

Fat Loss Starter Kit

Lose 15–25 lb in 12 Weeks — even with a busy schedule

Angel Coaching • SPSS Method (Steps • Protein • Sleep • Strength) • Science-led • Results Guaranteed

Cutting 101 — Quick Hacks

- **Time your eating window (IF):** Water/zero-cal until mid-afternoon to shrink your eating window. **Skip this if you train in the morning**—eat before training.
 - **Carbs before bed for sleep:** Save **20–40 g carbs** with protein at your last meal to help you fall asleep faster and recover better.
 - **Go-to low-cal flavor:** Use low-cal sauces/syrups to make whole-food meals easy (e.g., sugar-free syrup, low-cal yum-yum, hot sauce, sugar-free BBQ). **Measure**—calories still count.
 - **Bubbles beat cravings:** Flavored sparkling water or diet soda **2–3×/day** can curb cravings and keep you full.
 - **Keep NEAT high:** Aim **8–10k steps** and stay on your feet—walk, chores, standing, light fidgeting. Don't let activity crash while dieting.
 - **Whole foods > ultra-processed:** Build meals from **lean protein + fiber-rich carbs + fruit/veg**. Processed/sugary foods are less filling and drive cravings.
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Read This First — How to Use This Kit

Your only job: Hit the **Daily 5** and the **3×/week workouts** at ~80% consistency. If you do that, you'll see visible changes in **2–4 weeks**.

The SPSS Method (1-liners):

- **Steps:** Keep daily burn high with simple walking blocks.

- **Protein:** Eat enough to preserve/gain muscle while you lose fat.
- **Sleep:** Better sleep → better hunger control and motivation.
- **Strength:** Short, progressive sessions so you actually get stronger.

10-Minute Rule: Stuck? Do **10 minutes** (walk, prep protein, 1 mini-set). Momentum beats perfection.

48-Hour Quick Start


Today





1. **Baseline:** Morning weigh-in (after bathroom), waist at navel, front/side photos (good light).
2. **Schedule:** Pick **3 training days** (30–45 min) and **3×10-min walk blocks**. Add to calendar with reminders.
3. **Groceries:** Buy from the **10-Minute Staples** list below.
4. **Sleep:** Set a **60-min wind-down alarm** for tonight.

Tomorrow

1. Pick the **macro preset** closest to your **goal weight** (below).
 2. Hit **8,000+ steps** using your walk blocks.
 3. Run **Workout A** (30 minutes).
 4. If eating out, use the **Restaurant Matrix** and pick one order.
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The Daily 5 (check these off)

-  **Steps:** 8–10k (≥6k on travel days)

-  **Protein:** target hit (see preset)
-  **Strength or Mobility:** 30–45 min **or** 10-min mini-session
-  **Sleep:** wind-down + consistent window
-  **Water:** a glass with each meal + one between

Weekly 4: 1) Weigh in daily; use **7-day average**. 2) Review wins/blockers. 3) Batch-cook **2 proteins**. 4) Schedule training.

Macros — Pick a Preset, Adjust Weekly

Starting calories: $\sim 11 \times$ current bodyweight (lb)

Protein: 0.8–1.0 g/lb goal weight

Fats: 0.30–0.40 g/lb goal weight

Carbs: Calories left after P & F

Adjust once/week (based on **7-day average** and **80% adherence**):

- Loss **<0.5%** of bodyweight → **–100 to –150 kcal**
- Loss **0.7–1.0%** → **keep the same**
- Loss **>1.2%** → **+100 kcal** (or **+25–30 g carbs**)

Men — Example Presets

- 220 → 205 lb: 2,400 kcal • 200 g P • 75 g F • ~230 g C
- 200 → 185 lb: 2,200 kcal • 185 g P • 70 g F • ~210 g C
- 180 → 170 lb: 2,000 kcal • 170 g P • 60 g F • ~195 g C
- 160 → 150 lb: 1,750 kcal • 150 g P • 55 g F • ~165 g C

Women — Example Presets

- 170 → 155 lb: 1,850 kcal • 140 g P • 55 g F • ~200 g C
- 150 → 135 lb: 1,650 kcal • 125 g P • 50 g F • ~175 g C
- 130 → 120 lb: 1,450 kcal • 105 g P • 45 g F • ~155 g C

- 115 → 110 lb: 1,250 kcal • 90 g P • 40 g F • ~130 g C

Coach tips: Keep **protein steady**; adjust **carbs/fats** first. Prioritize adherence and energy over perfect numbers.

Meal Builder — Plug-and-Play (every meal)

1) Protein (pick 1): 6–8 oz chicken/lean beef/turkey, 1 can tuna/salmon, 1 cup Greek yogurt, 1 scoop whey, 4–5 eggs/egg whites.

2) Smart carb (pick 1): rice, potatoes, oats, berries, tortillas, sourdough.

3) Produce: 1–2 fists veg/salad **or** a piece of fruit.

4) Add fat (optional): 1–2 tbsp olive oil, ¼–½ avocado, or pre-portioned nuts.

High-Protein Snacks: Greek yogurt + berries • cottage cheese + pineapple • jerky + fruit • deli turkey roll-ups • protein shake + banana • Fairlife Core Power.

Two Sample Days

~2,000 kcal

- **Breakfast:** Greek yogurt + berries + drizzle honey
- **Lunch:** Chicken burrito bowl (rice, beans, pico, lettuce)
- **Snack:** Protein shake + banana
- **Dinner:** 90/10 beef, potatoes, big salad

~1,500 kcal

- **Breakfast:** Egg-white scramble + sourdough + fruit
 - **Lunch:** Turkey sandwich on sourdough + apple
 - **Snack:** Cottage cheese + pineapple
 - **Dinner:** Salmon, rice, broccoli
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Restaurant Ordering Matrix (eat out 3×/week and still lose)

Rules of 3:

1. Base the meal on **lean protein + veg**.
2. Keep starch **fist-sized**.
3. **Sauces on the side**.

Chipotle (~650–750 kcal): Bowl → double chicken, ½-scoop rice, fajita veg, pico, corn, lettuce. Skip queso. Add guac only if you skip rice.

Panera (~500–700): Teriyaki chicken bowl (light sauce) **or** Fuji apple chicken salad (no crisps; dressing on side). Add an apple.

Chick-fil-A (~500–650): Grilled chicken sandwich + fruit cup; **or** 12-count grilled nuggets + kale crunch; small fries if needed.

Thai (~600–800): Chicken satay + steamed rice + extra veg; **or** pad see ew, no extra oil; split in half.

Italian (~650–850): Grilled chicken + potatoes + veg; **or** half pasta + extra grilled protein; red sauce > cream.

Mexican sit-down (~650–850): Fajitas (chicken/steak) → use **2 tortillas**, load peppers/onions, skip sour cream, go heavy on salsa.

Sushi (~500–750): 1–2 lean-fish rolls + edamame + miso soup; avoid tempura/creamy sauces.

Starbucks/Breakfast (~400–600): Egg white bites + oatmeal/fruit; **or** turkey bacon sandwich + banana.

Alcohol? See strategy below.

35–45 Minute Workouts (Gym + Hotel Options)

Guidelines: Train **3–4×/week**, **35–45 minutes**. Keep **1–2 reps in reserve (RIR)** on your hard sets. Warm up with 2–3 **ramp sets** for the first big lift (lighter → working weight). Progress each week by **reps** → **load** → **density** (shorter rests).

Rest targets: 60–90s for supersets/isolation, 90–120s for big compound moves.

Workout A — Lower Emphasis + Push (Full Gym)

Warm-up: 5 min incline walk + 2 ramp sets for squat/leg press.

1. **Leg press — 2×5–8 @ RIR 1–2**
2. **Romanian deadlift** (barbell or DB) — **2×8–12**
3. **DB bench press — 2×6–10**
4. **Machine Flys— 2×8–12**
5. **Superset: Cable lateral raise + Cable rope triceps pressdown — 2–3×12–15**
Finisher (optional 5–8 min): Incline treadmill walk or bike at moderate pace.

Good swaps: Back squat → Hack squat; DB bench → Machine chest press; Seated row → Chest-supported row.

Workout B — Upper Emphasis + Hinge (Full Gym)

Warm-up: 5 min rower + 2 ramp sets for hinge.

1. **Trap-bar deadlift or Barbell RDL — 3×4–6 @ RIR 1–2**
2. **Incline DB press — 3×8–12**
3. **Lat pulldown or Assisted pull-ups — 3×6–10**
4. **Walking split squat (DBs) — 3×8–12/leg**
5. **Superset: Cable face-pull + DB curls — 2–3×12–15**
Finisher (optional 5–8 min): Sled push/pull or 6–8 rounds :20/:40 assault bike.

Good swaps: Trap-bar DL → Hip thrust; Split squat → Leg press (feet high for glutes); Pulldown → Chest-supported T-bar row.

Workout C — Hotel Gym Circuit (Treadmill + DBs/Bands)

Warm-up: 3–5 min brisk walk.

Circuit (3 rounds, ~18–22 min):

- **DB bench — 10–12**
- **Goblet squat — 10–12**

- **1-arm DB row — 10–12/side**

- **DB RDL — 10–12**

- **Band pull-apart — 15–20**

Rest ~60s between moves as needed; keep moving.

Finisher (5–8 min): Treadmill incline walk **or** alternating **:30 jog / :30 walk**.

Time-crunched? Do **10-minute mini-sessions** twice a day: pick **1 lower + 1 upper** movement and run **5 sets EMOM**.

Progression rules (simple):

- Hit top reps on a lift for **2 sessions in a row** → add **5 lb** (upper) or **10 lb** (lower) next time.
 - If you miss reps two sessions in a row → keep weight, aim to hit the low end of the rep range cleanly before increasing.
 - Stop sets **1–2 reps before form breaks**.
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Steps & Movement Plan

- **3×10-minute walk blocks:** between calls, **after lunch, after dinner**.
 - **Post-meal 10s:** Walk **10 minutes** after your biggest meal.
 - **Park farther / stairs-only rule** at work.
 - **Target: 8–10k steps/day** (≥6k on travel days).
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Sleep Protocol (4 steps)

1. **Power down** 60 minutes before bed; warm light / Night Shift.

2. **Heat-then-cool:** hot shower → cool, dark room (**65–68°F**).
 3. **Brain dump:** 10-minute notebook; set tomorrow's **Top 3**.
 4. **Consistent window:** sleep/wake within **±30 minutes**.
Caffeine cutoff: ~8 hours before bed. Consider phone out of the bedroom.
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Alcohol Strategy (and still make progress)

- **Max 2 drinks** on any day; avoid **back-to-back heavy nights**.
 - Choose **spirits + zero-cal mixers**, **light beer**, or **dry wine**; skip sugar bombs.
 - **Hydrate:** 1 glass of water per drink + 1 before bed.
 - On drinking days, make dinner **protein + veg forward** and keep starch **small**.
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Travel Playbook

- **Pack:** whey scoop + shaker, jerky, protein bars, electrolytes, resistance band.
 - **Airport:** water on arrival; grilled protein bowl/salad; skip pastry stacks.
 - **Hotel:** check gym on arrival; schedule two **30-min** sessions; ask for mini-fridge; order **grilled protein + veg + rice/potatoes**.
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10-Minute Grocery Staples (fast cart)

Proteins: rotisserie chicken, 90/10 beef patties, deli turkey, eggs/egg whites, Greek yogurt, cottage cheese, canned tuna/salmon, whey isolate.

Carbs: microwave rice, potatoes, oats, tortillas, sourdough, berries, bananas.

Fats: olive oil spray, avocado, pre-portioned nuts.

Veg: bagged salads, baby carrots, frozen veg, peppers, broccoli.

Troubleshooting — If-Then Fixes

- If weight stalled 7+ days and adherence <80% → **fix consistency first** (hit Daily 5).
 - If weight stalled 7+ days and adherence ≥80% → **−100 kcal** (usually from carbs).
 - If always hungry: add **10–15 g protein + more veg** at 2 meals; move **walk block after dinner**.
 - If energy low in workouts: swap **25–35 g carbs** to **pre-workout** window.
 - If steps keep missing: schedule **2 walk meetings** or split into **6×5-min** bites.
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What to Expect

- **Weeks 1–2:** less bloat, steadier energy, **1–3 lb down**.
 - **Weeks 3–6:** clothes fit better, lifts steady/up, **6–10 lb down**.
 - **Weeks 7–12:** visibly leaner, habits feel automatic, **12–20+ lb down** (varies).
Hit **~80% adherence** and your results are guaranteed inside coaching.
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Safety & Medical

General guidance only; not medical advice. If you have a medical condition, take medications, or have specific dietary needs, consult your physician before starting. Modify movements around pain.

Need help?

Want this dialed-in for your life and schedule? **Book a free 15-minute Audit** and I'll map your 12-week plan.

Book here: <https://calendly.com/fangel0608/30min>

Questions? DM **@angel_coaching1** on Instagram or email **fangel0608@gmail.com**.