



IMPORTANT STEPS TO LOSE WEIGHT/FAT

1. Calculate your BMR by using Mobile App or online calculator.
2. $BMR \times 1.3 = \text{Daily calories}$ Guru Mann Fitness
3. Divide those calories into 6 meals.
4. Eat in every 3 hours.
5. Macro Breakdown would be: C/P/F : 30% / 50% / 20%
6. You can increase or decrease +- 5% calories if needed.
7. Do grocery shopping for a week or two prior, your training.
8. Set up 1-2 lb. weight loss goal on weekly basis. Which would be 12-24 lb. in 12 weeks.
9. Focus on eating 2-3 Carbs meal (Complex Carbs) and 3 No Carbs meal.
10. Complex carbs (Slow Digesting) are: Oats, Brown Rice, Brown Bread, Sweet Potato, Quinoa, Millet, Brown Rice cake, Wheat Roti, Wheat Pasta, Beans, lentils, etc
11. Avoid Simple Carbs (Fast Digesting) or in Moderation are: Fruits (with low fiber), White Bread, white potato, White Rice, Fruit Juices, Sports drinks, etc.
12. Eat Protein food in every meal: Chicken, Fish, Eggs, Mutton, Milk, Yogurt, Greek Yogurt, Paneer, Soy, Whey, Casein, etc
13. Eat moderate Fat food: Peanuts, Almonds, Cashews, Walnuts, Peanut butter, Flaxseeds, Chia seeds, Sunflower seeds, Salmon fish, Whole egg, Olive oil, coconut oil, etc
14. Eat 2-3 serving of Salad
15. Eat Green Vegetables: Broccoli, Green Beans, Asparagus, etc
16. Drink 2-3 cups of Green Tea.
17. Train 5-6 times a week.
18. Do compound movements, Super/Giant sets with 8 -15 reps which activates Type 1, 2a & 2b muscle fibers.
19. Add Drop sets by end of every exercises. Guru Mann Fitness
20. Rest 45-90 sec.
21. Perform cardio 3 times a week for 30-40min.
22. Drink 3-4 liters of Water a day..
23. You can check my muscle fat loss program and adjust your calories according to your BMR. Program are: Shredded Next Level, Muscular 8, Muscle Mode, MuscleMann, Get Ripped, etc.
24. Watch motivation videos or workout videos 30min before training.
25. Check your weight and measurements every Sunday. Guru Mann Fitness
26. Take your selfies on weekly basis as well.
27. Discipline, consistency, positive mind set is important to achieve physical goal.

GOOD LUCK

Regards.

Your Brother
GM

