

Million Calorie Mindset

Lose Weight Crush Goals Forge Habits

By

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Chapter 1

Who I am and Why You Should Read This Book

Hey there, I'm Alexander Oliver. But let me be clear—I'm not just a guy who lost 50 pounds. I'm a husband, a father of three incredible kids, and a man on a mission. You see, I don't just drift through life—I take it head-on. And that's what this book is about: taking control of your life and crushing goals, no matter where you're starting from.

You've probably heard it a million times: life is about the choices we make. The small ones, the big ones, the ones we ignore, and the ones we embrace. Every choice affects how we feel, how we look, and how we show up for those who count on us. But let's be real: making the right choices every day is hard. That's where the warrior mentality comes in.

I'm not just talking about working out or eating better (though both are key). This is about “showing up” for yourself and for the people who need you most. I've been where you are—balancing work, family, and the chaos life throws at you. There are days when you feel drained, unmotivated, and overwhelmed. I've been there, and I get it. But here's the thing: the most powerful force in life is the belief in yourself and the decision to keep going, even when it's hard. That's what makes you a warrior.

My Journey Begins

Five years ago, I started my weight loss journey. Back then, I didn't have some grand goal. I just wanted to be healthier and lose some

weight. I went to the local Snap Fitness gym, where I met Jase, a personal trainer, where he introduced the Myzone 3 tracker chest strap (this is where I started tracking calories burned working out) and he took me through the machines. I remember thinking, “What’s different this time? How long am I going to last this time before I quit?” As I have been down this road before many times. I let life, stress, and my own doubts steer me away from success, always coming up with a fresh excuse. Deep down, I didn’t think I was worth the effort. But this time, I made myself show up consistently even if I didn’t feel like it.

I started with two days a week at the gym in the fall of 2019, and then Covid hit in the spring of 2020. I thought this was the perfect excuse. This is the head game we all play, justifying quitting. I Instead told myself I wasn’t going to look back at this point in my life as a place of failure. So, I took matters into my own hands. I built a home gym. It wasn’t glamorous, but it was mine. I started working out five days a week.

The Ugly Truth About My Early Habits

During that first 6 months, I lost 5 pounds, but I didn’t change my diet. I was also drinking alcohol daily. I put myself through the depths of having an everyday drink and drinking more on the weekends. I look back at this time of my life with regret. I had a lot of suffering going on with my business, and this was my way of coping (not the best thing to do). I was working out to drink; that was the trade-off. And at that point, I was surviving; I wanted to drink without gaining weight, so I performed that mad cycle for a year. At the end of October 2020, I weighed 194 pounds and burned about 175,000 calories. My results screamed at me. Something had to change.

I had to have a brutal heart-to-heart with myself about my diet. *Why am I busting my ass in the gym, only to feel like crap all the time?* The answer was obvious: my diet was a mess. It was time for hard choices. I started eating cleaner and cut back on alcohol.

From Small Wins to Big Breakthroughs

Fast forward 6 months to May 2021, and my choices have paid off. I now weigh 169 pounds. In my adult life, I have NEVER weighed less than 180 pounds. I will tell you I got scared. I was like, “What is happening?!?! This is wild... I’ve done it. I’m there now. I either need to maintain, or I could try and bulk up.” So, I gave it some thought, and I decided to try and gain muscle mass. This part is sad... It’s unfortunate I really didn’t get into a structured plan because all I tried to do was drink protein shakes and eat more. It literally just got me fat. I tried to lift higher amounts of weight with fewer reps and ended up injuring myself. I had to modify my workouts to keep the habit going. By December 2021, I weighed 193 pounds. I had to dig out my large clothes again and accepted defeat. I wasn’t stronger because it all felt the same but now it felt like more effort to complete my workouts, and I was gassed. I was done with it and decided to lose weight again.

The Turning Point

By May 2022, I weighed 173 pounds. But something inside of me snapped. This is where I thought to myself, “Do I maintain, or do I see what my body is capable of? What am I **fucking** made of? I need to know.” I decided to go for it. Let’s see where this takes me. I decided to track calories. I started using My Fitness Pal to see EXACTLY what was going into my body, right down to the one bite of toast my kids didn’t finish for breakfast. And this, my friends, THIS right here was the game changer. I challenged myself to be the absolute best version of myself. And what did that mean? That

meant being accountable, **feeling shame and guilt, and dealing with the daily choices of eating.** That meant saying no to cake, candy, chocolate, and chips. I call them the 4 Deadly C's. That meant showing people I was serious about me. I needed to know that I could achieve the goal of being the best me, and that meant putting me first. I had to cast aside people's judgment of me for rejecting their cooking, baking, and treats. At first, it took some getting used to; people generally don't know how to take that. Especially family, especially when you've accepted their generosity your whole life. But they gradually learned that I was in charge of what went in my body, and they learned not to take it personally. I was on a mission; I needed them to know.

The next 6 months drastically transformed my way of life. It burned into my soul that anything is possible with **daily discipline.** Yeah, and guess what? I was a bit of an asshole. Passing on the birthday cake at parties, saying no to workplace doughnuts, and even pulling out a leftover chicken breast at supper because I didn't want to eat what my wife cooked. But Monday – Friday, I ate with gritty **discipline,** and I let myself go a little bit on the weekends, and still, to this day, Monday to Friday, I do my best to stick to eating rules. To a high degree, I'm aware of what I've eaten and what I'm going to eat, so it keeps me within a caloric range.

The Best and Worst of My Journey

By November 2022, I hit 154 pounds. I quit drinking entirely as it was negatively impacting my life. I was **banking** calories to drink them at functions or on the weekends and it wasn't worth it. I couldn't regulate it and found that drinking on an empty or near-empty stomach was creating problems I didn't need.

After I quit drinking, I'm not going to lie. I got scared as the weight kept coming off. What I was doing for weight loss was working. And

it worked well. **Almost too well.** It was an all-time weight-low for me, and people were starting to get worried for me. Especially my mother. She was like, “Alejito (she’s Colombian, that’s what she calls me), you need to eat more. You’re too skinny. If you ever go to the hospital, you won’t have any fat to live on as you need it in case you get really sick!” I’m not sure if I agree with that one, but she may have a point!

A year and a half later, it’s May 2024, I have bounced around 155 pounds in those 2 years. I’ve stuck with the program. I’ve stuck with saying no more often than not on the 4 C’s, not drinking, and general food tracking. I did do an extreme 30-day challenge to limit my caloric intake to 1500 calories or less a day. And that’s when my lowest weight was recorded on May 10, 149.8 pounds. Wild, absolutely wild. But here’s the kicker: I was getting weaker, I started pushing less weight, and I almost severely injured myself on more than one occasion (I told my wife about one of them; I didn’t want her to worry). My brain wanted what my body couldn’t support. I didn’t have the muscle mass to continue with my routine workouts. That was a line for me. I needed to eat more, and the challenge was over. I now knew the lowest weight for my body in order to be healthy.

Let’s skip to today. Through the years I never stopped working out. I was determined, resilient, and disciplined. I made myself see value in myself, and I effectively tricked my brain into being healthy. I’ll talk more about that later. On November 15, 2024, I achieved a milestone! 1,000,000 calories burned working out goal!! I’ve spent around 25,000 minutes on the elliptical, over 47,000 minutes lifting weights, and worked out over 1,000 times in five years!! I cried that day. It wasn’t just about the number—it was about what it represented. Five years of showing up. Five years of proving to myself that I’m worth the effort.

It hasn't been easy. There were countless mornings I didn't want to get out of bed. There were mornings I wanted to skip my workout because I was tired, sore, or kind of sick. I've had those moments where my mind whispered, "*Do it tomorrow*" or "*You had a shit sleep – nobody will care if you miss this workout,*" to which I quickly trained my mind to respond with, "I have a goal," "Nobody is going to do it for you," "You need to pat yourself on the back," "Get the checkmark." I needed to be accountable for my actions and hold myself to my word.

Why You're Here

I'm sharing this with you because I believe that if I can do this, **so can you**. What you need is planning, execution, and **discipline**. You are worth it. You deserve to achieve your goals. You were put here for a reason; don't live a life with regret. Carve out time to do the things you want to do. **Plan and execute**. I didn't start with anything more than a desire to be better. And now, I'm not just in better shape. I'm a better version of myself—more focused, more determined, more resilient.

The point is showing up for yourself—even when it's tough. You are worth it. Do it even though you don't **feel** like it. Don't let people pat you on the back and say it's ok to miss a workout, "You've been doing so well; take the day off, take a break. Why are you working so hard?" People will always hug you when you fail. They will feed you a cookie because, deep down, it's a form of connection; they've failed so many times as well. **Comfort** is a life drug that will drag you down. Don't let the warm embrace trick you into thinking it's ok to fail. You owe it to yourself to be the best version of yourself. You can do this; I believe in you.

I've been on both sides of this battle. At my heaviest, I weighed 225 pounds (way back). I had back problems, I didn't care about myself,

I valued partying with my friends more than my body, I had trouble sleeping, and zero stamina. It was hard to climb stairs or tie my shoes without feeling winded. That was me, then. And now? I'm a man who has learned to master his body, and in doing so, I've learned how to create habits that stick. This book is about that transformation—not just the physical change, but the mental and emotional strength that comes with it.

Let's be real: life gets in the way. As a husband, father, and professional, you're constantly juggling responsibilities. But you know what? That's exactly why you need to take control of your health. It's not just about losing weight—it's about taking control of your life and showing up for yourself. This journey wasn't about rapid, temporary change—it was about sustainable, lasting results. And that's what I want to help you achieve.

If you're reading this, it's because something inside of you knows you're capable of more. It's not about perfect workouts or extreme diets. It's about taking consistent **action**, one day at a time. It's about showing your kids, your spouse, and yourself that you're in this for the long haul. It's about living a life where you can look in the mirror and say, "I did this. I made choices every day. I became the best version of myself, and I still want to be better."

So, here's my challenge to you: take **the first step**. It won't be easy. Make a time and a place, then **show up**. That's half the battle. Showing up. The other half is putting in the effort. And honestly, you're going to think, *'Well, I'm here anyway, might as well do the work.'* There will be days you don't **feel** like it, days when you **doubt** yourself, days you're sore, tired, hungry, and the list of excuses goes on. But I promise you, every choice you make to push forward is a step toward becoming the person you were always meant to be. Turn your excuses into execution.

This is more than a weight loss journey. This is about taking back control of your life. Are you ready to begin?

Why do you want to lose weight?

Maybe you've got your own "why." I did it to be healthier, have more stamina and honestly, I love the look. Your why could be to have more energy for your kids, to feel more confident in your own skin, or to break free from the unhealthy habits that have been holding you back. Maybe it's just because you're tired of feeling tired, or because you want to get a glimpse of what's possible when you stop letting yourself go.

Think about your why. Think about this hard, and write it down. Remember it. Burn it into your brain. I created a goal, and I want this to be my legacy. I want my kids to know that anything is possible if you make everyday choices toward that goal, **every day**. Whether it's learning to play an instrument, reading a book, or creating an empire. Anything is possible if you **plan and execute**. **Track your progress**, it feels awesome to get the checkmark (especially when they all start lining up). Remember to look back and pat yourself on the back!! Don't expect anyone else to give you a high five; you are your own cheerleader! Don't do it for the accolades. Do it because it's a step towards **your goal**. Do it for you!

Your "why" matters. It's what will keep you going when things get hard when you're tempted to quit, and when life tries to pull you back into old habits. I can tell you firsthand that the journey is never linear—it's a **battle**. And as an everyday warrior, I learned that showing up and fighting **every day**—even when it feels impossible—is the key to success. If you shit the bed one day, that's fine, get up and do it the next day. Don't wait till Monday, don't wait till you feel like it, don't wait till the Netflix marathon is over. Plan

to do it the **next** available moment and **execute**. Get back on the horse and ride it till the sun goes down!

This book is about my five-year journey—losing 50 pounds and keeping it off. But it's not just about the weight. It's about the mental toughness, the mindset shifts, and the habits that transformed my life.

I want to show you that **this is possible for you too**. No matter how many excuses you've made, no matter how many times you've tried and failed, no matter how busy you are, you can do this. You can win your own battle—one decision at a time, one day at a time.

The journey ahead isn't going to be easy, but it will be worth it. Let me help you start that journey, and together, we'll win this battle. For you, for your family, and for your future.

"You are stronger than you think. Every warrior faces battles, but it's the one who keeps fighting that wins."

Chapter 2

Mindset

Alright, let's start with a little reality check. Losing weight—well, it's not a walk in the park. If you think you're just going to drop 50 pounds while binge-watching your favorite TV shows and sipping on kale smoothies, I've got some bad news for you. You'll need more than just a strong Wi-Fi signal and a Netflix account to get this done. You're going to need the right mindset, and I don't mean the type of mindset that's all: "I'll start on Monday" or "This weekend, I'll get serious" (spoiler alert: those never work).

The truth is, this journey is about **discipline, planning, and executing**—and I'll be honest, there's no magic pill here; you're going to have to pat yourself on the back. If you think everyone is going to come running to save you, think again. Do this for you. You're number 1, and treat yourself that way. You got this; I know you do.

Let's talk about mindset first, because this is the heavy lifting you don't see coming. You can have the best eating plan and a shiny new gym membership, but without the right mental attitude, it's like trying to start a car with an empty gas tank. You need fuel—and that fuel is **discipline**.

The Key to Long-Term Success

Here's what I've learned: mindset matters more than anything. How you talk to yourself shapes what you achieve. This isn't just about working out or eating better—it's about convincing yourself to

show up, make the choices, and take the actions that move you forward.

The mental battle is where most people falter. Sure, the physical part is crucial, but the real enemy is that little voice in your head saying, “Skip the workout” or “Just have one slice of cake—it won’t matter.” Trust me, it does matter. Some days, you’ll feel unstoppable, and other days, you’ll find yourself halfway through a bag of Doritos, wondering how it all went wrong.

But here’s the thing: every day matters. Not just the good ones when you feel like you can conquer the world. It’s the hard days, the ones when everything feels impossible, that define your success.

I’m not perfect. Even now, I allow myself a little indulgence on weekends. Five days a week, I’m locked in like a warrior. The other two, I loosen the reins a bit. But here’s the catch: I stay in the game. Because when you start making excuses like, “I’ll start fresh tomorrow,” that’s when the slippery slope begins. Soon, tomorrow turns into next week, and next week turns into “How did my pants get so tight?”

Discipline: The Rocky Balboa

Now, let’s talk about discipline. I know, it sounds like something out of *A Few Good Men*, the Tom Cruise Military movie, but I promise it’s the unsung hero of this entire process. It’s not sexy, but it’s **absolutely essential**.

Discipline is your ride-or-die friend, the one who shows up uninvited and refuses to let you fail. It’s there even when you don’t want it. It’s that inner voice telling you, “Hey, maybe we don’t need

that extra slice of cake, huh?” when all you want to do is faceplant into the dessert table at a family gathering.

For me, the discipline wasn't about never eating pizza again or being a gym rat who can squat more than my car weighs (which, I mean, who even needs that kind of strength?). It was about showing up every single day and doing the work—**even when I didn't feel like it.**

I had to admit something to myself early on: I wasn't going to accidentally wake up one morning and be fit. It wasn't going to happen while I slept, no matter how hard I wished for it. So, I committed to the little things—eating less, **planning** time to workout, showing up to the workout (that's half the battle), and saying “no” to the idiot in my head (even though I really, REALLY wanted to say yes, you're right).

Discipline, my friends, is about doing what needs to be done **even when you don't feel like it.** It's making the right choice even when your brain is telling you that *one more bite* won't matter.

Perfection Is a Myth, But Resilience Is Real

Perfection is a myth. Let me say that louder for the people in the back: **no one is perfect.** You will mess up. You'll have days when your diet goes off the rails or when your workout shoes stay untouched. And guess what? **That's okay.**

Here's where most people fail: they let one slip-up spiral into a full-blown derailment. It starts with “I already ruined today, so what's one more cookie?” and ends with a fast-food bender that lasts all weekend. By Monday, you're three pounds heavier, and your pep talk to yourself feels like a lie.

Stop that cycle. Resilience is what will save you. The key is to recover, not wallow. Dust off the crumbs—whether they're metaphorical or literal—and get back to it. The best part? Each failure is a chance to learn.

For me, I discovered my triggers: stress, exhaustion, and—let's be honest—boredom. But I also learned to recognize those moments and have a plan ready. When life throws a curveball (and it will), resilience is about swinging back, not sitting on the bench.

In fact, some of the best lessons I've learned came from those slip-ups. I figured out what triggers my bad habits (hello, tired-eating), what strategies work best for me (**planning and executing**), and how to get back on track when life throws me a curveball (have plan B and C). And trust me, life will *always* throw curveballs—kids get sick, work gets crazy, and sometimes you're just too tired to even think about putting on your workout shoes. But resilience is about getting back in the game, no matter how many times you fall down. If you fall down 7 times, get up 8.

If you're listening to this, you've survived 100% of the days before today, so get back up on that horse immediately or at the next available moment. Don't **postpone** what you can do today till tomorrow.

Kill Procrastination with Action

Do not hesitate, do not let your brain talk you out of it, because your brain wants to keep your body warm, fuzzy, and safe. It is outside our comfort zone to get back on the habit train, to CHANGE. You owe it to yourself. You come first; if you don't take care of yourself, NO ONE WILL. No one is going to do the work for you! **You owe you** to be the best version of yourself or achieve that goal. IF you compete against anyone, compete against yourself and

be better than you were yesterday. Don't compare yourself to other people. You don't know their story, and if you're following them on social media, you can bet your ass you're only seeing the glory; they could be an absolute mess but only show the rainbows and unicorns.

I don't want to be on my deathbed wondering what if or what could have I possibly achieved if I tried my best. I also have a long list of things I want to check off, and writing this book is one of them. I need to do it, and I need to tell people how I changed my life and that **they can do it too**.

The Power of Small Wins

And here's the beauty of it: it's not about being perfect. It's about **the small wins**, the seemingly insignificant decisions you make every day. It's the extra five minutes you take to walk around the block. It's not finishing the **whole** bag of chips. It's resisting the urge to hit the snooze button for the third time and actually getting out of bed and hitting the gym (let me tell you, half the battle is showing up, and the other half is putting in the effort).

Those little things? They add up. And before you know it, you've got momentum on your side. Kill procrastination with action. It will become easier the more you do it. Some days, it might feel like a grind, but guess what? You are worth it—it's your job to take care of you. Do you have a job to make money? Make yourself the job, pay yourself with life-changing habits, and be the best version of you possible. You're not just hoping for change; you're making it happen one step at a time.

There were days when I thought about quitting—days where I ate more than I should've (and I still do) or skipped a workout. But I didn't quit. I got back on track (**immediately**). Because here's the

secret: you don't need to be perfect to succeed. You just need to be **persistent, consistent, and disciplined.**

Chapter 3

Your Eating Plan

Let's face it: losing weight isn't just about working out. Yes, exercise is crucial for building strength, stamina, and torching calories. But when it comes to shedding pounds and keeping them off, **diet is the biggest piece of the puzzle**. I want to help you understand how to take control of what goes into your body and how you can make simple, powerful choices that lead to lasting change.

This chapter isn't about restrictive dieting or eating tasteless meals. It's about planning and executing an eating strategy that will fuel your body, support your goals, and still leave you feeling satisfied. You've got the power to change your eating habits, but it's going to take some education, awareness, and a hefty dose of **accountability**.

Let's break this down into simple actionable steps that will help you take control and crush your goals. I can help you with this in my Accountability Program, but here it is:

Step 1: Know Your Numbers

The first step in mastering your diet is figuring out how many calories your body needs. This isn't guesswork—it's science. To start, calculate your **Total Daily Energy Expenditure** (TDEE). This tells you how many calories you burn in a day, factoring in everything from breathing to hitting the gym.

Here's how to do it:

Find your **Basal Metabolic Rate (BMR)**—the calories your body burns at rest. Use an online calculator. There are tons, but here are a few:

<https://calculatorbox.com/calculator/bmr-calculator/>

<https://www.calculator.net/bmr-calculator.html>

<https://www.omnicalculator.com/health/bmr>

Step 2: Calculate your Total Daily Energy Expenditure (TDEE)

By multiplying your BMR by an activity factor, depending on how active you are. This gives you, on average, how many calories you burn every day just doing your normal activities:

- Sedentary (little or no exercise):

$$\text{BMR} \times 1.2$$

- Lightly active (light exercise 1-3 days a week):

$$\text{BMR} \times 1.375$$

- Moderately active (moderate exercise 3-5 days a week):

$$\text{BMR} \times 1.55$$

- Very active (hard exercise 6-7 days a week)

$$\text{BMR} \times 1.725$$

- Super active (very hard exercise or training twice a day)

$$\text{BMR} \times 1.9$$

Now you have your **TDEE**.

Step 3: Now you can set your caloric deficit.

In 1958, a study conducted by Max Wishnofsky concluded that a pound of body weight lost or gained was 3500 calories. Decades later, it has been referenced thousands of times by the media and the scientific community. Be advised this is a general rule of thumb, everyone is unique in their journey, and in the beginning, this may or may not hold true, but understand this ratio will fade as you lose weight because your TDEE goes down as you lose weight.

A safe and sustainable rate of weight loss is around 500–750 calories per day. So, if your TDEE is 2,500 calories, you'd aim to consume around 1,800–2,000 calories per day to lose weight at a healthy pace. If you run a deficit of 3500 calories over a period of time, you should generally lose a pound on the scale.

Albeit that our bodies can retain water like nobody's business, as in we can easily have a pound of excess water at the time we weigh ourselves so **do not get discouraged**, continue to **do the work**. Weigh yourself at the same time every week, and it should balance out. I personally do it every Friday morning before I workout at 5 am after I use the bathroom.

Step 4: Learn and list the Caloric Content of your commonly eaten foods

Now that you have an idea of how many calories you should consume, the next step is understanding what those calories look like in real food. Yes, you need to become a calorie-counting expert, and getting familiar with the caloric content of your common foods will help you make smarter choices throughout the day. Logging your eating into the MyFitness Pal app is the easiest way to track your calories. You need to be **aware** of what's going into your body, and this knowledge is fundamental in losing weight.

Here's a list of the common foods that I eat and their average caloric content per serving:

One Cup	Calories
Chopped Chicken	308
Bananas	134
Grapes	104
Mango	99
Pears	96
Blueberries	62
Cantaloupe	60
Carrots	52
Onions	48
Strawberries	46
Red Yellow Orange Peppers	43
Tomatoes	32
Sugar Snap Peas	26
Cauliflower	25
Cucumbers	16
Mushrooms	15
Spinach	7

Knowing this, you can start making small changes. For example, instead of smothering your salad in ranch dressing, try using a light vinaigrette or just a squeeze of lemon juice. Or, if you're frying something in oil, swap the oil for a non-stick spray or grill it instead. These small shifts will save hundreds of calories without sacrificing the calorie farm.

Here's a list of substitutions to help you slash calories from your diet dramatically. Or just eat a lot less of it. Some folks argue that artificial sweeteners have their downsides, but I'm not here to debate that. I trust the label—if it says zero calories, that's what I count on.

Category	Food	Calories	Substitution	Calories
Condiments	Mayonnaise (1 tbsp)	94	Greek Yogurt (1 tbsp)	10
			Light Mayo (1 tbsp)	35
	Ketchup (1 tbsp)	20	Reduced-Sugar Ketchup (1 tbsp)	5
			Fresh Tomato Salsa (1 tbsp)	10
	Ranch Dressing (2 tbsp)	145	Greek Yogurt Ranch (2 tbsp)	35
			Light Ranch (2 tbsp)	60
	Butter (1 tbsp)	100	Light Butter Spread (1 tbsp)	50
			Mashed Avocado (1 tbsp)	25
	Sour Cream (2 tbsp)	60	Non-Fat Greek Yogurt (2 tbsp)	20

	Cheese Sauce (2 tbsp)	80	Nutritional Yeast (2 tbsp)	40
	Barbecue Sauce (2 tbsp)	70	Sugar-Free BBQ Sauce (2 tbsp)	10
			Dry Spice Rubs (near 0 calories)	0
	Gravy (1/4 cup)	40	Broth-Based Gravy (1/4 cup)	15
	Cream Salad Dressings (2 tbsp)	120	Balsamic Vinegar (2 tbsp)	14
			Lemon Juice (2 tbsp)	8
	Whipped Cream (2 tbsp)	15	Low-Fat Whipped Topping (2 tbsp)	5
Snacks & Staples	Chips (1 oz or 29 grams)	150	Air-Popped Popcorn (1 oz)	30
	Chocolate Bars (1 bar)	250	Dark Chocolate Square (1 piece)	50
			Protein Bar (low sugar, 1 bar)	100-150
	Ice Cream (1/2 cup)	250	Low-Calorie Ice Cream (1/2 cup)	60-100
			Frozen Yogurt (1/2 cup)	110
	Bread (1 slice)	80	Thin-Sliced Bread (1 slice)	40
			Low-Carb Bread (1 slice)	30
	Bagels (1 bagel)	250	Bagel Thins (1 bagel)	110

			English Muffin (1 muffin)	120
	Pasta (1 cup cooked)	200	Zucchini Noodles (1 cup)	20
			Spaghetti Squash (1 cup)	40
	Potato Chips with Dip (1 serving)	240	Cucumber Slices with Hummus	100
	Mashed Potatoes (1 cup)	240	Mashed Cauliflower (1 cup)	50
Breakfast Foods	Pancakes (1 pancake)	90	Protein Pancakes (1 pancake)	60
	Syrup (2 tbsp)	100	Sugar-Free Syrup (2 tbsp)	10
			Fresh Fruit (2 tbsp)	20
	Butter on Toast (1 tbsp)	100	Avocado Slices (1 tbsp)	25
			Light Butter Spray (5 sprays)	10
	Heavy Cream in Coffee (1 tbsp)	50	Almond Milk (unsweetened, 2 tbsp)	5
			Sugar-Free Creamer (2 tbsp)	15
Main Dishes	Ground Beef (4 oz)	290	Lean Ground Turkey (4 oz)	170
			Plant-Based Meat (4 oz)	150

	Fried Chicken (1 drumstick)	160	Air-Fried Chicken (1 drumstick)	90
	Pizza (1 slice)	300	Cauliflower Crust Pizza (1 slice)	150
	Steak (6 oz)	450	Lean Sirloin (6 oz)	320
	Hamburger Buns (1 bun)	150	Lettuce Wrap (1 leaf)	10
			Thin Sandwich Rounds (1 bun)	100
Desserts	Cake (1 slice)	350	Angel Food Cake (1 slice)	130
	Cookies (1 cookie)	150	Oatmeal Cookie (1 cookie)	100
			Protein Cookie (1 cookie)	120
	Pudding (1/2 cup)	150	Sugar-Free Pudding (1/2 cup)	60
Drinks	Soda (1 can)	140	Diet Soda (1 can)	0
			Sparkling Water (1 can)	0
	Juice (1 cup)	110	Flavored Water (1 cup)	0
	Alcoholic Drinks (1 cocktail)	250	Vodka Soda (1 cocktail)	90

Step 5: Track Your Calories (Honestly, who wants to, it's a pain in the ass)

Now that you understand how many calories you should be consuming and what foods are higher or lower in calories, it's time to start tracking (yes, **everything**; don't let anything slip past you, hold yourself **accountable**)

Tracking your calories can be done the old-fashioned way with pen and paper, but the easiest way is to use an app like MyFitnessPal, Lose It!, or Cronometer. These apps make it easy to input what you eat and keep track of your daily calorie intake. I used MyFitnessPal, and let me tell you, a little work goes a long way. You can save entire meals, making it one tap to add breakfast, lunch, or supper. They also save individual foods and remember the ones you eat most often, making it even **easier** to track.

DO THE WORK: This is the foundation to achieving your weight loss goals. Be accountable to yourself for tracking what you eat, and be honest. I tried it, and it works. These are my personal results for 30 days in March – April 2024.

	Eating	Resting	Exercise	Daily	Running	Average Daily		March 1st	
	Calories	Calories	Calories	Total	Total	Caloric Deficit	Day #	Weight	Weight
25-Mar	1623	1800	1046	-1223	-1223	-1223.0	1	158.2	162.0
26-Mar	1528	1800	934	-1206	-2429	-1214.5	2		
27-Mar	1587	1800	1116	-1329	-3758	-1252.7	3		
28-Mar	1451	1800	999	-1348	-5106	-1276.5	4		
29-Mar	1489	1800	1271	-1582	-6688	-1337.6	5	156.8	
30-Mar	1351	2000	0	-649	-7337	-1222.8	6		
31-Mar	1497	1900	253	-656	-7993	-1141.9	7		
01-Apr	1455	1800	1300	-1645	-9638	-1204.8	8		
02-Apr	1444	1800	1056	-1412	-11050	-1227.8	9		
03-Apr	1395	1800	1325	-1730	-12780	-1278.0	10		
04-Apr	1339	1800	1038	-1499	-14279	-1298.1	11		
05-Apr	1515	1800	924	-1209	-15488	-1290.7	12	154.8	
06-Apr	1523	1900	288	-665	-16153	-1242.5	13		
07-Apr	1615	2000	0	-385	-16538	-1181.3	14		
08-Apr	1603	1800	1310	-1507	-18045	-1203.0	15		
09-Apr	1453	1800	1230	-1577	-19622	-1226.4	16		
10-Apr	1642	1725	1570	-1653	-21275	-1251.5	17		
11-Apr	1249	1800	1007	-1558	-22833	-1268.5	18		
12-Apr	1457	1800	958	-1301	-24134	-1270.2	19	153.0	
13-Apr	1600	2000	0	-400	-24534	-1226.7	20		
14-Apr	1561	2000	504	-943	-25477	-1213.2	21		
15-Apr	1264	1800	952	-1488	-26965	-1225.7	22		
16-Apr	1312	1800	1270	-1758	-28723	-1248.8	23		
17-Apr	1426	1800	1193	-1567	-30290	-1262.1	24		
18-Apr	1338	1800	860	-1322	-31612	-1264.5	25	151.6	
19-Apr	1439	1800	825	-1186	-32798	-1261.5	26		
20-Apr	1994	1800	274	-80	-32878	-1217.7	27		
21-Apr	2093	1800	0	293	-32585	-1163.8	28		
22-Apr	1332	1800	877	-1345	-33930	-1170.0	29		
23-Apr	1263	1800	985	-1522	-35452	-1181.7	30		
24-Apr	1340	1800	838	-1298	-36750	-1185.5	31	150.8	

When you track your food, you'll likely start noticing patterns. Maybe you're eating more than you realize in snacks, or perhaps you tend to add extra oil or butter when cooking. Once you recognize these habits, you can start cutting back on unnecessary or, as I like to call them, **Ninja** calories.

Remember, tracking isn't about perfection—it's about awareness. You can't change what you don't acknowledge, and tracking your calories will help you see exactly where you can make improvements. If that means measuring out a tablespoon of mayonnaise, then do it. You NEED to figure this out. You will amaze yourself in how the **ninja** calories will sneak up on you and GET

you. They have the potential to blow your calorie goal for the day out of the water.

Eat to Feel Full and Prioritize Healthy Choices (I fucken hate feeling empty)

Losing weight isn't about starving yourself—it's about fueling your body with the right stuff. The beauty is, when you focus on eating nutrient-packed, satisfying meals, you can eat more than you think and still crush your calorie goals. And here's the kicker: over time, you'll actually start craving the good stuff. It happened to me, and I'm living proof.

Take my go-to meal: a perfectly grilled chicken breast, a side of rice, and a heaping pile of veggies. It's simple, it's filling, and it hits every macro nutritional note. It doesn't just satisfy hunger; it leaves you feeling energized and unstoppable. The best part? When you eat food that fuels your goals, it's like a party for your taste buds and a victory lap for your mindset. Total win.

Here are some strategies to help you feel full and nourished:

Eat more fiber: Fiber-rich foods like fruits, vegetables, and whole grains fill you up without adding a ton of calories.

Include lean proteins: Proteins like chicken, fish, eggs, and plant-based sources (lentils, beans, tofu) will help you feel full and satisfied for longer.

Load up on veggies: Vegetables are low in calories and high in nutrients. Eat a variety of them to make sure you're getting a broad spectrum of vitamins and minerals.

Avoid liquid calories: Drinks like sodas, sugary coffee drinks, and alcohol can quickly add up in calories. Opt for water, black coffee, or unsweetened teas instead.

Planning and Executing—The Power of Daily Decisions

Here's the secret to your eating success: **daily decisions add up**. Every decision you make—from what you eat for breakfast to how you spend your evening—has an impact on your progress. Remember to do it for you and hold yourself accountable for what you eat. If you snuck a Snickers, **track it**. Know that if you eat 2 pieces of cake at lunch you better have a plan to keep you full at night after supper. You can't expect change if you don't put in the effort day after day.

But here's the good news: small changes will lead to **big results**. You don't have to make drastic sacrifices. You don't need to starve yourself or cut out all the foods you love. You just need to plan, execute, and stay **accountable**.

And let me tell you something—this isn't about being perfect. If you slip up or go over your calories one day, that's okay. Don't beat yourself up. Just get back on track the next day. The key is consistency and being true to yourself. You must hold yourself accountable. Have some **shame**, but don't let it consume you. Have a little bit of shame and move on; make sure you feel that, you don't want to feel that again, right? Don't lie to yourself. If you want results, you must put in the work, be honest about your choices, and keep moving forward. Be proud of what you've achieved and don't give up. Remember, the general rule of thumb is every pound is about 3500 calories, and every 3500 calorie deficit is roughly a pound off your body.

* Everyone is different, so consider this more of a general guideline—but it worked for me.

My Personal Pro Tips on Eating:

1. **The 4 Deadly C's** – Chocolate, chips, candy, and cake. These are 4 ridiculous cesspools of calories that don't fill you up and add next to zero nutritional value. I know, I know, they're delicious. That said, instead of having the whole chocolate bar, a big piece of cake, or the whole bag of candy, have a small portion, have a bite (and eat it slowly and savor it), and then put it away (out of sight, out of mind). It's that much easier not to eat anymore. Then, **track it**.
2. **Say No** more often to people. Your instinctual response to food offerings should be a lighthearted **no thanks**. There's a lot of obligation when people offer you food out of the kindness of their hearts, and surprises like that can throw your goals off track. If you have the surprise birthday cake, you should scale back on the extra helping of potatoes at suppertime.

Doughnuts, treats, drinks in the office? Say no thanks or have the substitute – eat the fruit or vegetable tray or just have **one** hotdog. Don't let the social norms rule your eating habits. Better yet, **plan** for it. Ask Karen what's on the menu at the after-work BBQ. You can do this, it's **ok** to say no or to have those conversations. People will generally understand and respect it. And if they don't, who cares, don't let it bother you. You owe it to yourself.

3. **Fiber and protein keep you full**. I personally HATE the feeling of being hungry. If I leave my belly groaning for nutrition too long, I end up binging on whatever I can get

my hands on (and it's usually not nutritious). So keep some **emergency** healthy snacks handy, such as apples, oranges, cucumbers, grape tomatoes, fiber one bar, or a low cal protein bar.

4. **Start with a straightforward menu**—it makes tracking your daily calories so much easier. Stick to a short list of foods you regularly eat at the beginning, and as you progress, you can expand your options. The key is to keep it manageable. I tracked everything to the best of my ability, and honestly, that's all you can do. Missing a day, though? That's a slippery slope. Procrastination is your worst enemy here. Decide on the best time to log your meals—whether it's during your morning coffee, lunchtime, bedtime, or right after you eat. Whatever works for you, commit to it. Plan it, then execute.
5. **This is a big one.** Given the social etiquette of our times, this is a game changer. Stop drinking alcohol. Ladies and gentlemen, this will by far change your life. I have been without a drink for 2 years, and it's honestly been the best thing ever. Not only did I struggle with alcohol in the past (that's a different story) it's pretty much the easiest way to cut calories out of your diet!!

If you decide to eat cucumbers all day so you can have a few margaritas at night, you're going to be walking crooked after 1, believe you me, and it will be hard to regulate after that. So why bother having one? Yes, everyone at the party is doing shots of Fireball or Yag Bombs, and it looks like everyone else is having more fun, but who needs to drink to have fun? I now have more fun watching these people get wasted, and I can still drive home!

6. **Get your sleep.** When you're rested, you're less likely to eat more because you're tired. Turn off Netflix at 10 instead of 11, quit playing Xbox till midnight, and do yourself a favor, get your sleep so you can nail tomorrow. I personally love winning, and every day is a battle I want to win. There are always things to do, and I love checking off those boxes it totally fills my cup! If I'm tired, I eat more, but if I'm rested, it's way easier to stick to a plan. So turn out the lights early (value yourself & your goals) and **nail** tomorrow.
7. **Have healthy snacks ready to go**, plan it with your weekly or mid-week grocery run/drop off. If you're feeling snacky, have a mini cucumber or 2 with no ranch, carrots, apples, bananas, grapes, snap peas, strawberries—yes, you know the list. Don't like the taste of them? I'm going to let you in on a little secret. They start tasting better after you cut out the 4 Deadly C's I mentioned earlier. Our body is **craving** this stuff!
8. **Ninja calories suck!** If you put cream in your coffee, replace it with evaporated milk. If you drown your salad in dressing, use 1 tablespoon instead. If you love mayonnaise, use a little bit, not a lot, or replace it with low-calorie mayonnaise. Do the same with ketchup!

Chapter 4

Working Out

What I Did and the Strategy That Will Work for Anyone

Exercise is a game-changer. It's the catalyst that accelerates weight loss, burning those stubborn love handles into oblivion. It's not just about looking better; it's about feeling alive, confident, and strong. The mindset I chose, paired with relentless **planning and execution**, helped me burn 1,000,000 calories. That discipline is now part of my DNA—my legacy—and it's something I'm determined to pass down to my kids.

They need to know they can do hard things, whatever their “it” may be. Life is full of ups and downs, but you'll never discover your true potential unless you **do the work**. Plan, show up, execute. That's the formula. Just showing up—at the gym, on the trail, or in your home workout space—is half the battle. And once you're there, the effort flows. You will surprise yourself with what you can accomplish.

Start small. Set achievable daily goals, like committing to a 7:30 pm workout for 30 minutes. Nail that, and then repeat it the next day. Build consistency. They say it takes 15 repetitions to form a habit—so set a goal to hit 15 workouts, track your progress, and celebrate each win. The satisfaction of success is addictive. Keep going. Build on those victories, and soon, working out will feel as natural as brushing your teeth.

Pro Tip: Don't overdo it. Your goal is to burn calories and build momentum, not to exhaust yourself or get injured. If lifting weights

leaves you sore for days, scale back. If running on the treadmill kills your knees, switch to the elliptical or try the bike. The point is to move, to act, to check off the box. Start slow, listen to your body, and gradually push your limits as your confidence and stamina grow.

Now comes the hard part: **consistency**. This is the battle. This is where discipline comes in, and it's the heart of my success. Every time my alarm blares at 4:50 am, the **mental game** begins.

Here's how I win:

Typical Excuses and My Responses

- **"I'll do it tomorrow."**

No, you won't. Tomorrow is a thief, stealing today's opportunity. If you skip today, you're breaking your momentum, robbing your future self of pride and progress. Remember: you have one life and only so many days on this planet. Don't waste a single one. Procrastination kills progress. I personally have a hard time with regret, knowing that I will regret missing the opportunity to get better, to get one step closer to my goal, is a prime motivator to get out of bed.

Response: It's a missed opportunity if I don't do it today, my future self will thank me, and I hate the feeling of regret. So just get out of bed; the rest will fall into place.

- **"I'm kind of sick."**

Unless you're seriously ill, you're fine. A headache or sniffle isn't a free pass. Push through, **do the work**, and you'll feel better—not just physically, but mentally, knowing you didn't

let excuses win. Sometimes, the movement will get you distracted from your sickness; it has worked for me in the past.

Response: Yes, I'm a bit sick, and it would be a great excuse, but deep down, I know I can do the workout. So, I should show up for myself and get it done; I've committed and deserve to be the best version of myself.

- **"I'm sore."**

Soreness is part of the process. No Pain, no Gain. It's true, your muscles are going to hurt a little bit, but that means you're taking huge steps towards being a better version of yourself. You are worth it. If you need to, take it slower, lift less weights, adjust your workout, pop an Advil if needed, and get moving. Progress comes from persistence, not perfection.

Response: Yes, my muscles hurt, but that's a good thing. Let's keep this going and get it done. It will feel so much better knowing I got the workout in. Knowing I pushed through the pain makes me feel awesome.

- **"I'm so tired."**

Guess what? You'll sleep better tonight if you work out now. I've been up at 3:00 am and still slugged out a workout at 5:00. I knew the day was going to be an uphill battle, but worth it, worth every penny. Getting the checkmark meant that much more to me because it was that much harder to do, and honestly, once I got on the elliptical, I didn't really notice the tiredness.

Response: I'm going to be mad at myself later, knowing I missed the opportunity; even though I'm tired, I still owe it to myself. Working through tiredness makes it worth it.

- **“I don't have time.”**

You have time for what you prioritize. People make time for what they value. If you value yourself, then you will get it done. This is where planning comes in: If you planned for the workout, then you should have time for the workout. Don't let the 1000's of distractions in your life get in the way of you doing you. You got this. I personally think about the things I need to get done during the day, while I'm working out.

I'm making a mental list of my schedule. Your workout is like a meeting with your future self—it's non-negotiable.

Response: I planned for this, but XYZ got in the way, so now it will be a shorter workout, or I'll make it up later. And I promise to make it up later. I'll think of a time and place, then make logistical plans to execute. My future self will thank me, and I can pat myself on the back.

- **“I'm not seeing results, why do I even bother.”**

Results take time. Remember why you started. Trust the process, stay consistent, and the results will come. Slow progress is still progress.

Response: If I don't do the workouts consistently, how will I ever know? If I continue to do the work, I should know. If it's not the workouts, it's my eating or sleeping or something else I will have to figure out. But do the work—it's your job to take care of yourself. No one else is going to do it for you.

- **“I’m hungry.”**

Have a quick snack, then get moving. Or know the protein shake after your workout will taste that much better because you earned it.

Response: Get a little nourishment in you, buddy, you’ll be fine. Get out of bed and go get your dreams. It’s nothing a little piece of fruit or granola bar can take care of. You owe it to yourself.

- **“I don’t feel like it.”**

Motivation is fleeting, but discipline is reliable. Doing the work when you don’t feel like it proves to yourself that you’re stronger than your excuses.

Response: I committed to myself, I owe it to myself, and I want to be the best version of myself. If I don’t get out of bed and do this, I will regret it later, choose reward over regret.

The Strategy

When that alarm rings, I remind myself: **“This is my job.”** I roll onto my back (it’s harder to fall asleep that way), remind myself of my goals, and shut down the excuses one by one.

Some mornings are tougher than others. On those days, I dig deeper, imagining the pride I’ll feel after the workout or the regret I’d carry if I skipped it. I visualize the stronger, healthier version of myself and commit to becoming that person.

The best part? When you get it done early in the day, you’ve already won half the battle. The rest of the day flows because you started

by investing in yourself. If mornings aren't your thing, no problem—plan for 5 pm, noon, or whenever works for you. **Just show up.**

Even if you have a lackluster workout, at least you got it done. You can still pat yourself on the back for that one.

Avoiding the Comfort Trap

Comfort is seductive—and dangerous. It lulls you into mediocrity and whispers, “It’s okay to skip today.” But it’s not okay. If you want to achieve your goals, you must be accountable. Let the guilt of failure sting, then channel it into action.

Life rewards consistency and effort. No one else can do the work for you. Show up for yourself. I promise: a stronger, healthier, and more disciplined version of you is waiting on the other side.

Believe in yourself. You will be amazed at what you’re capable of once you get going.

My Workout Routine

I do my best to work out 5 days a week, Monday – Friday. But it averages out to probably 4 days a week. My alarm goes off at 4:50 am, and I’m on the elliptical at 5:05ish and crush 24 minutes, that’s worth about 400 calories. I then grab a coffee as I found out that pre-workout powders were full of caffeine and gave me a headache anyway, so why not just have a coffee? Moving on, I hit the weights for about 45 minutes, making sure I get 3 sets in and that’s usually worth about 600 calories. So, each workout is worth about 1000 calories, but that’s me; it’s not the same for everyone.

I alternate weight training sessions from:

- 1) Chest, arms and core (Monday, Wednesday, Friday) or first workout of the week.
- 2) Back and legs (Tuesday, Thursday)

Chest, Arms and Core Set X 3

Complete each set in 15 minutes with a 3-minute cool down in between sets

- Bench Press 175 pounds (5 reps)
- Tricep Dips with 20 pounds of extra weight via vest and ankle weights (10 reps)
- Bicep curls 35 pounds (10 reps)

Core Circuit – Complete as many reps as possible for each exercise 20 seconds long at, say, 80-90% so you can complete

- Russian Twists
- Scissor Kicks
- Legs down, then up to the air
- Side crunches
- Other side crunches
- Hundreds
- Plank Step Ups
- Plank Walk Outs
- Alternating Supers
- Finish off with 75 Glute Thrusts with a 50-pound dumbbell on my hips

Back and Legs X 3

Complete each set in 15 minutes with a 3-minute cool down in between sets

- Pull ups with 20 pounds of extra weight via vest and ankle weights (5 reps)
- Dead lifts with 100 pounds
- Lateral pull downs with 110 pounds (15 reps)
- Squats with two 25-pound dumbbells (10 reps)
- Lunges with two 25-pound dumbbells (10 reps, each leg)

My best advice for getting these workouts done is to watch the clock. Hold yourself accountable for your actions by getting them done by a certain time. Give yourself enough time to get the sets in. If you know you're going to scroll tikTok for 7 minutes in between sets, **plan** for that. I know it sounds lame and like you're cracking the time whip and nobody wants to feel bad. But honestly, your goal is worth it. Be the best version of yourself.

You're going to be on your deathbed one day and look back at your life. You don't want to be wondering: '**What if I tried my best? What if I turned off Netflix at 9 pm? What if, what if, what if..**' You didn't have time? Bullshit. Well, guess what? You did have time, and you squandered it. That should be enough motivation to **nail** your goals.

- You want that job, go get it
- You want that car, go get it
- Do the work
- You owe it to yourself
- You have one life
- Sacrifice, make some small changes in your life to get big results
- Take a long look at how you spend your time and make time for yourself

Summary: You Are Capable of Transformation

This journey isn't just about losing weight—it's about reclaiming your life. It's about proving to yourself that you are stronger than your excuses, more resilient than your setbacks, and capable of more than you've ever imagined. Over five years, I lost 50 pounds and kept it off, burning 1,000,000 calories in the process. But this isn't just my story—it can be yours, too.

Every choice you make, every day, is a step forward. It's not about perfection; it's about persistence. Some days will be harder than others, but I promise you, the effort is worth it. The transformation isn't just physical—it's mental, emotional, and spiritual. You'll become a stronger, more confident version of yourself, and that's a victory that will echo through every aspect of your life.

The power to change lies within you. **Plan. Execute. Show up** for yourself, even when it's tough. You are worth it. Your health, your happiness, your future—they are worth it. Don't let excuses hold you back. Take the first step today, and keep moving forward. One decision, one action, one day at a time.

Join My Accountability Coaching Program

I know how hard it is to stay on track, especially when life gets in the way. That's why I'm inviting you to join my **Accountability Coaching Program**. If you're ready to take control of your health and transform your life, I'm here to guide you every step of the way.

Here's what the program includes:

1. **Personalized Weight Loss Plan:** I'll help you create a customized eating and workout plan tailored to your goals.
2. **Weekly Check-Ins:** I'll personally reach out to you each week to review your progress, discuss challenges, and celebrate your wins.
3. **Accountability and Support:** Together, we'll keep you motivated, disciplined, and focused on your journey.
4. **Proven Strategies:** I'll share all the tips, tricks, and techniques that helped me lose 50 pounds and keep it off.

This is an exclusive program, and I'm only taking on **10 people at a time**. I want to give each person the attention and support they deserve to succeed.

If you're ready to transform your life, reach out to me on **Facebook**. Let's connect, set goals, and start this journey together. Don't wait—spots are limited, and the best time to take control of your health is right now. Make this year your year!

Scan this QR Code or go to:

<https://www.facebook.com/MillionCalorieMindset>



The End