



THE CHRISTMAS SHRED

Your welcome guide. Everything
you need for the next six weeks, in
plain English.

Mon **26 Oct** to Sun **6 Dec**

● Welcome

RIGHT, LET'S DO THIS.

You've signed up, told us what you want, and put your name to it. That's the hard bit done.

This guide is everything you need for the next six weeks. It's simple stuff, and it works if you do it most days.

You don't need to read it all at once. Read the first few pages this week, then dip back in when you've got a question.

And if you get stuck, ask. That's what your coach and the group are for.

Ash & Dan

● This week

YOUR FIRST WEEK.

1

Work out your calorie target

Use our [calculator](#). It takes a minute.

2

Download your food app

MyFitnessPal or Nutracheck. There's a guide for each in Trainerize.

3

Put your target into the app

The app guide shows you where.

4

Take your before photos

Front, side and back, then put them in Trainerize.

5

Book your first InBody scan

Ask your coach next time you're in.

6

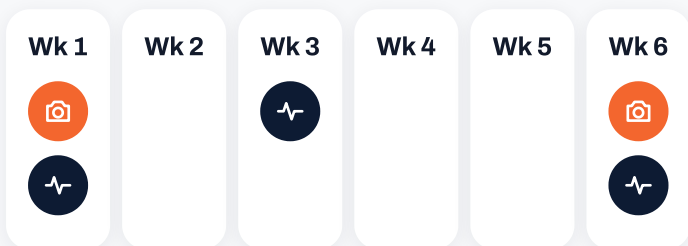
Start logging your food

Today if you can. Don't wait for Monday.

● The plan

YOUR SIX WEEKS.

● Photos ● InBody scan



Every week

- Train with us three times
- Log your food 6 days out of 7
- Hit your step tier every day
- Weigh yourself
- Send your Sunday check-in

● The basics

HOW FAT LOSS WORKS.

Your body burns a certain amount of energy every day just keeping you going. Eat a bit less than that, and it makes up the difference from your fat stores.

Every diet that's ever worked does this, whether it's cutting carbs, shakes or a detox. They all get you to eat less, and most of them are miserable to stick to.

Your calorie target is set a bit under what your body burns. Hit it most days and the fat comes off.

● The basics

GOING A BIT OVER IS FINE.

You don't have to hit your number exactly. Anything under what your body burns is still fat loss.



Anywhere in the green, you're still losing fat.

**A biscuit doesn't ruin your day.
Writing the whole day off because
of it does.**

The **calculator** shows you both numbers: your target, and how high you can go and still be losing.

● Priorities

WHAT MATTERS MOST.

1. Doing it most days

The big one

2. Your calories

A bit under what you burn

3. Your protein

Some at every meal

4. What you eat

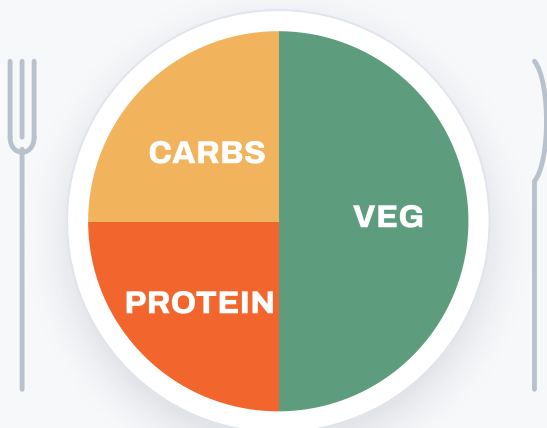
Mostly real food

Don't worry about

- What time you eat
- Eating after 6pm
- Fat burners or detox teas
- Getting every number spot on

● What to eat

BUILD YOUR PLATE.



Half veg or salad

Fills you up for hardly any calories



A quarter protein

Meat, fish, eggs, yoghurt, tofu



A quarter carbs

Potatoes, rice, pasta, bread, oats

● What to eat

NO SCALES? USE YOUR HAND.



A palm
of protein



A fist
of carbs



2 handfuls
of veg



A thumb
of fats

Three meals and a snack works for most people. It stops the grazing. Pick a rhythm that suits your day and stick to it.

● Protein

PROTEIN AT EVERY MEAL.

If you only change one thing about what you eat, make it this.

- It keeps you full for longer
- It stops you losing muscle while you're eating less
- Muscle is what keeps you strong and toned

Your protein target is on the calculator. Or aim for a palm-sized portion at every meal.

Struggling to hit it? A protein shake or a protein yoghurt is the easiest top-up there is.

● Protein

EASY PROTEIN.

Mostly protein

Chicken

Turkey

Lean mince

Eggs

Tuna

Salmon

White fish

Prawns

0% Greek yoghurt

Skyr

Cottage cheese

Protein shake

Protein with carbs

Beans

Lentils

Chickpeas

Edamame

Milk

Veggie and vegan

Tofu

Tempeh

Quorn

Seitan

Soya yoghurt

EAT MORE OF.

Veg and salad

Fills your plate and your stomach for very few calories.

Whole fruit

Sweet, filling and full of fibre.

Lean protein

Keeps you full and keeps your muscle.

Potatoes, oats, wholegrains

Filling carbs that keep you going.

Hungry all the time? Load up on the foods that fill you most: protein, veg, potatoes, fruit, beans and oats.

EAT LESS OF.

Nothing's banned. But these make it a lot harder.

Alcohol

Lots of calories, and you make worse choices after a few.

Fried food

Fat and carbs together. Very easy to overdo.

Chocolate, biscuits, crisps

Easy to eat loads and still be hungry.

Fizzy drinks and juice

Calories that don't fill you up. Diet drinks are fine.

LOGGING YOUR FOOD.

If you're not logging it, you're guessing.
And everyone guesses low.

Logging is how you and your coach see
what's working and what isn't.

**6 days out of 7, for at least the first
2 weeks.**

Nobody's perfect, and we don't expect you to
be. Miss the odd day and carry on.

Step-by-step guides for MyFitnessPal and
Nutracheck are in Trainerize.

LOG IT PROPERLY.

Log as you go

Not at bedtime. You'll forget half of it.

Or log it before you eat

Plan your day in the app in the morning.

Weigh it at first

A cheap kitchen scale is the best tenner you'll spend.

Count the extras

Oil, butter, sauces, milk in your brew, drinks.

Log the bad days too

They're the ones your coach most needs to see.

● The scales

WEIGHING YOURSELF.

- First thing in the morning, after the loo
- Before you eat or drink anything
- Same scales, same spot on the floor
- Pop the number into Trainerize

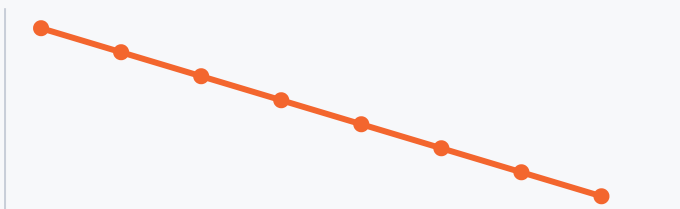
Daily or weekly?

Daily gives a better picture, as long as you look at the weekly average and not each number. **Weekly** is less to think about, but one odd morning can make a good week look bad.

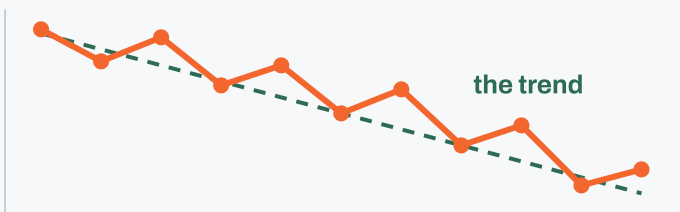
● The scales

IT WON'T BE A STRAIGHT LINE.

What you expect



What really happens



Your weight can jump 1 to 2kg overnight without you gaining any fat. What matters is the trend over a few weeks.

● The scales

WHY THE SCALES LIE SOMETIMES.

Your period

Lots of women hold extra water around their period. Compare with the same point last month, not last week.

A salty meal or takeaway

Salt holds water. It's gone in a day or two.

A hard session

Sore muscles hold water while they repair.

The "low-carb miracle"

The quick drop is mostly water, not fat. It comes straight back.

That's why we also use photos and InBody scans.

● Steps

GET YOUR STEPS IN.

Walking burns more than most people think, and it doesn't make you hungry. It's the easiest thing on this list.

Tier 1

5,000

Tier 2

8,000

Tier 3

10,000

Hit yours every day for a week? Move up a tier.

● Steps

SNEAK THEM IN.

- A 10 minute walk after dinner
- Park at the far end of the car park
- Walk while you're on the phone
- Take the stairs
- Get off the bus a stop early
- Short day? Make it up at the weekend

Your phone counts your steps if it's in your pocket. A basic step counter from Amazon is about £20 if you'd rather wear one.

SLEEP AND WATER.

Sleep

Aim for 7 hours or more. Tired people eat more, move less and get worse cravings. Same bedtime if you can, a cool dark room, phone away for the last half hour.

Water

A big glass as soon as you wake up, and around 2 litres a day. Pale wee is good. Dark means drink more. Ease off in the evening.

Hungry or thirsty?

They feel the same. Have a glass of water, wait 20 minutes, and see if you still want it.

● The other stuff

STRESS.

Stress makes everything harder:
sleep, cravings, sticking to the plan.

You can't always get rid of it, but you can take the edge off.

- Go for a walk (it counts towards your steps too)
- Spend time with people you like
- Switch your phone off for a bit
- Get your sessions in. Training is one of the best stress busters there is

NIGHTS OUT AND CHRISTMAS PARTIES.

It's party season, and we're not going to tell you to stay in.

One big night won't undo your progress. What does the damage is the "I've blown it now" feeling that turns one night into a whole weekend.

Plan your day around it

Keep the day lighter and high in protein so you've got room for the night.

Pick smarter drinks

A spirit with a diet mixer over pints, wine or sugary cocktails. A water between drinks.

EATING OUT.

At a restaurant

Grilled not fried, sauce on the side, swap chips for salad or veg. You can ask for changes. Most places are happy to.

At the buffet

Protein first, one plate, then move away from the table.

Takeaway night

Look it up in your app before you order, and log it like anything else.

The next day

Go back to normal. Don't punish yourself or skip meals to make up for it.

● Stuck?

WHEN THE SCALES WON'T MOVE.

Give it two weeks before you worry. Still not budging? Be honest with yourself:

1

Am I logging everything?

Weekends, drinks, the bits off the kids' plates.

2

Am I hitting my steps?

We all move less when we're tired.

3

Am I sleeping?

Short nights mean more hunger.

4

Have I told my coach?

They can see things you can't.

Change one thing at a time, and give it a week.

Supplements

SAVE YOUR MONEY.

No pill, tea or powder burns fat. Fat burners don't work.

You don't need anything to do the Shred.

A protein shake is handy if you struggle to hit your protein. That's about it.

THINGS YOU MIGHT'VE HEARD.

"Carbs make you fat."

Eating more than you burn makes you fat. Potatoes, rice and bread are fine in the right amounts.

"Don't eat after 6pm."

Your body doesn't check the clock. It's the whole day that counts.

"Weights will make me bulky."

They won't. That takes years of trying. Lifting is what makes you look toned as the fat comes off.

MORE THINGS YOU'VE HEARD.

"I need to cut out sugar."

You don't. A bit of what you fancy keeps you sane. It just goes in the app like everything else.

"I need a detox."

You've got a liver and kidneys for that. Save your money.

"I need to eat less and less."

Going too low makes you hungry, tired and miserable. Stick to your target.

BREAKFAST AND LUNCH.

Breakfast

Greek yoghurt, berries and oats

Eggs on wholemeal toast

Overnight oats with protein powder

Scrambled eggs, turkey and peppers

Lunch

Chicken salad wrap and a piece of fruit

Tuna, light mayo and salad wrap

Leftover chilli or curry

DINNER AND SNACKS.

Dinner

Chicken, potatoes and veg

Lean mince chilli with rice

Salmon tray bake

Spag bol with lean mince

Snacks

Yoghurt and a piece of fruit

Protein bar and an apple

Hummus and veg sticks

Veggie or vegan? Swap the meat for tofu, Quorn, beans or lentils.

● After the Shred

KEEP IT GOING.

Six weeks gets you a long way. Whether it sticks depends on what you do after.

- Don't go straight back to your old portions. Bring food up a little at a time.
- Keep the habits: protein at every meal, your steps, three sessions a week.
- Log now and then, especially if things start to creep.

The people who keep their results are the ones who keep turning up. We'll be here.

Questions? Ask your coach, post in the Christmas Shred group, or grab one of us in the gym.