

SHORTCUTS



GET IN YOUR BEST SHAPE

**Shortcuts, Body Hacks,
Diet, Sleep & More**

CHARLOTTE HUNTER

SHREDDDED: Get in Your Best Shape

SHREDDDED: **Get in Your Best Shape**

Charlotte Hunter

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Introduction

So, you want to shred? Maybe you have an important event coming up, a friend's wedding? High school reunion? Milestone birthday? You might have seen a recent photograph of yourself, or your jeans are pinching a little and you've decided that now is the time to take action. This is a great start, you're here, reading this book. This book will teach you all the tips and tricks to cut those extra inches of fat that you've been meaning to lose, but just keep putting off. This method will help you shed pounds quickly! Get ready, because the advice and the program are intense, but it is also proven and will give you the results that you are looking for. If you need to get in shape quickly, this is the program for you.

The program is designed to be for two months, which means you have eight weeks of intense fat loss, you should expect to lose around 2-4lbs per week, but this will depend on your personal circumstances including your starting body weight, current exercise experience, and genetic components. You will have to exercise a lot, you will have to control your food choices and your calories, and it will be tough, but when you see the results in two months, you won't regret a minute of this program. In fact, you will start to love this lifestyle and start to take the steps to incorporate parts of this program into your everyday life.

This transformation has been designed with the duration of the weight loss in mind, you should not implement the amount of calorie deficit for a very extended period of time, the deficit recommended is to give an effective transformation in 8 weeks. If you want to continue to lose weight after this two-month program, you can do so by continuing the program but lessening your calorie deficit slightly.

Perfect Your Nutrition

Calorie Fundamentals

Calorie intake is the number one most important factor when you want to cut your body fat percentage. Calories are the energy you consume, calories can give you energy and allow you to carry out your daily tasks, however, if you consume calories in excess, you will gain fat. Equally, if you consume fewer calories than you are burning through simply existing, or through doing exercise, you will lose fat.

The first step that you should take on this journey, is to calculate your maintenance level of calories, which is your Basal Metabolic Rate (BMR) this is the number of calories that your body burns when it is simply existing, at rest, doing nothing but breathing and allowing your organs to do their jobs. You can also use the TDEE (total daily energy expenditure) which takes into account any other exercise that you do. To obtain either of these numbers you will need to weigh yourself. It can be a scary and uncomfortable first step, however, it will allow you to obtain these important numbers which will make it easy to calculate how many calories you can eat for substantial weight loss.



The easiest way to calculate these figures is to use an online calculator such as <https://tdeecalculator.net/> which will allow you to put your height, weight, and activity

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levels in order to give you the number of calories that you burn at rest and the number of calories you burn depending on your activity levels.

As each pound of fat has approximately 3500 calories, to lose one pound of fat you will need to have a calorie deficit of these 3500 calories, either by eating fewer calories or by using more calories, by increasing your activity levels. You will need to create a sustainable deficit over the two-month plan, starving yourself and trying to burn 3500 calories a day will lead to unhealthy weight loss, and you will be too weak to consistently shed fat. Therefore, to quickly lose weight you will need to plan to do something like eating 500-700 calories less per day and one or two intense exercise sessions per day to give an overall calorie deficit of around 1500-2000 per day. This will enable you to lose around 2-4lbs of body weight per week, if you are heavier, you could make the deficit more extreme in order to lose more body fat more quickly.

Calorie Control

One of the toughest parts of your two-month transformation will be keeping your calories in check, if you love to eat a lot of food you will need to start this process by food journaling or tracking the calories that you are already eating. Most calories can be found online with a quick google search, or you can find them on most labels on the packaging of your food. Once you have a rough idea of the calories that you are eating, you can then begin to plan how you will start to cut calories from your daily consumption. It might be that you realize that you are drinking two large glasses of orange juice per day that you had never even considered a barrier to your weight loss, when you swap those out for water, you will already be making significant changes to your daily calorie consumption.

For people who find it extremely difficult to stick to calorie guidelines, there are different diets that can help you stick to your calorie goals. One of these methods is called **intermittent fasting**. Intermittent fasting is where you can only eat for a limited time period in the day, this can be in the morning or the evening. There is no magical element to this diet plan, it just helps you to control your calorie intake by limiting the period of time that you allow yourself to eat, of course, you will start to become very full if you eat a lot in the morning and so you will not be able to eat as many calories as if you were eating unlimited foods throughout the day.

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Another option, if you notice in your tracking that most of your calories are coming from carbohydrates, you could try something like a **Keto-style diet plan**. This diet plan helps you to control your intake of carbohydrates, which therefore will lead you to consume fewer calories in total, as you will be replacing the carbohydrates with other foods such as satiating protein sources and water-dense vegetables. Again, there is nothing magical about the Keto diet, it just approaches eating from the perspective that carbohydrates are calorie-dense, therefore largely reducing them from your eating plan will effectively lead to fewer calories consumed and eventually weight loss as a result of this.

Another method that some coaches are recently starting to recommend for those who do not like to track their calories is the **one plate method**, this method is a rule where all the food you will eat in one meal must fit on the plate, half the plate must consist of vegetables, a quarter of the plate should be protein and the last quarter should be carbohydrates or anything else you want. This method is just another method of controlling the number of calories that you could consume in one sitting and making sure that you do not overeat.

These diet plans are by no means necessary for you to lose your body fat, realistically given your specific calorie goals you can eat any food that you want. It would be better and more sustainable over the two months to ensure that your diet is full of good-quality

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proteins, carbohydrates, and good fats, with plenty of fruit and vegetables to regulate your energy levels and provide a good diet for your body to feel good and be able to take on the increased exercise sessions that you will be implementing. You should always choose a diet plan that you will be able to stick to, that you enjoy and that you are happy to eat for the two months, if you like specific meals, it would be wise to make lower-calorie versions of them, to be able to enjoy the process of your shred as well as the results.

Other challenges when you try to control your calorie intake are calories that are more difficult to measure, this can be things like the oil you use to cook when you are frying or baking something. Sometimes something as small as a splash of oil can up your calorie intake by a few hundred calories that you were not accounting for. Another example of these miscalculations is when the packet is measuring calories per 100g, not per serving, and therefore in the end you have eaten more calories than intended, as you thought the calories were for the serving size.

Dried foods like pasta and rice, and beans are also foods that are often miscalculated, you should always read the packet to identify how the manufacturer has determined the calorie content. If you want to be very specific with your calorie counting, you can even buy a small food scale which will allow you to be more exact when you measure what you are eating.

There is also the important distinction between what is healthy and what is good for weight loss. Healthy fats like avocado and nuts are amazing for your body and bring many health benefits, but unfortunately, these benefits do not include fat loss if you eat them often and without being aware of how much you are consuming.

Protein Pros

Protein is going to be your best friend during this two-month journey. It is the macronutrient that is the most satiating, that uses more calories during the digestive process than any other macronutrient (carbohydrates and fats) and that will help your muscles recover from your new intense exercise program.

If you want to lose substantial weight, it would be ideal to increase your grams of protein per pound of bodyweight. A good goal to aim for is 1 gram of protein per pound of goal body weight. This means if you want to weigh 150 pounds, you need to aim to eat around

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150g of protein per day. This change will allow you to see the benefits of a high protein diet, helping you to get a lean and more toned body rather than just thin with no muscle definition.

Another benefit of a high protein diet is that when your body uses the protein to recover from the exercises that you are implementing, your body will increase in muscle. When you have more muscle in your body, you will automatically burn more calories than if you had the same weight in fat. This will allow you to be in a calorie deficit more easily, without having to modify your eating so much.

High protein food sources come from a range of different places, if you have few dietary restrictions, you should be consuming good-quality, lean meats as a form of protein, other foods to include are fish, eggs, dairies such as milk and yogurt. If you are vegetarian or vegan you might consider eating more pulses such as beans, lentils, and chickpeas. Other sources of protein include tofu, tempeh, protein-fortified foods like pasta, protein-fortified meat substitutes, and small quantities of nuts.



If you struggle to consume a lot of protein, you could buy a protein shake powder which usually provides around 20-25g of protein per serving. They are usually low-calorie, especially when mixed with water and so only add 100-200 calories to your overall daily calorie total. This is why they are a great choice for post-workout fuel or a snack during

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the day, they help you reach your protein goals and are worth the calories. The most popular protein shake is whey isolate, but if you have trouble digesting dairy there are many vegan or dairy-free alternatives on the market.

Eat More, Not Less

Some people believe that when you are shredding you must limit your food intake by an extreme amount, but the reality is you will just end up hungry, unsatisfied, which makes it harder to commit to your calorie goals and the overall fitness plan. The best food advice for a short-term shredding period is to implement something that is termed volume eating.

Volume eating is all about eating... you guessed it... in VOLUME! Yes, that's right, what you are going to do is find some low-calorie foods that when you are hungry you can eat lots of. This means that you will not feel extremely hungry, as eating a lot of these foods will fill you up. Some of these foods are things like water-dense fruit and vegetables, that you can eat huge amounts of, without de-railing your calorie deficit. If you make something like a chicken stir-fry, but it looks very small and unsatisfying, throw in a whole bag of stir-fry vegetables. It will add very few calories, but it will prevent you from adding something like more calorie-dense noodles to the pan.



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This goes for most meals, bulking up meals with fruits and vegetables will always make you fuller quicker and therefore less likely to consume extra calories alongside these big meals. This method is ideal for those who love to eat big portions and often cannot control how much they eat. You will be eating a large quantity of food, but because of the low-calorie content, you will continue to shed fat. These foods are generally leafy vegetables and things like berries.

Snacks to Get You Shredded

For some people, snacking is unavoidable, and they find it impossible to go between meals without eating something. Unfortunately, a lot of snacks can add calories to your daily total pretty quickly, without you even realizing it. These can even include some healthy snacks like nuts or nut butter, they are great for your health, and they contain amazing fats, which can help with many different things, but they do not help with fat loss. You will need to keep your snacks as low-calorie as possible to ensure that you are within your calorie deficit.



Suitable snacks can be anything from a piece of fruit, a protein shake, some Greek yogurt, a cheese string, there are many different examples of good snacks that you could eat without adding significant numbers of calories to your daily total. If you really like sweet things, there are so many alternatives now, such as protein bars, if you are a big fan of ice cream, there are now brands that sell low-calorie ice cream, which still tastes similar. There are many other low-calorie popular snacks such as low-calorie jelly, low-calorie puddings, and even small changes such as changing the regular milk in your coffee to plant milk, such as oat or almond can make significant calorie differences.

Frozen fruit is a great weight loss tool, you can just add a handful to a smoothie to make it more like ice cream or sorbet texture, or add them to Greek yogurt to add a sweet or tangy flavor, or even just defrost them and eat them as a snack.

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If you absolutely love peanut or other nut butter but you don't want the calories that come with them, you can now find plenty of powdered variations, where all you need to do is mix in some water and you will end up with a similarly tasting product, that you can dip some apples into or drizzle over some yogurt. These substitutes will likely not taste the exact same as things like peanut butter, nor will they have the same texture, but while you are on this limited shred, it will help you satisfy a craving without adding hundreds of calories to your intake.

The main concept to keep in mind is that the snack is around 100-200 calories, this will ensure that you have enough calories for the rest of your meals, the snack is just to provide momentary satiation, this is why it is recommended to have a snack that is high in protein, as it will be more filling for 100-200 calories than something that is mostly carbohydrates based.

Liquid Calories

Even if you have your diet completely controlled in terms of the food that you are eating, you need to be careful with the calories that you can consume when you consume drinks. This can be juices, sodas, iced coffees with syrups, dairy drinks, and alcohol, all of these drinks are high in calories and could be an obstacle to your shred if you cannot control your intake of them. Even one or two glasses of these drinks could stop your progress, they can include 100-300 calories per glass and give you very few nutritional benefits, which means they will not help you recover from your workouts or give you a good energy source for your workouts.



Hydration is extremely important and for this reason for your two-month shred, you will need to drink a lot of water. Drinking more water will help lower your cravings for sugary and high-calorie foods, it will help keep you feeling full, and being hydrated will energize you so that you can complete your workouts to the best of your abilities.

Other drinks that you could have include coffees that do not have added sugar, diet sodas and

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sweetened flavored waters, water with fruit to naturally flavor it, teas without added sugar, and low-calorie plant milk.

Alcohol is a really important topic for fat loss. If you are a regular drinker, unfortunately, to see great results, you will have to stop, or at least pause. Alcohol is extremely high in calories and has around 7 calories per gram, which is almost the same as fats! You can easily drink a lot of calories without realizing it, especially when you add sodas and sugar to the drinks. Aside from the high quantity of calories in the alcohol, your body will prioritize metabolizing alcohol over fat burning, until the alcohol has left your system. Therefore, you could be preventing fat loss for around 24-48 hours depending on how much you are drinking. In addition to this, when drunk you often eat food that is high in calories without really taking notice of how many calories you are consuming. Let's face it the next day, it's unlikely you will be in the gym or doing exercise, overall, it is a factor that will damage your shred. If you must drink, one or two low calories alcoholic drinks are the maximum amounts you should consume.

Fully Fueled

If you learn one thing from this book, please let it be that you do not have to starve yourself to cut fat. You will have to make some calorie sacrifices and cut some foods out of your diet that is going to add too many calories to your daily total, however, you have to take care of your body, give it the food, the vitamins, and the nutrients that it needs to function.

If you drastically cut your calories too low, you will risk problems with your body, injuries and you will leave the program with a weak body, instead of a strong and powerful physique. It is much better to cut the calories moderately, as suggested at around 500-700 calories per day, and add in some exercise sessions.

It is also important to note that these calorie guidelines are specifically for the 2-month shredding period, as when you put your body into a calorie deficit for an extended period of time, your body tends to adapt to the number of calories that you have been providing it with. This means that over time your body will adapt to the lower number of calories and if you want to continue to keep losing weight, you will need to keep decreasing your calories, which will be difficult to stick to, as you will need to keep eating less and less.

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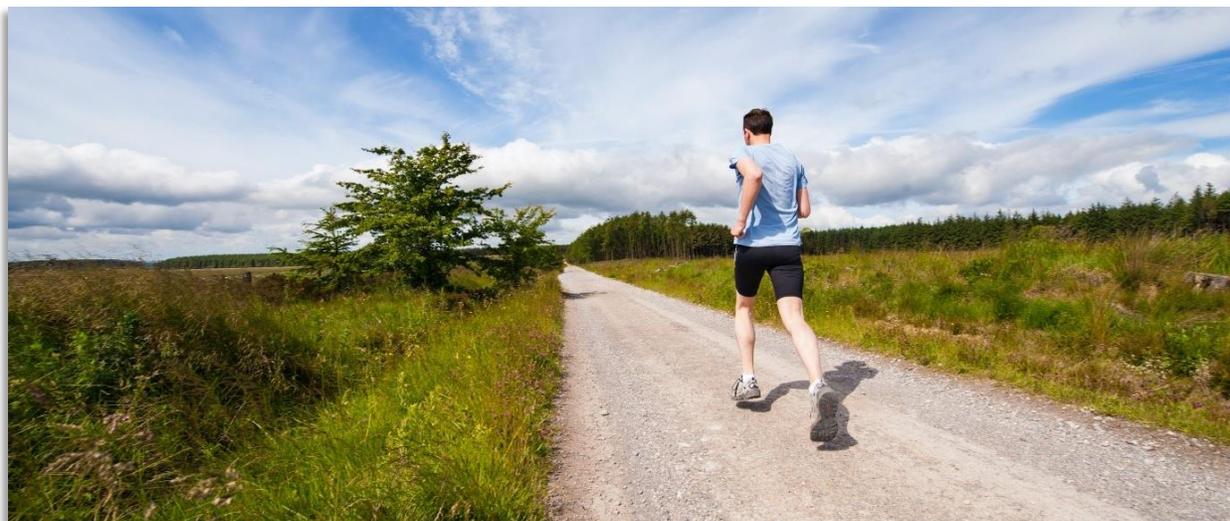
Therefore, it is important to allow your body to be at maintenance or a small surplus sometimes so that your body does not adapt to a very small number of calories a day that you cannot be consistent with.

If at any time you feel like the calories are not enough for you, or you feel faint or weak in your workouts, you should add an extra 100 calories to support the extra activities, keep experimenting with how your body feels, and reacts to the number of calories that you are allowing yourself to eat.

Exercise like an Athlete

Cardinal Cardio

Cardio is great for burning calories and it is going to become a very important part of this two-month shred. You will need to implement one or two cardio sessions into your days to see a dramatic change in 8 weeks. This cardio can be anything that you like, swimming, running, dancing, cycling, there are no limits. If you just love walking you can walk and hike as your cardio. The point is to keep moving your body and using up energy, this will increase your overall calorie deficit for the day.



If you are already doing a lot of general walking through the day, such as around 15K steps, you may only need to implement one cardio session per day. If you are usually fairly sedentary you might need to program two sessions in. Ideally, you would program a session in the morning and one in the late afternoon or evening time.

A nice blend would be to include one LISS session and one HIIT session per day, but it is honestly not really important what type of cardio you are doing, just that you are doing enough to put your body into a deficit sufficient enough for weight loss. You can do all LISS cardio or all HIIT cardio, what matters is that you are consistently doing it and making sure that you keep to the nutrition guidelines.

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The key is to increase your activity, if you do not have the extra time to do more cardio sessions, you should make some simple changes to your everyday routine. This might be walking or cycling to work instead of taking the bus or driving. You can take the stairs instead of the elevator, get a treadmill desk, find a way to keep moving your body and expend energy. This will give you more of a calorie deficit if you cannot find time for extra cardio sessions, but if you can do cardio sessions, you should do them.

HIIT Essentials

High intensity interval training (HIIT) is when you train in intervals of fast and slow speeds of cardio, such as sprinting and then walking and sprinting and walking, this forces the body to do rapid movement and use lots of energy, with the slower period as a rest. You can do this not only by running but on a bicycle, on machines such as the elliptical or the Stairmaster at the gym, the important part is to have a short duration of very intense movement, followed by a longer period of less intense movement. This needs to be repeated and can last anywhere from 15 minutes to 45 minutes depending on your fitness levels and what you wish to achieve. A big benefit of HIIT workouts is that they burn a lot of calories, but are efficient and so you can easily make time for it in your day. They are however quite stressful on the body, so if you have any joint or mobility problems, it could be wise to choose exercises that have a lower impact on the body.

One benefit of HIIT workouts is that it raises your metabolism for up to four hours after you have worked out, which means you will be able to burn more calories even after you have finished your workout. Another benefit is that doing HIIT workouts can actually lead to increased muscle growth, which means that you can continue to grow muscle, which will help you to burn more calories while at rest and therefore increase your calorie deficit more easily.

You can vary HIIT workouts so that you do not get bored with your program, you can incorporate some resistance like kettlebells and other light weights during a circuit style activity, you can do bodyweight exercises such as burpees or knee-ups and you can do activities like sprinting, jumping jacks or ball slams. There are so many ways that you can get your heart rate elevated, you just have to make sure that the intensity is there.

The Truth About LISS

LISS (low intensity steady state) cardio has become more popular recently, this is because it is low impact and does not cause excess hunger like some other cardio options. Steady-state cardio is more like long walks, activities like swimming or jogging for a longer time, but at a less intense pace. LISS is great cardio to implement into your workouts, as it can help you to be in the fat-burning heart rate zone, which allows your body to burn calories more easily from your fat sources rather than carbohydrate sources. You can also do more of it, more frequently, without picking up the injuries that might happen with frequent more intense exercise.

LISS is great for you, and it can give you some real mental health benefits too, going for a bike ride on a nice day doesn't feel like it's a challenge, but it gets you moving and uses calories. The same with joining a new dance class, it is not like a treadmill workout where you might be counting down the minutes until you have reached your goal workout time. You can really enjoy movement and learning new things, when you enjoy an activity, you will likely do it again and again, meaning that you will be changing your habits and be able to maintain your shred.

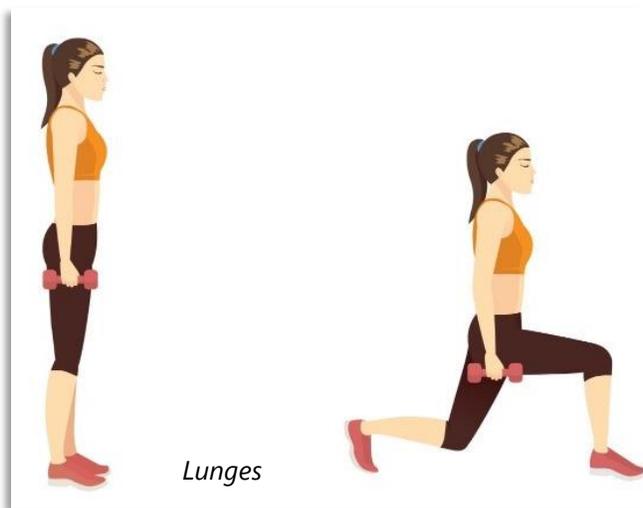
If you are doing something like a weight-training session or a HIIT session on the same day it might be more beneficial to do your LISS cardio afterward, this is just to preserve some energy since weight training and HIIT are more intensive on the body. However, a non-strenuous walk in the morning should not impact your energy levels to a large extent if you are following the nutrition advice and ensuring that you are fuelling your workouts.

Weight Training Basics

Weight training is an important part, even though in the two-month shred, the focus is not necessarily on gaining a large amount of muscle, but rather focusing on dropping fat levels, weight training can still help you achieve your fat loss goals. Weight training burns calories and even while in a deficit, with the correct amount of protein you should be able to build a small amount of lean muscle, which will help you achieve more of a 'toned' and 'fit' body instead of skinny or skinny fat. Building muscle on your body will also further prevent you from picking up injuries, make your body stronger and allow you to shed fat and burn calories more quickly.

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Since you will be doing a high quantity of cardio, it is better to program around 2-3 full-body workouts per week, instead of doing specific splits, such as leg days focused on different muscle groups. These splits are more useful when you want to gain muscle, for the purpose of this shred it will be more effective to train the whole-body fewer times a week, as your body also needs a chance to rest and repair after a lot of activity.



The full-body movements will consist of exercises that target different muscle groups of the body, such as squats and lunges for the legs and deadlifts for the back, some bench presses, and lat pulldowns for your upper body, and curls for biceps. There is a huge range of exercises that you can program into your few sessions a week to ensure that you are keeping strong and have a strong appearance.

Your body will also utilize calories to repair muscle fibers that have been broken during the workout, these calories will be used to form muscle which overall will become a good tool to burn more calories, even while resting. Doing some form of resistance training will help you to burn fat and give you a great overall look at the final result of your fat loss.

Ideally, during these workout sessions, you will be lifting heavy weights, while light resistance can be beneficial you will see more muscle growth and subsequent fat loss when your lifts are challenging compound movements, which are using more than one muscle group at a time.

When you are training your muscles, you should slow the reps down as much as you can, focusing on form and how you are performing the movements. Going slow, focusing on how you move and the mind to muscle connection will improve your performance, meaning that your form will be better and build the foundation for you to get better at lifting heavier loads in the future.

When you are lifting weights, to truly reap the benefits of your training session, you should train as close as you can to failure. This means that you want to be as close to the point

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where you cannot physically lift another rep as you can possibly get to. Sometimes you may even reach failure and you will not be able to perform the rep, this meaning that you are training at an intensity sufficient to create muscle.

Between your sets, you should be resting for around 2-4 minutes. You need to rest between sets in order to recover enough to exert enough energy to perform to your best ability in the next set. Many people make the mistake of thinking that rushing into the next set improves their fitness, but it is better to rest enough to successfully push another set to a sufficiently intense level.

Resting and Shredding

You will be doing a lot of activity and burning a lot of calories in the 8 weeks of the program; however, you will need to take some rest days. Your body needs some time to recover and repair from all of the stress that you have placed on it to generate a fat loss. It is imperative that you get enough rest such as sleep, as well as taking days off from training.

If you really want to incorporate some light exercise into your rest days to increase the overall weekly calorie deficit, this is ok. You can do some active recovery, such as walking at a comfortable pace, a gentle swim, some other general activities like skating, playing a casual game of football, yoga, these will all allow your body to recover as long as you are not making the activity level extremely intense.



Sleeping is an extremely important part of recovery, you should be aiming for around 8 hours of good quality sleep per night, as you will need this recovery for your muscles but also sleep to recover your energy levels so that you can sustain your workouts. You will have to probably go to bed a little earlier so

that you can make time in the day for your extra workouts. It will be a sacrifice and you may not be able to watch your favorite shows so often, but in the end, it will be worth it.

Mind Hacks

Just Keep Going

This process will be tough, and you will feel out of your comfort zone at times, but what you need to remember is that it is only eight weeks. They will be eight hard weeks, but every week you will become stronger and better at the exercises you are doing and sticking to your nutrition plan. Breaking the two months down into weekly chunks will help you manage your fitness and nutrition plan.

You want to start this journey strong, of course, but it is healthier to ease yourself into the first few weeks and gradually progress. The first week should really be about getting to grips with the program, really understanding your calorie intake, and working out an exercise plan that you understand and that you will be able to stick to for these next few weeks.

Another important thing to remember is that if you mess up and you go off track one weekend and eat more than you should have, it is ok. The most important part is getting back on track and staying consistent. The program will be more effective if you can control and limit consuming large numbers of calories, but ultimately if you do it once or twice it will not destroy your chance of getting good results, as long as you stay consistent the rest of the time.

The Bigger Picture

Why do you want to shred? What is your purpose? You need to start asking yourself these important questions, is it to look more attractive? Do you want to be healthier? Maybe you feel like you need to change something in your life, and this is a great first step.

Understanding why you want to start this journey will be the key to your success, if your goal is defined in terms of losing pounds, buying a smaller size of clothes, or just looking better in photos, these will all inspire you to push harder in your workouts. You have to keep focused and remember what you are trying to achieve so that even in the toughest moments you will not give up. You should start by writing some of these goals down and

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writing down the steps that you will take to achieve them. Once you see them on paper and the steps that it will take to achieve that goal, it will look more manageable, and you will start to believe that you can do it. Once you make the first steps, the rest will follow easily. The first little steps towards any type of progress are always the most difficult.

It is also extremely important to not constantly compare yourself to others but to compare yourself to your previous versions. Everyone has different genetics and can lose or gain fat easier or harder than other people, that part is not up to you. If you constantly compare yourself to others, you will find that it can be very demotivating, and you will get distracted when you think that somebody has better results than you. For this journey, you must stay focused on your goals and priorities, rather than worrying that somebody else has lost more fat than you or can eat more and not be overweight. You need to focus on feeling good in your own body, it is not wrong to appreciate other people's physiques but to aim to attain their exact body will only set you up for disappointment.



Finding the Motivation

This process although intense should be enjoyable too. You will get so much more out of the program if you incorporate elements that you truly enjoy. If you enjoy exercises like swimming, then you should incorporate more swimming into your daily routine. If you love dancing, why not sign up for a dance class, do an online dance workout, or even play a danced based game on a games console. When you do things that you already enjoy, being consistent will become easy and you will not struggle to fit the exercise into your daily routine.

The same goes for eating, if you have a sweet tooth, you can eat lots of fruits and foods that contain natural sugars. If you love chocolate, you should include it a little in your diet plan. There are plenty of enjoyable, healthy, and low-calorie food options that you can include in your meal plans. If you restrict yourself from everything that you love, you will be frustrated with the plan, and it will become more difficult to keep going. It is better to learn how to eat these foods in moderation rather than completely prohibit yourself from eating them, you will end up eating the foods anyway and instead of enjoying them, you may form unhealthy relationships with the foods that you consider as 'bad' foods. This process can teach you how to have a healthier relationship with food, teaching you how to eat the foods that you love without the need to overconsume them and feel guilt.

When you feel negative about these kinds of food groups, this can often lead to disordered behavior, which includes bingeing. Bingeing on foods can wipe away a week's worth of careful calorie consideration and will leave you feeling like all of the hard work was for nothing. Working on your relationship with food and the reasons behind your cravings or binges will allow you to identify how you can control this behavior and stay on the right track!

Progress Pictures or the Scale?

Measuring your progress over the next week should be carried out by consistent tracking. The best way to track would be to take measurements of your bust, hips, waist, legs, and arms if you would like. You should take these measurements weekly and record them, this will allow you to see how your body is changing. This will better reflect how much body fat you are losing and all you need to look for is a downward trend in the numbers.

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With regards to the scale, it is another good way to track your progress. However, the best way to do this is to weigh yourself every day, at a similar time, preferably before you eat or drink anything. Record these weights, but take an average over the week, as this will give you a better idea of your real weight. Weight can fluctuate too much daily due to different hormones, water retention, digestion processes, and a multitude of other reasons. If you weigh yourself every day and take these measurements as fact, you may be confused when the scale sometimes shows a heavier weight, even when it seems like you are doing everything correctly. You just need a general downward trend to see that you have made progress.

Taking pictures is also a great idea to see how you change. You should take pictures from the first day of the first week and take a full-body picture at the beginning of every week and a final picture at the end of the two-month shred. This will allow you to see that you have made progress, even on the days when you don't feel like it. Seeing the visible results will also motivate you to keep your progress after you have completed your two-month shred.

How to Maintain the Result of the Shred

Sometimes maintaining the results of your shred can be just as difficult as the process of shredding. You will need to make sure that you are not accidentally going into a calorie surplus too frequently unless you are making more changes to your program and including more weight training than cardio.

You can still continue to lose weight, perhaps at a more gradual pace, you will make your calorie deficit smaller, which will maintain your progress and you can remove more body fat but without continuing to put your body under so much stressful activity, such as in this program.

If you do not wish to lose more weight, you can easily maintain your progress from the shred by again calculating your TDEE and eating your calories at a maintenance level. Even if you gain a little of the weight back, now you know the process of fat loss, you can easily change your calorie intake around and gain or lose weight when you want. The trick is to keep consistent and not let an uncontrolled calorie surplus continue for too long.

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Hopefully, once you have a good routine and have started to become consistent, it will become natural to you. Instead of fighting the process and your cravings, you will enjoy exercise and it will become an integral part of your life, the same goes for healthy eating. You will eventually realize that when you are eating healthily, you are not depriving yourself of the things that you love, but instead, you are giving your body the tools to become better, stronger, and more able to complete your workouts to the best of your ability. Your focus will no longer be on the things you are missing or lacking, but you will appreciate the feel-good energy that comes with living a healthy life.



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7-Day Shred Example Week

Here is an example of what one week of your nutrition program might look like.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs with vegetables on two slices of low-calorie toast and protein shake (420 calories approximately)	Protein Oatmeal with fruit (400 calories)	Shakshuka (eggs poached in a tomato sauce) with toasted bread (450 calories)	Protein pancakes with low-calorie syrup or sauce and fruit (400 calories)	Yogurt with fruit and granola (400 calories)	Omelet with feta cheese and tomatoes (450)	Breakfast quesadilla with eggs, beans, peppers, and cheese (500 calories)
Snack 1	Snack- a piece of fruit (100-200 calories)	Apple and powdered peanut butter (150 calories)	Veggie sticks and hummus (200 calories)	A handful of nuts (150 calories)	Flatbread with cream cheese (150 calories)	Protein shake (110 calories)	Vegetable soup/bone broth (100 calories)
Lunch	Chicken/meat substitute with vegetables and rice (450 calories)	Stir-fried noodles with tofu and vegetables (500 calories)	Pasta with protein and broccoli (450)	Fish (or substitute) with salad and boiled potatoes (500 calories)	Moroccan style vegetables, lentils, and couscous (450 calories)	Avocado, chicken (veggie substitute) sandwich (450 calories)	Falafel salad and tahini sauce (350 calories)
Snack 2	Greek yogurt with fruit (200 calories)	Low-calorie jello (50 calories)	Popcorn (popped without oil) powder peanut butter or low-calorie sauce to top (150 calories)	2 Hard-boiled eggs (150 calories)	Protein smoothie (130 calories)	Low-calorie ice cream (120 calories)	Berries and Greek yogurt (150)
Dinner	Lean meat with vegetables and sweet potato (500 calories)	Kebab style meat/veg substitute with salad and yogurt dressing (500 calories)	Burrito with protein, beans, pico de gallo, and avocado (600 calories)	Chickpea and spinach curry with paneer cheese and cauliflower rice (400 calories)	Burger (or veggie burger) salad and fries (700 calories)	(Whatever you want, small pizza or something that you like) 600-800 calories	Quinoa, vegetable, and protein source (500 calories)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	HIIT (treadmill or running outside)	LISS Morning swim for 45 minutes	Weight training full body (1 hour)	HIIT (bicycle gym or normal)	Long walk (50 minutes)	Weight training full body (1 hour)	REST
PM	40 minutes walking	HIIT Stairmaster, or climbing normal stairs	Walk or jog 40 minutes	Afternoon swim (45 minutes)	HIIT Zumba/d ance workout	Stairmaster/ treadmill workout 30 minutes	Light yoga, or walk
Steps	+8000	+8000	+10,000	+8000	+8000	+10000	+5000

Recipe Section

Breakfasts

Veggie Eggs

Ingredients

Olive oil spray

2 eggs

1 slice of wholegrain bread

50g of frozen/fresh peppers

50g of spinach/ or another green vegetable

Salt & Pepper

How to cook

1. Spray your frying pan with a few sprays of olive oil, when hot, add in the peppers and the spinach, seasoning with salt and pepper until it is cooked.
2. Beat 2 eggs in a bowl and add to the frying pan.
3. Stir, scrambling the eggs
4. Place your bread in the toaster
5. Once the eggs are cooked and you have stirred them in the pan a few times, spoon the eggs and vegetables onto your piece of toast.
6. Add condiments (hot sauce or other low-calorie sauce to taste)



Protein Oatmeal

Ingredients

1 cup of rolled oats

Water/plant milk

A scoop of protein powder

Powdered peanut butter

Frozen/fresh berries/fruit of your choice

How to cook

1. Add your cup of oats to a saucepan with water or plant milk until the liquid is covering the oats.
2. Turn the heat to medium-high and stir until the oats become soft and creamy.
3. Once your oatmeal has cooked, stir in your protein powder until you have a smooth consistency.
4. Optional: add water to powdered peanut butter and drizzle over
5. Add fresh or frozen berries to your oatmeal. If you need more sweetness, you can add a banana or a small teaspoon of honey or agave syrup.



Shakshuka

Ingredients

2 cloves of garlic finely chopped

½ a medium onion chopped

½ can of chopped tomatoes

1 pepper

1 chili pepper (optional)

1 tsp cumin

2 tsp paprika

Salt & pepper

2 eggs

1 slice of crusty whole-grain bread

Cilantro

How to cook

1. Fry your chopped onion and garlic together until soft and browned in a small frying pan, take care to not burn the garlic.
2. Add your chopped tomatoes (fresh or tinned) and the chopped pepper to the pan (add the chili pepper if you like).
3. Add paprika, cumin, salt, and pepper to the tomato mix.
4. Make two small wells in the mixture with a spoon and crack an egg into each well.
5. Cover the pan.
6. Put your bread in the toaster or under the grill.
7. Once the whites of the eggs are cooked but the yolks are still runny, you can remove the pan covering and you can add some chopped cilantro to cover and some more black pepper.

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8. Serve in the frying pan with your toasted bread to dip in the gooey yolks.



Protein Pancakes

Ingredients

2 cups oat flour

100ml plant milk

1 egg

1tsp baking soda

Protein powder

1 cup of fruit (fresh/frozen)

Powdered peanut butter/low-calorie sauce

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How to cook

1. Whisk the flour with plant milk, baking soda, and protein until your desired consistency, thicker for thick pancakes, thinner for more crepe-like pancakes. Beat an egg into the mixture.
2. Heat a small pan and spray some oil onto the pan, using kitchen paper to ensure all of the pans is greased.
3. Ensuring that the pan is on medium-low heat, add a ladle of the pancake mixture to the pan and allow the mixture to naturally run and form a shape.
4. After the top has started to bubble slightly, flip the pancake over and cook for around 1-2 more minutes to allow the inside to cook.
5. Serve on a plate, topping the pancakes with powdered peanut butter, low-calorie sauce, and fruits.



Yogurt, Fruit & Granola

Ingredients

120g of Greek yogurt

1 cup Frozen/fresh fruit

Homemade/low sugar granola (a sprinkle)

How to cook

Spoon the yogurt into a bowl and top with your desired toppings. If you wish, you can defrost your frozen fruit in the microwave before adding it to the yogurt.



Feta and Tomato Omelette

Ingredients

Olive oil spray

1 tomato or handful of cherry tomatoes

2 eggs

Salt & pepper

15g Feta cheese

How to cook

1. Heat a small pan and spray with olive oil spray.
2. Add chopped tomato or cherry tomatoes cut in halves.
3. Season the tomatoes with salt and pepper and cook until soft.
4. Beat two eggs in a bowl and add some salt and pepper.
5. Heat a non-stick pan on low-medium and spray with oil.
6. Pour the egg mixture into the non-stick pan and with a spatula move the mixture around in a clockwise circle while it is still wet.
7. As the mixture gets drier, stop moving it with the spatula, allow it to set.
8. Spoon your cooked tomatoes on top and crumble your feta cheese onto the egg mixture too.
9. With a spatula fold the omelet over, the feta cheese will slightly melt on the inside.
10. Serve on a plate.



Breakfast Quesadilla

Ingredients

1 flour tortilla
Olive oil spray
2 eggs
50g peppers (fresh or frozen)
1 onion
1tsp cumin
Salt & pepper
¼ can of black beans
50g of low-calorie mozzarella cheese

How to cook

1. Warm a flour tortilla, to make it more pliable.
2. Heat a pan and spray olive oil spray, then add the peppers, season the peppers with cumin and salt and pepper.
3. Beat two eggs and add them to the pan.
4. Stir the mixture until it becomes scrambled eggs.
5. Take your tortilla, add the scrambled eggs, the beans, and the cheese on top and fold it over, so that it looks like a half-moon.
6. Heat on a grill or hot non-oiled pan to melt the cheese and beans inside and flip over to toast both sides.
7. Cut into slices and serve, with hot sauce or other condiments.



Lunches

BBQ Chicken, Veg & Rice

Ingredients

100g chicken breast/100g of meat substitute

Lemon juice

Cumin 1tsp

Paprika 1tsp

1tbsp soy sauce

½ packet of wholegrain easy microwave rice

80g mixed vegetables

1tbsp of bbq sauce

Bbq seasoning

Salt & pepper

How to cook

1. Marinate chicken in lemon juice, soy sauce, cumin, and paprika for at least 2 hours and leave refrigerated. (skip this step if using a vegetarian substitute)
2. Heat pan on high-medium and spray olive oil spray.
3. Add in chicken, fry the chicken until it starts to lightly brown, then add the mixed vegetables and fry until the chicken is completely cooked through and the vegetables cooked.
4. Add in a tbsp of bbq sauce and stir in.
5. Microwave the rice, or cook normal rice on the hob.
6. Plate up the rice, spooning the chicken and vegetables over the rice.



Stir Fry Tofu Noodles

Ingredients

2 cloves of garlic
½ an onion
1 tbsp of grated ginger
80g tofu
100g stir fry vegetables
50g spinach
1 portion of egg noodles
Soy sauce
Sriracha
Salt & pepper

How to cook

1. Heat a medium size pan and spray some olive oil.
2. Add chopped onions, garlic, and ginger to the pan and cook until soft and fragrant.
3. Add cubes of tofu and cook until the tofu is harder on the outside.
4. Once the tofu is sealed on the outside, add your chosen stir fry vegetables and spinach to the pan.
5. Season the mix.
6. Boil water and soak the egg noodles until they are soft.
7. Add the noodles to the pan.
8. Add a splash of soy sauce and sriracha.
9. Plate up the noodles and enjoy!



Broccoli & Chicken Pasta

Ingredients

100g chicken breast/ meat substitute

2 cloves of garlic minced

1 tsp of honey

1tsp of lime juice

Greek yogurt

Olive oil spray

80g pasta

50g broccoli

30g cottage cheese

How to cook

1. Marinate chicken/meat in one clove of garlic, yogurt, honey, and lime juice for 3 hours and leave refrigerated.
2. Put hot water on to boil and add 3 tsp of salt for the pasta.
3. Heat a pan and spray with olive oil.
4. Add the remaining clove of garlic to the pan and cook until soft and brown.
5. Add chicken and broccoli to the pan and cook until the chicken is no longer pink, and the broccoli is soft when pricked with a fork.
6. Once the water has boiled, cook the pasta.
7. Once the pasta is cooked, add to the pan with broccoli and chicken/meat substitute with a small amount of pasta water.
8. Stir in some cottage cheese or light cream cheese to give a creamier texture and taste.
9. Serve and enjoy!

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Fish, Salad & Potatoes

Ingredients

100/120g Fish fillet (high protein fish)

Olive oil spray

Garlic

Herbs (dried oregano, basil, thyme)

2 handfuls of salad leaves

A handful of cherry tomatoes/1 tomato chopped

5 small, baby potatoes

Salt & pepper

Lemon wedge

SHREDDED: Get in Your Best Shape

How to cook

1. Preheat oven to 200oc.
2. Prepare fish (degutting and filleting if this has not been done).
3. Spray the fish with oil spray and add herbs, garlic and salt, and pepper.
4. Bake for around 8 minutes until soft and flaky.
5. Boil water and add baby potatoes to the boiling water.
6. Remove, when soft in the middle, testing with a fork.
7. Plate up the fish and potatoes, adding 2 handfuls (or more if you like) of salad leaves, a handful of cherry tomatoes, and season the salad.
8. Serve with a lemon wedge to squeeze over the salad and fish. Add a small amount of vegetable spread or butter on the potatoes if you wish.



Moroccan CousCous

Ingredients

65g of cous cous

120ml of veg stock

¼ can of lentils

Onion

Garlic

Cumin

Middle east spices

Salt & pepper

100g vegetables

Halloumi cheese (optional)

How to cook

1. Add dried couscous to a bowl.
2. Add 120ml of vegetable stock to the couscous and cover the bowl allowing it to cook and expand, adding a touch more stock if it looks dry.
3. Heat a pan and spray on some olive oil.
4. Sweat onions and garlic, with some cumin and other middle eastern spices.
5. (optional) add cubes of halloumi cheese until browned on the outside.
6. Add vegetables, ¼ of a can of lentils until everything is cooked.
7. Serve lentil/halloumi/vegetable mix over a bed of the couscous that you made.



SHREDDED: Get in Your Best Shape

Avo Chicken Sandwich

Ingredients

2 slices of wholemeal bread

Low-calorie mayonnaise 1 tbsp

½ ripe avocado

100g Shredded chicken/veggie substitute

Seasoning mix (paprika, oregano, cumin, thyme)

How to cook

1. Place two slices of bread on a plate.
2. Spread over low-calorie mayonnaise or another condiment on the bread.
3. Slice half of the avocado lengthways and place it onto the bread.
4. Spray a pan with olive oil and heat on medium-high.
5. Add your chicken/substitute and season well.
6. When cooked all of the way through add to the sandwich and season with some extra black pepper.
7. If you wish, you may add slices of tomato.



Falafel Salad

Ingredients

6 pre-made falafel balls
50g shredded lettuce
1 tomato diced
¼ cucumber chopped finely
½ pepper sliced
1tbp tahini dip (tahini, water, honey, lemon juice)
20g feta
Chopped parsley to top

How to cook

1. Heat up a pan on low medium and spray olive oil.
2. Add the falafel balls and cook until hot in the middle.
3. Add the shredded lettuce, diced tomato, pepper, and chopped cucumber to the bowl.
4. Drizzle over the tahini dip, sprinkle some feta and parsley over the top and enjoy.



Dinners

Meat, Veg, and Sweet Potato

Ingredients

½ Onion chopped
1 clove of garlic minced
100g lean meat (lean mince, lean chicken breast, or meat substitute)
80g vegetables of your choice
Seasoning
Salt & pepper
½ large, sweet potato
Olive oil spray

How to cook

1. Preheat the oven to 200oc.
2. Score the sweet potato with a knife and spray some olive oil on top.
3. Add the sweet potato to the oven for 25 minutes.
4. Heat a pan on medium-high and add the onion and garlic, sweat until they are soft.
5. Add the lean meat or meat substitute and fry until cooked.
6. Season the meat and add the vegetables to the pan.
7. Take the sweet potato out of the oven and serve with the meat and veg.
8. Enjoy!



Low-Calorie Kebabs

Ingredients

½ onion chopped
1 clove garlic chopped
100g kebab meat (kebab veggie substitute)
Tomato diced
Cucumber chopped
Red onion (shredded)
Greek yogurt
Lemon juice
Salt
Flatbread/pita bread (whole grain if possible)

How to cook

1. Heat pan on medium-high and spray olive oil.
2. Add onion and garlic, cooking until browned.
3. Add in the kebab meat/veggie substitute and cook until cooked through.
4. Toast the pita bread or flatbread.
5. Cut the bread open and add the meat, now add the tomato, cucumber, red onion into the pita.
6. Drizzle some yogurt, lemon juice, and salt over and enjoy.



Lean Burrito

Ingredients

1 flour tortilla
½ onion
2 cloves of garlic
Meat or meat substitute
Cumin 1tsp
Paprika 1tsp
Garlic powder 1tsp
¼ can black beans
Tbsp Greek yogurt/cottage cheese
50g peppers
50g spinach
¼ avocado
1 tomato very finely chopped
½ red onion very finely chopped
Juice of ½ a Lime
Jalapeno pepper very finely chopped
Cilantro very finely chopped
Salt & pepper
Cheddar/Monterrey jack cheese

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How to cook

1. Heat the pan and spray with olive oil.
2. Add in onion and garlic and cook until soft.
3. Add meat or veggie substitute and season with paprika and cumin and garlic powder.
4. In a separate bowl add the finely chopped tomato, onion, jalapeno pepper, cilantro, and stir.
5. Add a squeeze of lime juice and salt and pepper to taste.
6. In another bowl mash up the avocado half and add lime juice and salt.
7. Warm your tortilla on a grill, add your meat mix, tomato salad, black beans, yogurt or cottage cheese, and cheddar/Monterrey jack cheese.
8. Roll into a burrito and cook until browned/toasted on all sides.
9. Serve with the guacamole and enjoy.



Chickpea, Spinach, and Paneer Curry

Ingredients

1 Onion chopped
2 cloves of garlic minced
2 tbsp ginger grated
1 Chile pepper chopped finely
3 tsp uimin
3 tsp Garam masala
1 tsp ginger dried
1 tsp curry powder
½ can chickpeas
½ can chopped tomatoes
100g spinach
50g paneer cheese
Cauliflower Rice

How to cook

1. Heat a pan on medium heat and spray olive oil.
2. Add the onion, garlic, ginger, and chili pepper until caramelized and fragrant.
3. Add in the spices until they become heated and release their oils.
4. Add in the tomatoes, chickpeas, and paneer cubes.
5. Once this is cooked and heated through, add the spinach until it wilts.
6. Make your cauliflower rice (in the microwave or from scratch)
7. (Add a spoon of Greek yogurt to make it more creamy)
8. Serve and enjoy!



SHREDDED: Get in Your Best Shape

Burger, Salad, and Fries

Ingredients

1 burger (lean meat or meat substitute)

1 bun

Salad leaves

Cherry tomatoes

Cucumber

A small portion of wedges or fries

Low-calorie mayonnaise/ketchup

2 lettuce leaves

How to cook

1. Preheat your oven to 200oc.
2. Heat a pan and spray some olive oil.
3. Add your burger patty and cook until it is hot and cooked all the way through.
4. Cook your wedges and cook according to packet instructions.
5. Arrange your salad leaves and tomatoes and cucumber on the plate.
6. Spread some low-calorie mayonnaise on the bun and add two lettuce leaves.
7. Add the patty.
8. Serve the burger with wedges and salad.



Protein & Quinoa

Ingredients

The lean protein of your choice (chicken, fish, beef, or veggie substitute)

½ onion chopped

2 cloves of garlic minced

45g quinoa (any color)

200ml stock (vegetable or chicken)

1 bunch of kale chopped

80g spinach chopped

10 cherry tomatoes (roasted with garlic and onion and herbs)

2 tsp lemon juice

Chopped mint to garnish

1tbsp Greek yogurt

How to cook

1. Heat the pan to medium-high and add a couple of sprays of oil.
2. Add your protein source to the pan with some onions and garlic.
3. Add the kale and spinach and cherry tomatoes to the pan, stirring.
4. In a separate saucepan make vegetable stock bringing the stock to a boil, add the dried quinoa cooking until it is soft and has absorbed the liquid.
5. Plate the quinoa and serve the protein and vegetables on top.
6. Sprinkle lime juice over the quinoa, some fresh mint, and a big spoon of yogurt.



Workout Section

Weight Training Full Body

Bodyweight squats (warm-up)

3 sets x 10 reps

Squats with weight

3 sets x failure

Weighted lunges

3 sets x failure

Deadlift

3 sets x failure

Bench press

3 x failure

Lateral pull down

3 x failure

Bicep curls

3 x failure



Squat



Lunge



Deadlift



SHREDDED: Get in Your Best Shape



HIIT Workouts

HIIT on a treadmill: 30 seconds on a high speed that makes you sprint (8-10) 2 minutes on a lower speed (4-5) repeat this for 30 minutes.

HIIT as a circuit: perform movements like burpees, jumping jacks, jumping rope, push-ups for 45-60 seconds give yourself a 2-minute rest between activities, and then move on to the next activity.

HIIT in a swimming pool: swim at full intensity for 30 seconds, swim leisurely for 2-3 minutes, and repeat for a duration of 30-45 minutes.

HIIT on a Stairmaster: climb stairs very quickly (almost running up the stairs) on the high levels like 14-17 for 30 seconds to 1 minute and then climb stairs at a slower pace using a level such as 3-6 for 3-4 minutes. Repeat these cycles for 20-30 minutes.

Conclusion

To conclude, the most important element to consider when attempting a quick transformation is your calorie intake. Calories are absolutely king, and you must control how many you take in and how many you are using for your daily activity levels. Calories are a proven science and, fat is just how these excess calories have been stored.

We have discussed some different tips and ideas on how you can get your calorie intake under control, how you can measure the calories you are consuming, and the best ways that you can eat different food groups to maximize the amount of food that you can eat for the number of calories you can eat. We explained the importance of focusing your diet on high-quality protein sources and ensuring that you are eating a good number of calories to be able to sustain your workouts, while also being in a sufficient deficit for weight loss.

We have also covered that cardio is the most important aspect of a quick transformation, as it burns a lot of calories. Now you know that you can do any different activities that you like, but for a super speedy transformation with incredible results, you will need to make time for two good workouts a day, or one good workout a day if you are already doing a lot of steps. You also now know more about HIIT workouts and LISS workouts, so you can choose which of these activities you prefer, as they both have different benefits that are beneficial to different people.

We also discussed the mindset that you will need to have to go into this program, you must be able to set goals, understand the reasons behind the want to undergo this transformation and be able to track the progress you are making to ensure that you can keep going with the process and eventually maintain it. Lastly, we discussed how you can maintain the results of your shred and how you can prevent any unwanted weight gain from returning.

These two months will be extremely tough, but with consistency and a positive attitude towards the program, you will see results quickly. In two months, your friends and family will be telling you that you look different and asking you how you did it! We wish you the very best with your transformation and we are excited that will start your fitness journey with this book!