PACEFITNESS · FREE GUIDE

@paceyboomer

THE FAT LOSS BLUEPRINT

The 5 levers that actually move the scale, keep your muscle, and don't make you miserable.

01 Eat in a small deficit

Aim to lose about **0.5–1% of your bodyweight per week**. Go faster and you usually pay in muscle, energy and willpower.

02 Protein first, every meal

1.6–2.2 g per kg of bodyweight daily (about 0.7–1 g per lb), split over 3–4 meals. It protects muscle and keeps you full.

03 Lift 3–4 times a week

Full body or upper/lower. Add a rep or a little weight each week. Muscle is what makes "lean" look like *lean*, not just smaller.

04 Walk more than you think

8,000–10,000 steps a day. Everyday movement quietly burns more over a week than most people's cardio sessions.

05 Sleep 7–9 hours

Short sleep turns hunger and cravings up and recovery down. Same bedtime, dark cool room, screens off 30 minutes before.

BONUS The weekly refeed day

Once a week, raise carbs to about maintenance calories (keep protein high, fat a little lower). A planned break that makes the diet easier to stick to.

START THIS WEEK

- [ ] Weigh in and take front and side photos on day 1.
- [ ] Track 3 normal days of eating before changing anything.
- [ ] Hit your protein target and step goal for 7 days straight.

WANT THIS DONE FOR YOU?

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General education, not medical advice. Talk to your doctor before starting a new diet or training plan.