

5-DAY FAT LOSS KICKSTART

The Simple Reset to **Drop Weight Fast**,
Burn Fat, and Build Momentum



BURN FAT



DROP WEIGHT



PRESERVE
MUSCLE



BUILD
MOMENTUM

5 DAYS. SIMPLE PLAN. REAL RESULTS.

By **Bryan Healey**



DISCLAIMER

This guide is for educational purposes only and is not medical advice. Consult your physician before beginning any nutrition or exercise program.

INTRODUCTION

Most people fail fat loss because they try to do too much at once. This guide is designed to help you rapidly reduce bloating, improve insulin sensitivity, create a calorie deficit, preserve muscle, and build momentum for long-term fat loss.

THE 5 RULES OF RAPID FAT LOSS

1. Protein First

Protein helps preserve muscle while dieting and keeps you full.

2. Keep Carbs Controlled

Use simple carbohydrates around workouts and avoid sugar and processed foods.

3. Eliminate Processed Foods

Eat simple whole foods consistently.

4. Walk Daily

Aim for 10,000–15,000 steps daily.

5. Lift Weights

Use simple strength workouts to preserve muscle while losing fat.

DAILY NUTRITION TARGETS

Men: 1,800–2,000 calories | 200g protein | 100–150g carbs

Women: 1,300–1,600 calories | 130–150g protein | 70–100g carbs

APPROVED FOODS

Proteins: Chicken breast, turkey, lean beef, eggs, Greek yogurt, fish, whey protein.

Carbs: White rice, potatoes, oatmeal, bananas, berries.

Vegetables: Broccoli, asparagus, green beans, spinach.

Healthy Fats: Olive oil, peanut butter, almonds, avocados.

SAMPLE DAILY MEAL PLAN

Meal 1: 3 eggs, 6 egg whites, oatmeal.

Meal 2: Chicken breast, white rice, broccoli.

Meal 3: Banana and whey protein.

Meal 4: Lean ground turkey, potato, green beans.

Meal 5: Greek yogurt and peanut butter.

HYDRATION PROTOCOL

Drink approximately 1 gallon of water daily for men and 3/4 gallon for women. Hydration improves fat metabolism, performance, recovery, and fullness.

5-DAY TRAINING PLAN

Day 1: Full body strength workout.

Day 2: Conditioning and walking.

Day 3: Full body strength workout.

Day 4: Active recovery and mobility.

Day 5: Full body finisher workout.

CARDIO GUIDELINES

Walking, incline treadmill walking, and stationary biking are the best options. Avoid excessive cardio that destroys recovery.

SUPPLEMENTS

Helpful supplements include whey protein, creatine monohydrate, fish oil, electrolytes, and caffeine.

GROCERY LIST

Chicken breast, lean turkey, lean beef, eggs, Greek yogurt, rice, potatoes, oatmeal, bananas, berries, broccoli, asparagus, green beans, olive oil, almonds, peanut butter.

FINAL ACTION PLAN

For the next 5 days:

1. Follow the meal plan exactly.
 2. Hit your protein goal daily.
 3. Walk 10,000+ steps.
 4. Train consistently.
 5. Drink plenty of water.
 6. Sleep 7–8 hours nightly.
 7. Avoid cheat meals and alcohol.
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