

7 DAY FAT LOSS JUMP START

**RENEW, RESET
& REVITALIZE
YOUR BODY**

*WITH SIMPLE & DELICIOUS
FAT BURNING RECIPES*



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Note: Due to recent statements from the FTC, it is required that we identify what a "typical" result is. The harsh truth is that most people never do anything with the products they buy, so most of the time, their typical results are zero. You are the main element of your success! Our clients have lost thousands of pounds of fat, increased lean muscle and increased their performance using this system. The people that show even greater success worked hard, and earned their results. As with any exercise program, obtain the consent of your doctor before the initiation of any physical training program.

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7-DAY FAT LOSS JUMPSTART

"Exercise is king. Nutrition is queen. Put them together and you've got a kingdom." -Jack LaLanne

Welcome To Your 7-Day Fat Loss Jumpstart!

These next 7-days will be used to prepare your body and mind and set you on the path to your desired fitness goals.

During this next week, you will notice a significant loss of fat, especially around your middle, hips, thighs and arms. And this is the momentum we're going to carry into the next few weeks and beyond!

Now if you're thinking, "Can I possibly change my body in just 7 days?"...

The answer is yes!

In fact 95% of most successful clients started on this exact **7 Day Fat Loss Jumpstart** you're about to begin.

Now I'm not going to lie to you and tell you that you're going to lose 30 pounds and completely change your life in just a week... That would be silly and probably illegal to promise such a thing!

But if you follow this proven plan to a T, you can expect to:

- Eliminate abdominal bloating
- Lose 4-7 pounds of fat
- Lose 1-3 inches off your hips and waist
- Dramatically increase your energy and well being
- and wake up feeling happier and healthier

These are promises that I can make and if you follow this program for the next week, you'll have built a massive amount of momentum to skyrocket you to your ultimate fitness goals.

WARNING: If your intentions are to follow this plan for only 7 days without continuing on to a long term fitness solution - you will be wasting your time and you should stop reading right now...

But if you do intend to follow this program to get amazing results and keep the momentum going there after - you will be pleasantly surprised and I will help guide you along your fitness journey.

So let's get into the details of the 7 Day Fat Loss Jumpstart.

If you have any questions, please make sure you contact us at (818) 906-3030 or visit our website at www.arenafitness.com

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Nutrition Breakdown

The meal plan in this cleanse is composed of 4 components.

- I. Warm Lemon Water (3 cups daily)
- II. Morning Smoothie
- III. Lunch Salad
- IV. Hi-protein Dinner

I. Warm Lemon Water

If you drink lemon water on a regular basis, it will decrease the acidity in your body, which is where disease states occur. It removes uric acid in your joints, which is one of the main causes of inflammation.

Lemon juice not only encourages healthy digestion by loosening toxins in your digestive tract, it helps to relieve symptoms of indigestion such as heartburn, burping, and bloating. And lemons contain pectin fiber, which assists in fighting hunger cravings.

II. Morning Smoothie

Breakfast is the most challenging meal to get right. Between all the fattening options at Starbucks and your morning rush to work, making sure you get all your fat burning nutrients in is not likely to happen.

Until now. Smoothies pack a nutrient punch, they're quick and easy to prepare and they taste delicious. I've programmed a breakfast smoothie every day for the next 7 days. I have provided you my favorite recipes and you may choose to try a different smoothie each day or stick to your favorites.

III. Lunch Salad

Do feel the after lunch energy crash? This is usually caused from eating a lunch high in processed carbohydrates (breads, pastas, crackers). Sticking to fresh veggies and protein will not only give you extra energy to get through the second half of the day, you'll also feel lighter and thinner.

Like your morning smoothies, I've provided you with my favorite salad recipes that you can experiment with or stick to the ones you like best.

Optional add-ons: If you have a bigger appetite, you may add in extra protein and healthy fats to your salad (see the list of healthy foods).

IV. Hi-Protein Dinner

Get ready for your favorite part of the cleanse - dinner time! Dinner time is where you get to relax and enjoy a delicious healthy meal. Each of the recipes are high in protein and designed to switch on your bodies fat burning engines while you sleep. Pretty cool huh? If you're hungry for seconds, feel free to have extra servings, without the guilt. But do NOT add in additional carbs that aren't listed.

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Mind & Body Preparation

Besides following the cleanse nutrition protocol, we are going to be preparing your body and mind with these 2 components:

- I. Daily Exercise & Stretching
- II. Gratitude Journaling

I. Daily Exercise & Stretching

Since I want you to focus most of your energy on the nutritional part of this program, your daily exercise prescription is easy and enjoyable.

Every day, you will be required to walk for 30 minutes in the morning before going to work... Yes, I said walk, not run. Whether you're currently exercising or not, you will still just walk.

There's 3 important reasons I want you to walk first thing in the morning:

1. **Take back your mornings.** You probably start your day with STRESS. Taking the first 45-60 minutes of each day for yourself will increase your mood, circulation and dramatically cut down on the stress you'll experience at work. Decide RIGHT NOW to take your mornings back and begin to change the daily stress cycle.
2. **Rev up your metabolism.** Sitting at your desk for 8 hours doesn't burn much fat. But starting your day with exercise does. Studies show that people that got in as little as 20 minutes of exercise first thing in the morning kept weight off longer than those that exercised in the evening.
3. **Develop success habits.** The #1 reason I hear for people not reaching their goals is that they lack motivation. Motivation isn't a feeling. Motivation is about creating automatic positive habits - like brushing your teeth. Simply by waking up a little earlier than you used to and going for a simple walk, will begin to program your brain to instill the habit of moving. Once the habit is developed, the hard part is behind you.

II. Gratitude Journaling

Chances are right now, you're not very happy with your body... I totally understand it. But did you know your negative feelings toward your body, regardless of it's shape, can actually be sabotaging your success? It's true. My ultimate goal for you is that you find energy, strength and happiness in the next 30 days.

And the secret is, you don't have to wait to be a certain size or lose a certain number of pounds to begin to feel happy and fulfilled.

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Happiness is an area I do a lot of studying in and I've found that there's only 3 reasons as to why we feel unhappy.

1. **Our expectations do not match our reality.** This is such a simple concept, it's strange how much pain it brings us. Have you ever experienced thoughts of not having achieved enough in your life? Usually these thoughts creep up on our birthdays or some other milestone.

When we begin to compare our lives with some unachieved standard, the only possible way to feel is sad, regretful and resentment. And when you feel down on yourself, motivation to clean up your eating and stick to your workout plan is the last thing you'll feel like doing.

But here's the biggest shocker of all - our brains are so complex that as a survival mechanism, to keep us away of danger and pain, your brain will actually, subconsciously, drive you towards food, substances and activities that will numb your feelings. And those things are generally junk food, alcohol, drugs, TV, gambling and other unhealthy patterns; making it nearly impossible to stick to any healthy plan.

So the next time you begin to beat yourself up about not being or having enough, remember to:

- Be kind and fair to yourself
- Be grateful for the awesome things you already possess

2. **We make the problem worse than it is.** There's problems... and then there's PROBLEMS! It's unfortunate that it takes a major tragedy or life-scary to remind us of what's really important to us. Is your unhappiness being driven by making your mole hills into mountains?

Think about it. If tomorrow, your doctor told you, you only have 6 months to live; how quickly would the issues causing you stress go away?

It's my guess 80-90% of your worries would automatically disappear into thin air and your focus would go to the things that truly matter: your family, your kids, your legacy.

Don't wait until it's too late. Put your mole hills into perspective and focus on the good stuff.

3. **We forgot to be grateful.** One of my mantra's I use when I need to change my mental state is: "All the strength/love/happiness I need is inside me NOW!" I repeat this out loud over and over again until I remember it's true. I've had the privilege of talking with a good number of millionaires over the years and a questions I always ask is, "Is the sacrifice of time, health and relationships worth the money?"

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And the most typical response is NO. The most common reasons are: money does not and cannot buy back lost time, good health and relationships with your family.

Everything you need to feel happy, to feel confident, to feel strong... is already within you.

Even if you have 50 pounds to lose, find happiness in your daily progress NOW, even if it is in baby steps at times. This way you won't have to wait til "someday" to experience the joy at the end of the rainbow :)

Quickstart Checklist

- ✓ Schedule your beginning. Decide when you will start the program. Having a date set and making these preparations is the first thing you can do to ensure your success!
- ✓ Read through the entire **7-Day Fat Loss QuickStart program**
- ✓ Plan your meals for the first 7-days using the Meal Plan and customize any choices
- ✓ Write your grocery list for the week, based on menu selections.
- ✓ Go shopping and get grocery items.
- ✓ Set your alarm to wake you up 45 minutes earlier to drink your warm lemon water + do your morning walk + gratitude journal.
- ✓ **Request a \$20 One Week Trial at Arena Fitness by calling us at (818) 906-3030**

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	BREAKFAST	LUNCH	DINNER	DAILY ROUTINE
M	Strawberry Ginger Zinger Smoothie	Cobb Salad	Simply Grilled Salmon +Your Choice of Veggies	<i>Every morning When You Wake:</i> ✓ Warm Lemon Water ✓ 30 Minute Movement ✓ 5 Minute Journal AM
T	Beginner's Luck Smoothie	Bacon Lettuce and Tomato Salad	Garlic Ginger Chicken +Your Choice of Veggies	<i>:30 mins Before Lunch Drink:</i> ✓ Warm Lemon Water <i>:30 mins Before Dinner Drink:</i> ✓ Warm Lemon Water
W	Almond Butter And "Jelly" Smoothie	Hayley's Chicken Salad	Salmon Cakes +Your Choice of Veggies	<i>Before Bed:</i> ✓ 5 Minute Journal PM
Th	Berry Cherry Jubilee Smoothie	Greek Salad	Garlicky Bacon & Avocado Burgers +Your Choice of Veggies	SNACK OPTIONS <ul style="list-style-type: none"> ● Apple Slices + 1 tbsp Almond Butter ● Greek Yogurt (full fat) Berries ● 1-2 oz of cheese 10 Baby carrots ● 15 walnuts 15 Blueberries ● 15 Almonds 1 Pear ● 5 Strawberries 1 tbsp raw nut butter ● 2 scoop Bio Trust Protein Powder ● 1 BioTrust Protein Cookie ● 1 Biotrust Protein Popsicle
F	Avo-Banana Kale Smoothie	Grilled Chicken Salad	Fajita Lettuce Wraps with Chipotle Aioli +You Choice of Veggies	
Sa	Free Radical Fighting Smoothie	Grilled Ahi Niçoise Salad	Cilantro Lime Skirt Steak +Your Choice of Veggies	
Su	Your Choice Favorite Smoothie	Your Choice Favorite Salad	Your Choice Favorite Dinner	

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DAY 1	DAY 2
WAKE UP	WAKE UP
<ul style="list-style-type: none"> • 12 oz Warm Lemon Water • 30 Minute Walk + Stretch • 5 Minute Journal 	<ul style="list-style-type: none"> • 12 oz Warm Lemon Water • 30 Minute Walk + Stretch • 5 Minute Journal
BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> • Strawberry Ginger Zinger Smoothie 	<ul style="list-style-type: none"> • Beginner's Luck Smoothie
LUNCH	LUNCH
<p><i>:30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Cobb Salad 	<p><i>:30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Bacon Lettuce and Tomato Salad
DINNER	DINNER
<p><i>30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Simply Grilled Salmon • Your Choice of Veggies 	<p><i>30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Garlic Ginger Chicken • Your Choice of Veggies
SNACK OPTIONS	SNACK OPTIONS
<p><i>you may have 1-2 snacks a day</i></p> <ul style="list-style-type: none"> • Apple Slices + 1 tbsp Almond Butter • Greek Yogurt (full fat) + Berries 	<p><i>you may have 1-2 snacks a day</i></p> <ul style="list-style-type: none"> • Apple Slices + 1 tbsp Almond Butter • Greek Yogurt (full fat) + Berries
DRINK OPTIONS	DRINK OPTIONS
<p><i>drink half your bodyweight in ounces of water daily</i></p> <ul style="list-style-type: none"> • Green Tea • Herbal Tea • Coffee (w/ coconut milk or almond milk) 	<p><i>drink half your bodyweight in ounces of water daily</i></p> <ul style="list-style-type: none"> • Green Tea • Herbal Tea • Coffee (w/ coconut milk or almond milk)

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DAY 3	DAY 4
WAKE UP	WAKE UP
<ul style="list-style-type: none"> • 12 oz Warm Lemon Water • 30 Minute Walk + Stretch • 5 Minute Journal 	<ul style="list-style-type: none"> • 12 oz Warm Lemon Water • 30 Minute Walk + Stretch • 5 Minute Journal
BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> • Almond Butter And "Jelly" Smoothie 	<ul style="list-style-type: none"> • Berry Cherry Jubilee Smoothie
LUNCH	LUNCH
<p><i>:30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Hayley's Chicken Salad 	<p><i>:30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Greek Salad
DINNER	DINNER
<p><i>30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Salmon Cakes • Your Choice of Veggies 	<p><i>30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Garlicky Bacon & Avocado Burgers • Your Choice of Veggies
SNACK OPTIONS	SNACK OPTIONS
<p><i>you may have 1-2 snacks a day</i></p> <ul style="list-style-type: none"> • Apple Slices + 1 tbsp Almond Butter • Greek Yogurt (full fat) + Berries 	<p><i>you may have 1-2 snacks a day</i></p> <ul style="list-style-type: none"> • Apple Slices + 1 tbsp Almond Butter • Greek Yogurt (full fat) + Berries
DRINK OPTIONS	DRINK OPTIONS
<p><i>drink half your bodyweight in ounces of water daily</i></p> <ul style="list-style-type: none"> • Green Tea • Herbal Tea • Coffee (w/ coconut milk or almond milk) 	<p><i>drink half your bodyweight in ounces of water daily</i></p> <ul style="list-style-type: none"> • Green Tea • Herbal Tea • Coffee (w/ coconut milk or almond milk)

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DAY 5	DAY 6
WAKE UP	WAKE UP
<ul style="list-style-type: none"> • 12 oz Warm Lemon Water • 30 Minute Walk + Stretch • 5 Minute Journal 	<ul style="list-style-type: none"> • 12 oz Warm Lemon Water • 30 Minute Walk + Stretch • 5 Minute Journal
BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> • Avo-Banana Kale Smoothie 	<ul style="list-style-type: none"> • Free Radical Fighting Smoothie
LUNCH	LUNCH
<p><i>:30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Grilled Chicken Salad 	<p><i>:30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Grilled Ahi Niçoise Salad
DINNER	DINNER
<p><i>30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Fajita Lettuce Wraps with Chipotle Aioli • You Choice of Veggies 	<p><i>30 mins before: 12 oz Warm Lemon Water</i></p> <ul style="list-style-type: none"> • Cilantro Lime Skirt Steak • Your Choice of Veggies
SNACK OPTIONS	SNACK OPTIONS
<p><i>you may have 1-2 snacks a day</i></p> <ul style="list-style-type: none"> • Apple Slices + 1 tbsp Almond Butter • Greek Yogurt (full fat) + Berries 	<p><i>you may have 1-2 snacks a day</i></p> <ul style="list-style-type: none"> • Apple Slices + 1 tbsp Almond Butter • Greek Yogurt (full fat) + Berries
DRINK OPTIONS	DRINK OPTIONS
<p><i>drink half your bodyweight in ounces of water daily</i></p> <ul style="list-style-type: none"> • Green Tea • Herbal Tea • Coffee (w/ coconut milk or almond milk) 	<p><i>drink half your bodyweight in ounces of water daily</i></p> <ul style="list-style-type: none"> • Green Tea • Herbal Tea • Coffee (w/ coconut milk or almond milk)

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DAY 7

KEEP THE RESULTS GOING

WAKE UP

- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

BREAKFAST

- Your Choice Favorite Smoothie

LUNCH

:30 mins before: 12 oz Warm Lemon Water

- Your Choice Favorite Salad

DINNER

30 mins before: 12 oz Warm Lemon Water

- Your Choice Favorite Dinner

SNACK OPTIONS

you may have 1-2 snacks a day

- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) + Berries

DRINK OPTIONS

drink half your bodyweight in ounces of water daily

- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)

Congratulations on finishing your 7 Day Fat Loss Jumpstart!

Now that you've successfully finished your Jumpstart, it's time to move on to a long term fitness solution.

Our most successful clients enroll in one of our customized fitness programs and continuing seeing great results week after week, month after month.

The very best way to know all of your options is to try us out!

Call us today to schedule your first workout with us - it's free!

Call us to schedule your Free 1-Week Trial

5 Minute Journal

Every morning...

I am grateful for:

- 1.
- 2.
- 3.

What would make today great?:

- 1.
- 2.
- 3.

Daily Affirmation:

I am...

Before bed...

3 Amazing things that happened today:

- 1.
- 2.
- 3.

How could have I made today better?