



7-DAY FAT LOSS KICKSTART

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

Includes 7-Day Sample Meal Plan · 1,800 Cal · KISS Method

- 5 Rules of Rapid Fat Loss
- Daily Nutrition Targets for Men & Women
- Approved Foods List
- 5-Day Training Plan · Cardio & Hydration Guidelines
- Supplements & Grocery List
- 7-Day Sample Meal Plan — 1,800 Cal/Day
- KISS Method · Bryan Healey Fitness

DISCLAIMER

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

INTRODUCTION

The Simple Reset

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.

SECTION 1

The 5 Rules of Rapid Fat Loss

Rule 1: Protein First

Protein helps preserve muscle while dieting and keeps you full.

Rule 2: Keep Carbs Controlled

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

Rule 3: Eliminate Processed Foods

Eat simple whole foods consistently.

Rule 4: Walk Daily

Aim for 10,000–15,000 steps daily.

Rule 5: Lift Weights

Use simple strength workouts to preserve muscle while losing fat.

SECTION 2

Daily Nutrition Targets

	CALORIES	PROTEIN	CARBS
MEN	1,800–2,000	200g	100–150g
WOMEN	1,300–1,600	130–150g	70–100g

SECTION 3

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

SECTION 4

Hydration Protocol

Men: ~1 gallon of water daily

Women: ~3/4 gallon of water daily

Hydration improves fat metabolism, performance, recovery, and fullness.

SECTION 5

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

SECTION 6

Cardio Guidelines

- Walking, incline treadmill walking, and stationary biking are best
- Avoid excessive cardio that destroys recovery
- 10,000–15,000 steps daily is the primary cardio target

SECTION 7

Supplements

- Whey protein
- Creatine monohydrate
- Fish oil
- Electrolytes
- Caffeine

SECTION 8

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.

SECTION 9

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

7-DAY SAMPLE DIET

1,800 Cal/Day · Fat Loss / Lean Cut

KISS Method · Simply Shredded · Bryan Healey Fitness

200g non-fat Greek yogurt · ~50g blueberries · 1 scoop vanilla protein powder · pinch cinnamon

DAY 1 — Egg & Oat Bowl

Egg & Oat Bowl

- 4 egg whites + 1 whole egg (scrambled)
- 3/4 cup rolled oats (cooked)
- 1/2 green banana

385 cal | P 30g C 52g F 7g

Tuna & Sweet Potato Bowl

- 1.5 cans tuna in water (7.5 oz)
- 1 cup sweet potato (baked)
- 1 tsp olive oil
- 2 Brazil nuts

450 cal | P 50g C 38g F 13g

Chicken, Rice & Butternut Squash

- 6 oz chicken breast (baked)
- 3/4 cup white rice (cooked)
- 3/4 cup butternut squash (1/2 tsp coconut oil)

475 cal | P 50g C 50g F 9g

DAILY TOTAL · 1,545 cal | 166g P | 158g C | 30g F

DAY 2 — Cottage Cheese & Oat Bowl

Cottage Cheese & Oat Bowl

- 1 cup low-fat cottage cheese
- 3/4 cup rolled oats (cooked)
- 1/2 apple (diced, with skin)

400 cal | P 38g C 50g F 5g

Ground Turkey & Quinoa Bowl

- 6 oz extra-lean ground turkey (99%)
- 3/4 cup quinoa (cooked)
- 1 tsp olive oil
- 2 Brazil nuts

460 cal | P 50g C 40g F 13g

Shrimp & Sweet Potato

- 7 oz shrimp (grilled)
- 1 cup sweet potato (baked)
- 1/2 tsp coconut oil

470 cal | P 46g C 50g F 9g

DAILY TOTAL · 1,565 cal | 170g P | 158g C | 28g F

DAY 3 — Egg White Scramble & Rice

Egg White Scramble & Rice

- 3/4 cup egg whites (scrambled)
- 1 whole egg
- 3/4 cup white rice (cooked)

390 cal | P 36g C 50g F 6g

Cod & Quinoa Bowl

- 7 oz cod fillet (baked)
- 3/4 cup quinoa (cooked)
- 1 tsp olive oil
- 2 Brazil nuts

455 cal | P 50g C 40g F 13g

Chicken & Russet Potato

- 6 oz chicken breast (baked)
- 1 medium russet potato (with skin)
- 1/2 tsp coconut oil

490 cal | P 50g C 52g F 9g

DAILY TOTAL · 1,570 cal | 172g P | 160g C | 29g F

DAY 4 — Oats & Egg Scramble

Oats & Egg Scramble

- 3/4 cup rolled oats (cooked)
- 4 egg whites + 1 whole egg
- 1/2 green banana

385 cal | P 30g C 52g F 7g

Turkey Breast & Sweet Potato

- 6 oz turkey breast (baked)
- 1 cup sweet potato (baked)
- 1 tsp olive oil
- 2 Brazil nuts

450 cal | P 48g C 40g F 13g

Tuna & Butternut Squash

- 1.5 cans tuna in water (7.5 oz)
- 1 cup butternut squash (roasted)
- 1/2 tsp coconut oil

445 cal | P 46g C 34g F 9g

DAILY TOTAL · 1,515 cal | 160g P | 144g C | 30g F

DAY 5 — Cottage Cheese & Apple Bowl

Cottage Cheese & Apple Bowl

- 1 cup low-fat cottage cheese
- 3/4 cup rolled oats (cooked)
- 1/2 apple (with skin)

400 cal | P 38g C 50g F 5g

Shrimp & Quinoa Bowl

- 7 oz shrimp (grilled)
- 3/4 cup quinoa (cooked)
- 1 tsp olive oil
- 2 Brazil nuts

455 cal | P 46g C 40g F 13g

Chicken & White Rice

- 6.5 oz chicken breast (baked)
- 3/4 cup white rice (cooked)
- 1/2 tsp coconut oil

480 cal | P 54g C 50g F 9g

DAILY TOTAL · 1,570 cal | 174g P | 158g C | 28g F

DAY 6 — Egg & Oat Bowl

Egg & Oat Bowl

- 4 egg whites + 1 whole egg
- 3/4 cup rolled oats (cooked)
- 1/2 apple (diced)

390 cal | P 30g C 52g F 7g

Halibut & Sweet Potato

- 7 oz halibut (baked)
- 1 cup sweet potato (baked)
- 1 tsp olive oil
- 2 Brazil nuts

465 cal | P 50g C 40g F 14g

Ground Turkey & Butternut Squash

- 6 oz extra-lean ground turkey (99%)
- 1 cup butternut squash (roasted)
- 1/2 tsp coconut oil

440 cal | P 46g C 34g F 9g

DAILY TOTAL · 1,530 cal | 162g P | 144g C | 31g F

DAY 7 — Egg White Rice Bowl

Egg White Rice Bowl

- 3/4 cup egg whites
- 1 whole egg
- 3/4 cup white rice (cooked)

390 cal | P 36g C 50g F 6g

Tuna & Quinoa Bowl

- 1.5 cans tuna in water (7.5 oz)
- 3/4 cup quinoa (cooked)
- 1 tsp olive oil
- 2 Brazil nuts

455 cal | P 50g C 40g F 13g

Cod & Russet Potato

- 6.5 oz cod (baked)
- 1 medium russet potato (with skin)
- 1/2 tsp coconut oil

475 cal | P 50g C 52g F 8g

DAILY TOTAL · 1,555 cal | 172g P | 160g C | 28g F

Simply Shredded · Bryan Healey Fitness · Approved foods only

Proteins: chicken, turkey, beef, bison, pork, shrimp, tuna, swai, cod, halibut, eggs, Greek yogurt, cottage cheese

Carbs: oats, quinoa, rice, sweet potato, russet potato, butternut squash, banana, apple

Fats: olive oil, coconut oil, avocado, 2 Brazil nuts/day