

SharkFit

# 12 Week Program

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# Welcome

## Congratulations!

These are the first steps in making personal changes.

Whether you're here to lose weight, start living a better lifestyle or just looking for some yummy recipes, you will surely enjoy your journey.

Let's Begin!

## How it works:

- Send me your beginner weight and measurements and I will keep track on my end (take photos too helps you see results)
- Wednesday will be the day you weigh yourself but you only measure every Before and after the 12 weeks
- Every week you will have your grocery list, menu, recipes, and 6 - 30 minute workouts a week
- Cooking is done twice a week (Sundays and Wednesdays)
  - You can cook daily too, just less time in the kitchen and less likely to binge eat if you are prepped and ready to go

### What you will need:

- A Bottle or glass that you will love to drink out of
- Meal Prep Containers
  - Tupperware
  - Glass(whatever you like best)
  - You will need 15-18 containers
  - Bag to transport food
- Body Weight Scale
- Measuring tape(for inch progress)
- Protein Powder or Protein shakes(for the days when your really, really hungry)
- Space to complete the workouts |(at home) or in the gym

### Tips and Tricks:

- Produce you can use fresh or frozen
- You will get a detailed calendar what to eat and when to eat it
- Each recipe is one portion unless stated otherwise
- Substitution you can substitute and remove items from receipts for example if you don't get red meat substitute for a chicken or turkey breast

### Free foods are (can consume as much as you want)

- Most spices(minus salt)
- Mustard
- Lemon
- Limes
- Water
- Vinegars
- Garlic
- Ginger
- Hot sauce

## Eating Manifest

Daily you want to eat:

- Breakfast
- Morning snack
- Lunch
- Afternoon Snack
- Dinner

Try to drink a cup of water 30 minutes before eating, this not only helps digest food but stops overeating.

## Water consumption

- Average water consumption for a woman is 3 litres a day and a man is 3.5 litres
- You will need to drink more on workout days
- It's good to drink a glass of lemon water first thing in the to get your metabolism and organs up and ready
- Few ways to keep track, add 6 elastics to your water bottle, every time you finish and refill remove an elastic. This will keep track of your water for you
  - Benefits to drinking water: regulates body temperature, helps prevent constipation, lubricates joints, protects organs and help dissolve nutrition and minerals

## Sleep

- Sleep is just as important as diet, exercise and water, sleep helps repair muscles and lose weight
- Average adult human should get between 7-9 hours of sleep a night
  - Benefits include: more energy for workouts, less food cravings, better muscle retention and less tired throughout the day

## Cheat Meal



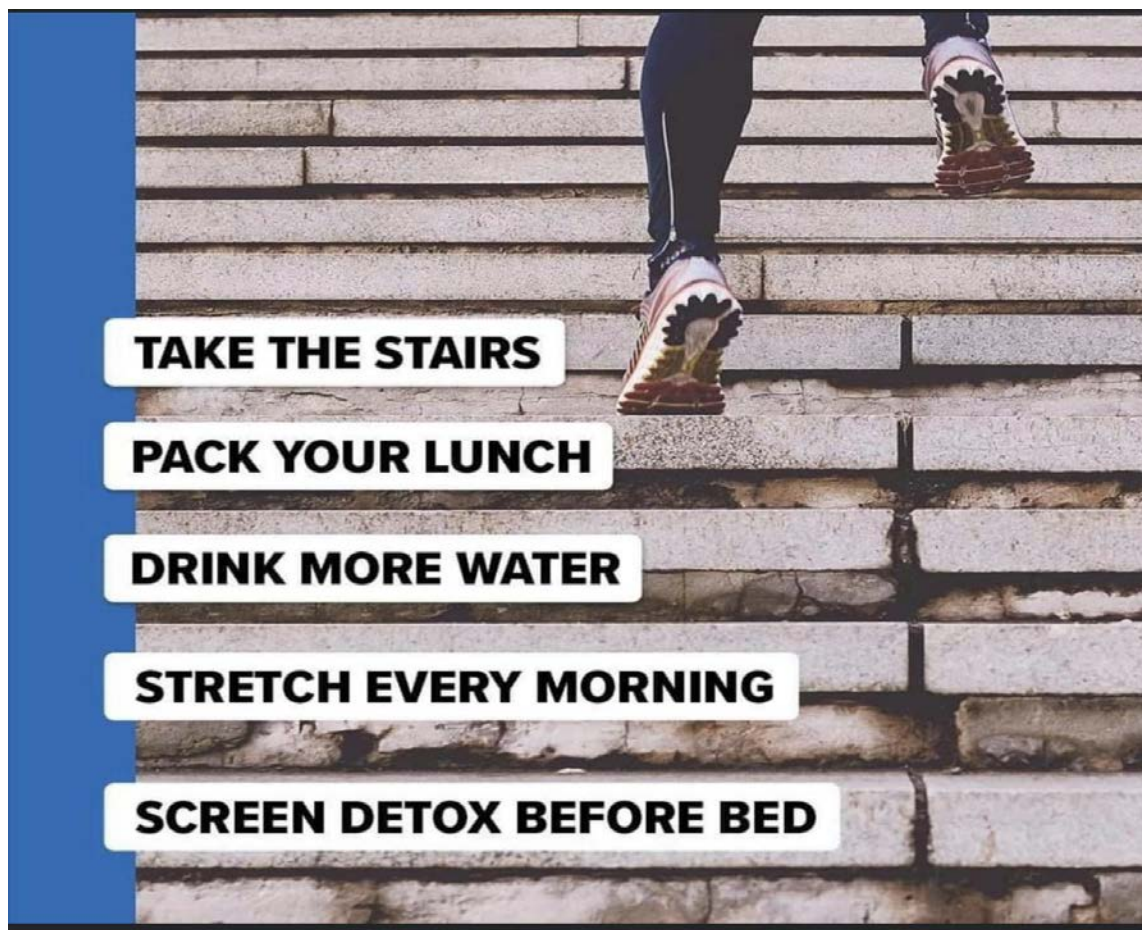
### Once a week.

- Once a week, you will eat something you love, but just once.
- Can be pizza, burgers, fries- whatever you want
  - Benefits of a cheat meal: help to reset hormones responsible for metabolism and insulin regulation, replenish glycogen for increased energy and keep calories brining and fat torching mechanisms

## None Cheat Day Cheats

- This happens to the best of us especially when it's almost that time of the month or during the cycle.
- My advice if you need that craving is to eat a piece or two of chocolate, 5-8 chips etc. Once you do it get back on track, forgive and keep going xox
- **\*Please note If you cheat daily you're not going to the get the best results\***

## Little things that help



1. Taking the stairs If available, take the stairs when you can. Park further away at the grocery store or take the long way around
2. Bring your lunch. Even if you're just going out for the day, pack your lunch. This not only saves calories but it saves money too

3. Drink more water: as stated above. Your body will thank you for it
4. Stretching every morning before you look at your phone or devices this helps bring positive thoughts(little extra: think of 5 things you're grateful for in morning)
5. Screen detox an hour before bed, this helps you overall not only just for sleep but mentally too

## Alcohol

**THIS IS WHAT HAPPENS WHEN YOU DRINK A GLASS OF RED WINE**

**WARM UP**  
Blood vessels dilate, causing warm blood to move closer to the skin's surface.

**BETTER SLEEP**  
You enjoy better sleep - even compared to people who drank only water.

**HEART HEALTH**  
Red-wine tannins protect against heart disease and lower your risk of heart attacks.

**BURN FAT**  
Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing **type 2 diabetes**.

**LOOK GOOD**  
Facial muscles loosen and cheeks flush with color, causing you to look more relaxed, and thus more attractive.

**FIGHT SICKNESS**  
Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing **type 2 diabetes**.

- Alcohol is fine in moderation.
- Red wine is the best option, but if you like beer or cocktails try and keep them at a max of 1-2 servings a week

Great job on getting started on your 12 week program!!!