



FAT LOSS GUIDE

A smart, structured approach to dropping fat without losing muscle or ruining your metabolism.

THE FAT LOSS MINDSET & GOAL

What This Guide Covers:

Fat loss isn't about eating as little as possible or smashing endless cardio. It's about **strategy**, **consistency** and building a body that performs and looks better long term.

Your Goal:

- Drop body fat while preserving lean muscle
- Stay energised, focused and strong
- Build habits that prevent rebound weight gain

Why Most Diets Fail:

- Unsustainable restriction
- No strength training
- No exit strategy (what happens after the diet?)
- Poor protein intake

This isn't a crash diet. This is a **coachable method** that works.

CALORIES, MACROS & MEAL STRUCTURE

Step 1: Estimate Your Maintenance Calories

Use: Bodyweight (kg) × 30–32

Then reduce by 15–20% for fat loss

E.g. 75kg person × 30 = 2250 kcal → cut to ~1800–1900 kcal

Macronutrient Targets:

- **Protein:** 2.2–2.5g/kg – preserve muscle mass
- **Fat:** 0.6–0.8g/kg – hormone balance
- **Carbs:** Fill in the rest

Example (75kg / 1900 kcal):

- Protein: 170g = 680 kcal
- Fat: 60g = 540 kcal
- Carbs: ~170g = 680 kcal

Meal Structure:

Meal 1: Protein + healthy fats (e.g. eggs + avocado)

Meal 2: Protein + complex carbs + veg (e.g. chicken + rice)

Pre-workout: Protein + fast carbs

Post-workout: Protein + carbs

Dinner: Protein + fats + fibrous veg

Hydration Tip:

- 3–4L water daily
 - Add electrolytes if doing fasted cardio or sweating a lot
-

TRAINING & ACTIVITY FOR FAT LOSS

Strength Training Is Non-Negotiable

Muscle = metabolic currency. Losing it will slow your metabolism.

Aim: **3–5 full-body or split sessions/week**

Focus On:

- Progressive overload
- Compound lifts
- Good form and controlled tempo
- Logbook-based progression

Cardio Strategy:

☐ **Low-Intensity Steady-State (LISS)**

- 30–45 mins walk, incline treadmill, cycling
- 2–4x/week **High-Intensity Interval Training (HIIT)**
- 15–20 mins max
- 1–2x/week (optional if recovery is good)

NEAT = Your Secret Weapon

(Non-Exercise Activity Thermogenesis)

Increase daily movement outside of training:

- 10,000+ steps/day
- Walks after meals
- Standing desk, light chores, park further away

Rest & Recovery

- 7–9 hours of quality sleep
 - At least 1 full rest day per week
 - Manage stress = manage cortisol = better fat loss
-

SUPPLEMENT STACK & TIMING

You don't need fat burners to lose fat but smart, research backed supplements can support the process and help you retain muscle, energy and performance.

1. Whey Protein

- **Dose:** 20–30g
 - **Timing:** Post-workout or as needed to hit targets
 - **Why:** Protein intake is key for muscle retention and satiety
 - **Tip:** Blend with berries and almond milk for a low-calorie meal
-

2. Creatine Monohydrate

- **Dose:** 5g daily
 - **Timing:** Anytime
 - **Why:** Helps preserve strength and muscle during a deficit
 - **Myth:** No, it doesn't cause fat gain or bloat when used correctly
-

3. L-Carnitine (Stimulant-Free)

- **Dose:** 500–2,000mg
 - **Timing:** Before fasted cardio or workouts
 - **Why:** May assist in fat metabolism when used consistently
 - **Bonus:** No caffeine means it stacks well with other supplements
-

4. Multivitamin (Livingood Daily)

- **Dose:** 1 per day with food
 - **Why:** Supports micronutrient status in a calorie deficit
 - **Why It's Our Pick:** Quality formulation, no fillers, athlete-friendly
-

FAT LOSS TROUBLESHOOTING & FAQs

Tracking Progress Properly:

- ☐ Weekly bodyweight average (not just one day)
- ☐ Biweekly progress photos
- ☐ Waist measurements
- ☐ Strength maintenance in gym

Plateau Buster Checklist:

- Are you actually hitting your macros?
- Has your NEAT dropped?
- Are you sleeping 7–9 hrs?
- Are you strength training hard and recovering?
- If yes to all above: reduce calories by 100–150 or add cardio

Refeed or Diet Break?

- Refeed: 1 day/week at maintenance calories (mainly from carbs)
- Diet break: 1 week at maintenance every 6–8 weeks

FAQs

Q: Can I build muscle in a deficit?

Yes — if you're new to lifting or returning from a break (aka "newbie gains")

Q: How long should I diet for?

Most people see great results in 8–12 weeks. Assess biofeedback and don't crash diet longer than necessary.

Q: What happens when I'm done cutting?

You reverse diet slowly — gradually add calories back while maintaining training. This sets you up for a productive lean bulk.

We're here to help every step of the way.
Check out our product stack recommendations and join the
transformation.

LeanBulkStack.com
Backed by Science. Built for Results.

