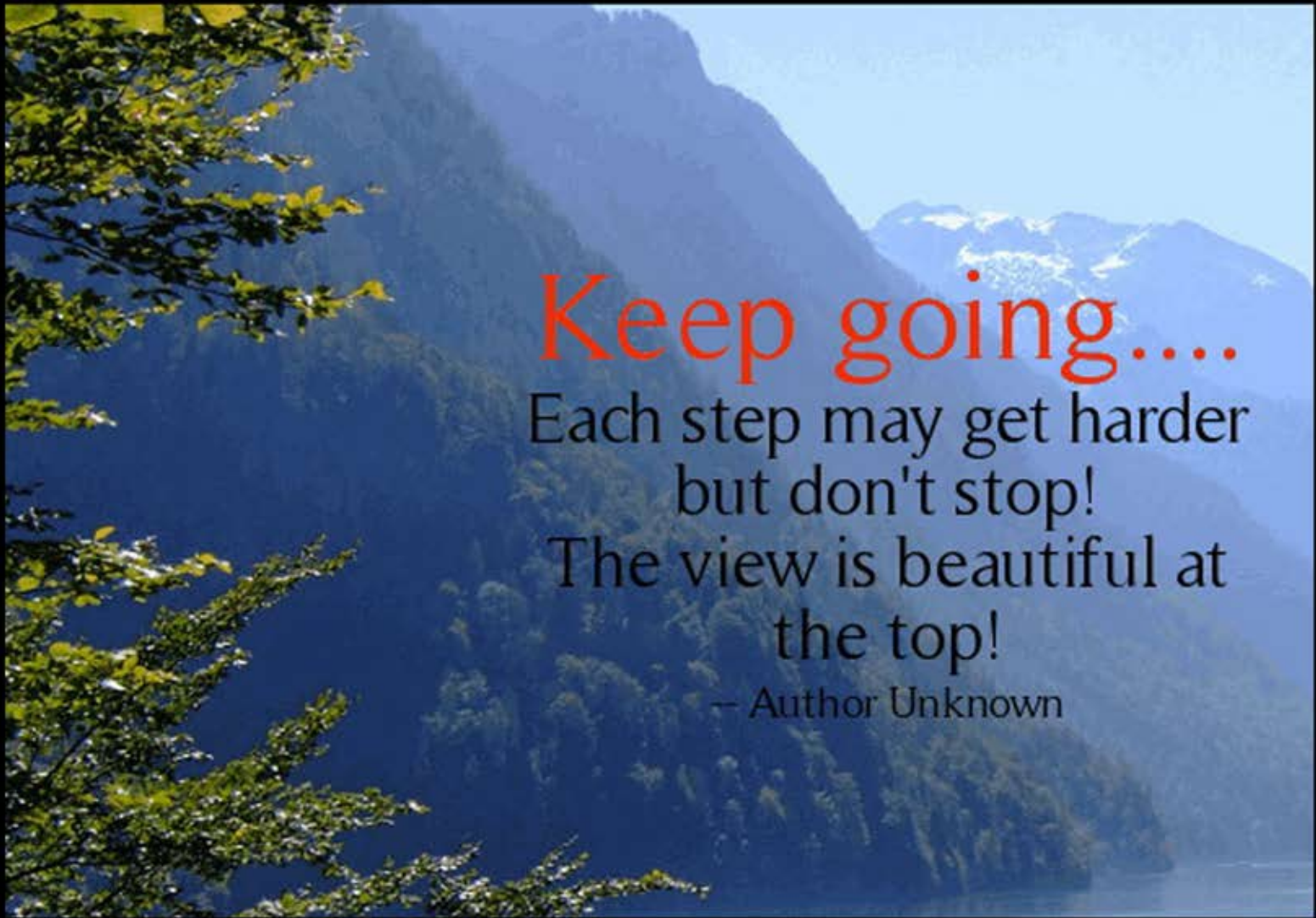
Sit Ups

Do 10 Squats, then 10 push ups, then 10 sit ups. Then do 20 of each, then 30 of each, then 20 again, then 10 again.

So now you have the basic info. Stick to the "normal" diet on most days, cheat on specific days and workout 4 x per week. That's it. Email me with any questions.

### **Bonus Fat Loss Tactic:**

Expanding on the 8 hours feeding window principle we can further accelerate the fat loss the day AFTER the cheat day by extending the non-eating period. This can simply be accomplished by not eating the day after the cheat until 5 or 6pm. At that time you will just eat a "normal" dinner. Do not try to eat all of your calories at that one meal (so your numbers will be off on this one day), just eat the one meal that day and that's it. Chances are after the cheat day you will not be hungry anyway, so this will probably be a lot easier than you think.



**Keep going....**

Each step may get harder  
but don't stop!

The view is beautiful at  
the top!

– Author Unknown

# MOTIVATIONAL QUOTE OF THE WEEK

## CONCLUSION

We hope you enjoyed the second program provided by the Wellness Starter Pack. The second program was designed to provide you with the general tools and templates that you need to keep going and to stay on the right track!

Yours truly,

The Science Natural Supplements Team