



TARA GRIMES
FITNESS NUTRITION LIFE

10 Day

KICKSTART

TO HEALTH & FITNESS SUCCESS



REBOOT YOUR FAT LOSS

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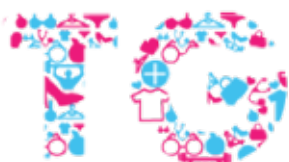
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Welcome

to your **10 day fat loss kickstart** program

As you know I'm not a great fan of quick fixes or faddy diets that includes shakes, powders or pills. However I cannot neglect either that quite a large proportion of the population just want professional guidance on how to drop weight fast for a special event, lose those post holiday pounds or fit into their dress for a special night out. Doing this whilst maintaining optimal hormone function and having minimal derogatory impact on metabolism is key.

This is a perfect kickstart to my 6 week better bodies program and is a gentle kickstart to your fat loss.

The nutrition is predominantly high protein and moderate/low carb which will help stabilise blood sugar levels, reduce cravings and increase your feelings of fullness. The elimination of process carbohydrates will enable you to feel more energised and the calorie reduction from less carbs will speed up your fat loss.

For 10 days I am asking you to follow the nutrition plan to the letter , and complete the home Hiit exercises every day for maximum impact. That is only 10 minutes of training each day.

You can expect to lose anywhere between 2-7 lbs on the program. This is obviously dependant on your adherence to the program.



How to select the correct meal plan which is right for **you**

Calculating your calories so you ascertain which program you follow is **key**.

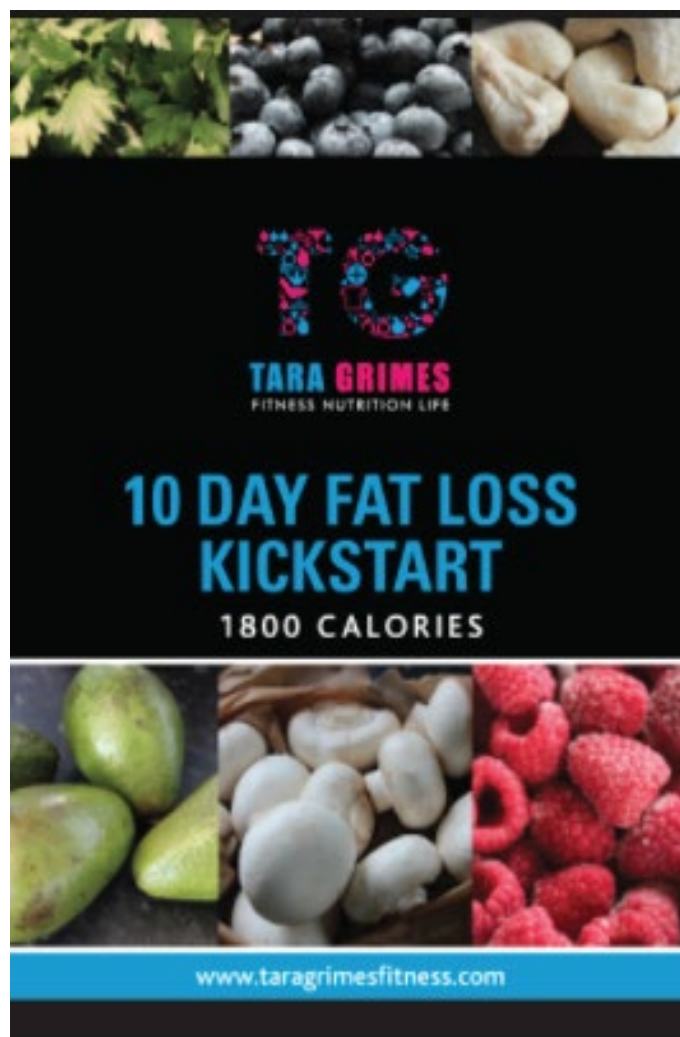
Here is how it is done:

If you weigh between 9-11 stone **select 1400 calorie plan**

If you weigh between 11-12.5 stone **select 1600 calorie plan**

If you weigh over 12 1/2 stone **select 1800 calorie plan**

"If you weigh under 9 stone please select the 1400 calorie plan because if you take your calories any lower than this combined with the calorie expenditure from daily exercises it is considered unhealthy."





Guidelines

The guidelines are as follows:

EVERY DAY

Select a breakfast, lunch and dinner option from the list below:
all recipes are in your recipe booklet

Drink 3 litres of water a day

Complete your home Hiit workouts

Drink green tea or herbal teas only

Black tea or black coffee only
(no milk of any kind, including plant based, almond, soy etc.)

No alcohol



Meal planner

for your next **10 days**

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Bacon & Scrambled Eggs with Spinach and Baby Tomatoes	Crunchy salad	Chicken Drumsticks with Sweetcorn, Sweet Potato and Kale	Protein Slice
Day 2	Blueberry & Cinnamon Porridge with Flaxseed	Chicken stew	Steak with New Potatoes and Garden Peas	
Day 3	Salmon & Poached Egg with Mushrooms, Spinach & Tomato	Chickpea and Buckwheat Salad	Turkey Mince Curry	
Day 4	Bolognese Muffins	Smoked Mackerel Salad	Chinese Stir Fry	Nuts and Kiwi fruit
Day 5	Raspberry Buckwheat Delight	Chicken, Bacon, Avocado, Tomato & Rocket Stack	Mixed Vegetable Omelette	Nuts and Grapefruit
Day 6	Spicy Lemon Salmon Parcels	Fragrant Thai Mince with Rice	Lentil & Sweet Potato Curry	Protein Slice
Day 7	Strawberry, Vanilla, Cinnamon, Flaxseed Protein Porridge	Spicy Lettuce Wraps	Tandoori Chicken breast with sweet Potato Mash & Asparagus	Nuts, Carrots & Hummus
Day 8	Blackberry Protein Muesli	Salmon with Asparagus & Baby Tomatoes	Pork chops with Baby Potatoes and Garden Peas	Chocolate Protein Ball
Day 9	Bacon, Tomato, Cauliflower and Scrambled Eggs	Chicken salad with Rocket, Almonds, Olives and Sweet corn	Lamb & Mint sauce, Sweet Potatoes and tender stem Broccoli	
Day 10	Raspberry Protein Porridge Oats	Turkey Breast salad with Avocado, Beetroot and Tomatoes	Fish & Chips with Peas	



The Do's & Donts

of the 10 day kickstart

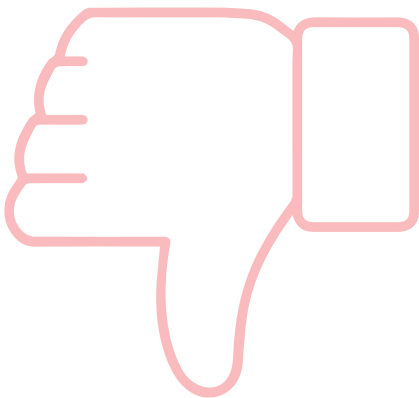
Do's:

- Do buy and prep your food in advance.
- Do weigh and measure food for accuracy
- Do buy good quality Whey protein powder see link at start of recipe book.
- Do drink 3 liters water every day
- Do take before photos and measure prior to commencing program
- Do take starting weight and end weight.
- Do make sure if you mix and match meals that you hit your daily calorie target (below or above by 50-80 calories is okay)
- Do add extra exercise where possible, take the stairs, take the dog for a walk, park further away and walk to your destination.



Dont's:

- Don't add anything into eating schedule that is not on your program
- Don't drink alcohol
- Don't have any cheat meals
- Add dressings of mayonnaise to meals
- Add Snacks



How to tailor the diet to you!

You don't have to follow each meal plan exactly to that in the recipe books, you can mix and match as long as you hit your daily calories. Furthermore, you don't have to add the snack, only if you are hungry. For instance if you decide to have the Lunch from day 1 and dinner from day 2 make sure you don't go over your daily calorie intake by 50 Kcals. Similarly its okay to go under by 50-80 on other days. You may find that your calories naturally reduce due to stabilisation of blood sugar levels and may you not be hungry. Do not eat the snack if your natural hunger cues are not there, obey your hunger always.

If you Mix and match meals

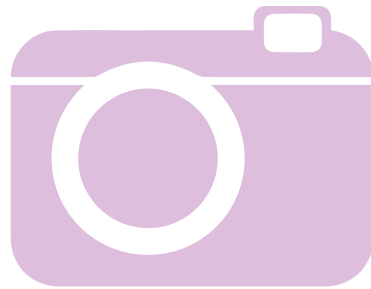
**PLEASE MAKE SURE TOTAL
CALORIE INTAKE IS ADHERED TO!**



Progress tracking

It's imperative that you track your progress. Tracking is fundamental into feeding into the achievement of your bigger goals.

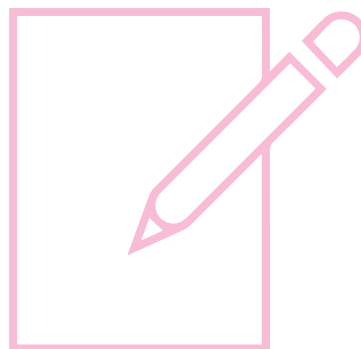
There are a few things I recommend you do:



1. Take before and after photos



2. Take your measurements using a tape measure.



3. Record your weight.



Measuring tips

MEASURE THE FOLLOWING AREAS:

HIGH WAIST
LOWER TUMMY
HIPS (MEASURE AROUND WIDEST PART)
UPPER THIGH
ARM

When taking your photos, make sure you take your first one on day one. Try standing in front of a plain wall. Ensure the lighting is adequate. Take a front image, side image and back image.
Repeat photos on day 10.

Its useful when tracking inch loss to use a body landmark like a mole or a freckle to measure over, it ensures consistency when tracking inch loss every few weeks

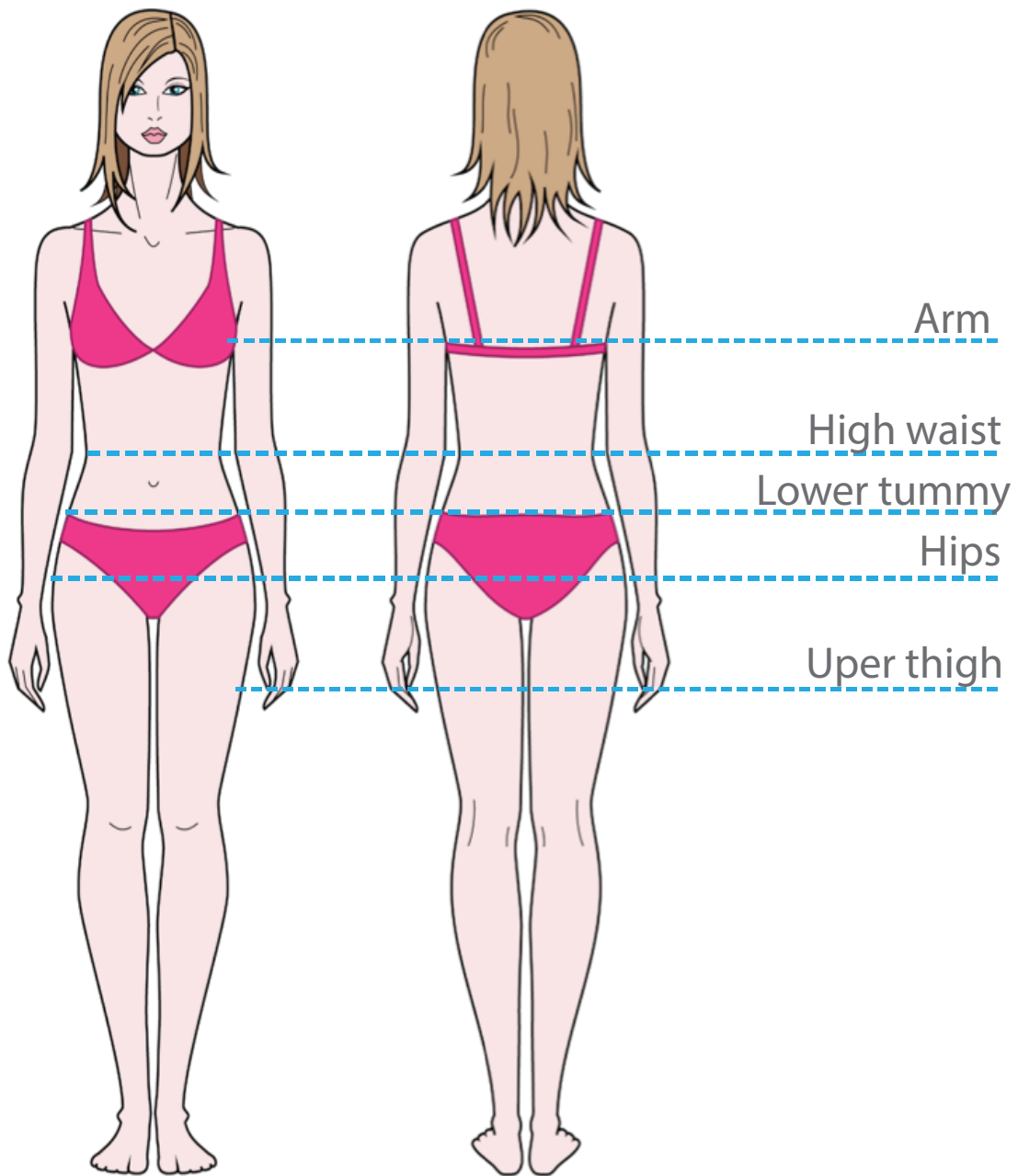
High waist – narrowest part

Lower tummy – one inch below belly button

SEE GUIDE ON NEXT PAGE



Measuring guide



It is sometimes the case where I have noticed clients may not dropping pounds, but literally dropping inches and dress sizes. The weighing scale may not be the best indicator of your fat loss success and this can lead to feeling demoralized or disappointed. Muscle actually takes up less space than fat which makes you appear leaner. So if you feel you have a history of determining your success by the reading on the scale it may be a good idea to give away your scales and determine your success by visual assessment or photos.



Turbo boost your fat loss

If you feel that your not making progress even though your adherence is on point, here are a few pointers to turbo boost your fat loss. You can increase your calorific output by exercising more in addition to your home workouts AND/OR decrease your calorific intake be reducing the amount you eat. My personal preference is always increasing exercise output to start with so you can maintain health, performance, hormones and muscle mass.

1. Reduce your calorie intake by 100 each day primary from starchy carbs like oats and rice, potatoes. Keep proteins and fats the same.
2. Add some extra low impact recreational activity into your day. Like walking, cycling, swimming.

