

**WRITTEN & CREATED BY GAVIN WALSH**

# **LEAN IN 19** **EXTREME** **FAT LOSS PLAN**



**QUICK START GUIDE**

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# LEAN IN 19 QUICK START

I've created a handy checklist for you below.

Run through this list before starting 'mission' Lean in 19, checking off each item as you complete it.

Once you've got a nice big tick next to each item, you'll know you are well and truly ready for the 19 day festival of fat loss.

All aboard the flubbernaught! 😊

## **Have you taken your "before" photo?**

There are two reasons we do this:

1. We can compare the amazing transformation of your after photo with your before photo. After all, the scales and measurements are just numbers. Wouldn't it be nice to see your transformation with your own eyes?
2. You can guilt trip yourself into being super focused EVERYDAY by sticking your before photo on the fridge door, bathroom mirror and local billboard. In other words, stick your 'before' photo wherever you're going to see it most. I promise you that if you do this, you will have laser like focus and you'll get better results than those who can't be bothered to take an ickle photo of themselves.

You don't have to show this photo to anyone, it's for your own reference and totally worth getting it done.

## **Have you printed the success journal manual?**

Please, please, please do this.

Seriously, it will make a MAHOOSIVE difference to your level of focus throughout the program.

Plus, there have been a bunch of studies showing that those who track their progress do far better than those who don't.

## ❑ **Have you recorded your measurements and weighed yourself?**

As well as getting that before photo taken (don't forget!), I also want you to weigh yourself AND record several body measurements.

I know you're most likely going to focus on the number on the scales, that's just something we've all been trained to do by the media and old school health bods.

Over the next 19 days you'll be adding a wee bit of muscle to your sexy ass.

As you know, muscle weighs more than fat, so when you first start a training program that uses resistance training the result you see on the scale won't tell the fully story.

For example, one lady lost 7 pounds with Lean in 19 which might not seem like a vast amount, but when we looked at the inch loss it turned out she'd lost 9 inches from her waist.

That's why you've gotta see what's going on with those measurements of yours.

## ❑ **Have you read the Lean in 19 diet and workout manual?**

I hope so!

By doing so you will get a deeper understanding of the process and be able to implement the techniques used far better.

The workout manual explains why I want you to exercise a particular way, as well as giving you the 19 days of workouts, along with images of each exercise included.

Plus, you will have read that you get '3 lives' to use if and when needed. What I mean by this is that if your body is struggling to recover from the workouts or you have a particularly crazy day with work/family/etc you can opt to take a rest day and use up a life. However, this does not mean you skip a workout just because you're not in the mood. Got it?

### ❑ **Have you planned your first week of meals?**

What is it that people always say?

“If you fail to plan, you plan to fail”.

Something like that, right? 😊

Just make sure you plan what you're buying before heading out, so that you don't get caught out by dodgy foods hiding around each corner, ready and waiting to pounce on you and your fat loss ambitions.

### ❑ **Have you been shopping for the healthy grub?**

If you're not sure what 'grub' means, that's British for food 😊

Surprise, surprise: you will have to eat some healthy food over the next 19 days.

In the diet manual you will find a guide of all the foods you can eat and the foods that are a big no-no.

I recommend you print this guide and then circle the foods you're going to buy next time you nip to out to the shops.

### ❑ **Do you know when you're fasting, reducing carbs and using strategic 'cheat' days?**

These methods are part of my 'Hot Zone' Formula.

If you're new to any of these methods make sure you spend extra time reading about them in the diet manual.

I'll go into more detail as to why we use these methods and how to implement them best.

You will also receive a 'diet' reminder in my daily emails as to what each particular days involves: fasting, low carb or cheat day.

Furthermore, the 19 day calendar (at the end of this guide) shows you which days are which.

❑ **Will you be able to get 7-8 hours sleep each night?**

Getting some quality 'zed' time not only helps recovery, but helps bring that cheeky monkey, Cortisol, back down to Earth.

Cortisol is your stress hormone and when you're stressed through eating crap, not sleeping enough and juggling work and family it goes through the roof.

The problem with this is that you'll have a VERY tough time losing chub, so you need to not only get your beauty sleep, but try to reduce all other stressors in your life.

❑ **Do you have a water bottle to drag round with you everywhere?**

There are two ways to get all those pesky toxins out of your body.

The first is to sweat them out, which we've got covered and the second is to visit the toilet frequently.

To do this you'll need to drink plenty of water.

I recommend you at least drink 1 litre (40 oz) of water each day.

This also keeps your bod hydrated, which in turns make it operate better, which means you'll be able to burn more chub.

❑ **Have you spoken to your partner/friend/whoever you live with?**

In my experience of losing maximus fattimus you need to get your friends and family on side.

It's no good you eating like an Angel and then your other half comes home and starts eating donuts in front of you.

You need to sit them down and explain to them what you're doing and why you're doing it.

Ask for their help.

Let them know they'll be times when you'll struggle and you would really appreciate the odd pep talk and for them not to eat junk food in front of you.

If you can get you family/friends/partner on side the next 19 days will be much easier.

If they step out of line just give them a swift poke in the eye.

### ❑ **Have you clicked 'go'?**

As I'm sure you're aware, Lean in 19 comes with daily emails.

These help keep you on track, but also deliver the program in a way that keeps the momentum going.

Each day you'll get an email with some of my witty banter and links to the videos for that particular day.

To start these emails you must enter your name and email on the Lean in 19 download page or click [HERE](#).

Once you've done this my daily emails will be up and running.

**NOTE:** Check your spam folder.

### ❑ **Are you REALLY ready to shift some serious lard?**

So, you've bought Lean in 19 and now it's time to use it.

Take action like you never have before.

Don't let anyone or anything get in the way of you burning as much as fattimus from your assimus over the next 19 days.

Be a go getter.

Transform your body and show it off to the World.

# LEMME START RIGHT NOW

If you're one those people who can't wait to get stuck in, this is the down and dirty guide to get you rocking and rolling pronto.

- Take your **'before' photo** and **record your body measurements** using the success journal.
- Print the **wall calendar** and stick it to your fridge door.
- Get your **friends/family/partner on side** and poke them in the eye every time they offer you cake.
- Enter your name and email [HERE](#) to **start my daily emails** with the follow along videos included (Note: Check your spam folder)
- Plan the 19 days ahead.** When are your fast days, low carb days, cheat days.
- Eat real food** (veggies, meat, fish, nuts, eggs, low sugar fruits) and drink plenty of water (at least 1-2 litres (40-80 oz) per day).
- Eat a diet that roughly follows a **calorie intake of around 20% carbs, 30% protein and 50% good fats** (Note: it doesn't have to be perfect).
- Aim for a **diet high in (good) fats** such as eggs, nuts, coconut, avocado, olive oil, fish and meat.
- Burn as much fattimus from the assimus as humanly possible.
- Try to get most of your **carbs from green vegetables**. You can literally fill your plate full of green veg - only good things will happen.
- Sleep a minimum of 6 hours** per night (ideally 7+ hours).
- Reduce the stress** in your life wherever possible. Take long walks, be mindful of your surrounds and enjoy time with your family and friends (without booze and the usual shoddy grub).
- Be like **Jack Bauer** (total bad ass).
- I can do this.
- Start the plan** (Honestly, it drives me crazy when people don't get started with the plan. You've bought it and now it's time to use it!).

# STATS AND MEASUREMENTS TRACKER PRINTABLE

	Start	Day 10	End
Weight			
Chest/Bust			
Naval (Belly button)			
Waist (2 inches below your belly button)			
Hips (Widest point round your butt)			
Thighs (Where your butt and leg meet)	Right Leg	Right Leg	Right Leg
	Leg Leg	Leg Leg	Leg Leg
Arms (Widest point around your bicep)	Right Arm	Right Arm	Right Arm
	Left Arm	Left Arm	Left Arm
Total inches			

- Triple check your measurements
- Weigh yourself at the same time of day
- Don't weigh yourself everyday
- Take photos (front, side and back)

**DO NOT SKIP ANY OF THE POINTS ABOVE** (otherwise, I'll have to send the boys round!)

# SHOPPING GUIDE PRINTABLE

Meat	Game	Poultry	Fish	Shellfish	Eggs
Beef	Pheasant	Goose	Tuna	Lobster	Chicken eggs
Veal	Deer	Chicken	Salmon	Shrimp	Goose eggs
Pork	Duck	Turkey	Trout	Scallops	Duck eggs
Lamb	Wild Turkey	Quail	Halibut	Crab	Quail eggs
Goat	Rabbit		Sole	Clams	
Rabbit	Moose		Bass	Mussels	
Mutton	Woodcock		Haddock	Oysters	
Wild Boar	Elk		Turbot		
Bison			Cod		
			Tilapia		
			Walleye		
			Flatfish		
			Grouper		
			Mackerel		
			Herring		
			Anchovy		

Standards	Green Leafy	Squash	Root	Mushrooms
Cauliflower	Collard Greens	Butternut	Turnips	Oyster
Broccoli	Lettuce	Crookneck	Carrots	Button
Celery	Spinach	Acorn	Beets	Portobello
Bell Peppers	Watercress	Pumpkin	Parsnips	Chanterelle
Onions	Beet Top	Zucchini	Artichokes	Porcini
Leeks	Dandelion	Yellow Summer	Rutabaga	Shiitake
Spring Onions	Swiss Chard	Buttercup	Sweet Potatoes	Crimini
Eggplant	Mustard Greens	Crookneck	Radish	Morel
Brussel Sprouts	Kale		Yams	Chestnut
Artichokes	Turnip Greens		Cassava	
Asparagus	Seaweed			
Cucumber	Endive			
Cabbage	Arugula			
Okra				
Avocados				

Fats	Fruits	Nuts & Seeds	Flavour Enhancers	Fresh & Dry Herbs
Olive Oil	Blueberries	Brazil Nuts	Cayenne Pepper	Parsley
Avocado	Cherries	Pistachios	Chilies	Thyme
Coconut Oil	Apples	Sunflower Seeds	Ginger	Lavender
Clarified Butter	Pears	Pumpkin Seeds	Onions	Mint
Lard	Grapefruit	Sesame Seeds	Garlic	Rosemary
Tallow	Apricots	Pecans	Black Pepper	Chives
Veal Fat	Peaches	Walnuts	Hot Peppers	Tarragon
Duck Fat	Figs	Macadamia Nuts	Star Anise	Oregano
Coconut Flesh		Pine Nuts	Vanilla	Dill
Nut Oils		Chestnuts	Fennel Seeds	Bay Leaves
Nut Butter		Cashews	Cumin	Sage
Lamb Fat		Hazelnuts	Turmeric	Coriander
		Almonds	Cinnamon	
			Paprika	
			Nutmeg	
			Cloves	

<b>1</b> MONDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES	<b>2</b> TUESDAY <b>HIGH CARB DAY</b> UPTO 80 GRAMS	<b>3</b> WEDNESDAY <b>LOW CARB DAY</b> UPTO 50 GRAMS	<b>4</b> THURSDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES	<b>5</b> FRIDAY <b>CHEAT DAY</b> EAT WHATEVER YOU WANT	<b>6</b> SATURDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES	<b>7</b> SUNDAY <b>HIGH CARB DAY</b> UPTO 80 GRAMS
<b>8</b> MONDAY <b>LOW CARB DAY</b> UPTO 50 GRAMS	<b>9</b> TUESDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES	<b>10</b> WEDNESDAY <b>CHEAT DAY</b> EAT WHATEVER YOU WANT	<b>11</b> THURSDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES	<b>12</b> FRIDAY <b>HIGH CARB DAY</b> UPTO 80 GRAMS	<b>13</b> SATURDAY <b>LOW CARB DAY</b> UPTO 50 GRAMS	<b>14</b> SUNDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES
<b>15</b> MONDAY <b>CHEAT DAY</b> EAT WHATEVER YOU WANT	<b>16</b> TUESDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES	<b>17</b> WEDNESDAY <b>HIGH CARB DAY</b> UPTO 80 GRAMS	<b>18</b> THURSDAY <b>LOW CARB DAY</b> UPTO 50 GRAMS	<b>19</b> FRIDAY <b>FAST DAY</b> 18 HOUR FAST + 500 CALORIES		

# LEAN IN 19

## EXTREME

### FAT LOSS PLAN

NOTE: Please read the nutrition guidelines thoroughly before starting Lean in 19.