

FASTER WAY

T O F A T L O S S [®]



5-DAY SUMMER SLIM DOWN

Kickstart Your Summer Fat Loss

WELCOME TO THE FASTER WAY

5-Day Summer Slim Down

Over the course of this event, you will burn fat, increase your energy, and take your confidence to new heights.

We understand that summer is a busy season, and you want RESULTS without restriction. The FASTER Way lifestyle makes it simple for your body to burn fat naturally whether you're at the beach, a barbeque, or shuttling the kids around.

Many quick fixes will tempt you into believing that their product, pill, or shake is the ticket to instant results. The truth is, short term and long term fat loss comes from science-backed strategies and healthy lifestyle habits. That's what we're here for.

Especially during the summer season...

You need the most effective workouts without spending hours in the gym. You need simple and delicious meals that don't keep you in the kitchen a minute more than necessary. You need expert guidance to provide you with encouragement, feedback, and accountability. You need a community to cheer you on and champion your goals.

You need the FASTER Way!

We love the Summer Slim Down because it's incredibly effective, equips you for total health far beyond five days...and because it is simply FUN.

We're so glad you're here. Let's dive in!

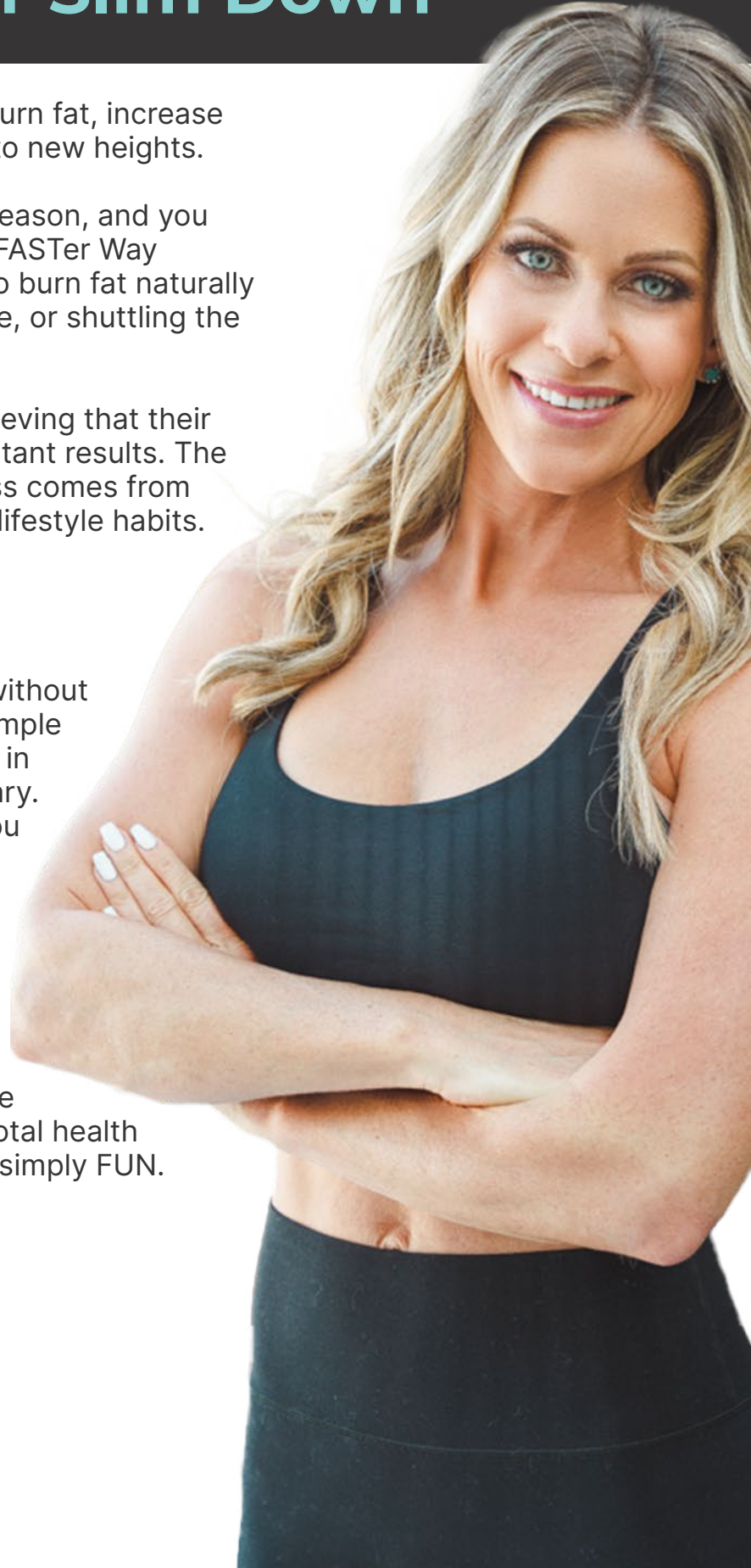
In health,
XO

Amanda Tress

Amanda Tress

Founder and CEO

FASTER Way to Fat loss





Fat Loss Fundamentals

ACHIEVE EXCEPTIONAL RESULTS WITH THE FUNDAMENTALS



WHOLE FOOD NUTRITION

Whole food nutrition includes natural food sources to flood the body with micronutrients, promoting optimal health.



INTERMITTENT FASTING

Intermittent fasting is a simple eating schedule to ignite fat loss and promote cellular repair.



MACRONUTRIENT TRACKING

Macronutrient tracking prioritizes the amount of carbs, protein, and fat you consume to create a balanced body and enjoy food freedom.



CARB CYCLING

Carb cycling is an intentional variation of carbohydrate intake throughout the week to train your metabolism to use stored fat for fuel.



STRATEGIC WORKOUTS

Strategic workouts that focus on strength training, HIIT, and recovery in only 30 minutes to improve fitness and carve lean, calorie building muscle.



Fat Loss Fundamentals

Whole foods form your fat loss foundation.

WHOLE FOOD NUTRITION



In general, whole foods are those that have few ingredients which are all easily pronounced and are minimally processed, modified, or refined and do not have added sugars or chemical additives. Modern diseases such as diabetes, heart disease, depression, autoimmune disease, and more, have unique features, but they all share a common origin: nutrient poor diet, stress, lack of sleep, and the wrong type of exercise, to name a few. Whole food nutrition floods the body with key vitamins and minerals, armors against disease, and reduces inflammation.

Gluten and dairy tend to be two favorites in the Standard American Diet (SAD). But as much as we wish they were good for us, they tend to be calorie-dense and cause an inflammatory reaction in the body, which is why we recommend avoiding them in the **FASTer Way to Fat Loss**.



FRUITS



VEGETABLES



**MEAT, POULTRY,
FISH, EGGS**



NUTS & SEEDS



**LEGUMES, BEANS
LENTILS, PEAS**



Whole foods form your fat loss foundation.

WHOLE FOOD NUTRITION



Macro Cheat Sheet

CARBS

Apples
 Bananas
 Berries
 Brown Rice
 Carrots
 Gluten-free Oats
 Honey
 Pears
 Pumpkins
 Squash
 Sweet Potatoes
 Red Potatoes
 Veggies

PROTEIN

Amaranth
 Beans
 Buckwheat
 Chickpeas
 Lentils
 Millet
 Peas
 Quinoa

Bison
 Chicken
 Egg Whites
 Fish
 Gluten-free Sausage
 Lean Ground Beef
 Vegan Protein Powder
 Scallops
 Shrimp
 Turkey

FATS

Chia Seeds
 Duck
 Eggs
 Hempseed
 Herring
 Pork
 Mackerel
 Salmon
 Steak
 Trout

Avocado Oil
 Avocado
 Butter (non-dairy)
 Coconut Milk (full fat)
 Coconut Oil
 Egg Yolk
 Flaxseed
 Nuts
 Nut Butters
 Olives
 Olive Oil
 Sesame Oil
 Walnut Oil



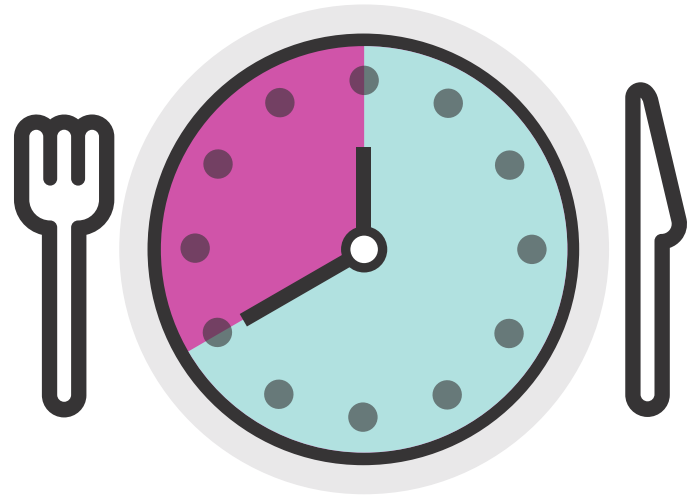
Fat Loss Fundamentals

Intermittent fast and your body will thank you for it.

INTERMITTENT FASTING



Intermittent fasting is not a diet — it's simply an eating schedule. While your body is in a fasted state, it can focus on cellular repair, fat burning, gut healing, and more. Fasting is a powerful tool not just for fat loss, but for vitality and wellness.



Start With This Example Fasting Protocol

First, start by pushing breakfast back — don't eat anything until **12pm**. When you break your fast, be sure to eat a balanced meal full of whole foods, for example, a veggie packed salad with lean protein, omelet, smoothie, or stir fry. Continue by eating dinner as you normally would, and stop eating by **8pm**.

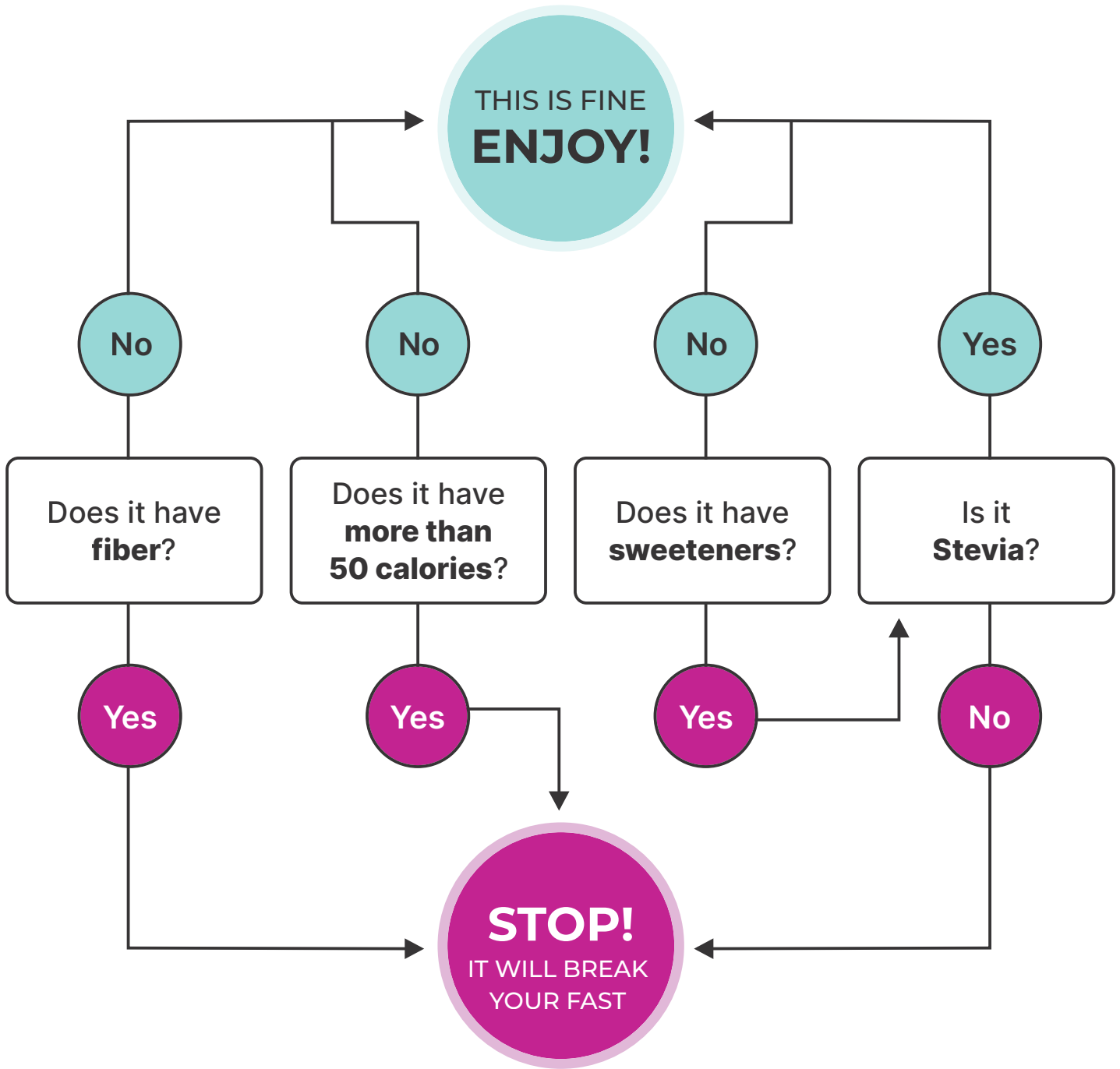
Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at **10am**, then keep moving it back until you've reached a 16-hour fasting window.



Fat Loss Fundamentals

Intermittent fast and your body will thank you for it.

INTERMITTENT FASTING





Macronutrient tracking is a total game changer.

MACRONUTRIENT TRACKING



Everything you eat falls into a macronutrient category:

1. Carbohydrates
2. Protein
3. Fat



For optimal health, your body needs the correct ratio of these three fuel types. That's why at the **FASTer Way to Fat Loss** you will consume the proper amount of each macronutrient for YOUR body and YOUR goals.

We've all been taught to count calories. And while it is important to consider your caloric intake (to make sure that you are eating enough), it is incredibly important that you move past counting calories alone, because not all calories are created equal. That's where macros come in.

Each gram of **protein** and **carbohydrates** is equivalent to **4 calories**.
Each gram of **fat** is equivalent to **9 calories**



Macronutrient tracking is a total game changer.

MACRONUTRIENT TRACKING



CARBOHYDRATES

Carbs are the primary fuel source for the body. Our bodies need carbs. This is why an extreme low-carb lifestyle is not safe or sustainable!

While we welcome carbs and enjoy them at the **FASTer Way to Fat Loss**, when you eat too many and your body can't use them all, those excess carbs are stored as fat. Tracking your carb intake prevents this and sets your body up to be energized and receptive to fat loss!



Macronutrient tracking is a total game changer.

MACRONUTRIENT TRACKING



PROTEINS

Proteins are the building blocks of lean muscle, and muscle works in support of a firing metabolism. If you're not eating enough protein, you will start to lose muscle mass, which means you'll have a slower metabolism and a harder time losing fat and creating a strong, fit body.

At the FASTER Way to Fat Loss, we prioritize protein to build muscle, maintain bones, joints, and connective tissue, stabilize blood sugar, and promote optimal hormone function.



Macronutrient tracking is a total game changer.

MACRONUTRIENT TRACKING



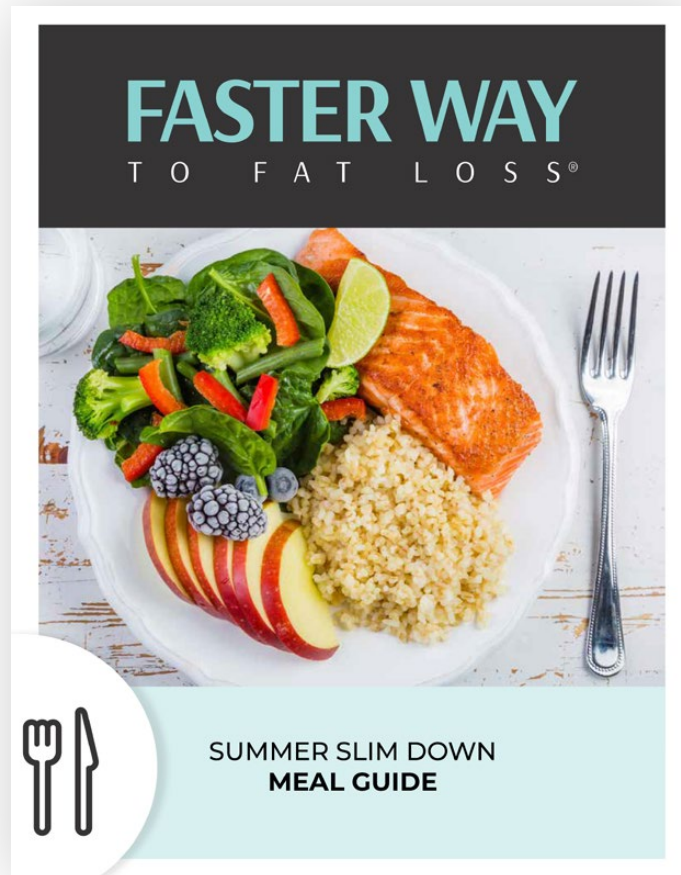
FATS

Fats support your metabolism, cell signaling, immunity, and hormone production. They can also improve your mood, body composition, and cardiovascular health. On the flip side, they contain much more chemical energy (calories) than carbohydrates or proteins, which is why when we overeat, our bodies store fat (energy) for future use. This is why when you consume the proper amount of fats for YOU, you'll start seeing real results in your fat loss journey! Examples of healthy fats include: nuts, seeds, avocado, salmon, and olive oil.



Macronutrient tracking is a total game changer.

MACRONUTRIENT TRACKING



MEAL GUIDES

The **FASTer Way** meal guides are programmed by our dedicated dietician to ensure your macronutrient and micronutrient needs are met. We help our clients make any necessary substitutions to the meal guides and equip them to create their own meals based on their needs, goals, and our strategies! Our meal guides serve up a fat loss blueprint!



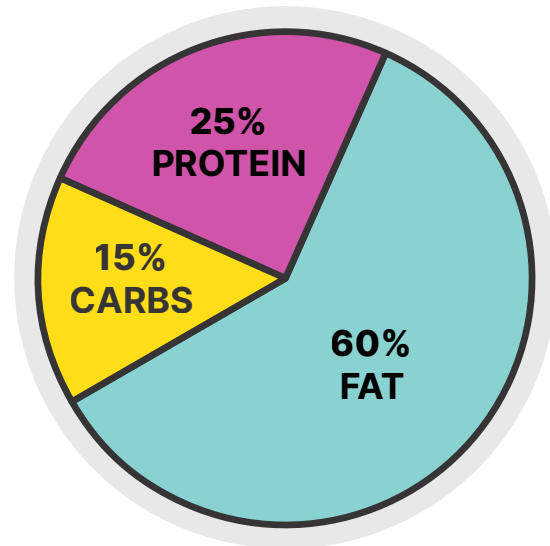
Eat carbs and lose fat?
It's not too good to be true.

CARB CYCLING

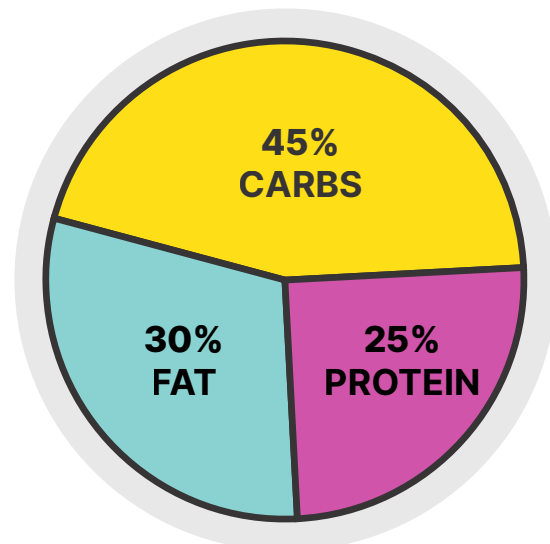


Carbohydrate cycling is an intentional variation of carbohydrate consumption throughout the week. It involves depleting the body of glycogen in order to burn fat for fuel, and then replenishing the body's glycogen availability to enjoy benefits such as healthy hormones, satiety, lean muscle development, and more.

Our clients like to say that carb cycling is the best of both worlds because you get the upsides of lower carb diets without all of the adverse effects such as poor hormone health, killer cravings, and weakened muscle mass.



LOW CARB DAY PLATE



REGULAR CARB DAY PLATE



Eat carbs and lose fat?
It's not too good to be true.

CARB CYCLING



Healthy Swaps



CHOOSE THIS



NOT THIS

Sparkling Water	Soda
Avocado Oil, Olive Oil	Vegetable Oil
Lettuce Wrap	Bread, Buns
Whole Fruit	Fruit Juice, Dried Fruit
Black Coffee	Frappuccinos, Lattes
Baked, Roasted, Broiled, Poached	Deep Fried, Pan Fried, Battered, Breaded
Vinegar-based Dressings	Creamy Dressings
Coconut Milk	Heavy Cream
Oats	Processed Cereals, Granola
Maple Syrup, Honey, Molasses	Corn Syrup
Coconut Sugar	White Sugar, Brown Sugar
Veggies & Hummus	Chips & Dip
Mustard	Mayo
Rice, Lentils, Legumes	Couscous, Wheat Pasta



Fat Loss Fundamentals

There's no smarter way to work out than pairing nutrition with exercise.

STRATEGIC WORKOUTS



At the FASTER Way to Fat Loss, we strategically pair our science-backed food cycle with effective 30-minute workouts. We provide new workouts to our community every day, 365 days a year.

You've probably been told to do more cardio and avoid heavy weights, right? What if we told you to do the opposite?

Our clients focus on building lean calorie burning muscle, burning fat, increasing strength, mobility, and stamina - all in 30 minutes per day - without having to clock hours on the treadmill, bike, or elliptical. Strength training is the focus, followed by high intensity interval training (with low impact options!) and active recovery such as yoga and stretching.

Each workout is expertly programmed and led by Amanda and our Pro Trainer team to bring you results. Whether you're a beginner or an advanced athlete, combining your food intake with your workout type and intensity will be key!



There's no smarter way to work out than pairing nutrition with exercise.

STRATEGIC WORKOUTS



5

TIPS

TO KICKSTART FAT LOSS
IN JUST FIVE DAYS



- 1 Implement intermittent fasting daily
- 2 Consume whole foods, avoiding gluten and dairy
- 3 Prioritize protein, veggies and fruits, plus healthy fats
- 4 Cycle your carbohydrates intake
- 5 Work out for 30 minutes most days of the week

Over **252,000 clients** have transformed their health with the **FASTer Way**.



I have struggled with hypothyroidism for 14 years and never thought I could see progress like this unless I was cutting calories, counting points, cutting out all carbs out and constantly hungry.

The change you see on the outside is a direct result of the change that has happened on the inside. I will forever live the FASTer Way to Fat Loss lifestyle.

And most importantly has allowed me to be a better wife and mom, because I feel GOOD! For the first time in my 31 years I found a program that supports my overall health- metabolism, hormones and thyroid and is a LIFESTYLE not an unsustainable diet. — **CHRISTINE THOMAS**

Why? Because it has given me:

- My confidence back
- My energy
- Decreased inflammation
- Improved my thyroid function
- Improved my gut health
- + so much more.

Our Next Session Kicks Off

JUNE 20



Join Us Now
and keep the results coming!