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5 PAGE SPECIAL FAT LOSS REPORT



**Learn the single biggest mistake people make when going to the gym
and how to avoid it!**

Why do you need a protein shake if you already eat 3 times per day?

**Learn the secret that will take your fat burning efforts to a new
level!**

**Quit wasting time with low fat diets- learn when to eat good fats for
faster fat loss!**

No time to pre-prepare 5 meals a day? No problem!

**Find the answers to these questions and
more inside!**

Step One: The Basics of Nutrition and Supplementation

Supplements you will need

You are trying to shed some body fat and increase your lean muscle tone, so there are the top 3 “essential” supplements that you will need. In order of importance, here they are and why you need them:

1. **Low-Carb Protein blend:** This is necessary because most of us have jobs and responsibilities that don't allow us the time to pre-prepare 6 meals per day. We have all heard by now that the goal for health and fat loss is to eat 5-6 smaller meals per day, spread out over every 3-4 hours. While eating a meal every 3 hours may be tough to do, mixing up 4oz of water and a scoop of protein in a shaker cup is easy and takes less than a minute. Have an apple or other piece of fruit with it for a healthy and convenient meal replacement. [NUTRISHOP Chico](#) recommends the [Pro7](#) or [Pro 5](#) protein blends. Stop by for a free sample to give it a try.

***** For a more detailed explanation of why you need to eat protein every 3-4 hours, click this link to read the article “The Importance of Protein in your Diet”.**

2. **BCAA (Branched Chain Amino Acids):** These 3 amino acids are very important to fat loss and lean muscle gain. A recent study by the Journal of the Society of Sports Nutrition found that taking 4-8 grams of BCAA's prior to weight training INCREASED fat loss, INCREASED muscle gain, and INCREASED muscular endurance. For pennies a serving, these simple amino acids are essential to your goals. Simply take 4-8 grams of BCAA's prior to your workout and force your body to use fat for fuel! [NUTRISHOP Chico](#) recommends [IBCAA](#) or [BCAA-GT](#).
3. **Glutamine Blend:** Glutamine is one of the most abundant amino acids in your muscles. When you are stressed (physically or mentally) from work, school, family, training, etc..., your body does not produce enough Glutamine to replace what is lost. However, when you supplement with Glutamine you will recover from your workout faster, be less sore, sleep deeper, increase your immune system and absorb nutrients better. This all translates into more lean muscle and less fat. [NUTRISHOP Chico](#) recommends [GLUTACOR](#), a blend of 5 types of Glutamine, plus electrolytes and antioxidants that keep you hydrated and help you recover even faster. Simply put 1 scoop into each protein shake.

Supplements that you can add to see even FASTER results

While these supplements are not “essential”, they will increase the rate you lose fat much faster than diet and exercise alone. Here are the top 3 supplements to add for fast results:

4. **Detox:** Cleansing and detoxing your “filtration” system is a great way to jump starting your fitness goals. [NUTRISHOP Chico](#) carries two very effective and gentle cleansing products that are designed to cleanse the Liver, Gallbladder, Colon and Kidneys. Most Americans have up to 20lbs of toxins stored in the Colon, so just by doing this gentle cleanse most of our clients lose inches and pounds. Remember, these are toxins that can't be lost with diet and exercise. Also, if the Liver is congested (from medications, alcohol, Tylenol, pesticides, environmental toxins, etc...), than your metabolism will be very sluggish. A simple cleanse to decongest the Liver will speed up your natural metabolism and give you more energy. [NUTRISHOP Chico](#) recommends [DETOXIN](#) or [Detox-LGC](#). Simply take 2 capsules when you wake up and 2 capsules before bed- no fasting, juice, or running to the bathroom!
5. **Fat Burning Blend:** With all of the products out there calling themselves “fat burners”, this area gets confusing. It doesn't help that a lot of companies simply load up the caffeine and call it good. These cheap products only serve to make you jittery and edgy, and they do little to nothing to help you burn fat. **This is where [NUTRISHOP Chico](#) can help.** We have a number of legitimate metabolism boosters that actually work. What they do is fairly simple, and the blends are very effective.
 - The Thermogenic blends increase your core temperature by just a fraction of a degree, which allows your body to burn fat faster.
 - The Thyroid blends encourage your thyroid to produce more T3, which is the active thyroid hormone that burns fat. If your thyroid is sluggish, this will get it going again, NATURALLY.
 - The Cortisol blends increase the hormones that burn fat, and decrease the amounts of the hormone that can store fat, cortisol. This stress hormone is responsible for many sluggish metabolisms.
 - There are also Water Extraction blends, and others. [NUTRISHOP Chico](#) recommends these great fat burners: [Adicor](#), [HYPERCOR](#), [Phenadren](#), [Lipofire](#), and [LipoCor](#). Stop by and we can find the right fit for you and your goals.

6. **PM Sleep and Metabolism formula:** To round out your Fat Loss System, we recommend a PM formula to help you wind down and relax from the day, help you get a deeper, more restful sleep and keep your metabolism humming 24 hours per day. These have blends with ingredients like melatonin, 5-HTP, L-Theanine and GABA that relax you and help you get deeper sleep. They also have non-stimulant blends with guggulesterones, apple cider vinegar extract, ECGC from green tea and more that keep your metabolism boosted while you sleep. [NUTRISHOP Chico](#) recommends [SOMNILEAN](#) or Metabolix PM. Simply take them before bed.

Step Two: How to Structure your Nutrition for Fat Loss

Arrange your Macronutrients the right way to maximize using body fat for energy

So you know that you are supposed to eat 5-6 smaller meals throughout the day, but **what** should you eat? The basics of structuring your meals are easy: For the first 3 meals of your day, you want lower fat, moderate carbs and moderate protein. Beginning with meal 4, replace the carbs with a good fat source and do this for Meal 5 as well. Meal 6 is right before bed, and should just be protein.

Here is a very easy template that you can use to plan your day and get results.

- A) **Meal 1:** Lean protein + Complex Carbs (Example- 4 egg whites, 1 whole egg, 1/2 cup oatmeal with some berries.)
- B) **Meal 2:** Lean Protein + Complex Carbs or Fruit (Example- 1 scoop Pro7 + 1 Apple)
- C) **Meal 3:** Lean Protein + Complex Carbs and Veggies (Example- 4 oz. chicken + 1/2 cup brown rice + salad)
- D) **Meal 4:** Lean Protein + Good Fat (Example- 1 scoop Pro7 + 1 tablespoon Peanut Butter or 1/4 cup nuts)
- E) **Meal 5:** Lean Protein + Good Fat + Veggies (Example- 4oz Chicken+ 1/4 Avocado and Salsa + big salad)
- F) **Meal 6:** Lean Protein (1 Scoop Pro7)

As you can see, it is a very easy formula- Meal, Shake, Meal, Shake, Meal, Shake. Use this template, or if you would like a Nutrition Plan customized for you, along with an easy to use grocery list, stop by either [NUTRISHOP](#) in Chico. **We are all Certified Sports Nutritionists and we do these FREE for our customers!**

Step Three: Avoiding Common Mistakes- Train for Results

Set up your workout to get the best results- timing is everything.

So you are now ready to hit the gym. The question is... what the heck do you do first? Cardio? Weights? A class? Stretch?

I will tell you what you DON'T want to do first, and that is cardio. **Doing cardio first is by far the biggest mistake most people make when going to the gym to workout.** Don't blindly follow the herd... train smart and you will get the results you want FASTER.

You may have heard that it takes about 20 minutes of doing cardio to start burning body fat. Why is this?? **Because for the first 20 minutes or so, you are burning off the carbohydrates that are stored in your muscle and blood.** Once that is used, only then can your body use fat for energy. When you are done with cardio, if you do it first in your workout, you won't have the energy to do any *effective* weight or circuit training.

This is bad for a few reasons. First, if you are trying to burn fat and tone up, the weight training portion of your workout is the MOST important. You want to make sure to have enough energy to get at least 20-30 minutes of circuit or weight training.

Here is the absolute best way to plan your trip to the gym.

Warm-Up: 5 minutes of low intensity cardio. This is to warm up your joints and flush your muscles with blood. You want to just get warmed up here, so don't go too hard.

Weight or Circuit Training: For the next 20 to 30 minutes, you want to do either weight or circuit training. Circuits are easy- pick a machine for each body part and do them in succession for a total of 3 circuits. For example, an upper body circuit would look like this: 15 reps on Chest Press; 15 reps on Back Row; 15 reps on Shoulder Press; 15 reps on Bicep Curl; 15 reps on Triceps Press down; 15 reps on ab machine. Rest about 30 seconds between each exercise. Repeat circuit 3 times.

Cardio: After the weights, you have now burned up all of the carbs stored in your body. Since that is taken care of, all of the cardio that you do after weight training will be burning stored body fat. You only need to spend 20 to 30 minutes doing cardio. Pick a machine like the elliptical, Stairmaster, or treadmill. Leave the bike to injured people- it is a waste of time.

Stretching: After Cardio, take 5-10 minutes and stretch out your muscles. This will flush out the lactic acid and help you recover faster, and it will also help you be more flexible and prevent injury. Your entire time spent in the gym should be only 50-60 minutes.

So to recap:

Warm-up- 5 minutes

Weights first- 20-30 minutes

Cardio second- 20-30 minutes

Stretching- 5 minutes

So now you have all of the tools that you need to shed body fat and tone up. No more wasting time on the hamster wheel wondering why you aren't seeing results!

If you have more questions about this, or want some personalized help, stop by either [NUTRISHOP](#) location in Chico and one of our Certified Sports Nutritionists will be happy to help!

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