

Busy Pro Starter Kit (v2)

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

Angel Coaching • SPSS Method • Faith-friendly • Science-led • Results Guaranteed

Read This First (How to Use)

This is your simple, busy-proof starter. Aim for **~80% consistency** and you'll see visible changes within **2–4 weeks**. Everything runs on my **SPSS Method**:

- **Steps** — Move enough to keep daily burn high.
- **Protein** — Hit a target that preserves/builds muscle while you lose fat.
- **Sleep** — Recovery drives adherence and hunger control.
- **Strength** — 3–4 short sessions that actually progress.

10-Minute Rule: When in doubt, do *something* for 10 minutes (walk a block, prep a protein, 1 mini-set). Momentum > 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.
3. **Groceries:** Grab the staples list (below).
4. **Sleep:** Set a **60-min wind-down** alarm.

Tomorrow

1. Start on the **macro preset** closest to your goal bodyweight.
 2. Hit **8,000+ steps** using your walk blocks.
 3. Run **Workout A (30 min)**.
 4. If eating out, use the **Restaurant Matrix** and pick one order.
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Macros (pick a preset, adjust weekly)

- **Starting calories:** $\sim 10 \times$ 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 protein & fats

Weekly adjustment (based on 7-day average weight):

- Loss $< 0.5\%$ of bodyweight → **reduce 100–150 kcal**
- Loss 0.7–1.0% → **keep as is**
- Loss $> 1.2\%$ → **add ~ 100 kcal** (or add 25–30 g carbs)

Example Presets — Men

- **220 lb (goal ~ 205):** 2,200 kcal • 200 g P • 75 g F • ~ 200 g C
- **200 lb (goal ~ 185):** 2,000 kcal • 185 g P • 70 g F • ~ 170 g C
- **180 lb (goal ~ 170):** 1,800 kcal • 170 g P • 60 g F • ~ 150 g C
- **160 lb (goal ~ 150):** 1,600 kcal • 150 g P • 55 g F • ~ 125 g C

Example Presets — Women

- **170 lb (goal ~155):** 1,700 kcal • 140 g P • 55 g F • ~140 g C
- **150 lb (goal ~135):** 1,500 kcal • 125 g P • 50 g F • ~115 g C
- **130 lb (goal ~120):** 1,300 kcal • 105 g P • 45 g F • ~95 g C
- **115 lb (goal ~110):** 1,150 kcal • 90 g P • 40 g F • ~80 g C

Tip: Keep protein steady. Adjust carbs/fats first.

Meal Builder (plug-and-play)

At each 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, $\frac{1}{4}$ – $\frac{1}{2}$ 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 + honey drizzle
 - 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: Prioritize **grilled/roasted**, build around a **lean protein + veg**, keep starch **fist-sized**, 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 rolls with lean fish + edamame + miso soup; avoid tempura/creamy sauces.
- **Starbucks/Breakfast (~400–600):** Egg white bites + oatmeal/fruit; or turkey bacon sandwich + add a banana.

Alcohol? See strategy below.

30-Minute Workouts (minimal equipment)

Guidelines: Train **3–4×/week**, 30–45 minutes. Keep **1–2 reps in reserve (RIR)**. Progress each week: **reps → load → density**.

Workout A — Lower + Push (EMOM style)

- **0–10 min:** Minute 1 **Goblet squat** 8–12; Minute 2 **Push-ups** 8–12 → repeat 5 rounds.
- **10–20 min:** **DB RDL** 10–12 / **Incline push-ups** 10–15 — alternate each minute.
- **20–30 min:** **Walking lunges** 12/leg / **Plank** 45–60s — alternate each minute.

Workout B — Pull + Core

- **0–10 min:** 1-arm **DB row** 10–12/side / **Bodyweight squats** 15
- **10–20 min:** **DB shoulder press** 8–12 / **Hip hinge** 15
- **20–30 min:** **Band pull-aparts** 15–20 / **Hollow hold** 30–45s

Workout C — Hotel Gym Circuit (treadmill + DBs)

- **0–5 min:** Brisk walk
- **5–25 min (3 rounds):** **DB bench** 8–12 • **Leg press** or **Goblet squat** 10–12 • **Lat pulldown/rows** 10–12 • **DB RDL** 10–12 (rest ~60s)
- **25–30 min:** Incline walk finisher

Time-crunched? Do **10-minute mini-sessions twice a day**: 2 movements, 5 sets **EMOM**.

No-gear swaps: Goblet → BW squats • DB RDL → hip hinge/SL RDL pattern • Rows → backpack rows • Press → elevated push-ups.

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 minimum 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**.

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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Grocery Staples (10-minute shop)

- **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.
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Checklists

Daily (5 for 5): Steps hit • Protein hit • Workout or mobility • Sleep routine • Water

Weekly:

- Weigh-in daily; **use 7-day average**.
 - If average loss **<0.5%** → reduce **100–150 kcal**; if **>1.2%** → add **~100 kcal**.
 - **Batch-cook 2 proteins • Schedule training • Review wins + blockers.**
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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 stable or rising, **6–10 lb down**.
- **Weeks 7–12:** noticeably leaner, habits feel automatic, **12–20+ lb down** (*varies*).

Hit **~80% adherence** and your results are **guaranteed** inside coaching.

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.