



30-DAY WEIGHT LOSS CHALLENGE



- **Weekend** - Repeat your favorite meals from the weekdays. (Keep total cals <1400)
- **Snacks** - Snacks are flexible. You can add/exchange snacks.
- **Water** - Drink 2 liters of water per day starting as soon as you wake up.
- **Boot Camp** - Try the daily boot camp or substitute for 30 minutes of exercise (Logged)
- **Intermittent Fasting** - To enable IF, skip the morning snack & breakfast. You can drink black coffee or black tea in the morning. Start with 5:2 method then go to the 16:8.

CREATE YOUR OWN MEAL PLAN

We don't provide you with a fixed meal plan since everyone has different likes, dislikes, food allergies, medical conditions etc. Rather, we provide you with up to a 100 different meal plans to choose from and just 6 simple rules to follow in order to maximize weight loss.

THE 6 RULE SYSTEM - YOU MUST FOLLOW

1. Pick a meal plan geared for weight loss and **stay under 1400 calories**. We suggest a low carb plan like Keto, Dash or Mediterranean. If high fats are an issue, then pick one of the healthy diet options.
2. Try and space your meals and snacks 2-3 hours apart to keep the blood sugar stable and the hunger at bay. Try not to consume your final meal later than 1 hour before bed – this can cause an upset stomach and a restless sleep which is a key component to burning fat throughout the night!
3. Pick a fasting option that works for you. We highly suggest doing the 5:2 intermittent fasting method for the first 2 weeks then move to the 16:8 method. Intermittent fasting is by far our secret weapon when it comes to aggressive weight loss.
4. **TRACK EVERYTHING** - It's critical that you use GO Meal Plans+ and track all of your meals, exercise, water intake etc. The data you create in the first weeks will guide you to achieving your goals. Understanding what's working and what's not working effectively will allow you to tweak your meals, exercise or fluids.
5. Drink lots of water. Water is very important for the success of your diet goals. We suggest drinking 2 to 3 liters of water a day.
6. **Fitness Regiment** - You have access to our Boot Camp program, which has daily workouts for you to attend. We suggest doing these daily boot camps or substitute the boot camp with 30 minutes of cardio.

Sample Keto Meal Plan

Keto Diet - 30 Day Plan

Keto4X designed this meal plan. You may follow this for maximum results. All of these meals in GO Meal Plans+ start with KETO30 in recipes. You can plan 1 week at a time.

WEEK 1

MON	B: Butter Coffee / L: Chicken Salad / D: 2-Ingredient Pasta
TUE	B: Butter Coffee / L: Chicken and green beans / D: Italian Keto Plate
WED	B: Butter Coffee / L: Steak & Avocado / D: Chicken & Cabbage
THU	B: Butter Coffee / L: Italian Keto Plate / D: Keto Friendly Pizza
FRI	B: Breakfast Sandwich / L: Italian Keto Plate / D: Grilled Salmon & Broccoli

WEEK 2

MON	B: Butter Coffee / L: Italian Keto Plate / D: Simple Beef & Pepper
TUE	B: Butter Coffee / L: Chicken Salad / D: Keto Friendly Lasagna
WED	B: Butter Coffee / L: Chicken Skin Bites / D: Chicken Salad
THU	B: Butter Coffee / L: Italian Keto Plate / D: Chicken Salad
FRI	B: Breakfast Sandwich / L: 2-Ingredient Keto Pasta / D: Keto Friendly Lasagna

WEEK 3

MON	B: Butter Coffee / L: Chicken Salad / D: 2-Ingredient Pasta
TUE	B: Butter Coffee / L: Steak & Avocado / D: Chicken & Cabbage
WED	B: Breakfast Sandwich / L: Italian Keto Plate / D: Salmon & Broccoli
THU	B: Butter Coffee / L: Italian Keto Plate / D: Simple Beef & Pepper
FRI	B: Butter Coffee / L: Chicken Skin Bites / D: Chicken Salad

WEEK 4

MON	B: Butter Coffee / L: Tuna Salad & Egg / D: Keto Pizza
TUE	B: Butter Coffee / L: Italian Keto Plate / D: Stir-fry Chicken & Veggies
WED	B: Butter Coffee / L: Salmon & Broccoli / D: Simple Beef & Pepper
THU	B: Breakfast Sandwich / L: Chicken Salad / D: Italian Keto Plate
FRI	B: Butter Coffee / L: Tuna Salad & Egg / D: Chicken Stir-fry & Asparagus



30-DAY WEIGHTLOSS

Our 30-Day weightloss program will challenge you to achieve your health and fitness goals in record time.

HOW IT WORKS

Simply register for the 30-Day Weightloss Challenge in your Member Plus Area. Pick either our Keto Meal Plan or another low carb diet. Register for a Boot Camp each day. Track your progress with GO Meal Plans+

GETTING STARTED

After registration please do the following:

- Customize your weekly meal plan, print your grocery list and start prepping meals.
- Download GO Meal Plans+ and do the training on the app. It's critical you can use the app effectively.
- Register each day for Boot Camp

WHAT'S INCLUDED

The program consists of carefully crafted meal plans for Keto and several other high performing diets. You will have access to daily boot camps, training courses, eBooks and more. You'll have all the resources you need to be successful and crush it.

HOW MUCH CAN I LOSE

Be prepared to lose 4-5 pounds a week as long as you follow the program and don't deviate from the meal plans rules.

Also, staying off alcohol and sugars will contribute to better results. If you follow the Keto Plan with Intermittent Fasting, you may achieve even better results.

30-DAY WEIGHLOSS



CHALLENGE

What Is Intermittent Fasting



A diet plan that alternates between fasting and eating periods.

Types of Intermittent Fasting



16:8 Fasting—16 hours of fasting and an 8-hour eating window

5:2 Fasting—5 days regular eating and 2 days eating 600 calories

24-Hour Fasting—fasting for 24 hours

Alternate-Day Fasting—fasting every other day for 24 hours

Warrior Diet—eating small portions during the day and a complete dinner

Meal Skipping—skipping meals when you feel like it

HEALTH BENEFITS OF INTERMITTENT FASTING:

Aids in weight loss
Lowers blood sugar levels
Improves heart health
Reduces inflammation
Promotes brain health

16:8 Intermittent Fasting

SAMPLE DAILY SCHEDULE FOR INTERMITTENT FASTING PROGRAM

Wake Up-12pm



Hydrate—Drink plenty of water and other calorie-free drinks such as tea or coffee



12pm



First Meal—Make sure to get plenty of nutrients by eating whole foods



4pm



Second Meal—Continue to eat a variety of healthy, nutritious foods



8pm



Third Meal—Focus on eating a meal that will keep you full during the upcoming fast



8pm-Bedtime



Begin Fast—Stay hydrated with water and other calorie-free drinks as desired



BOOT CAMP

INSTRUCTIONS

How it works

1. Each morning, register for the day's boot camp and pick a time that fits your schedule.
2. Ensure you have a proper yoga type mat, light dumb bells and water handy.
3. Wear your fitbit, apple watch or other wearable to automatically track your activity and sync it to GO Meal Plans+.

BOOT CAMP

30-DAY SCHEDULE

WEEK 1

- SU** Total Body Balance
- M** Full Body Tabata Sweat
- T** Strength Conditioning
- W** Pure HIIT Cardio
- TH** Pure Cardio 2 + Abs
- F** Jump & Twist Cardio
- S** Body Weight Workout

WEEK 3

- SU** Nike Boot Camp
- M** 6 Move Cardio Workout
- T** Total Body HIIT
- W** Fat Burning Workout
- TH** 4 Move Core Workout
- F** Bodyweight Workout
- S** Killer Arms Workout

WEEK 2

- SU** Full Body Cardio 2
- M** Full Strength + Core
- T** Strength Training + Abs
- W** Tabata HIIT Workout
- TH** Lower Body Workout
- F** Full Body Crusher
- S** Legs Day Builder

WEEK 4

- SU** Fat Burning Workout
- M** Total HIIT Workout
- T** Heart Pumping Cardio
- W** Cardio Party-O Workout
- TH** Full Body Workout
- F** Killer Cardio Workout
- S** Total Body Strength

DAY 29 Lean leg workout

DAY 30 Total Strength conditioning