

# Busy Pro Starter Kit

**Lose 15–25 lbs in 12 Weeks — Even with a Busy Schedule**

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

---

## How to Use This Kit (Read First)

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

- **Steps** — Move enough to keep your 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.

**Quick win rule:** When in doubt, do *something* for 10 minutes (walk block, prep protein, 1 mini-set). Momentum beats perfection.

---

## 48-Hour Quick Start

### Today

1. **Baseline:** Morning weigh-in, waist at navel, front/side photos (good light).
2. **Schedule:** Pick **3 training days** (30–45 min) and **3×10-min walk blocks** (calendar them).
3. **Grocery run:** 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 the walk blocks.
  3. Run **Workout A (30 min)** below.
  4. Choose **one** restaurant order from the matrix if eating out.
- 

## Macro Presets (Pick One, Adjust Weekly)

**Starting calories:**  $\sim 10 \times$  bodyweight (lbs)

**Protein:** 0.8–1.0 g/lb goal weight

**Fats:** 0.30–0.40 g/lb goal weight

**Carbs:** calories left after protein & fats

Aim to lose **0.7–1.0% of bodyweight per week**. If your **7-day average** drops  $< 0.5\%$  → reduce **100–150 kcal**. If  $> 1.2\%$  → add **100 kcal**.

### Examples - Men

- 220 lb man (goal ~205): 2,200 kcal • 200 g protein • 75 g fat • ~200 g carbs
- 200 lb man (goal ~185): 2,000 kcal • 185 g protein • 70 g fat • ~170 g carbs
- 180 lb man (goal ~170): 1,800 kcal • 170 g protein • 60 g fat • ~150 g carbs
- 160 lb man (goal ~150): 1,600 kcal • 150 g protein • 55 g fat • ~125 g carbs

### Examples — Women

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

**Meal Builder (plug-and-play)**

- **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.
- **Smart carb (pick 1):** rice, potatoes, oats, berries, tortillas, sourdough.
- **Produce:** 1–2 fists veg/salad or a piece of fruit.
- **Add fat (optional):** 1–2 tbsp olive oil, ¼–½ avocado, nuts (pre-portioned).

### High-Protein Snack Ideas

- Greek yogurt + berries • cottage cheese + pineapple • jerky + fruit • deli turkey roll-ups • protein shake + banana • Fairlife core power.

---

## Restaurant Ordering Matrix (Eat Out 3x/Week and Still Lose)

**Rules:** Prioritize **grilled/roasted**, add a **lean protein + veg**, keep starch **fist-sized**, sauces **on the side**. If you drink, see Alcohol Strategy.

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

- **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.
- 

## 30-Minute Workouts (Minimal Equipment)

### Guidelines:

- Train **3–4x/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 — alt. each minute.
- **20–30 min:** walking lunges 12/leg / plank 45–60s — alt. 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 or 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.

---

## Steps & Movement Plan

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

## 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. **Phone out of bedroom** if possible.
- 

## Alcohol Strategy (Still Make Progress)

- Max **2 drinks** on any day; avoid back-to-back heavy nights.

- Choose spirits with zero-cal mixers, light beer, or dry wine; skip sugar bombs.
  - **Hydration:** 1 glass of water per drink + 1 before bed.
  - If you drink, make dinner **protein + veg forward** and keep starch small.
- 

## Travel Playbook

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

## 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 mixed veg, peppers, broccoli.
- 

## Checklists

### Daily (5 for 5):

- Steps hit • Protein hit • Workout/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.
- 

## What to Expect

- **Weeks 1–2:** feel less bloated, energy steadies, 1–3 lbs down.
  - **Weeks 3–6:** clothes fit better, lifts stable or rising, 6–10 lbs down.
  - **Weeks 7–12:** noticeably leaner, habits feel automatic, 12–20+ lbs down (varies).
- 

## 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?

If you want this dialed in for your life/schedule, book a **free 15-minute Audit** and I'll map your 12-week plan.