

MEGANBANAHANFITNESS



FATLOSS GUIDE

IN JUST 5 SIMPLE STEPS.

MB STRENGTH & FITNESS

When it comes to losing fat—the quick fix approach is the most appealing to us humans but this approach rarely works for us because it ain't sustainable!

And I know you aren't looking for some wishy washy bullshit, so I'm just going to get straight into it if you implement this list of things you are about to scroll through, you could literally lose up to 5kg in the next few weeks!

FOOD & NUTRITION FOR FATLOSS

STEP 1

STOP SKIPPING YOUR FEKKING MEALS

Yes I'm telling you who needs to lose fat to **FAT MORE** because eating too little in quite literally causing you to binge/overeat in the evening.

HERE'S WHAT HAPPENS:



Wake up grab a coffee on the way out the door in the morning, rushing and stressed work



Lunch comes around you have a salad work some more



Afternoon snack drawer opens... it's home time snack on something while you get the dinner ready not hungry for your dinner

MASSIVE BINGE OUT BEFORE BED!

This massive evening binge happens because you have eaten fek all throughout the day because



01

You are starving yourself because you think eating fek all will help you lose fat



02

You are stressed and busy and don't take time to think about what you are eating.

THE SOLUTION

Start by fixing one meal per week, start small, it doesn't have to be perfect!

Breakfast & Lunch can be a good place to start because about 80% of the Irish population struggle with eating too little in the first half of the day, leading to that evening binge.

Before:
Empty Calories



After:
Balanced & Nutritious



THE FIX →

Follow this rough method



BREAKFAST-**20%**
of calories

LUNCH-**30%**
of calories

DINNER-**40%**
of calories

SNACKS-**10%**
of calories

What your meals should look like



Breakfast



Lunch



Dinner



Snacks

EAT MORE PROTEIN

- ✓ I know I probably sound like a broken record because you've probably heard this 100 times from people online but it's so important!
- ✓ **THE MORE PROTEIN YOU EAT, THE MORE FAT YOU WILL LOSE**
- ✓ Protein is a natural fat burner as it increases our daily caloric burn, it's the most satiating macronutrient, therefore keeping us fuller for longer!



SO HERE'S HOW TO EAT MORE OF IT

01



Focus each of your main meals around a protein source, with a minimum serving of 20g.

02



Base your snacks around protein as much as possible, so pair up some chocolate with something high in protein like greek yogurt.

03



Always try to get a good serving of protein early in the day to allow for appetite control later in the day.

CONTROL THE HUNGER

Yes before you hate me, I know its easier said than done, but let me make it even easier with this tip!

On a side note a small bit of hunger is normal when trying to lose fat, you WILL experience it but, if the hunger becomes unbearable, you simple just need to eat more fuding food

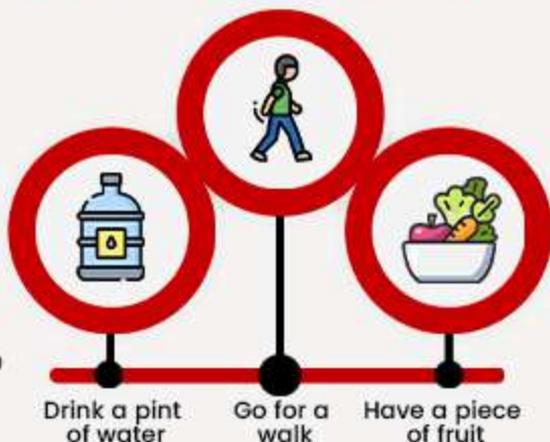
SO IF YOU ARE EXPERIENCING HUNGER IN A FATLOSS PHASE - HERE'S WHAT TO DO

Taking this time before you give yourself full permission to have that snack will allow you to make a logical decision on whether you actually need it or are you just having it for the sake of it.

01

02

The next time you feel like grabbing a snack, take out your phone and wait for 15-20 minutes. In that time I want you to either:



ZERO CALORIE SOFT DRINKS:

Are absolute life savers when it comes to having cravings and no the artificial sweeteners won't kill you!

Having one of these whenever you feel cravings will help you control your cravings and the calories you consume!

EXERCISE

Last but not least and before we get into it, this isn't me telling you that you need to be in the gym 6 times a week or going for runs every second day!

If you are someone trying to lose weight I want you to focus on this one simple thing -

YOUR NEAT ACTIVITY

Your NEAT activity in simple terms is any movement you do outside of sole focused exercise sessions

So getting up out of bed, walking to the fridge, cleaning the house or out to the car

The best way to increase your NEAT activity is focusing on hitting a REALISTIC DAILY STEP COUNT

01

02

03

04

05

Everyone is obsessed with 10k steps per day but if that's not realistic for you because you work an office job or you're a busy parent, then don't set yourself with that goal because you're setting yourself up for failure!

Focus on keeping your current step count consistent and work to add on 500-1000 steps to that count per week.

BRIBE YOURSELF!**USE A REWARD SYSTEM!**

if I get out for a 5minute walk, then I can have a nice morning coffee

if I include protein at each meal then I can have a small snack later

if I get out for a 5minute walk then I can sit down for a few extra mins watching TV in the evening

This promotes **CONSISTENCY** which is required for fatloss!

REMEMBER SOMETHING IS ALWAYS BETTER THAN NOTHING

If you implement absolutely everything I have just mentioned here well then you could be 5-10kg lighter in a number of weeks and this is the type of stuff I share for free...with extra support and accountability from the Perform & Transform Coaching service you could be doubling this!!

Anyways hope this helps LEGENDS!

Find me @mb strengthfitness on instagram for more free tips like this on a daily basis.
Listen to my podcast on spotify by clicking here