



Weightless
weightlessprogram.co

How to Lose 10 Kilos

Name: _____ Date: _____

Weight: _____ Ideal Weight: _____

Direction: Please mark the checkbox once you have listened to the video.

- Sleep:** 8 hours, sleep is so important. I can't stress enough!! A poor night's sleep impacts your following day and you'll need it - "If you own your morning, your own your day and you win at life". Pre Sleep, reduce your screen time 1 hour prior and dim lights, lavender oil, magnesium / epsom salts bath.
- Morning:** set your alarm, do not push snooze 5, 4, 3, 2, 1 = Get up and go!
- Visualize / Meditation :** Now sit up in bed, do not stay lying down (you'll just fall back asleep) The veil between your conscious and your subconscious is thin at this time of the day, and you can program your subconscious to do whatever it's told, 10 - 20 mins.
- Bathroom:** High Five yourself in the mirror, how are you going to show up for yourself in your day? Set yourself a task, how many are you going to do this week?.....
- Fitness :** Work out in a fasted state aim for 10,000 Steps / 1 hour. Get 2 for the price of 1 by working out in a fasted state in the mornings before you eat / break your fast, drawn down to your stored fats. If you can walk in nature or by a large body of moving water.
- Water :** "Habit Stack", take you bottle of water with you in the morning - the bigger the bottle the more you drink (don't consume anything working out in a fasted state.) 30 - 40mls per kilo of body weight. Bigger the bottle the more you drink. S
- Habit stack:** i.e above Water Water with your walk and adding things such as adding a podcast, audio book, walking meditation.
- Fasting :** 16 Hour Fast, 8 Hour eating window - try an eating window 11am - 7pm and 16 hour fast 16% body fat change and if you are over 40 years old try 2 x 20 hour Fasts with a 4 hour eating window 3pm - 7pm.
- Salt & Cinnamon:** Make up a large cup or a 500ml bottle (I like warm water) take this 30 mins prior to breakfast



Applications:

- **MyFitnessPal** (you only need the free version) Scan and weigh every piece of food, over the next 8 weeks period. This will develop & embed a body of knowledge for the and volume which calorie amount works for you.
- **StepsApp:** (free version) Gamification, so much fun! 1,000 per day “normal 16/8 days” (this should change over time come back to me for this)
- **Green food download:** Visual attached
- **Carbs:** Aiming for the Low Carb / Keto lifestyle: This is not over 20 carbs per 24 hours (use MFP to track this.)
- **BMR:** Use the calculator on weightlessprogram.co, four along at the top and type in BMR (follow my direction on the video.) What is yours today?
- **Food:** Plan for a fist size or around 100 grams of lean meat weight “protein is the cornerstone of every meal”. For the required diversity of your gut microbiome mix up your proteins. Chicken one day Pork the next - Beef, Fish, Poultry etc.
- **Protein:** (use the calculator on) weightlessprogram.co enter your grams here..... Get the “HEAL & SEAL” that I recommended (SunWarrior Warrior Blend, which is a Pea and Hemp base.) Break your fast by supporting your gut microbiome with a small amount of lean protein (not dairy, not fat, not carbs)
- **Coffee:** “Amys Crazy Special coffee” 1 x coffee in morning max (move to mushroom coffee below) Coffee, Pinch Cayenne pepper, Cacao, Couple of drops of MCT Oil, Black Gold Mushroom Elixir x 1 teaspoon.



Top Picks - Staples that we just LOVE:

- **Canterbury Biltong:**
BILTONG LINK
- **Low Carb Veggies:**
VEGGIES LINK
- **Join the party & stay connected - socials:**
<https://www.facebook.com/WeightlessProgram.co>
- **Home Street / Best bread type options:**
BREAD LINK
- **Konjac Noodles:**
NOODLES LINK
- **Shake, SunWarrior Warrior Blend:**
SHAKE LINK
- **Farah's Wraps:**
WRAP LINK
- **Black Gold:**
MUSHROOM LINK
- **MCT oil:**
MCT LINK
- **Beauty Focus Collagen Plus :**
COLLAGEN LINK



Video Links Tools:

- **Visitation, meditation**
Link:
- **High Five yourself**
Link: The Two Rules of Five's
- **Salt and Cinnamon**
Link: Why, Salt and Cinnamon