



# SUPER SIMPLE FAT LOSS PLAN

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Are You Ready To Lose Weight Without  
Counting Calories And Feeling  
Overwhelmed?

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HELLO I'M

# THE WEIGHT LOSS GUY



## DAMIEN COATES

### BODY TRANSFORMATION COACH


I'm Damien, a body transformation coach and owner of The Lean Body Project. I created this Super Simple Fat Loss Plan so that you have no excuses when it comes to achieving your weight loss goals.

Getting fit and lean doesn't have to be complicated it just takes a little bit of planning and a lot of consistency. Myself and my team have transformed thousands of peoples lives and bodies over the years and i am super happy that you have picked up this plan and put your trust in us to help you.

If you put in the time, effort and consistency you too can become one of our amazing success stories!

I hope you find this Super Simple Plan useful in helping you achieve your health and fitness goals but If you need any further help on your journey be sure to reach out and contact us.





THE LEAN BODY PROJECT

# SUPER SIMPLE FAT LOSS

Hopefully when you have read this plan in full, you will see what I mean when I say super simple.

Most people lack a plan and a structure and wing it from the minute they wake up to till the minute they go to bed.

Somewhere along the way you know that you have to eat but without any kind of awareness or preparation that might lead to the vending machine or just grabbing anything on the go and maybe even a take away etc later on.

You need to try and plan your day and have a structure.

# SUPER SIMPLE POINTS

IT'S EASY TO GET OVERWHELMED SO I HAVE BROKEN DOWN THE KEY POINTS YOU NEED TO KNOW

01

## MEAL TIMES

If you prefer not to eat breakfast, no problem. The time of your meals don't matter so much but the overall quantity of your food does.

02

## CALORIES MATTER MOST

Especially for weight loss, you want to be in a calorie deficit but most people shouldn't have to restrict yourself to below 1500 calories a day to begin with.

03

## PROTEIN IS ESSENTIAL

Especially when wanting to be lean and toned. Protein won't make you bulky, it will do the opposite. If you're vegetarian or vegan then you'll need to source plant based proteins.

04

## DON'T SKIP MEALS OR NEGLECT PROTEIN

If you start skipping/reducing meals or "forgetting" to add protein within your meal selection, you can easily fall short on your daily goals.





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# SUPER SIMPLE FAT LOSS TEMPLATE

A sensible starting point for most people would be 1500 calories and approx 120-150g of protein per day.

FUN FACT: 90% of females don't eat anywhere near enough protein.

In order to get the amount of protein you need each day, realistically you need to be eating every 3-4 hours and having about 20-30g of protein per meal.

20-30g of protein is the equivalent of one chicken breast. If you multiply that by 5 this would reach your goal of 150g of protein.

BUT. Who wants to be eating 5 chicken breasts a day? Not many people.

There are lots of different portions for protein you can include, so let's take a look at an example Super Simple meal plan

# SUPER SIMPLE FAT LOSS MEAL PLAN #1

## MEAL 1

### BREAKFAST - 200 CALS

1x scoop Protein Powder with water to make a protein shake. 1x piece of toast

## MEAL 2

### SNACK - 200 CALS

1x Protein Bar (Grenade Carb Killa Bar for example)

## MEAL 3

### LUNCH - 400 CALS

1x The Gym Kitchen ready meal (available in Asda)  
Pick your favourite but make sure it includes protein

## MEAL 4

### SNACK - 300 CALS

1x scoop Protein Powder mixed with 150g of fat free yogurt. Mix together like a pudding

## MEAL 5

### DINNER - 400 CALS

Flexible home cooked meal of your choice. Any meat or fish with vegetables.

# SUPER SIMPLE FAT LOSS MEAL PLAN #2

## MEAL 1

### BREAKFAST - 400 CALS

1x scoop Protein Powder with water to make a protein shake. 40g cereal of your choice with 150ml semi skimmed milk.

## MEAL 2

### SNACK - 200 CALS

1x Protein Bar (Grenade Carb Killa Bar for example)

## MEAL 3

### LUNCH - 200 CALS

Jacket Potato with Tuna and salad

## MEAL 4

### SNACK - 300 CALS

1x scoop Protein Powder mixed with 150g of fat free yogurt. Mix together like a pudding

## MEAL 5

### DINNER - 400 CALS

Flexible home cooked meal of your choice. Any meat or fish with vegetables.

# SUPER SIMPLE FAT LOSS MEAL PLAN #3

## MEAL 1

### BREAKFAST - 200 CALS

2x eggs on 1 slice of toast

## MEAL 2

### SNACK - 200 CALS

1x Protein Bar (Grenade Carb Killa Bar for example)

## MEAL 3

### LUNCH - 300 CALS

1x chicken breast on a tortilla wrap with salad

## MEAL 4

### SNACK - 300 CALS

1x scoop Protein Powder mixed with 150g of fat free yogurt. Mix together like a pudding

## MEAL 5

### DINNER - 500 CALS

Flexible home cooked meal of your choice. Any meat or fish, vegetables and complex carb



YOUR BRAND NAME HERE

# MAKE IT SUPER SIMPLE

The calorie amounts used within the example meal plans are just a guesstimate from a total daily amount of 1500 cal

The gist is that you just need to be having a protein source approx 5 x per day to achieve your 150g

If you start skipping meals and don't have any protein with your snacks , then you can easily see where you are falling short

I want you to enjoy your food so the choices are yours, i've just made these as an example

- You can buy ready made shakes from the co-op and most super markets for £1-2
- You can buy very nice ready meals from the supermarket for £2.50 with 20-30g of protein (Look out for The Gym Kitchen at ASDA)
- You can buy protein yogurts and protein bars from most super markets
- You can buy marinated chicken kebabs and stir fry's from the butchers

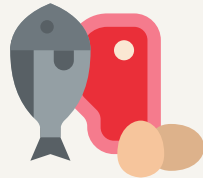


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PROJECT

## SUPER SIMPLE FAT LOSS SOLUTION

# MACRO NUTRIENT CHEAT SHEET

## LEAN PROTEIN



Lean Meat  
Fish  
5% Fat Mince  
Edamame  
Greek Yogurt  
Cottage Cheese  
Protein Powder  
Eggs  
Protein Bars

## COMPLEX CARBS



Brown Rice  
Kidney Beans  
Pasta  
Sweet Potatoes  
White Potatoes  
Whole Wheat Bread  
Tortilla Wraps  
Quinoa  
Lentils

## HEALTHY FATS



Olive oil  
Coconut Oil  
Peanut Butter  
Nuts  
Cheese  
Olives  
Avocados  
Chia Seeds  
Dark Chocolate

## TASTY VEGGIES



Peppers  
Spinach  
Celery  
Courgettes  
Onions  
Carrots  
Broccoli  
Asparagus  
Cabbage



## SUPER SIMPLE FAT LOSS PLAN

# DAILY CHECKLIST

Motivation is what gets you started.

Consistency is what keeps you going.



Stick to the meal plan. If you have a social occasion then do a like for like swap on your calorie intake.



Get 6-8 hours sleep every night



Prioritise protein. Never have a meal without including a protein source



Drink 2-3L water every day



Walk 10,000 steps a day.



Where you can, train 3x a week and focus on weight training and/or HIIT workouts.

## NOTES:

# THANK YOU!

For purchasing the Super Simple Fat Loss Plan

I hope this has helped simplify your weight loss journey and introduced you to a way of flexible dieting

If you need further help from me or my team then get in touch to discuss our body transformation programs, which include more accountability and coaching.

We will also create a personalised meal plan for you with the exact calorie and protein goals to help you achieve your goals



@theleanbodyproject



The Lean Body Project



Damien Coates

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