

7-Day Kickstart: Small Habits, Big Change

A simple, printable plan to jump-start fat loss without extreme restriction.

Day 1 - Focus: Protein morning

Eat 20-30g of protein within the first 90 minutes of waking. Examples: Greek yogurt, eggs, protein shake.

Day 2 - Focus: Movement window

Add 20-30 minutes of brisk walking or home movement. Break it into two 10-15 minute blocks if needed.

Day 3 - Focus: Hydration & fiber

Increase water to 8-10 cups per day and include fiber-rich veggies at two meals.

Day 4 - Focus: Snack strategy

When cravings hit, delay 10 minutes, drink water, if still hungry choose a protein/fiber snack.

Day 5 - Focus: Sleep routine

Set a consistent bedtime and wake time. Aim for 7-8 hours.

Day 6 - Focus: Meal prep

Prep two simple meals for the next 3 days to reduce decision fatigue.

Day 7 - Focus: Review & repeat

Review what worked, keep simplest practices, and repeat the cycle. Consider targeted support like KeySlim when cravings

Disclaimer: Consult a healthcare provider before starting supplements. This plan is educational and not medical advice.