



# Quick Start Guide



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# The EM2WL Journey - Explained

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Eating More 2 Weigh Less is eating at a small caloric deficit to lose weight. We stress lifting heavy weights with cardio training, such as HIIT, to increase fat burning. If you have been a low calorie dieter for an extended period of time, you may want to consider doing a full metabolic reset. This will allow the body to reset back to its normal metabolic set point, so a small deficit will once again start the weight loss process once the reset is complete.



# Calculations

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Calculate BMR and TDEE ([Suggested Calculator](#), “BMR” & “TDEE blog post)

Select correct activity level. Need help? Check out [Part 2 of “What is TDEE and BMR”](#).



If you are a [BodyMedia Fit](#), [BodyBugg](#) or [Fitbit](#) user, use your program reports to calculate your average TDEE for a week or a month.

# Determine Starting Program - Full Metabolic Reset or TDEE with Cut

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## Full Metabolic Reset

If a very low calorie diet has been employed for an extended period of time or if a diet break has never been taken, consider a reset. Need help deciding? [Click here for more information](#)

A metabolism reset takes a minimum of 8-12 weeks.

When complete, introduce small deficit of 10% for remaining 4 weeks

Assess body response at 8 weeks and adjust if needed

If you are losing consistently, continue eating at this level for remaining 4 weeks

If loss has slowed, cut another 5% for the final 4 week period

After 12 weeks, eat at TDEE for one week then move on to TDEE with Cut phase



## **TDEE with Cut**

In calculator, select the 15% deficit option

Eat at recommended level for 6 weeks

Assess body response at 6 weeks and adjust if needed

If trending downward in weight, continue eating at this level for remaining 4 weeks

If trending upwards, reevaluate whether the correct activity level was selected. Need help?

[Click here for more information.](#)

If weight bounces around with the same few pounds, increase caloric intake by 100 for remaining 4 weeks.

# Track Caloric Intake

Use a calorie counting website to track caloric intake on a daily basis. Set macros to: 40% carbohydrates, 30% protein and 30% fat. Be consistent in meeting calorie and macros goals, paying special attention to protein.

- Regardless of which program selected to start at, the number to eat includes your daily activity.
- If activity is more than the difference between your TDEE and BMR, then on these days, eat back the calories to ensure NET does not fall below BMR.

Nutrition Facts			
Amount Per Serving			
Calories	2,059.6		
Calories from Fat	537.4		
Fat	60.7 g		83 %
Saturated Fat	15.9 g		80 %
Polysaturated Fat	12.9 g		
Monounsaturated Fat	21.7 g		
Cholesterol	177.0 mg		59 %
Sodium	2,375.0 mg		124 %
Potassium	3,379.9 mg		97 %
Carbohydrate	266.9 g		89 %
Dietary Fiber	27.1 g		109 %
Protein	83.3 g		167 %
Alcohol	23.6 g		
Vitamin A	313 %	Vitamin C	570 %
Calcium	109 %	Iron	217 %
Vitamin D	133 %	Vitamin E	132 %
Thiamin	8,645 %	Riboflavin	1,351 %
Niacin	325 %	Vitamin B12	679 %
Vitamin B6	502 %	Manganese	433 %
Phosphorus	147 %	Copper	166 %
Selenium	%	Magnesium	117 %
		Zinc	166 %

## Example 1

TDEE = 2000; BMR = 1500; Calories burned = 500 or less; NO CHANGE. Eat at same levels.

## Example 2

TDEE = 2000; BMR = 1500; Calories burned = 600; Eat the difference, in this example difference equals 100 additional calories.

**NOTE:** If the need to eat excess calories happens frequently, recalculate TDEE and select the next higher level of activity setting.

# Measuring Progress

**Do not rely solely on the scale**

- Take pictures on day 1. Front, side, and back shots.
- Take measurements of neck, biceps, chest, waist, hips, thighs, and calves



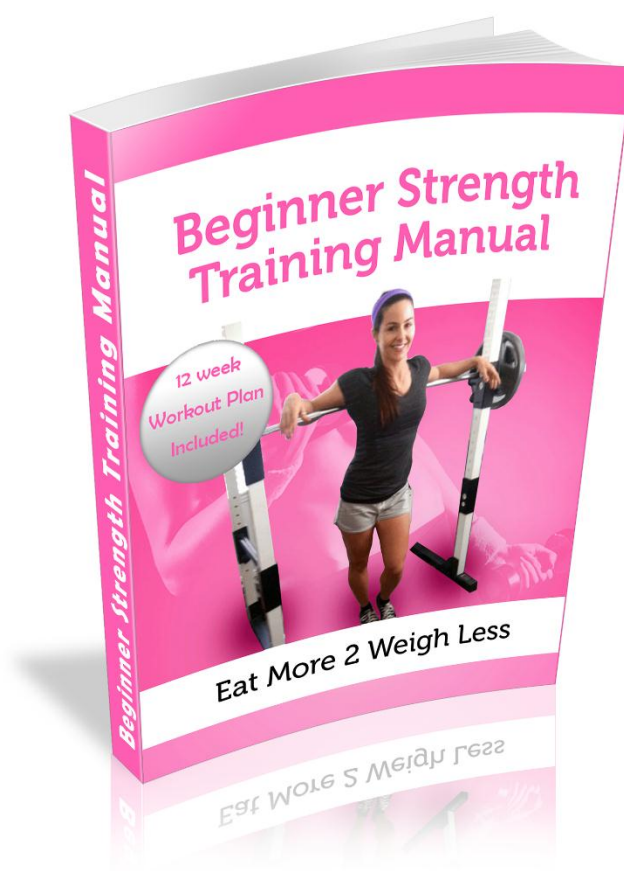


# Recommendations

If strength training is not part of current routine, incorporate it. Need a good starter program? Pick up the book, "[Beginner Strength Training Manual](#)." If more advanced, check out Cathe's "[STS Program](#)".

Cardio does burn fat, however strength training burns more. Remember also, that very high burns will require even more food. Consider shorter cardio sessions (or none during reset). We suggest doing two HIIT training sessions for 20-30 minutes twice a week alternated with strength training sessions.

Though exercise is not required to lose weight, it is highly recommended for the health benefits and physical changes it can make to appearance.



# Expectations

## Managing Expectations

- Read the “What to expect” of the [Starter Kit](#) before starting.
- Pay close attention to the description of the "phases" you'll experience, so that you know what is normal (no hunger, bloating, ravaging hunger, no energy, energy returns, stabilization)
- Re-read as often as necessary.
- Weigh-in as little as possible, usual methods of tracking will become obsolete and even discouraging if you depend on them
- Be patient, trust the process. You'll find that this is easier said than done. This is not a quick-fix process, but inconsistency and stressing only prolongs your results.



# Get Help On Our Forums

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Our forums will provide with you a full support system for your new journey. Share questions and concerns with others that are going through the journey right alongside you. Benefit from the wealth of knowledge and encouragement from experienced EM2WL family and moderators. Create a personal log of your own journey, join in on current challenges, exchange recipes, and more! Register today and [join the conversation](#) immediately.