

Weight Loss Templates Overview

Congratulations on taking your first steps to healthy weight loss through balanced quality nutrition! Our Custom Weight Loss Templates are designed to help you **lose weight in a healthy and sustainable way.**

Your templates are calculated based on a person of your height, current weight, and age with an average metabolism. Along with your templates, you will receive detailed instructions on how to follow your templates and make adjustments based on changes in your body weight, body composition, and activity level.

You should expect to lose between **1 - 3 lbs per week** while following your templates.

Your templates include versions for "non-workout days", "standard workout days", and "heavy workout days".

Eat the foods listed in your templates. For best results eat mostly whole, unprocessed foods containing minimal ingredients. Base your diet on garden vegetables, especially greens, lean protein sources, nuts and seeds, little starch, and no processed sugars.

The stricter you follow your templates, the better results you will get!

If you eat something **not on your templates**, count the macronutrients listed on the label.

- 7 grams of protein = 1 serving of protein
- 9 grams of carbohydrates = 1 serving of carbohydrates
- 3 grams of fat = 1 serving of fat

When you begin using your templates, **follow them exactly** as they are written for at least one week. This will get you familiarized with your templates and understand how to use them properly.

Here are your Weight Loss Guidelines:

- If you lose one to three pounds per week, stay in your current Weight Loss Phase.
- If you lose less than one pound per week, move to the next Weight Loss Phase.
- If you lose more than three pounds per week, add a serving of protein, carbs, and fat to one of your meals until your weight loss stabilizes to between one and three pounds per week.
- Once you reach your goal weight, add a serving of protein, carbs, and fat back into your meals until your weight stabilizes at your goal weight.

For additional questions, please see our FAQ section at www.healthytemplates.com/faq.

Your templates are designed to deliver the precision nutrition you need, with the flexibility to fit your lifestyle!

All of us at HealthyTemplates.com wish you the best of luck on your healthy weight loss journey!