
Snapie AI: 12 Weeks High-Performance Fat Loss Plan

Objective: Metabolic Restoration & Fat Adaptation

Duration: 84 Days (12 Weeks)

PRO TIP: AUTOMATE YOUR TRANSFORMATION

Don't guess your portions. This protocol requires precision.

[Download the Official Snapie AI App Here](#) to track your daily "Elixir," log meals, and monitor your metabolic score in real-time.



THE 5 NON-NEGOTIABLES (The "Rules")

1. **The 8 PM Hard Stop:** No calories enter your body after 8:00 PM. No exceptions.
2. **The Morning Elixir:** You must consume the Elixir within 10 minutes of waking up.
3. **Oil Rationing:** Maximum **1 teaspoon** of oil per day for cooking. Use water/broth to sauté.
4. **Volume Eating:** Drink 500ml of water *before* every meal to trigger satiety.
5. **The Carbohydrate Curfew:** No starchy carbs (rice, bread, pasta, oats) at Dinner. Dinner is strictly Protein + Fiber.



PHASE 1: THE METABOLIC RESET (Weeks 1-4)

Goal: Stabilize blood sugar, detoxify the palate, and establish the routine.



Phase 1 Nutrition Plan

Daily Target: ~1,350 Calories | High Volume / Moderate Carb

Meal Timing	Menu Option	Macros (Approx.)

Wake Up	The Elixir: 250ml Warm Water + ½ Lemon + ½ tsp Cumin Powder + ½ tsp Ginger Paste.	15 kcal
Breakfast	Oatmeal Bowl: 40g Rolled Oats (cooked in water) + cinnamon + ½ Apple.	200 kcal 6g Pro / 38g Carb / 3g Fat
Lunch	Grilled Protein Plate: 150g Chicken Breast (or Tofu) + Steamed Veggies + Lemon Dressing.	350 kcal 45g Pro / 12g Carb / 8g Fat
Snack	Protein Spike: 1 Low-Fat Yogurt (Curd) or 3 Egg Whites.	100 kcal 12g Pro / 8g Carb / 0g Fat
Dinner	The Volume Bowl: Large Vegetable Broth Soup + 2 Boiled Eggs.	220 kcal 14g Pro / 5g Carb / 10g Fat

Totals	<i>Note: Add veggies freely to increase volume without calories.</i>	~885-1000 kcal (Net)
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Phase 1 Workout: Stability & Foundation

Schedule: 3 Days Cardio / 2 Days Strength / 2 Days Rest

Day	Workout Type	Routine Breakdown	Avg. Burn
Mon	Cardio (Zone 2)	35 Mins Brisk Walk or Cycle. <i>(Must be able to hold a conversation)</i>	~200-250 kcal
Tue	Full Body Circuit	3 Rounds (60s rest between rounds): 1. Bodyweight Squats x 15 2. Incline Push-ups x 12 3. Glute Bridges x 15	~180-220 kcal

		4. Plank Hold x 30s	
Wed	Cardio (Zone 2)	35 Mins Brisk Walk or Cycle.	~200-250 kcal
Thu	Full Body Circuit	Repeat Tuesday's Circuit. <i>Focus on perfect form over speed.</i>	~180-220 kcal
Fri	Cardio (Zone 2)	35 Mins Brisk Walk or Cycle.	~200-250 kcal
Sat	Active Recovery	45 Min Gentle Walk or Yoga Stretch.	~100-150 kcal
Sun	Rest	Complete Rest. Hydrate.	Baseline

 **STAY ON TRACK:**

Exercise calories are hard to estimate. Use the [Snapie AI Calorie & Macro Tracker](#) to log your specific activity and adjust your daily calorie allowance automatically.

PHASE 2: THERMOGENIC ADAPTATION (Weeks 5-8)

Goal: Increase muscle density to burn more fat at rest. Introduction of Apple Cider Vinegar (ACV).

Phase 2 Nutrition Plan

Daily Target: ~1,450 Calories | Higher Protein

Meal Timing	Menu Option	Macros (Approx.)
Wake Up	Elixir V2: Warm Water + Lemon + Cumin + Ginger + 1 tsp ACV.	15 kcal
Breakfast	Protein Waffles/Scramble: 3 Egg Whites + Spinach + 1 Whole Grain Waffle (No syrup).	250 kcal 18g Pro / 25g Carb / 4g Fat
Lunch	Fish/Tofu & Salad: 150g White Fish (or Tofu) + Large Mixed Salad + 1 tsp Olive Oil.	380 kcal 35g Pro / 15g Carb / 12g Fat
Snack	Fiber Load: 1 Cup Papaya or Watermelon + 5 Almonds.	120 kcal 2g Pro / 20g Carb / 4g Fat
Dinner	Ratatouille Bowl: Stewed Eggplant/Zucchini (Low oil) + 100g Poached Chicken/Fish.	300 kcal

		25g Pro / 15g Carb / 8g Fat
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Phase 2 Workout: Hypertrophy (Muscle Tone)

Schedule: Upper/Lower Split. Focus on "The Burn" (Lactic Acid).

Day	Workout Focus	Routine Breakdown (3 Sets)	Avg. Burn
Mon	Lower Body	1. Goblet Squats (hold weight) x 12 2. Walking Lunges x 12/leg 3. Calf Raises x 20 4. Wall Sit x 45s	~250-300 kcal
Tue	Upper Body	1. Push-ups x 10-12 2. Dumbbell Rows x 15	~200-250 kcal

		3. Overhead Press x 12 4. Tricep Dips (Chair) x 12	
Wed	Active Recovery	45 Min Brisk Walk or Yoga.	~150 kcal
Thu	Lower Body	Repeat Monday Routine. <i>Try to increase weight or hold time.</i>	~250-300 kcal
Fri	Upper Body	Repeat Tuesday Routine.	~200-250 kcal
Sat	Cardio Mix	30 Mins Cycling/Jogging + 15 Mins Stretching.	~250 kcal
Sun	Rest	Complete Rest.	Baseline



PHASE 3: PEAK OPTIMIZATION (Weeks 9-12)

Goal: Maximum fat oxidation ("Shred"). Strict carb cycling.

Phase 3 Nutrition Plan

Daily Target: ~1,300 Calories | Low Carb / High Protein

Meal Timing	Menu Option	Macros (Approx.)
Wake Up	Elixir V2: Full Protocol.	15 kcal
Breakfast	Strict Protein: 4 Egg Whites + Sautéed Mushrooms + Peppers (No Toast/Oats).	180 kcal 16g Pro / 8g Carb / 1g Fat
Lunch	The Bulk Eater: 200g Grilled Chicken/Fish + Massive portion Steamed Broccoli.	400 kcal 50g Pro / 15g Carb / 6g Fat
Snack	Gut Health: 100g Low Fat Greek Yogurt/Curd + Handful of Berries.	120 kcal 10g Pro / 12g Carb / 0g Fat
Dinner	Lean Green: Clear Veg Soup + 150g Steamed Fish/Tofu.	250 kcal

		30g Pro / 5g Carb / 5g Fat
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AVOID THE PLATEAU:

As you drop weight, your caloric needs change.

[Recalculate your exact metabolic rate now in the Snapie AI App](#) to ensure you keep burning fat in Week 12.

Phase 3 Workout: Metabolic Conditioning (HIIT)

Schedule: High Intensity Interval Training. Keep heart rate elevated.

Day	Workout Type	Routine Breakdown	Avg. Burn
Mon	"Shred" Circuit	<p>4 Rounds (No rest between exercises):</p> <p>1. Jump Squats x 15</p> <p>2. Push-ups x 15</p> <p>3. Bicycle Crunches x 20</p>	<p>~350-450 kcal</p> <p>(High EPOC)</p>

		<p>4. Burpees x 10</p> <p><i>Rest 90s after full round.</i></p>	
Tue	Steady State	45 Mins Jogging or Incline Walking.	~300-400 kcal
Wed	"Shred" Circuit	Repeat Monday Circuit.	~350-450 kcal
Thu	Steady State	45 Mins Jogging or Incline Walking.	~300-400 kcal
Fri	"Shred" Circuit	Repeat Monday Circuit.	~350-450 kcal
Sat	Active Hike	60 Min Long Walk / Hike / Sport.	~300+ kcal
Sun	Rest	Complete Rest.	Baseline

⌚ THE SNAPIE KITCHEN (Recipe Cheat Sheet)

1. The Low-Oil Ratatouille (Dinner Staple)

- **Ingredients:** Eggplant, Zucchini, Peppers, Tomato, Onion.
- **The Trick:** Use only 1 tsp of oil to start the onions. Salt them immediately (draws out moisture). Add the rest of the veggies. Cover the pot with a tight lid. Let the steam cook the veggies in their own juices. Do not fry.
- **Macros:** ~130 cal per huge bowl.

2. Poached Chicken Salad (Lunch Staple)

- **The Trick:** Do not bake or grill the chicken (it dries out without oil).
- **Action:** Boil water with a bay leaf, lemon slice, and peppercorns. Drop chicken in. Simmer on **low** for 12 mins. Remove and shred.
- **Dressing:** Mix Lemon Juice + Mustard + Salt + Oregano. **Zero Oil**.
- **Macros:** ~220 cal (Chicken + Veg).

3. Ginger Steamed Fish (Omega-3 Boost)

- **Action:** Place white fish on a plate. Top with ginger strips and soy sauce. Place the plate *inside* a steamer/pot with boiling water. Steam 8 mins.
- **Macros:** ~150 cal.



HEALTH TIPS & FINAL RECOMMENDATIONS

1. Sleep is Part of the Diet

- **The Science:** If you sleep less than 6 hours, your body produces *Ghrelin* (hunger hormone) and lowers *Leptin* (fullness hormone). You will crave sugar.
- **Protocol:** Screens off 60 mins before bed. Dark room. Cool temperature.

2. Stress Management (Cortisol Control)

- High stress = High Cortisol = Belly Fat Storage.
- **Action:** Post-workout, do 3 minutes of "Box Breathing" (Inhale 4s, Hold 4s, Exhale 4s, Hold 4s).

3. Supplements (Optional but Recommended)

- **Multivitamin:** To cover bases during calorie restriction.
- **Omega-3 (Fish Oil):** If you don't eat fish 3x a week.
- **Whey Isolate:** Use only if you cannot hit your protein goal with food.

4. Hydration Strategy

- Drink 3-4 Liters daily.
- **The "Pre-Load":** 500ml water 20 mins before lunch and dinner is scientifically proven to reduce calorie intake by ~13%.



WEEKLY CHECK-IN LOG (Printable)

Week #: _____ Weight: _____ Waist (cm): _____



GO PAPERLESS:

Don't carry this sheet around. [Log your daily meals and weight instantly on Snapie AI](#) to generate progress charts automatically.

Day	Elixir?	Breakfast	Lunch	Dinner	Water (3L)	Workout	8 PM Cutoff?
Mon	[]	[]	[]	[]	[]	[]	[]
Tue	[]	[]	[]	[]	[]	[]	[]
Wed	[]	[]	[]	[]	[]	[]	[]
Thu	[]	[]	[]	[]	[]	[]	[]
Fri	[]	[]	[]	[]	[]	[]	[]
Sat	[]	[]	[]	[]	[]	[]	[]
Sun	[]	[]	[]	[]	[]	[]	[]

Notes/Cravings:
