

HOW TO LOSE 10 POUNDS IN A WEEK

THE ULTIMATE 7 DAY WEIGHT LOSS KICK START



JENNY ALLAN

How to Lose 10 Pounds in a Week – The Ultimate 7 Day Weight Loss Kick Start

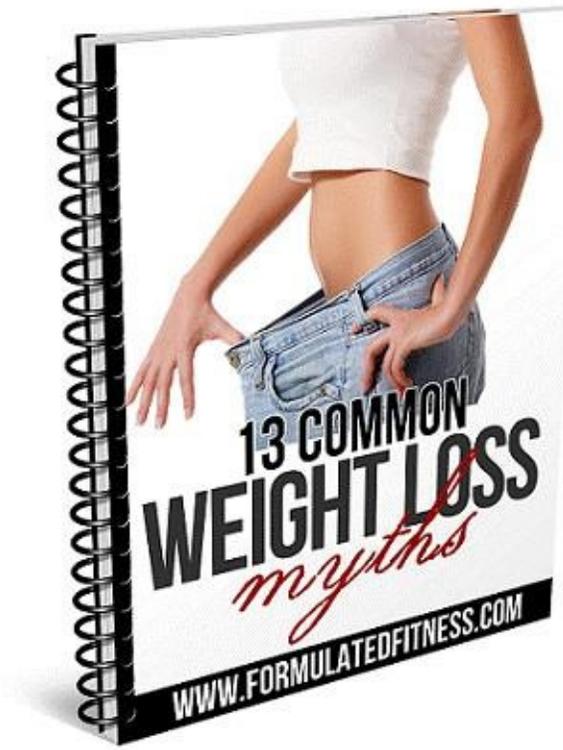
By Jenny Allan

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Introduction

While it would be nice to wake up one morning and be the size of your dreams, it just isn't a reality. Losing weight takes time. But, that doesn't mean that it has to take more time than necessary. With a few little tweaks to the way you do things, you can kick start your weight loss and see tremendous progress in the first week alone!

In honesty, you're not going to be dropping a lot of fat in those first seven days. Some of it will be excess water and toxins that have built up in your system and some of it will simply be just reducing any bloating you may have going on. Regardless, you'll end this first seven days looking and feeling better than you have in a long time!

How is this going to happen, you ask? You'll get everything you need by reading this eBook. For example, in **Chapter 1** you'll find out exactly what to do to get your mind and body ready to shed the pounds quickly and easily.

Chapter 2 will teach you about fasting, its positives and negatives, and what to do to insure your safety should you choose to incorporate them into your weight loss plan; whereas in **Chapter 3** you'll learn some proper eating techniques to help you not only lose weight, but keep it off for the long term.

Chapter 4 discusses why bloating occurs and how to avoid it and **Chapter 5** will go over eating out of emotional hunger versus physical hunger and provide a little bit of information about eating disorders. After all, if you can uncover your reason for overeating, you can start to heal the problem instead of covering it up with food, resulting in weight loss that lasts!

Chapter 6 talks about water and why it is essential in the weight loss process. It will even help you find out how much your body specifically needs.

In **Chapter 7** you'll learn which dietary nutrients and foods will actually stoke the fat loss process and which ones don't live up to the hype; and **Chapter 8** will go into how your bowels may be working against you in the weight loss process and what you can do to help them turn around and work for you.

Chapter 9 discusses exercise and how to make it something you look forward to instead of something you dread. One of the key elements to burning calories (even while you're not active) is increasing your muscle mass, which you'll learn in **Chapter 10**.

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Of course, staying motivated can prove to be a challenge so you'll get some handy tips and tricks in **Chapter 11** that will help you keep your head in the game.

Although food and exercise is extremely important to the weight loss process, so is adequate sleep, which you'll learn in **chapter 12**.

Chapter 13 is going to give you what you need to kick your weight loss in gear that first week (and beyond). And, just in case you don't get the results that you're after, **Chapter 14** is going to cover some medical reasons that may be to blame.

One thing is for sure, after you're done with this eBook, you'll have a toolbox full of tips and tricks to help you reach your weight loss goals once and for all!

Let's get started, shall we?

Chapter 1: Steps to Take Prior to Starting

Have you struggled with dieting and weight gain for years? And, do you find that each time you lose weight it is easier to regain it and even more difficult the next time you try to get it back off? If you answered yes to these questions, don't despair because you're now on your final journey to weight loss success!

You're going to take the next week and help your body learn how to get its metabolism back where it should be. Actually, you'll get it better than it ever was as long as you follow the guidelines in this eBook!

Of course, you want to make sure that your body is up to the tune-up first. So, please take the time to see your family doctor prior to starting this weight loss journey and make sure you don't have any medical conditions that could be affected by some of the recommendations. No reason to hurt yourself when you're trying to make yourself healthy, right?

Once you get the go ahead, here are the steps you'll want to follow to get your body re-energized for the next week and beyond:

Step 1: Let Go of Yesterday

Even if you've tried to lose weight before and not been successful, it's not a problem. As no two people are the same, you have to learn what specific things help you lose weight and what your obstacles are as well.

Whatever happened last time or the time before when you tried weight loss, it's time to forgive and forget. Quit holding on to choices you made that didn't help you reach your goal. What's done is done and it's time to move past that.

The fact that you're even still trying to meet your goals is a great sign! It means that you believe you're capable of losing the weight once and for all – which is so very true!

So, keep the past in the past, okay? Use your drive and motivation to make today the best day ever! The result will be a tomorrow that's loaded with joy and happiness because you will have succeeded at finally reaching your goal. How great is that?

Step 2: Engage in Proper Goal Setting Techniques

The reason you're doing this is because you have a goal, right? Well, what is it? Is it getting to a certain weight or wearing a certain size clothes?

Most importantly, why is this goal important to you? What would it mean to you to have your goal become a reality? For example, would you be more social because you'd have higher self-esteem, or maybe you'd have more courage to ask for that long overdue raise at work if you felt better about yourself?

It is this type of information that will make the difficult times easier. It will be your drive when you just don't feel like you have the energy to move forward.

Now that you know what your goal is and why, it's important to take note of a couple other factors that will help make it easier to reach. They are:

- Make sure your goal is reachable. If you set something that is too difficult to reach, you'll only cause yourself added aggravation, which will increase the likelihood that you'll give up altogether.
- Don't cut yourself too short on time by creating a deadline that's hard to keep. You want it out far enough to make it reasonable, but close enough to keep it in the forefront of your mind.
- Break it down into smaller increments that aren't so daunting. For example, it's much easier to stomach the idea of losing five pounds three times than it is to think of dropping fifteen pounds.

Follow these simple guidelines and you're on your way to achieving your goal!

Step 3: Don't Start Empty Handed

In order to succeed at anything, you need to make sure you have the right gear. Well, weight loss is no exception to that rule.

Get your fridge and cupboards stocked with healthy, nutritious foods and beverages. And, if you need anything else to help you live a healthy lifestyle, make sure you get that too. For instance, if your running shoes are worn out, make sure you invest in a new pair now so you have no excuses to not get active.

Speaking of getting active, do you plan to sweat it out at home, or have you considered joining a fitness center? You can get a great workout either way, just make sure you include it in your plan in case you want to purchase any new equipment or save up for a membership.

Step 4: Make Your Plan Fit Your Lifestyle

In order to succeed at losing weight, you have to come up with a plan that you

can live with. If you don't, you'll likely walk away from it before you can realize any true physical changes.

Because you're going to be adjusting to a new lifestyle, it's not uncommon to feel a little tired and overwhelmed for the first day or two so keep that in mind when setting your start date. (After the first two days, though, you'll feel great!)

And, you don't have to overhaul your entire life to lose weight. Just pick some areas that you're willing and able to change. For example, if one of your not-so-healthy behaviors is buying veggies but then having to throw them out because you didn't eat them before they perished, make sure you always cut them up the minute you get home from grocery shopping so they're handy and accessible.

Step 5: Prepare to Celebrate Your Accomplishments

You're going to be working so hard to make positive changes, you have to make sure you take the time to celebrate them as you go. Do something nice for yourself when you reach some of your mini-goals to keep your energy and drive going strong.

Not sure what to do? Try to select rewards that are like carrots dangling on a stick in front of you. Set things that you may not ordinarily do for yourself, such as:

- A day at the spa
- New clothes to show off your new body
- Upload a new book to listen to as you exercise
- Buying a new gadget for the kitchen to make healthy cooking easier

Try to select rewards that will help you reach your goal, such as the last two. The more you do to promote a healthy lifestyle, the more likely you'll make it an everyday habit.

Chapter 2: Fasting 101

Is fasting good for you? Some say it's not healthy for your body at all. Other experts say it's actually beneficial to give your body some time without food; that it helps you feel better mentally and physically. Who do you believe?

First, let's differentiate the different types of fasting. Some say no food and some allow only specific foods. If you're looking at doing a liquid fast, it should only be for a limited period of time.

Fasting has gained popularity for one purpose – to rid your body of unnecessary toxins and wastes. When you consider how many unnatural substances you consume daily in processed foods, it's no wonder your body retaliates by not feeling as good as it could. It's like putting a bunch of dirt in a paint can and wondering why it doesn't go on the wall all smooth and clean.

Not only do you get these substances from things you eat, but you get them from everything else you come in contact with as well. For instance, when you put scented lotions on your skin, your body takes in all the ingredients. Do this over time with cleaning supplies, makeup and even water from the sink and you can see why you may feel a little sluggish or lethargic.

So, if you are interested in beginning your weight loss journey with a fast, it's certainly understandable. Here are some options that others found helpful:

Cutting Out Sugar

One of the most basic and helpful fasts is the sugar fast. Simply remove foods from your diet that contain sugar and white flour (simple carbohydrates) and replace them with complex carbohydrates like oats, barley, fruit and veggies. As it cuts out unhealthy foods, this type of fast can go on indefinitely.

Just a word of caution: you may have some sugar withdrawal symptoms, particularly if it's been part of your diet for some time. So, be prepared for headaches and a sick stomach until your body gets rid of the sugar you have built up in your system.

The best way to make it through this process quickly is to consume a lot of water. The faster you can get your body to release the sugars, the better you'll feel.

Eat Only Natural Foods

The more you work with a food through cooking, the more vitamins and minerals it loses in the process. Therefore, if you want to get the most from your food, some believe it's best to just eat it raw like the cavemen did.

This presents a few issues when dealing with certain foods, like eggs, which ultimately should be eliminated since they're not safe unless cooked. But, if you choose to take this route, you can still get plenty of nutrition from other foods such as nuts, fruits, vegetables and whole grains.

If you're not big on meats, you can actually follow this type of fast for quite some time. Just make sure you get adequate protein so your muscles stay healthy and strong.

Juicing

Popular amongst celebrities, juicing has now found its way into the average household as a viable weight loss option. In fact it's taken such a hold that there are tons of gizmos and gadgets available to make your juicing experience easier should you choose this type of fast.

Because fruits and veggies contain a lot of natural vitamins and minerals, juicing can be very healthy. It certainly is better than pre-made juices you buy at the store that are typically loaded with sugar.

If this type of fast interests you, you can make a ton of different juices such as:

- “Green” smoothies which are a blend of various fruits, veggies and a little bit of tofu
- Juice an orange and carrot for a colorful juice loaded with vitamins A & C
- Mix cucumber and melon for a smoothie that is nutritious *and* delicious

Because they're so healthy for you, a fast of this type can go as long as seven days. Your body is still getting its necessary vitamins and minerals so you'll likely feel very energetic if you choose to juice to begin your weight loss process.

Water Only

Because this type of fast lacks any vitamins and minerals, it is also the most controversial. Although proponents say it has positive side effects, such as increased energy and better skin, there are still a large number of experts that say

it's too dangerous on the body to go without any sustenance.

If you want to do a water fast, get your doctor's approval first. And, don't do it for more than a couple days. Your body needs food to survive.

The Master Cleanse

Used by celebrities such as Beyonce who lost 25 pounds following this fast, the Master Cleanse has gained a lot of popularity. It involves drinking a concoction of lemon juice, cayenne and syrup and sometimes includes salt-water beverages and teas that act as laxatives.

Although you will effectively lose weight on the Master Cleanse, it's nothing you should sustain for any length of time. Eventually you'll have to learn how to eat in a manner that helps you maintain a healthy weight.

As a side note: if you do try the Master Cleanse, make sure you drink a lot of water so you don't dehydrate your body.

Put It All Together

The best fast is one that gives you nutrition and eliminates foods and substances you really shouldn't be consuming anyway. That means that choosing to eliminate sugars or sticking with only natural foods are great ways to begin your weight loss journey!

Chapter 3: Understanding Weight Loss

If you want to be able to lose weight and keep it off, there are some basic things you need to understand. Don't shy away from this part because it's like the 'textbook version,' because the more you know the better your chances that this is the last time you'll ever have to lose weight.

Know How Many Calories You Need

The first step in weight loss is to determine how many calories your body uses just to survive. This is also known as your basal metabolic rate or BMR. Combine this amount to the amount of calories you use by being physically active and you get what is known as your TEE, or Total Energy Expenditure.

To calculate your specific numbers, you can use an [online calculator](#) or do it manually. If you choose the latter, the Harris-Benedict formula is a great calculation method to use. It is: *(Note: 1 inch = 2.54 cm and 1 kilogram = 2.2 lbs.)*

- *Men:* $BMR = 66 + (13.7 \times \text{wt in kg}) + (5 \times \text{ht in cm}) - (6.8 \times \text{age in years})$
- *Women:* $BMR = 655 + (9.6 \times \text{wt in kg}) + (1.8 \times \text{ht in cm}) - (4.7 \times \text{age in years})$

So, for instance, if you are a 35 year old female who is 5'4" (163 cm) and currently weighs 130 pounds (59 kilos), your equation would look like this:

- $655 + 566 + 293 - 165 = 1,349$ calories per day just to survive

Now that you know this number, you need to account for your physical activity level. You can easily do that by using the following chart:

- Multiply your BMR by 1.2 if you're *sedentary* (office jobs, no real exercise)
- Multiply your BMR by 1.35 if you're *lightly active* (exercise 1-3 times/week)
- Multiply your BMR by 1.55 if you're *moderately active* (exercise 4-5 times/ week)

- Multiply your BMR by 1.725 if you're *highly active* (sports or intense exercise most days)
- Multiply your BMR by 1.9 if you're *extremely active* (intense exercise every day)

To go back to our previous example, if the 35 year old 130 pound woman worked in an office, you would take her BMR (1,349) and multiply it by 1.2 to find that it takes 1,619 calories for her to keep her weight where it is. However, if she would work out just a few days a week, her calorie intake would go up to 1,821 per day.

Use These Numbers to Create a Plan

Once you know exactly how many calories your body burns, you can create a plan that will get you the weight loss you desire. So, for instance, if your goal is to lose a pound a week, you'll need to cut 500 calories a day. You can do this by eating less, becoming more active or both!

The thing is, once you know how many calories you can consume then you can plan your meals accordingly. Aim for 5-6 smaller meals instead of three larger ones so that your body stays satisfied and cravings are kept to a minimum.

Chapter 4: Get Rid of Bloat

There's nothing worse than the scale hiking up 3-5 pounds overnight or trying to put on your favorite jeans just to find that you can't get them done up. While it would take food in huge quantities to actually put on that much fat in such a short time frame, it doesn't take much to get your body to hold onto the same amount of water, causing you to feel miserable and fatigued.

Why Do You Bloat?

There are three main reasons that most people bloat: too many carbs, too much salt or not enough water.

Carb consumption causes your body to retain water. Bodybuilders are aware of this fact and use it prior to shows if they want to make their muscles look bigger. It's also why eating too many high-carb meals make you feel and look larger.

The same thing happens if you consume too much salt, which is easy to do in this day of high processed foods. Because your body doesn't like too much sodium, it retains water in an effort to lessen the concentration. The result? You guessed it – bloat!

And, finally, your body will hold onto water if you don't give it enough. It may sound weird, but the best way to lose water weight is to drink more of it!

Decreasing Your Waistline

Here are some options to get rid of that dreaded belly bloat:

- Drink a lot of water (1 ounce for every 2 pounds of body weight)
- Focus on eating mainly lean protein, low-fat dairy products, fruits and veggies.
- Limit the amount of sweets, soft drinks and refined white flour you consume.
- Have a cup of coffee or some green tea to help eliminate excess fluids.

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