FAT BURN REBOOT

The Fat Burn Reboot

A realistic 28-day reset for healthy fat loss: simple eating, daily movement, better sleep and fewer cravings.

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START HERE

How to use this guide

Read it once, then work it chapter by chapter.

This guide covers general healthy-living habits for adults and is not medical advice. Check with your doctor before changing your diet or exercise, especially if you have a medical condition, take medication or are pregnant. Read Chapter 1 first, then follow the 28-day plan in Chapter 8.

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CHAPTER 1

Start here: the reboot mindset

Why quick fixes fail, and what to do instead.

Before you begin

This guide covers general healthy-living habits for adults. It isn't medical advice. If you have a medical condition, take medication, are pregnant, or are new to exercise, check with your doctor before changing your diet or activity.

Why diets stall

Most crash diets fail because they're too extreme to keep up. You lose a little, feel deprived, and bounce back. The Fat Burn Reboot works the other way: small, sustainable changes that add up over 28 days and beyond.

What to expect

Healthy fat loss is gradual, and everyone's body is different. Focus on habits you can keep: how you eat, move, sleep and manage stress. Results vary and nobody can promise a specific number on the scale.

THIS CHAPTER DECIDES

Write down why you're doing this, in one sentence, and take a starting photo and measurements.

CHAPTER 2

Your eating reset

Simple rules, no counting obsession.

The plate method

At each main meal: half your plate vegetables, a quarter lean protein, a quarter whole-food carbs, plus a thumb of healthy fat. No scales or apps required.

Protein first

Protein helps you feel full and supports muscle while you lose fat. Include a palm-sized portion at each meal: eggs, fish, chicken, beans, Greek yogurt, tofu.

Cut the easy calories

The biggest quick wins are usually sugary drinks, alcohol, and snacking straight from the packet. Swap, don't starve: sparkling water instead of soda, a planned snack instead of grazing.

THIS CHAPTER DECIDES

Use the plate method for every dinner this week and swap one sugary drink a day.

CHAPTER 3

Move more, without living in the gym

Daily movement plus a little strength.

Steps first

Everyday movement adds up. Find your current daily step count and add about 1,000 steps per week, at your own pace.

Strength twice a week

Two short strength sessions a week help preserve muscle as you lose fat. Bodyweight squats, push-ups (on knees or a wall is fine), lunges, glute bridges and planks are enough to start.

Start easy

Begin at a level that feels manageable and build gradually. Stop if anything hurts, and get medical advice for any pain or health concerns.

THIS CHAPTER DECIDES

Schedule two 20-minute strength sessions and a daily walk on your calendar.

CHAPTER 4

Sleep and stress

The overlooked fat-loss levers.

Why sleep matters

Poor sleep tends to increase hunger and cravings and makes it harder to stick to good choices. Aim for a consistent bedtime and 7 or more hours in bed.

A simple wind-down

Dim the lights, put screens away 30–60 minutes before bed, keep the room cool and dark, and avoid caffeine late in the day.

Stress eating

Notice when you eat because you're stressed or bored, not hungry. Try a 5-minute walk, a glass of water or a few slow breaths first, then decide.

THIS CHAPTER DECIDES

Pick a fixed bedtime and a 30-minute wind-down routine.

CHAPTER 5

Hunger and cravings

Work with your appetite, not against it.

Eat slowly

Take 15–20 minutes per meal and put your fork down between bites. Fullness signals take time to arrive.

Plan your treats

Banning foods often backfires. Plan a treat you enjoy, have it mindfully, and move on. One treat doesn't undo a week.

Water and fiber

Drink water through the day and include high-fiber foods like vegetables, beans, oats and berries to help you feel full.

THIS CHAPTER DECIDES

Plan this week's treats in advance and eat one meal a day slowly, without screens.

CHAPTER 6

Simple meal planning

Make the healthy choice the easy choice.

The weekly plan

Pick 3–4 simple dinners you like, use the plate method, and repeat them. Shop once with a list.

Batch prep

Cook protein and chop vegetables in one session, so weekday meals take minutes.

Eating out

Choose a protein and vegetables, ask for sauces on the side, and decide before you arrive whether you'll have dessert or a drink.

THIS CHAPTER DECIDES

Write a 4-dinner plan and a shopping list for next week.

CHAPTER 7

Tracking progress the smart way

Measure more than the scale.

More than one number

Scale weight bounces daily with water and food. Track a weekly average, plus waist measurement, photos, energy, sleep and how your clothes fit.

Weekly check-in

Once a week: review your habits (meals, steps, workouts, sleep), note one win, and pick one habit to improve next week.

Plateaus

Plateaus are normal. Check your habits honestly before changing anything, and adjust one thing at a time.

THIS CHAPTER DECIDES

Set a weekly check-in time and fill in the tracker.

CHAPTER 8

Your 28-day reboot plan

Put it all together.

Week 1

Plate method at dinner, one drink swap a day, daily walk, set a bedtime.

Week 2

Plate method at lunch and dinner, add two strength sessions, plan your treats.

Week 3

Batch prep once, add 1,000 daily steps, eat one slow meal a day.

Week 4

All habits together. Do your check-in, then choose the three habits you'll keep for the next 28 days.

THIS CHAPTER DECIDES

Print the 28-day tracker and start Day 1 tomorrow morning.

TRACKER

Your 28-day tracker

Tick each day you complete the plan.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28