



GUIDE

by Kiki Smith



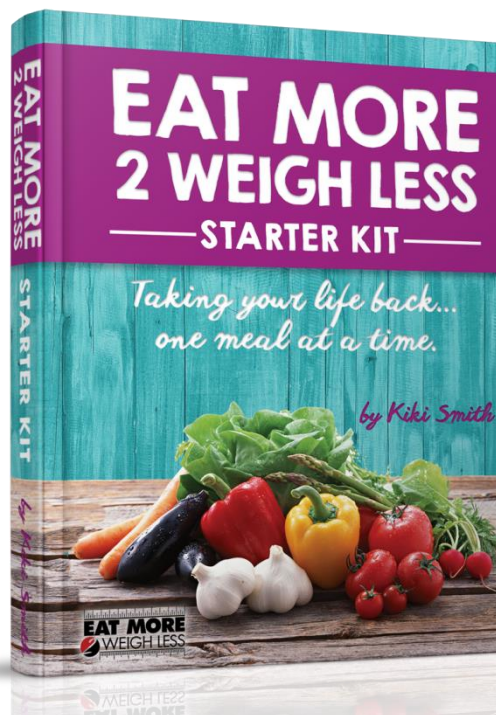
Table of Contents

Introduction	2
The EM2WL Journey - Summarized.....	3
Calculating BMR and TDEE	4
Determine Starting Program.....	4
Track Caloric Intake	7
Measuring Progress.....	7
Measurement Tracker.....	8
Recommendations.....	9
Expectations	10
Get Help On Our Forums.....	10

Introduction

This Quick Start guide provides a brief overview of the EM2WL process. It's a bit like a Cliff Notes version of the much more detailed Starter Kit.

For a full explanation of the process, we recommend everyone begin their journey by purchasing and downloading the [EM2WL Starter Kit](#).





Bria's EM2WL Success Story

You mean you want me to EAT MORE?? No way! I fought it tooth and nail until one of my trainers told me this really was what I needed to look into. As scary as it was, I dived in and began to slowly up my caloric intake from less than 1,000 a day to about 2,200. The weight started to come off again and every single lift I tried kept going up!

Bria

The EM2WL Journey - Summarized

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.



Calculating BMR and TDEE

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](#) 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

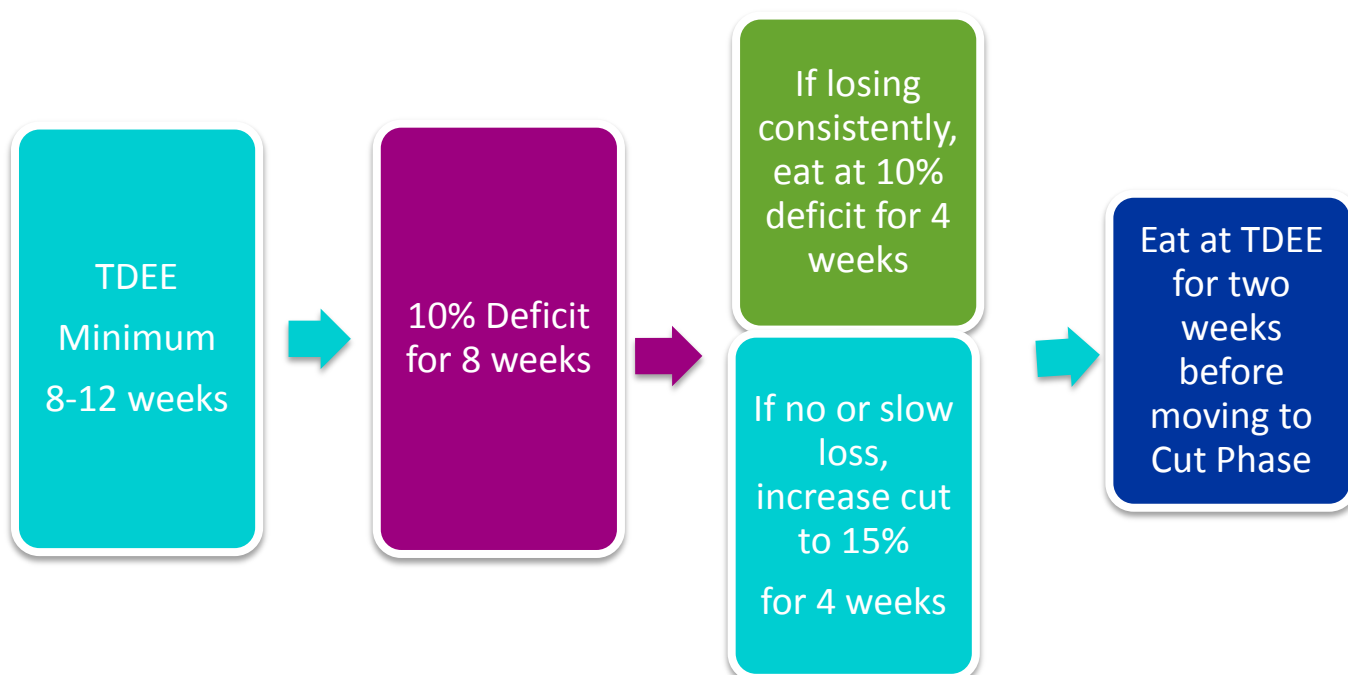
Have you employed a very low calorie diet for an extended period of time or have never taken a break from dieting? Need help deciding? [Click here](#) for more information

If yes, consider a Full Metabolic Reset.

If no, start with the TDEE with Cut Program

Full Metabolic Reset

- ✓ A full reset is eating TDEE for a *minimum* of 8-12 weeks.
- ✓ When complete, introduce small deficit of 10% for 8 weeks.
- ✓ Assess body response at 8 weeks to determine future caloric intake.
- ✓ If you are losing consistently, continue eating at this same 10% cut for an additional 4 weeks.
- ✓ If no weight loss, or weight loss is slowing, increase cut to 15% for remaining 4 weeks
- ✓ After 12 weeks, eat at TDEE for two weeks then move on to TDEE with Cut phase.



TDEE with Cut

- ✓ In calculator, select the 15% deficit option and eat at recommended level for 6 weeks.
- ✓ Assess body response at 6 weeks to determine future caloric intake.
- ✓ If trending downward in weight, continue eating at 15% deficit for remaining 6 weeks.
- ✓ If trending upwards, reevaluate whether the correct activity level was selected. Need help? [Click here.](#)
- ✓ If weight bounces within same few pounds, increase caloric intake by 100 for next 6 weeks.
- ✓ After 12 weeks of eating at a deficit, take a diet break, and eat at TDEE for two weeks.
- ✓ Repeat cut cycle.



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 macro 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.

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.

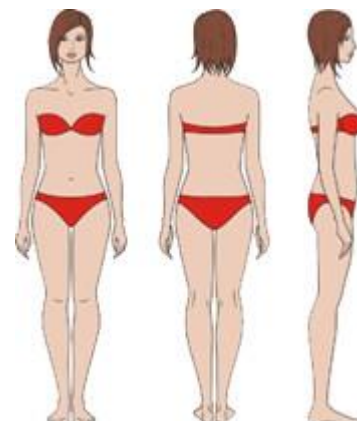
Measuring Progress

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.

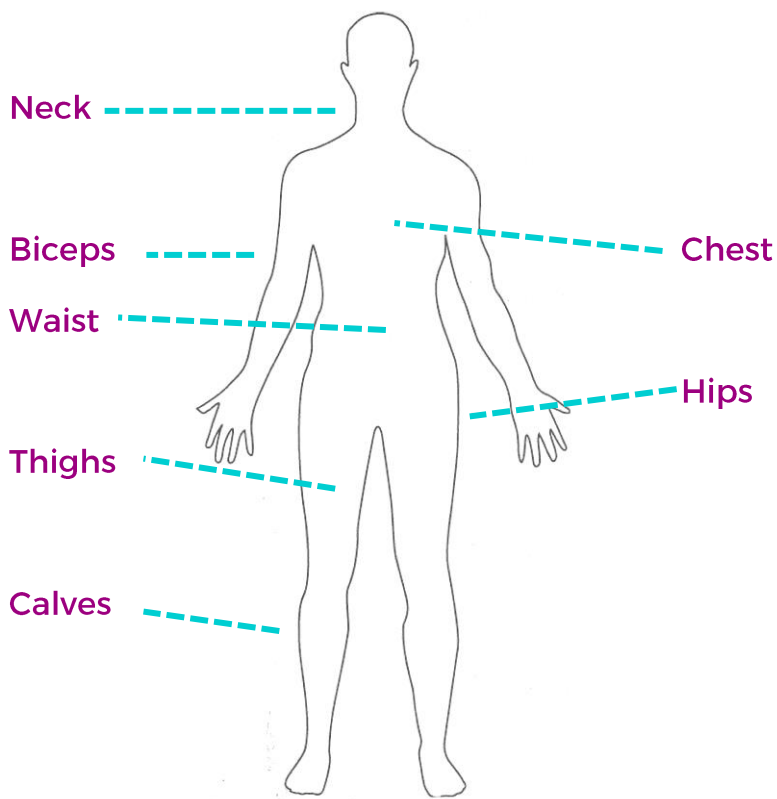


Print out the measurement tracking sheet on the next page and keep it somewhere handy to keep track of your progress



Measurement Tracker

	Day 1	Day __	Day __	Day __	Day __	Day __	Day __
Neck							
Biceps							
Chest							
Waist							
Hips							
Thighs							
Calves							



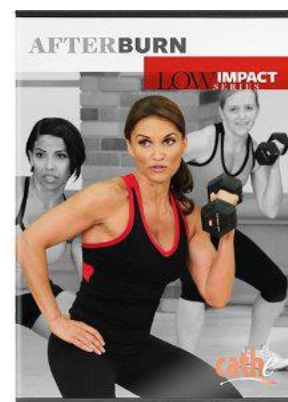
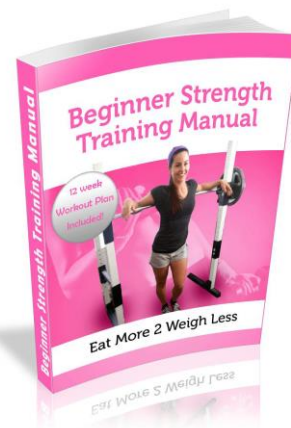
Recommendations

If strength training is not part of current routine, incorporate it. Need a good starter program? Download EM2WL's ebook, "[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.

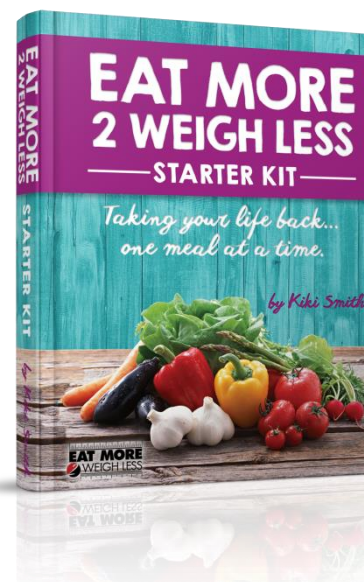
Though exercise is not required to lose weight, it is highly recommended for the health benefits and physical changes it can make to appearance.



Expectations

Managing Expectations

- ✓ Purchase and read the [EM2WL Starter Kit](#) before starting to get a more thorough understanding of what to expect
- ✓ 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

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.

Plus follow us here:



Subscribe to our [YouTube Channel](#) - we are always updating and adding new videos, so be the first to know when they are published.



"Like" us on [Facebook](#). New Blogs, Success Stories, and other motivation are posted to Facebook daily.



Follow us on [Twitter](#). Whether you have a quick question, or would just like to stay up to date with what's going on, as well as informative tips and articles.



Follow us on [Instagram](#). Get a daily dose of inspiration, tips & tricks to keep you motivated on your EM2WL journey.



Connect with us on [Periscope](#). Get your questions answered on the spot during LIVE broadcasts.



Follow us on [Pinterest](#). Find recipe and meal planning ideas to help with your nutrition, ideas for creating a home gym and more,