



14 DAY FAT LOSS KICKSTARTER

Our 14 Week Fat Loss Kickstarter program was designed using the Foundations Phase of our Stress-Reduced Fat Loss System. When clients work with us, this is the first phase we coach them through.

These 14 days are based on removing inflammatory foods, eating at regular time intervals with specific food combinations, and basic supplementation. This allows your gut to begin to heal, gives your liver a break, and begins to lower cortisol.

This program includes a two week meal plan, lifestyle tips, food guides, supplement suggestions, a conditioning workout, sleep solutions and recipe guides.





14 DAY FAT LOSS KICKSTARTER

WEEK ONE

| | |
|-------------|---|
| UPON WAKING | Dissolve a pinch of Himalayan Salt in a glass of filtered water and leave it over night. Add 2 tbsp fresh lime/lemon juice and drink immediately upon waking. |
| BREAKFAST | 3-4 oz* Turkey Stuffed Peppers + Dark Green Salad + 1 Handful of Nuts (pecans, walnuts, macadamia, pistachios) |
| SNACK | Choose 1 Snack from Recipe Guide |
| LUNCH | 3-4 oz* Beef/Bison + 1 cup Boiled Carrots + Sautéed Mixed Veg + 2-3 tbsp Hemp Seeds |
| SNACK | Choose 1 Snack from Recipe Guide |
| DINNER | 4 oz* Baked Salmon with Garlic & Herbs + 2 cups Mixed Veg + 1-1.5 cups Baked Sweet Potatoes |

**Men increase protein to 5 - 6 oz each meal*



14 DAY FAT LOSS KICKSTARTER

WEEK TWO

| | |
|-------------|--|
| UPON WAKING | Large glass of filtered water with 1 tablespoon organic apple cider vinegar |
| BREAKFAST | 3-4 oz* Grilled Honey Mustard Chicken Thighs + Sautéed Collard Greens + Avocado |
| SNACK | Choose 1 Snack from Recipe Guide |
| LUNCH | 3-4 oz* Lamb Curry Stew + 2 cups Veggies + 1 Handful of Pumpkin/Sunflower Seeds |
| SNACK | Choose 1 Snack from Recipe Guide |
| DINNER | 4 oz* Grilled Shrimp & Sausage Skewers + Garlic Balsamic Brussel Sprouts + Boiled Beets + Olives |

**Men increase protein to 5 - 6 oz each meal*

14 DAY FAT LOSS KICKSTARTER

NOTES

Drink a minimum 3 litres of filtered water daily.

You can add fresh lemon or lime to it. If you don't have a reverse osmosis system at home, purchase a Zero Water or Santevia Pitcher. Make sure you're drinking FILTERED water.

01



02

Avoid gulping large amounts of water with your meals. Sipping water to take supplements is ok.



Season proteins well with pink Himalayan salt + any herbs or spices you like.

Use the recipes provided to make your meals more enjoyable and fun.

03



14 DAY FAT LOSS KICKSTARTER

NOTES

04

Use Grass Fed Butter/Ghee, Beef Tallow, Avocado or Coconut Oil to cook your food.

Lightly sautee or stirfry if using a stove top.

You can grill or bake your proteins, as well.

Slow Cookers are also a great option.



05

Eat every 2.5 - 3 hours.

Prepare your meals/snacks ahead of time so your food is ready to go when needed. This will save you a lot of time and stress. Purchase glass containers for easy storage and heating.



Choose organic as much as possible.

We want to remove as much toxic elements from your food as possible. Aim for local, in season, organic, and free from hormones & antibiotic foods as much as possible.

06



14 DAY FAT LOSS KICKSTARTER

FOOD LIST

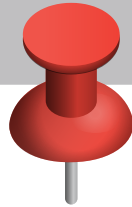


VEGETABLES TO CHOOSE FROM

| | |
|-------------------------------|---|
| yellow / green zucchini | ✓ |
| asparagus | ✓ |
| snap peas | ✓ |
| cucumber / radish | ✓ |
| green / purple cabbage | ✓ |
| okra / bok choy | ✓ |
| carrots / parsnips / beets | ✓ |
| bell peppers (all colours) | ✓ |
| brussel sprouts | ✓ |
| white / purple / napa cabbage | ✓ |
| broccoli / cauliflower | ✓ |
| swiss chard / collard greens | ✓ |
| kale / spinach / arugula | ✓ |
| yellow / green beans | ✓ |
| parsley / cilantro | ✓ |
| onions / garlic | ✓ |

14 DAY FAT LOSS KICKSTARTER

FOODS TO AVOID



Foods that contain **gluten**: breads, pastas, pastries,, wraps, barley, rye, etc.



.....

All pasteurized **dairy**: milk, cheese, cream, cottage cheese, whey protein, certain seasonings



.....

Sugar: can use stevia or monk fruit as a sweetener. Drink 'Zevia' or 'Buble' if you want pop (but does not replace water)



.....

Soy: tofu, soy milk. (Gluten-Free Soy Sauce, Tamari & Coconut Aminos are ok to have)



.....

Corn: cornstarch, corn syrup, maltodextrin, xylitol



14 DAY FAT LOSS KICKSTARTER

SUPPLEMENTS

01

DFS Multi + Photo

Take 1 capsule, 3-4x daily, with food.



02



DFS Omega 3 Hi-Po

Take 2 soft gels with both breakfast & dinner.

03

DFS Betaine HCl

Take 1 capsule with every meal that contains animal protein (chicken, beef, fish, turkey, etc) Not with eggs or shakes.



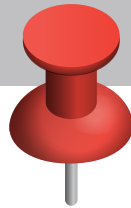
04



DFS Magnesium BisGlycinate

Take 1 capsule after dinner & 1 capsule 30 min. before bed.

14 DAY CONDITIONING WORKOUT



- Frequently doing long duration, low intensity cardio (ie. running on the treadmill for 45min.), may burn some calories during the session, but does not support fat loss once you stop.
- This kind of cardio can chronically elevate stress hormone, reduce muscle/ strength and increases inflammation in your body, resulting in increased body fat long term.
- Try this efficient conditioning workout (only twice per week) instead to drop body fat.

Week 1

Warm Up - Jog for 5 minutes
12 Burpees
Jog 1 minute
10 Burpees
Jog 1 minute
8 Burpees
Jog 1 minute
6 Burpees
Jog 1 minute
Cool Down & Stretch

Week 2

Warm Up - Jog for 5 minutes
14 Burpees
Jump Rope 45 seconds
12 Burpees
Jump Rope 45 seconds
10 Burpees
Jump Rope 45 seconds
8 Burpees
Jump Rope 45 seconds
Cool Down & Stretch

14 DAY FAT LOSS KICKSTARTER

SLEEP SOLUTIONS

- Sleep is one of the most underrated tools for fat loss. With the amount of stress we are exposed to on a daily basis, sleep is absolutely critical for physical and mental repair and recovery.
- Deep sleep means it takes you less than 5 minutes to fall asleep, you can stay asleep all night long (without waking to pee) and wake up feeling refreshed and energized.
- How can we optimize sleep so that your body can naturally burn fat?

WEEK 1



GO TO BED BY 10PM

10pm - 5am is a crucial time for the organs & brain to heal. Missing that period of sleep affects digestion, detoxification, mood, memory and fat loss.

FINISH EATING BY 7pm

Our digestion slows down around 7pm & the body releases melatonin at this time. Eating later than 7pm, goes against your body's circadian rhythm & adds stress.



TAKE MAGNESIUM BISGLYCINATE 30 MIN. BEFORE BED

A good quality mag (see recommendation) helps calm the nervous system & promotes deeper sleep. This signals the brain to relax. Allows you to feel more rested upon waking.

14 DAY FAT LOSS KICKSTARTER

SLEEP SOLUTIONS

WEEK 2



TURN OFF ELECTRONICS 30 - 60 MIN. BEFORE BED

Electronics & (blue) lights trigger the brain to stay active. They trick the brain to think it is daytime and that it is time to go out 'hunting'.

USE BLUE LIGHT BLOCKERS

Blue light from screens can keep you awake mentally at night. If you are using your cellphone, tv or computers after 7pm, use the blue light blocking features on them or get a pair of blue light blocking glasses.



SLEEP NAKED OR SET THE ROOM TEMPERATURE TO 65 - 68 DEGREES & DRESS LIGHTLY

Helps you cool down which reduces Cortisol (stress hormone that adds fat around the waist if it's high at night), increases Growth Hormone (necessary for recovery, repair & fat burning) and helps you produce melatonin (sleep & anti-ageing hormone).



NEXT STEPS

HEALING TAKES TIME!

Most of our clients work with us for a minimum of 6-9 months, moving through the following phases: Foundations/Sleep, Insulin Balancing, Gut Health and Liver Detoxification.

Our clients typically see significant changes in their bloating, digestive issues, bowels, energy levels, and sleep within the first month. Fat loss and weight loss, as well as improvements in skin and daily function, begins to happen near the end of month 2 and onwards (although all clients do vary).

In addition, the exact food combinations, timing, supplement protocol, and lifestyle needs for each client can only be determined by completing our 5 Step Assessment. This allows us to understand what exactly is going on with your hormones, organs, digestive system, gut, sleep habits, neurotransmitters, as well as understanding your genetics, and which macronutrients will work best for you to achieve your goals.

To book your no-obligation, virtual 5 Step Assessment, [click here](#). Use the code 14DAY to receive 15% off your assessment fee! You can also email us at info@belite.ca with any questions, or to get started.

