

THE FAT LOSS CHEAT SHEET

Everything you need on one set of pages.

- ✓ Your exact calorie & macro formula
- ✓ 20 high-protein meals with macros
- ✓ The only 3 ab exercises you need
- ✓ Weekly schedule template
- ✓ Restaurant survival guide
- ✓ Full shopping list under £30
- ✓ How fat loss actually works
- ✓ How to build muscle

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Your Calorie & Macro Formula

THE FORMULA

Bodyweight (lbs) × 12 = Fat Loss Calories

Example: 85kg = 187lbs × 12 = 2,244 calories/day

To convert kg to lbs: multiply by 2.2

YOUR MACROS

PROTEIN	1g per lb of bodyweight	187g	Keeps muscle, kills hunger
FATS	~25% of total calories	~62g	Hormones, brain function
CARBS	Fill remaining calories	~220g	Energy for training

Track for **2-3 weeks** to learn your portions. After that you can eyeball it. But right now, you don't know what 2,000 calories looks like. Nobody does when they're starting.

20 High-Protein Meals

Each meal: 30g+ protein. Mix and match across your day.

MEAL	CALS	PROTEIN
1. Greek yoghurt + protein powder + berries	380	38g
2. 4 eggs scrambled + 2 toast	420	32g
3. Protein oats (oats + scoop + banana)	450	35g
4. Chicken breast + rice + broccoli	480	45g
5. Tuna salad wrap (2 tins + salad)	390	42g
6. Turkey mince bolognese + pasta	520	40g
7. Salmon fillet + sweet potato + greens	510	38g
8. Steak (200g sirloin) + jacket potato	530	46g
9. Prawn stir-fry + noodles	420	35g
10. Chicken thigh curry + rice	500	38g
11. Protein shake + banana + peanut butter	380	35g
12. Cottage cheese + rice cakes + honey	280	30g
13. 3 egg omelette + ham + cheese	410	36g
14. Chicken Caesar salad (no croutons)	350	40g
15. Beef mince chilli + rice	520	42g
16. Baked cod + chips (oven) + peas	460	38g
17. Protein pancakes (oats + eggs + powder)	400	36g
18. Chicken wrap + peppers + hummus	420	34g
19. Lean pork chops + mash + veg	490	40g
20. Overnight oats + protein powder + seeds	410	33g

The Only 3 Ab Exercises You Need

1 HANGING LEG RAISES

Lower Abs · 3 sets × 10-15 reps

- Hang from a pull-up bar, arms fully extended
- Curl your pelvis towards your ribcage — don't just lift feet
- Control the movement. No swinging, no momentum
- Start with bent knees, progress to straight legs
- Gravity is the referee — zero cheating possible

2 CABLE CRUNCHES

Upper Abs · 3 sets × 8-12 reps (heavy)

- Kneel at cable machine, rope behind head
- Lock your hips — they do NOT move
- Curl ribcage down towards pelvis, not head to floor
- Constant tension through full range of motion
- If you can do 20 reps easily, go heavier

3 DECLINE BENCH PLATE CRUNCHES

Full Core · 3 sets × 10-15 reps

- Decline bench, plate held on chest
- Crunch up — do NOT sit all the way up
- Come up just enough to fully contract abs
- Shorten distance between ribcage and pelvis
- Start at 10kg, progress to 15kg, then 20kg

Your Weekly Schedule

DAY	CALORIES	TRAINING	STEPS
MON	Deficit	Upper Body	8-10K steps
TUE	Deficit	Lower Body	8-10K steps
WED	Deficit	Rest / Walk	10K steps
THU	Deficit	Upper Body	8-10K steps
FRI	Deficit	Lower Body	8-10K steps
SAT	Maintenance	Rest / Light	Walk
SUN	Deficit	Meal Prep / Rest	Walk

KEY RULES

- Saturday = maintenance, not a cheat day. Eat normally, don't binge.
- Sleep 7-8 hours every night. Non-negotiable.
- Drink enough water that your pee isn't the colour of a sunset.
- Abs at the end of 2-3 sessions per week. 10 mins max.

Restaurant Survival Guide

What to order when eating out. Stay in your deficit without being weird about it.

NANDO'S

Chicken breast (1/2), corn, spicy rice	~550 cal	45g P
Chicken thigh (1/4), coleslaw, chips	~650 cal	35g P
Grilled chicken wrap + side salad	~480 cal	38g P

MCDONALD'S

2x McChicken sandwich (no mayo)	~520 cal	36g P
Grilled chicken salad + dressing on side	~350 cal	32g P
Egg McMuffin x2	~600 cal	34g P

GREGGS

Chicken club baguette	~480 cal	32g P
Mexican chicken wrap	~380 cal	22g P

Avoid: sausage rolls, pasties (500+ cal, low protein)

SUBWAY

Chicken breast 6-inch on wheat, load veg	~400 cal	35g P
Turkey breast 6-inch, no cheese, no mayo	~350 cal	30g P

Avoid: footlongs, meatball subs, cookies

GENERAL TIPS

- Ask for dressing/sauce on the side
- Swap chips for salad or rice where possible
- One meal out won't ruin you. Relax.

Weekly Shopping List (Under £30)

Covers 5 days of meals. Adjust quantities for your calorie target.

PROTEIN

- Chicken breast x1kg (~£5.50)
- Lean beef mince 500g (~£3.50)
- Eggs x12 (~£2.00)
- Tinned tuna x4 (~£3.00)
- Greek yoghurt 500g (~£1.50)
- Whey protein (already have)

FATS & EXTRAS

- Olive oil (already have)
- Peanut butter (~£2.00)
- Cheese block (~£2.00)
- Butter/spread (~£1.00)

CARBS

- Rice 1kg (~£1.50)
- Oats 1kg (~£1.20)
- Wholemeal bread (~£1.00)
- Sweet potatoes x4 (~£1.50)
- Pasta 500g (~£0.80)
- Wraps x6 (~£1.00)

VEG & FRUIT

- Broccoli x2 heads (~£1.50)
- Mixed salad bag (~£1.00)
- Bananas x6 (~£0.80)
- Frozen mixed veg 1kg (~£1.00)
- Peppers x3 (~£1.00)

ESTIMATED TOTAL: ~£28.30

(prices based on Tesco/Aldi averages)

How Fat Loss Actually Works

Fat loss comes down to one thing: eating fewer calories than your body burns. That's called a calorie deficit. Everything else — meal timing, supplements, fat burners, detox teas — is noise until this part is sorted. You could eat nothing but McDonald's and still lose fat if you were in a deficit. That's not a recommendation, but it proves the point: calories are king.

Your body burns calories just by being alive — breathing, digesting food, pumping blood. That's your BMR (basal metabolic rate). Add in your daily movement and training, and you get your maintenance calories. Eat below that number, and your body taps into stored fat for energy. That's it. That's the entire science of fat loss.

WHAT ACTUALLY MATTERS

1. Calorie Deficit

Use the formula on Page 1: $\text{Bodyweight (lbs)} \times 12$. That's your starting point. If the scale isn't moving after 2 full weeks, drop by 100–150 cal. Don't slash calories in half — that crashes your metabolism, kills your energy, and makes you binge on weekends. A 500 cal deficit per day = roughly 0.5kg lost per week. That adds up to 6kg in 12 weeks, and most of that is pure fat if you keep your protein high.

2. High Protein

1g per lb of bodyweight. This is non-negotiable. Protein does three things: it keeps your muscle while you're in a deficit (so you lose fat, not muscle), it keeps you fuller for longer (so you're not starving by 3pm), and it has the highest thermic effect of any macro — meaning your body burns more calories just digesting it. Every meal should have a protein source. Chicken, eggs, Greek yoghurt, tuna, whey — pick your weapons.

3. Resistance Training

Lift weights 3–5 times a week. This is what separates people who lose fat and look good from people who lose fat and look the same but smaller. Weights send a signal to your body: 'keep the muscle, burn the fat.' Without that signal, your body doesn't care — it'll burn muscle for energy because muscle is expensive to maintain. Focus on compound movements: squats, deadlifts, bench press, rows, overhead press. These hit the most muscle in the least time. Progressive overload — adding reps or weight each session — is how you actually build a physique, not just lose a number on the scale.

Fat Loss (Continued)

4. Steps & Daily Movement

This is the most underrated fat loss tool. 8–10K steps a day burns an extra 300–500 calories without you even thinking about it. That's the equivalent of an extra meal you don't have to cut from your diet. Walk to the shop instead of driving. Take phone calls on your feet. Park at the far end of the car park. Get off the bus one stop early. None of this feels like exercise, but it stacks up massively over a week. A lot of people who are 'stuck' in their fat loss are just not moving enough outside the gym.

5. Sleep & Recovery

Bad sleep increases ghrelin (hunger hormone), decreases leptin (fullness hormone), tanks your willpower, and makes you crave sugar and fast food. One bad night can add 300–400 extra calories to your day without you even realising. 7–8 hours minimum. No screens 30 mins before bed. Dark room, cool temperature. This one change is often the difference between sticking to the plan and falling off every single weekend.

6. Water & Hydration

Drink at least 2–3 litres per day. Dehydration feels like hunger — most people who think they're hungry at 2pm are actually just thirsty. Water also helps with digestion, keeps your skin looking decent, and fills your stomach before meals so you eat less. If your pee looks like Fanta, you're not drinking enough.

COMMON MISTAKES THAT STALL FAT LOSS

✗ Cutting calories too aggressively

Leads to binge cycles. A 500 cal deficit is enough.

✗ Skipping protein

You'll lose muscle and still look soft, even at a lower weight.

✗ Only doing cardio

Cardio burns calories but doesn't shape your body. Lift weights.

✗ Weekend blowouts

5 days of deficit wiped out by 2 days of eating 4,000 cals.

✗ Weighing yourself daily and panicking

Weight fluctuates 1–2kg daily from water, food, salt. Use weekly averages.

✗ Not tracking at all

You can't fix what you don't measure. Track for at least 2–3 weeks.

The honest truth: fat loss is simple but not easy. You already know most of this. The difference is doing it consistently for 12 weeks straight instead of 5 days and then giving up because you had a bad weekend. Consistency beats perfection every single time.

How to Build Muscle

Building muscle is the opposite setup to fat loss — instead of a deficit, you need a calorie surplus. Your body needs extra energy and raw materials to build new muscle tissue. But the same principles of protein and training still apply. The goal is to gain muscle without piling on a load of unnecessary fat in the process. Here's how to do it properly.

YOUR SURPLUS FORMULA

Bodyweight (lbs) × 16–18 = Lean Bulk Calories

Example: 75kg = 165lbs × 17 = 2,805 calories/day

Start at ×16, increase to ×18 if the scale isn't moving after 2 weeks.

THE MUSCLE-BUILDING PILLARS

1. Calorie Surplus (200–400 above maintenance)

You don't need to stuff yourself. A small surplus of 200–400 calories above maintenance is enough to build muscle without getting fat. If you're gaining more than 0.5kg per week, you're eating too much and the extra is going straight to body fat. The 'eat big get big' approach worked in the 80s because those guys were on gear. For natural lifters, a lean bulk is the way. Track your weight weekly — aim for 0.25–0.5kg per week.

2. Protein at 1g Per Pound

Same rule as cutting. Protein is literally the building block of muscle tissue. Without enough of it, those extra calories just become body fat, not muscle. Spread it across 3–4 meals per day for optimal muscle protein synthesis. Each meal should have 30–50g. Don't try to cram 200g into one meal — your body can only use so much at once.

3. Progressive Overload

This is the number one driver of muscle growth. Your muscles only grow when you give them a reason to. That means adding weight to the bar, adding reps, or adding sets over time. If you're bench pressing 60kg for 3×10 every week for 6 months, nothing is going to change. Track every session. Your goal is to beat last week's numbers, even if it's just one extra rep. Small progress over 12 weeks turns into serious results.

Building Muscle (Continued)

4. Training Split (4–5 Days Per Week)

Upper/lower split or push/pull/legs — both work. The key is hitting each muscle group at least twice per week. Training a muscle once a week is outdated. Research shows that 2x per week frequency leads to significantly more growth. Compound lifts should be your foundation: squat, bench press, deadlift, overhead press, barbell rows. These hit the most muscle in the least time. Isolation exercises (curls, lateral raises, tricep pushdowns) come after. Don't spend 45 minutes on bicep curls and skip squats.

5. Rest & Recovery

Muscles don't grow in the gym — they grow while you're resting. If you're training hard but only sleeping 5 hours and stressed out of your mind, you're wasting your time. 7–9 hours of sleep is when your body releases the most growth hormone. Rest days aren't lazy — they're productive. Take 2–3 rest days per week. Light walks, stretching, foam rolling. Don't train through injuries. A week off is better than 3 months out.

6. Patience & Realistic Expectations

As a beginner, you can expect to gain 1–2kg of muscle per month in your first year. That slows to 0.5–1kg per month in year two, and even less after that. So in 12 weeks of a proper lean bulk, you're looking at 3–6kg of muscle if everything is dialled in. That might not sound like a lot, but 5kg of muscle on a lean frame is a completely different physique. Anyone promising 10kg of muscle in 8 weeks is lying to you.

SAMPLE BULK SPLIT

MON	Upper Body (heavy)	Bench, rows, OHP, curls
TUE	Lower Body (heavy)	Squat, RDL, leg press, calves
WED	Rest / Light cardio	Walk, stretching, recovery
THU	Upper Body (volume)	Incline DB, cable rows, lateral raises
FRI	Lower Body (volume)	Front squat, leg curl, lunges, abs
SAT/SUN	Rest	Eat, sleep, grow

CUT OR BULK FIRST?

If you're above 18% body fat, cut first. Get lean, then build. You'll look better faster, stay more motivated, and your body actually partitions the extra calories towards muscle instead of storing them as fat. Once you're around 12–15%, switch to a lean bulk.

You've Got the Cheat Sheet. Now Get the Full System.

This cheat sheet gives you the fundamentals — the formulas, the meals, the exercises, the schedule. But if you want the complete 12-week structured plan that takes all of this and maps it out week by week so you never have to think about what to do next, that's the MrTempo 12-Week Plan.

WHAT YOU GET WITH THE FULL PLAN (£19.99)

- ✓ 4 training videos with full exercise demos and form breakdowns
- ✓ 4 detailed PDF guides — nutrition, training, mindset, and recovery
- ✓ 2 companion apps to track your workouts and calories
- ✓ Week-by-week progression — not just 'eat less and lift more'
- ✓ Periodised training splits that adapt as you get stronger
- ✓ Cardio and step targets that change based on your progress
- ✓ Plateau-busting strategies for when the scale stops moving
- ✓ Direct structure so you never wonder 'what should I do today?'

CHEAT SHEET (£6.99)

What to do

General guidelines

Meals + formulas

FULL 12-WEEK PLAN (£19.99)

What to do + exactly when & how

Personalised week-by-week structure

Meals + videos + apps + full programme

Link in the description or visit the MrTempo store.

Thanks for downloading. Now go get it done.