



## **Clean Cut Weight Loss Challenge Week 6**

How Do You Feel This Week?

What Is The Biggest Change You Have Seen So Far?

What Is Your Biggest Struggle Currently?

Have You Fallen Off The Wagon At All? If So Why?

Have You Been Able To Get Your Workouts In? If Not, Why?

Weight This Week?



## Putting It All Together

You have done the work, and now it's time to continue your journey or maintain. You have learned to manage your cravings, eat out, curb your food around your cheats and maintain for life. We will always be here for you and are so proud of you.

Welcome to the Clean Cut Family.

### **Everyone gets stuck. So here are more Clean Cut Fitness and Nutrition PLATEAU BUSTERS to help you through!**

Plateaus happen. But what you do to break them is key. Stay positive and know that if you are exercising and eating clean, it will come off. If you are experiencing a plateau, you should still be looking at the positive changes happening. Inches coming off, 25 burpees when you could not do 5, the way your clothes are fitting, etc.

#### **Here are some of our favorite tips to beat that plateau and reach your goal.**

1. If you have completely fallen off the wagon, go back to week 1 and cleanse that sugar and junk.
  - MODIFICATIONS TO WEEK 1. Do week 1 for a few days and then try these options depending on what works for you:
    - Take your fruit out for a few days, or cycle it every other day
    - Take your complex carbs out every other day
    - No complex carbs for dinner
    - Go vegetarian for a few days
2. Change up the times you eat
3. Week 4 Recharge, can be found in week 4
4. Calorie Cycling
  - Eat your normal calories for a day, then drop your calories for a day and then increase your calories for a day. In the end, you will be eating the same amount of calories you eat each week, but throwing your body into a state of shock by doing this can help kick that plateau.

## INTERMITTENT FASTING

**Intermittent fasting is not a diet, but rather a *dieting pattern*.**

*In simpler terms: it's making a conscious decision to skip certain meals.*

By fasting and then feasting on purpose, intermittent fasting means eating your calories during a specific window of the day, and choosing not to eat food during the rest.

**There are a few different ways to take advantage of intermittent fasting:**

**Regularly eat during a specific time period.**

For example, only eating from noon-8 PM, essentially skipping breakfast. Some people

only eat in a 6-hour window, or even a 4-hour window.

**Skip two meals one day, taking a full 24-hours off from eating.**

For example, eating on a normal schedule (finishing dinner at 8PM) and then not eating again until 8PM the following day.

**Now, you might be thinking: “okay, so by skipping a meal, I just eat less than normally overall, and thus I will lose weight, right?”**

*Well, that's partly true.*

Yes, by cutting out an entire meal, you are able to eat MORE food during your other meals and still consume a caloric deficit (which is an important for losing weight).

However, as we already know that **not all calories all created equal**, the timing of meals can also influence how your body reacts.

**With intermittent fasting, your body operates differently when “feasting” compared to when “fasting”:**

**When you eat a meal, your body spends a few hours processing that food, burning what it can from what you just consumed.** Because it has all of this readily available, easy to burn energy in its blood stream (thanks to the food you ate), your body will choose to use that as energy rather than the fat you have stored. This is especially true if you just consumed **carbohydrates/sugar**, as your body prefers to burn sugar as energy before any other source.

**During the “fasted state,” your body doesn't have a recently consumed meal to use as energy, so it is *more likely* to pull from the fat stored in your body, rather than the glucose in your blood stream or glycogen in your muscles/liver.**

Burning fat = win.

**The same goes for working out in a “fasted” state.** Without a ready supply of glucose and glycogen to pull from (which has been depleted over the course of your fasted state, and hasn't yet been replenished with a pre-workout meal), your body is forced to adapt and pull from the only source of energy available to it: the fat stored in your cells!



This journal page is for you. It is here for you to look back on and help you continue your journey to your goals. This is not over after 6 weeks. This is a TRUE LIFESTYLE CHANGE.

Use this page for you. Summarize your struggles, accomplishments and goals for the past 6 weeks. Use this to look back and keep going. These questions are here for you to help you through the tough times, and be proud of what you have accomplished! Be proud! This is a start to an awesome lifestyle change!!



**WHAT ARE YOU GOING TO DO TO CONTINUE YOUR LIFESTYLE CHANGE?  
DOCUMENT YOUR THOUGHTS HERE AND HOLD YOURSELF ACCOUNTABLE**



## **SUMMARY OF SUCCESS**

- **ACCOUNTABILITY**
- **Water**
- **Eating every 3 hours**
- **Protein, carb (can be a veggie carb) and healthy fats in all meals**
- **NO PROCESSED FOODS**
- **PREPARATION**
- **Recipe binder/basket**
- **Trying new recipes and meals**
- **Get the family involved**
- **GREEN GREEN AND MORE GREEN**
- **NON GMO**
- **ORGANIC WHEN YOU CAN (remember the dirty dozen and work from there)**
- **Find foods that satisfy you and go with them**
- **Remember that just because you find a clean recipe online, it doesn't mean it is unlimited portions. Take what you have learned and modify it for your lifestyle and goals.**

**LISTEN TO YOUR BODY** and learn what your cravings mean. A lot of your cravings are society created. Step away and remember your healthier options. Think before you put that “treat” or “cheat” in your mouth.

**ADD WHAT WORKS FOR YOU:**

**WHAT ARE YOUR GO TO MEALS/SNACKS/FOODS:**