

7 Day Fat Loss Blueprint

Your day by day, step by step guide to fat loss success for any fitness level, any schedule and any lifestyle!



By: [Dianne Villano](#), Your Personal Body Transformation Expert

Brought to you by: [Fitness St Pete](#) | Tierra Verde Fitness



www.mypersonalfitnesscoach.com

7 Day Fast Loss Blueprint

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Please feel free to email this e-book to any of your friends, family, or co-workers that you think would enjoy these topics. They will surely be thrilled that you shared all of this information with them!

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1. Introduction



Do you want to be one of those “lucky” thin people who seem to be able to eat anything they want without gaining weight? Want to have tons of energy and look good in any outfit? Are you ready to carve out a few hours a week and make some simple changes to live in the body you want?

If you said yes ... Keep reading. If you said no, you can stop here and jump on the band wagon of the newest and greatest “magic” diet or weight loss pill, lose some weight and gain it all back plus a few.

I’m here to tell you that being fit, healthy and energetic isn’t as difficult or daunting as most people make it out to be but it does require a little effort and some lifestyle changes.

Our clients have heard me say repeatedly that “weight is a symptom of lifestyle” and the only difference between fit and unfit people are the daily habits which comprise their “lifestyle”. So, I am giving you a “fit person’s” life style and habits, day by day.

People often remark that I am lucky to “be so thin”. The reality is, I have been living this basic blue print for the past 30 years of my life which is why I am no longer the 40 pound over weight chubby chick I was in high school and why I’ve managed to avoid the on again, off again dieting merry go round plaguing Americans for the past 20 plus years.

Looking and feeling great in your 20’s, 30’s and beyond, is about consistency and making small changes weekly . I know this because , I just turned 49 this year ☺

It’s not about “going on a diet”, following a completely unrealistic food plan that omits entire food groups, it’s NOT about buying special foods created in a lab and it’s NOT about a 5 or 6 day a week “transformation” challenge which will, indeed, “transform” your body .. for 90 days until you go “off” and gain all of your weight back.

2. It All Starts With Commitment!

Ask yourself this.

Are you are willing to take the time and effort to make a few changes in your lifestyle?

Are willing to put forth a little extra effort to achieve the body you want?

If you answered "no" to any of these questions, take a minute to re-evaluate your priorities and decide what you really want because a fitter, healthier, more energetic body that looks good naked probably isn't a priority. This roadmap won't help you if you don't have patience and dedication to achieving your goals.

How important to you is being lean and healthy? Are you willing to make sacrifices and make the effort? If you answered yes, then you are on your way, and with the plan, you will see your body transform before your eyes!

To be successful, you must commit to the following attributes:

- Effort
- Honesty
- Consistency
- Enjoyment of the process

The first step to creating a strong commitment, reaching your fitness goals and maintaining them PERMANANTLY is having a strong why, a powerful reason that you want to lose weight or what I call, finding your why.

Just saying "I want to get healthy" or "I want to lose weight" isn't going to cut it past the initial 6-8 weeks when it's all new and fresh and exciting.

Not having a strong "why" is the reason 95% of people fail to keep their weight off.

Having a strong why will keep you focused and going strong when life get's in the way and when the fun and novelty of the "new diet" wears off.

This mental exercise is just as important as anything you will do in the gym or kitchen. Find an emotional reason why you want to lose weight so you can overcome obstacles when the going gets tough. Write down your reasons and revisit them on a daily basis.

Write down this statement 5 times beginning like this:

"I must lose body fat and become more physically fit, because if I don't ..."

...and then come up with 5 different compelling, emotional reasons to complete the above statement. Write these down and read them out load every day.

3. The 3 biggest "thin person" lifestyle habits



1. Finding 2 one hour blocks in your week for exercise (for beginners) , 3 for intermediate (someone who has been working out for 6-12 months without missing a week. Put them in your calendar as you would any other appointment. If you are advanced, you are probably working out 5 or 6 days a week and it's as much a part of your daily routine as brushing your teeth and breathing.

Also, block out an additional 1 - 2 hours for grocery shopping and meal prep.



2. Logging workouts and nutrition. There have been countless studies to show that logging food helps with weight loss and fitness progression but the last 18 years I've spent with 1500 or so clients plus my last 25 years of fitness success is my best "study".

I've got about 15 years of food logs for several different calorie ranges. Now that I am doing multi sport, I use my training and food logs to detect weakness in my diet as they effect my training and to keep track of my training gains. If you are a beginner, they are fantastic to make yourself aware of what you are eating and to keep yourself accountable.

There are a lot of great aps or websites for logging workouts but pen and paper always works find. I use [daily mile](#) during race season to keep track of my workouts and to keep up with my friends and lend/receive motivation and inspiration. Feel free to look me up [here](#) to follow my training or if you'd like an extra cheerleader.

I personally don't care for the aps for food logging for a lot of reasons but a lot of our clients LOVE [My Fitness Pal](#). Just be aware of the low calorie ranges and low protein they recommend as well as the inflation of "calories burned" in the workouts. I have our clients tweak their numbers for better, long term results.

3. Pre planning the week's meals and pre preparing any of the week's food you can. I cook in bulk on Sundays.

4. Your Day By Day Plan

Sunday - This is the absolute key to my success both in maintaining my body at 46 years old and to peak performance during race season. The key to eating healthy in minimal time (and avoiding the quick, easy and disgusting drive through) is pre preparing. With the exception of fruits and vegetables and perishables, I buy everything (and prepare most) for a month at a time. It takes under 2 hours and I am set for quick salads, sandwiches or wraps.

I am a generally lazy person and a triathlete who works 50-60 hours a week with a hit or miss schedule that changes daily. I also have a high energy dog to keep exercised and amused and, quite frankly, I'd rather spend time playing with her than stuck in the kitchen cooking every night.

There really isn't much time (or inclination) during the week to cook a healthy, well balanced meal each night and it's certainly much easier to swing through the drive through or walk a few blocks to eat at one of 20 or 30 fantastic restaurants. This is my strategy for having quick, healthy meals available in the same amount of time it takes to swing through the drive through, pick up a pre packaged chemical experiment at the grocery store or eating out (although I do eat out socially 3 or 4 times a week)

am: Grocery shop and pre plan the week's meals and food.

pm: Focus on starting NEW, healthy, fat burning habits. If you had an off week or week end, don't let it turn into an off month or year (or worse)

If you hit your goals, what can you improve on in the coming week?

If you had a bad week, focus on moving on and starting right back with your healthy food plan and fitness program. If you had a bad week, month, year or 10 years, it's not too late. Start NOW.

Every Sunday, I cook in bulk for the month. 1/4th of the food goes in the fridge and the other 3/4th goes in the freezer in 3 separate containers to be easily thawed and used during the following weeks.

Monday

Most people take the week ends off and use Monday as their first training day.

For me personally, Monday is a "rest and recover" day because I generally do 2 a days on the week ends. although, my "rest and recover" day includes the 4 miles a day of the walking, jogging and sniffing my Princess requires to be a happy and well behaved puppy (usually broken up into 4 walks of varying length depending on the day's schedule) and some easy yoga and extra foam rolling.

Research shows that 15-minutes of brisk exercise can help you overcome cravings! If Monday is your off day, be sure to do SOMETHING before you reach for those left overs or other treats that may be lying around the house or office. Do a quick 15 minute workout. It can be a walk (pt style of course, with pushups after each 5 minutes) or some hill climbers, jump rope or burpees. If you are at work, a quick walk outside to breath deep and get some fresh air is an option.

Tuesday

Life got in the way and you missed your Monday workout or didn't get all of your food prep done? Do it today.

Wednesday

The dreaded hump day. Take this day to do a "no soda" or "no bread" challenge to keep you super charged and focused on the last 1/2 of the week.

Thursday

Assess and address. This is the day to look back at your food and fitness logs and see how you've done so far.

Most people follow a 5/2 eating plan. 5 Days of being on plan and two "unstructured food" Days ("off days") which they generally do on the week ends although you can adjust it and use 2 week days based on your lifestyle and commitments. If you had a bad day or two, instead of throwing in the towel, use this day to "fix it" and move forward towards your goals.

People don't gain or lose weight based on a single day or two or a few missed or additional servings. It's based on an accumulation of too many issues over the course of the week. Use this day to add any protein, fruits or veggies you might have missed and deduct any Breads or fats you might have gone over.

Friday

Week ends are full of parties, social engagements and other activities which can wreak havoc with your weight loss plan. Friday is the day to develop your plan for your week end's social activities to ensure that you stay successfully headed towards your goals. You can grab my tips for how not to gain weight on the week ends [here](#).

Saturday

Make up any missed workouts for the week.

5. What's In My Freezer



Here is what's in my freezer: (it takes an hour and ½ from start to finish)

Talpa

Frozen Broccoli

Frozen strawberries

3 weeks worth of beef stew with lean beef

3 weeks worth of two types of cooked chicken breasts.. (Mediterranean and onion/garlic with diced tomatoes)

Extra, plain chicken breasts in 4 oz portions

And My Fridge

Cut carrots in water to keep them fresh and moist

Green apples

Sweet Potatoes

1 weeks worth of cut/cleaned spinach with Romaine

16 Bean soup drained

Kidney beans

Pre cooked chicken breasts

Beef Stew

Tortillas

Eggs

In the crisper:

Cucumbers, celery, onions, garlic

On the side door: butter, flour, sugar , mayo, mustard

6. In Closing

YES, FOLKS, IT REALLY IS THAT SIMPLE ! This is how I have maintained my 40 pound weight loss for over 25 years and how I have helped over 1500 clients lose (and keep) their weight off over the past 18 years.

I hope you found this 7 day plan and my thoughts, insights and examples helpful. I want to drive home the point that you don't need to spend every night cooking for hours; you don't need any expensive, pre packaged meals (which are over priced and loaded with chemicals and preservatives anyway).

To have a fit, healthy, body full of energy that looks good naked, you don't need to live on twigs and nuts or have a life that revolves around your "diet" or workout. You don't need to jump from diet to diet or fad to fad. You don't need to waste money on the new pill or potion.

All you need is a little dedication, 3 - 5 hours a week out of the 168 we all have and this simple plan!

On the last page you will find a handy print ready sheet to keep for easy reference.

I've created a program that has been 20 years in the making. It's going to teach you how to eat more, train less and get a body that looks and feels AMAZING .. without being hungry, working out every day or denying yourself your favorite foods.

Check out our Revolutionary [14 Day Rapid Results Program](#). This program is fully comprehensive with everything you need if you're serious about **finally** achieving the body of your dreams. [The 14 Day Rapid Results Program](#) is NOT just about going on another "diet".

It's about letting me put science and my 21 years experience to work for you and includes a cutting edge workout designed to turn your body into a 24 hour fat burning machine, 14 Days of menu plans designed to burn maximum fat while you eat real food, The Ultimate Fat Blasting Cook Book, daily motivational emails and accountability and 24/7 access to our fit pros and most successful clients in our Private Member's Only Group. You will get all of the tools you need to be successful and FINALLY look and feel the way you deserve.

7. Print and Save

Sunday am: Grocery shop and pre plan the week's meals and food.

pm: schedule week's workouts on your calendar with other important appointments. Focus on starting NEW, healthy, fat burning habits.

Monday - First day of training or rest and recover if you train on the week ends

Tuesday – Complete any unfinished food prep and/or Monday's workout if you missed it

Wednesday - Do a "no soda" or "no bread" challenge to keep you super charged and focused on the last 1/2 of the week.

Thursday - **Assess and address.** Look back at your food and fitness logs and see how you've done so far.

Friday - Develop your plan for your week end's social activities to ensure that you stay successfully headed towards your goals.

Saturday - Make up any missed workouts for the week.

8. RAVING FANS

There you have it. The day by day, step by step action plan that helped me lose 40 pounds and keep it off for 31 years and the plan that has helped our in home clients and [group personal training members](#) achieve amazing results!

Want to put my no hype, science based approach and special motivational tools to work to FINALLY getting the body you deserve to spend the rest of your life in? Pick up a copy of my [How to Blast Fat and Reshape Your Body in 21 Days](#) and try the scientifically designed fitness and nutrition program designed to help you how to blast fat fast AND set you up for long term success.

Here is a sample of what some of our clients have to say:



" I didn't think it would be so easy! I know I keep saying that but it's true! At 63 years old I thought I'd never look and feel this good again! Seriously, I feel like 40 now !

I dropped 10 lbs in the first 3 weeks of my [group fitness training program](#) and 23 total. It hasn't been really hard... just preparation! Eating delicious food! Training 3 days a week. Feeling younger and and I have more energy! So glad signed up for this [group fitness program](#)! Dianne is great! " – Pattie A, Tierra Verde, Fl



"My first experience with a personal trainer ever has been with Custom Bodies. I have lost a total of 10.75" and 7 pounds in 7 weeks including 3" off my hips, 1" off of my thigh, 1.75 off of my waist 1.25 off of my abdomen. The best Part is that for the first time in my life, I don't feel addicted to food and I haven't had to starve or deprive myself to get these great results. "

Roseanne H – St Pete Beach, Fl



Binita (over 35) had been dieting and spending hours on ineffective cardio and a few machines at the gym seeing no results when we met. She reached that "frustration" point where she thought "why even bother any more?"

With a few minor dietary changes and effective exercise, **She dropped 3 lbs her first week** and hasn't looked back except to see her firmer, tighter butt !



Albina (Her daughter) was in the same boat trying "everything" to lose weight with the same frustrating results. A little nutrition education and a few weeks later and BAM, **she's down 10 lbs** and rocking camp like a champ.

"I can't believe how easy this food plan is. Why doesn't everyone know this?" she said.

Since I saw you in April and got started on the *"Just Say NO To Dieting"* Program, **I've lost the ten pounds that I have been trying to lose for the past 3 years when I began menopause.**

The information that you sent me away with was invaluable and that I have been able to achieve these results while 1500 miles away is spectacular. **I still pretty much eat what I want but I watch my portion sizes and make sure to get in my protein.** I have so much more energy and just feel darn good about myself.

Thank you Dianne - **Carolyn - Ludlow, Ma**



"I started with Fitness St Pete on January 16th because my energy had decreased in the past year and I have been wanting to clean up my diet. My running speed and endurance had declined. I realized that it was time to actively do something about it.

Since starting my group fitness training program , I have lost 10 pounds and 11', have more energy and better endurance with my running. My Running speed is improving (down a minute per mile in my 5K). I am also more flexible and feel so much stronger! I have made many positive changes in my diet and have stuck with the food plan.

Fitness St Pete has exceeded them by far. Dianne is very knowledgeable and supportive. She truly cares about her clients! "

Leanne Cox, St Petersburg, Fl

“Custom Bodies has changed my life!! In the past 10 months Dianne has improved my life in the following 3 ways. She has increased my knowledge on fitness and nutrition, helped me to replace bad habits with good, and she has provided unmatched motivation & support.

I gained over 13 pounds of lean muscle tissue, lost 21 inches, 20 pounds (11%) body fat and I reduced my resting heartrate to 60!! “ Deborah Baust - St. Petersburg, Fl



“I have dropped over 20 pounds since starting my Fitness St Pete Group Fitness Training Program . I used to work out with Dianne years ago and got excellent results. I stopped working out eventually...fast forward 15 years and I was totally out of shape, tired, a big bulging belly and 50-60 pounds heavier. I knew I needed to do something to take control of my health again. You go back to what you know and what works and that would be trusting Dianne with my fitness and health goals.

I Have Less Lower Back Pain, Knee Pain And Neck Pain. I Sleep Better And Am On The Path To Lower Blood Pressure And Lower Cholesterol Levels. **I Feel Like I Have Gotten Control Of My Health Again.** It's A Great Feeling. “

Mike Littlefield , St Pete, Fl



“ I started with Fitness St Pete in a group fitness training program for their Hot For the Holidays Challenge because I knew I needed to make changes. During those 3 weeks, my fitness level improved as I was no longer a couch potato and I made measurable progress towards getting my blood pressure and cholesterol numbers in a safer range.

I am still going strong and have more commitment to fitness and a better awareness of the foods I am eating. My Fitness St Pete Program has provided the motivation that I needed, and the personal, one-on-one attention received is the best. The persona is more than I had anticipated and much appreciated. It is everything I had hoped for and more ! “

Debbie Cook, St Pete, Fl

If you've got extra belly fat you'd like to get rid of and a body you want to reshape, what are you waiting for? Follow [this link](#) to learn how to eat more, train less and get a body that looks and feels amazing ! !

9 About The Author & The Company



Dianne Villano is one of the most sought after Personal Trainers In St Petersburg Florida. She was the founder and President of CUSTOM BODIES and now of Fitness St Pete I Tierra Verde Fitness and serves as program design expert and chief motivator.

Dianne has been involved in all aspects of the health and fitness industry as a fitness competitor, marathoner, triathlete, Jenny Craig consultant and Gold's Gym Manager and been helping people improve the quality of their lives through fitness for 28 years.

She started Custom Bodies 20 years ago with a passion to help people make sense of all of the marketing hype and gimmicks so prevalent today. By using cutting edge, science based programs and formulas with predictable results she has been helping people jump off of the dieting merry-go-round, reach their fitness goals and improve the quality of their lives.

Shortly after, the "Just say No to Dieting" program was born which brings together the 6 Components necessary to put an end to the "on a diet off a diet", all or nothing, failure cycle plaguing Americans today.

Most recently, she launched Tierra Verde Fitness along with our group fitness training programs, and created our Signature "14 Day Rapid Results", "21 Day Belly Blast", "6 Week Total Body Transformation Challenge", and #momstrong 28 Day Kick Start programs to teach people how to eat more, train less and apply cutting edge science and programs and get results they never dreamed possible.

Dianne specializes in teaching busy men and women over 40 how to eat more, train less and how to apply science to get better results in less time, without crazy "diets", pills or potions. Body Shaping Transformation Programs, and fitness programs designed for people who hate to exercise and who have tried every diet only to gain their weight back are some of her favorite things. She also enjoys helping intermediate and advanced clients take their workout routines to "the next level", helping people drop a couple of sizes and get back into shape, and working with runners and triathletes to prevent or correct injuries and take their race seasons to the next level.

Ms. Villano is also available for fitness workshops and seminars.

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9 More Free Stuff

1. Want free exercise tips, motivation, accountability, recipes and weekly challenges all geared toward helping you reach your fitness goals? Join Our Private Facebook Community Transform St. Pete [HERE](#)
2. **Fat Loss University** - Check Out Daily Fit Tips & Motivation, Health News, Answers from our ask your trainer site, and my general opinion on everything fitness related – Go [HERE](#)

For The Locals

Enjoy \$475 worth of
services for FREE

With Our Try Before you Buy Program

Full Success Session + 1 Group Personal Training session
on us

Learn How To Avoid The Failure Cycle
& Discover Your Personal Fitness
Success Plan

Call 727-742-0816 or schedule online [HERE](#)