

Results Start When You Show Up

If you follow this program, you'll feel and see results you probably haven't achieved before. The only catch (because there's always a catch) is that you have to do it consistently.

Your #1 Non-Negotiable

Attend at least 3 sessions per week

That's the minimum dose that reliably builds momentum, fitness, and visible change for beginners. It also stacks well with widely used adult activity guidelines - cardio & strength.

If your goal is to lose more than 10 lbs and keep it off long-term, the journey will take longer than a few weeks (normal, not failure).

The first few weeks are your launch phase. After that, we'll help you keep progressing without "starting over" every few months.



Your 1-on-1 Custom Plan

You will meet with us one-on-one to build a personalized roadmap based on:

Your Goal

10 lbs vs 20+ lbs vs long-term transformation

Your Lifestyle

schedule, stress, sleep, and cravings triggers

Your History

what you've tried before and why it didn't stick

You'll leave with clear targets (sessions/week, steps, meal structure) and milestones so you can see progress even when the scale is being dramatic.

What the Start Feels Like (So You Don't Quit)

Most new members are 20+ lbs overweight and haven't exercised consistently in years.

So let's be honest:

The first 1–2 weeks can feel rough

You'll likely be sore. That's normal muscle soreness from new work. It often shows up later, peaks around 24–72 hours, and fades as your body adapts.

Soreness is normal. Sharp pain is not.

Normal soreness:

dull ache, stiffness, improves as you warm up, better each day.

Stop and tell a coach:

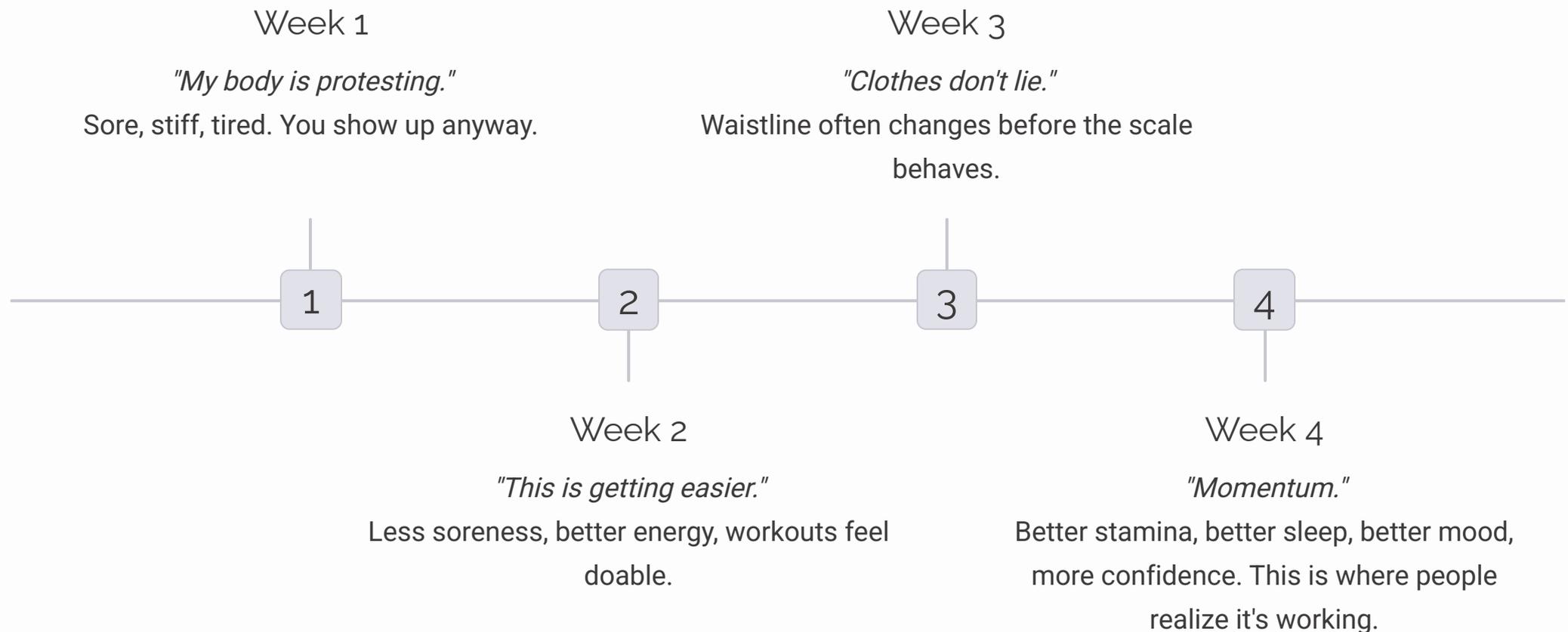
sharp pain, joint pain, swelling, numbness, pain that worsens daily.

The rule that prevents "failure"

Never miss twice. If you miss a session, the next one is mandatory. Most people don't fail because the program doesn't work, they fail because they stop while their body is still adapting.

The Reality Check (Fast Results, Realistic Expectations)

Follow the plan and you'll feel the change quickly.



If your goal is more than 10 lbs and keeping it off, we must keep building after your initial program. That's not slower progress. That's lasting progress.

The 5 Results Multipliers

(Do These Outside the Gym)

01

Walk daily

Aim for 7,000–10,000 steps (or 20–40 minutes of walking). Bonus tip: a 10-minute walk after meals helps tame the "snack monster" energy.

02

Protein at every meal

Target: 25–35g protein at breakfast, lunch, dinner. This helps hunger control and keeps you fuller during fat loss.

03

Hydration

Target: 2–3 liters/day. Simple rule: 1 big glass on waking + 1 with each meal.

04

Sleep

Sleep 7+ hours most nights (less sleep = more hunger). Quick wins: caffeine cutoff 8 hours before bed, dim lights/screens the last hour, consistent sleep/wake times.

05

Minimum Viable Day

For chaos days, just do three things: show up to your session (or walk 20 minutes), hit protein twice, and protect your bedtime. This prevents the quit spiral.



Track Progress the Smart Way

Use 2+ of these weekly:



Waist measurement



Photos



How clothes fit



Energy/sleep



Strength improving

The scale is one tool, not the judge of your worth.

Nutrition That Works (No Weird Rules)

The Plate Formula

Most meals should look like:

1

Protein (the anchor)

2

Plants (volume + fiber)

3

Smart carbs (optional, based on your day)

Liquid calories (easy fat-loss speed bump)

Limit these (rare occasions):

- sugary coffees and energy drinks
- juices and sodas
- alcohol and sugary mix drinks
- giant sugary smoothies

Meal Plan: Mix-and-Match Week (Under 1800/day)

Pick 1 breakfast + 1 lunch + 1 snack + 1 dinner each day. All options below are portioned so any combination stays under 1800 calories/day (estimates vary by brand).

Note: macros/calories are estimates.

Breakfasts (7)



Option	Ingredients	Macros & Swaps
B1 Greek Yogurt Parfait	0% Greek yogurt 200g, berries 100g, granola 20g (about 2 tbsp), honey 10g (about 2 tsp)	~300 cal P 25g C 43g F 3g Swaps: skyr/cottage cheese; any fruit; oats/nuts
B2 Protein Egg Scramble + Toast	eggs 2, egg whites 100g (about 3 whites), spinach 50g (big handful), mushrooms 80g (1 cup), whole wheat toast 1 slice (35–40g)	~320 cal P 31g C 23g F 12g Swaps: tofu scramble; 150g potatoes instead of toast
B3 Protein Overnight Oats	oats 40g (½ cup), protein powder 30g (1 scoop), unsweet almond milk 250ml, berries 50g	~325 cal P 31g C 37g F 7g Swaps: high-protein cereal; ½ banana
B4 Cottage Cheese Bowl	cottage cheese 200g, pineapple 100g, walnuts 10g (1 tbsp chopped)	~295 cal P 28g C 22g F 12g Swaps: berries; almonds
B5 Simple Protein Smoothie	protein powder 30g, banana 1 medium (~120g), unsweet almond milk 250ml, peanut butter 16g (1 tbsp)	~335 cal P 30g C 30g F 12g Swaps: 150g frozen berries; skip PB to lower calories
B6 Chia Yogurt Pudding	chia 20g (1½ tbsp), 0% Greek yogurt 150g, berries 100g, honey 10g, granola 10g (1 tbsp)	~320 cal P 22g C 42g F 8g Swaps: oats 30g instead of chia; nuts 10g instead of granola
B7 Avocado Egg Toast	whole wheat toast 1 slice, avocado 50g (½ avocado), egg 1, egg whites 100g	~305 cal P 22g C 23g F 14g Swaps: hummus 30g (2 tbsp) instead of avocado

Lunches (7)



Option	Ingredients	Macros & Swaps
L1 Chicken Wrap	whole wheat tortilla 1 (60–70g), cooked chicken breast 120g, lettuce 50g + tomato 80g, salsa 60g, light mayo 10g (optional)	~440 cal P 44g C 38g F 11g Swaps: turkey/tofu/tuna
L2 Turkey Quinoa Bowl	lean turkey 120g, cooked quinoa 120g (¾ cup), black beans 60g (¼ cup), veggies 150g, salsa 60g, olive oil 5g (1 tsp)	~470 cal P 45g C 46g F 11g Swaps: rice/potatoes; chicken/tofu
L3 Tuna Avocado Rice Bowl	tuna 1 can drained (~120g), cooked rice 120g (¾ cup), avocado 50g, cucumber 100g + tomato 80g	~410 cal P 34g C 46g F 8g Swaps: salmon/chicken/chickpeas
L4 Chickpea + Tuna Salad	chickpeas 120g (¾ cup), tuna 60g (½ can), cucumber 100g + tomato 80g, feta 30g	~430 cal P 31g C 42g F 15g Swaps: feta 15g or skip
L5 Lentil Soup + Toast	cooked lentils 200g (1 cup), chopped veggies 150g, broth 400ml, toast 1 slice	~420 cal P 26g C 76g F 4g Swaps: beans instead of lentils
L6 Salmon Rice Veg Bowl	salmon 100g, cooked rice 100g, salad veggies 200g	~380 cal P 27g C 36g F 14g Swaps: tuna/chicken/tofu
L7 Tofu Veg Rice Stir	firm tofu 150g, veggies 200g, cooked rice 100g, soy sauce 15ml (1 tbsp), oil 5g (1 tsp)	~400 cal P 26g C 50g F 12g Swaps: chicken/shrimp

Snacks & Dinners

Snacks (7)



Option	Ingredients	Macros
S1 Apple + Peanut Butter	apple 1 medium (~200g), peanut butter 16g (1 tbsp)	~190 cal P 5g C 28g F 8g
S2 Protein Shake	protein powder 30g (1 scoop), water 300–400ml	~120 cal P 24g C 3g F 2g
S3 Carrots + Hummus	carrots 150g (2 large), hummus 50g (about 3 tbsp)	~180 cal P 6g C 22g F 9g
S4 Yogurt + Berries + Honey	0% Greek yogurt 150g, berries 100g, honey 7g (1 tsp)	~145 cal P 17g C 20g F 0g
S5 Hard-Boiled Eggs	eggs 2 large	~140 cal P 12g C 0g F 10g
S6 Edamame Bowl	shelled edamame 150g (about 1 cup)	~180 cal P 17g C 15g F 8g
S7 Cottage Cheese + Pineapple	cottage cheese 150g, pineapple 100g	~140 cal P 14g C 17g F 3g

Dinners (7)



Option	Ingredients	Macros & Swaps
D1 Sheet Pan Chicken + Potato + Broccoli	chicken breast 150g, potato 250g, broccoli 200g, olive oil 5g (1 tsp)	~560 cal P 56g C 60g F 11g
D2 Salmon + Potato + Broccoli	salmon 150g, potato 250g, broccoli 200g	~580 cal P 44g C 60g F 21g
D3 Lean Beef Veg Rice Stir Fry	lean beef 150g, veggies 250g, cooked rice 120g, soy sauce 15ml, oil 5g (1 tsp)	~550 cal P 41g C 51g F 19g
D4 Turkey Bean Chili Bowl	lean turkey 150g, black beans 100g, salsa 100g, cauliflower rice 200g, light cheese 30g	~545 cal P 65g C 40g F 14g
D5 Chicken Marinara Pasta	chicken 120g, cooked pasta 150g (about 1 cup), marinara 150g, light cheese 30g	~630 cal P 58g C 67g F 13g Swap: zucchini noodles instead of pasta to drop calories fast
D6 Shrimp Taco Bowl	shrimp 150g, corn tortillas 2 (50–60g total), black beans 60g, avocado 50g, salsa 60g, lettuce 80g	~455 cal P 41g C 50g F 11g
D7 Turkey Burger Salad + Potato	turkey patty 150g, salad veggies 250g, potato 200g, olive oil 5g (1 tsp)	~490 cal P 50g C 52g F 10g



Before



After

TAMAR - DOWN 45 + LBS

The One Sentence That Changes Everything

You don't need perfect. You need 3 sessions per week, every week, long enough for your body to adapt. That's how people get results and keep them.

COMMITMENT

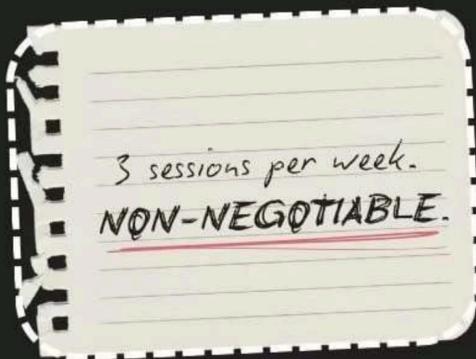
Your Promise To Yourself

I, **firstName lastName**, will do everything in my power to follow this guide and finish the program. If I ever feel that I'm slipping, I will ask for help.

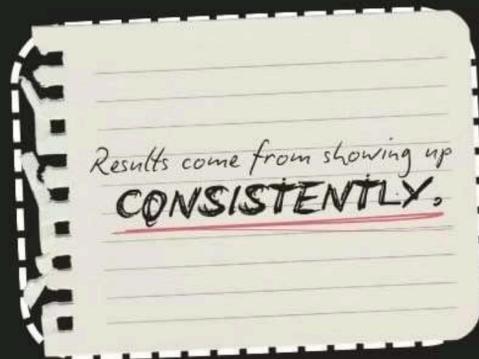
I COMMIT TO MY SUCCESS

Your 5 Commitment Reminders

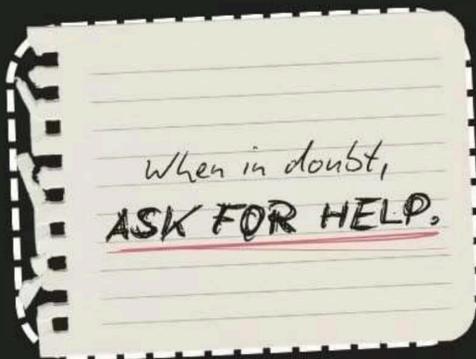
5 COMMITMENT REMINDERS



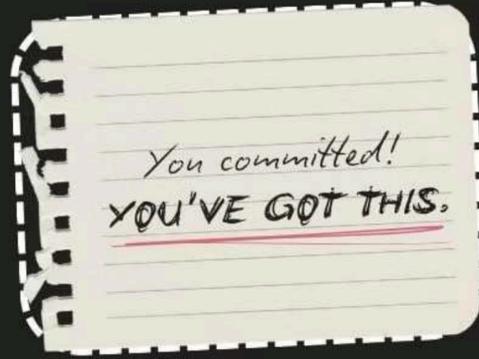
(FOR YOUR BATHROOM MIRROR)



(FOR YOUR FRIDGE)



(FOR YOUR GYM BAG)



(FOR YOUR CAR DASHBOARD)



(FOR YOUR WORK DESK)

(Print & Place Strategically)

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