

How I Lost 60 Pounds in 60 Days...

My Proven 60-Day Method for Fast Weight Loss

Nourish And Classy Chef

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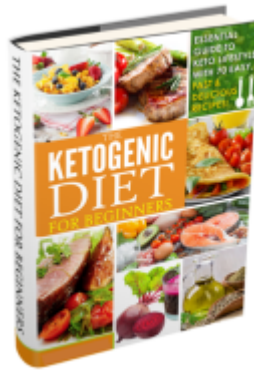
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Introduction

Did you know that 1 in 3 American adults are obese? Shocking, right? Even more jarring is the fact that another one-third of American adults are overweight. That means that only about 30% of American adults are a healthy weight.

The thing about such statistics is that they do not convey the personal pain of being overweight or obese. They do not convey the pain of becoming winded from climbing just a few stairs or having to sit on the sidelines when physical activities are involved at social events and activities. They do not convey the pain of being forced to eat salad after salad only to see little to no results then feeling guilty about abandoning yet another diet. They do not convey the pain of not being able to see your toes when you stand or having to put another dress in the back of the closet because it does not fit quite right.

I have suffered all of these pains and more because of the number shown on the scale - a number that was not good enough for my overall health. I am here to tell you that that painful existence does not have to be your reality any longer. I was finally able to develop a way of melting pounds off fast and easy and I am sharing my secrets and strategies with you in the pages of this book.

The best thing is that these secrets and strategies are not just going to help you shed unwanted weight. There are other benefits. Such benefits include helping you lower your risk of developing chronic diseases like type 2 diabetes and heart disease. They will help you become fitter and toner so that you can fit into that pair of jeans that is tucked away in the back of your closet. And guess what? Those jeans will fit like a dream. In other words, your butt will look fabulous. These secrets and strategies will help you feel more fulfilled. They will help you have more energy every day.

These secrets and strategies will help you live life on your terms rather than the terms dictated by the number on a scale. In fact, that scale can become something you have made peace with instead of an enemy you have to brave.

You do not have to starve yourself, eat like a rabbit, or put yourself through a fitness regimen that resembles training to partake in an extreme obstacle course to gain these benefits. Instead, you will learn a method of eating that still allows you to enjoy your favorite foods and an exercise routine that you can incorporate into your weekly schedule easy peasy.

I was overweight before I discovered how to take control of my health. Things were so bad that I became breathless, not from seeing my crush, but from bending over to tie my shoelaces. The day that I was made aware of the increased risk of me developing a cardiovascular disease by my doctor I was shocked into taking action.

However, the traditional ways of losing weight and keeping that weight off just were not working for me. So, with some research and a bit of trial and error, I found a way that did not put me through what felt like torture

to gain control of my health. I tested this with a 60-day routine that allowed me to lose 60 pounds. I could not be happier with my results and so, I continue to use this routine, along with healthier lifestyle habits, to maintain a healthy weight even after that 60-day interlude was over.

Luckily, I am a generous gal and I am sharing the secrets with you and millions of other people on this green and blue planet that we live on. Why? So that we can all live healthier and happier for longer.

Are you ready to achieve that standard of living for yourself? Then turn the page to learn how you can.

Chapter 1:

Why Losing Weight Has Not Worked So Far



Losing weight happens in a straight line where your weight constantly decreases until you reach your ideal weight.

Losing weight is only about willpower and has nothing to do with biology or lifestyle.

All you have to do is eat less and become more active to lose weight.

All you have to do is find the right weight loss diet promoted on TV and you will lose the pounds like butter melting in the sun.

We have all heard or seen versions of the items stated above. Not only are they an insult to our ears and eyes but worse, we have believed them only to blame ourselves when they do not pan out as true. Even then we still hesitate to admit the truth about these items because it is easier to believe that we are the problem. These are common weight loss myths and let me tell you why these words only belong in fairy tales.

Losing weight does not typically happen in a linear fashion. Most people do not lose one pound today then another pound tomorrow and continue

down with no gains along the way. The fact is that most of us see losses some days and gains other days. Do not get down on yourself if that is you. It is normal for weight to fluctuate and the thing to keep in mind is that your weight loss journey is one where there are hills and valleys and not just a straight road to the end. Even more important to keep in mind is that weight gain does not automatically equal fat gain. Extra water weight and the development of muscle can also cause the numbers on the scale to go up slightly. The important thing is to stick to your weight loss regimen. Do not give up.

That leads to the next point of contention - losing weight is all about willpower and has nothing to do with lifestyle or biology. Absolutely false! Your genetic makeup absolutely plays a part in how you lose and gain weight and instead of fighting the fact, you need to learn more about your biology and how to work with it to achieve your fitness and weight loss goals.

Lifestyle also plays a major role. Smoking a packet of cigarettes, eating only fast foods, being inactive, and avoiding fruits and veggies like they are the plague are certainly not helpful in losing weight. However, adopting lifestyle practices like not smoking, not drinking alcohol excessively, and eating well-balanced and healthy meals will certainly help put you on a course to dropping the extra pounds with as little fuss as possible.

Willpower does play a great role though in making that ideal weight achievement not just a dream. Just like a physical muscle in your body you need to put this one through workouts to make it stronger so that you do work out when you are supposed to, so that you do eat right, and so

that you do implement other lifestyle practices that will help rather than hinder your weight loss attempts.

Weight loss will not occur simply because you eat less and exercise more. For one, most people do not find that an enjoyable methodology and it will be a challenge to constantly gain the willpower to keep this up for long. Secondly, such a strategy does not work well with human biology and even if you do see short-term weight loss, in the long term this can lead to weight gain. You might actually weigh more than you did before. Instead, your approach to weight loss needs to be more strategic and sustainable.

Lastly, you need to be careful of how you allow mass media such as TV publications to influence your decisions when it comes to weight loss. Most of these promotions have large corporations behind them and they aim to make a profit from convincing you to try this diet and that diet. It is not their aim to help you. If everyone lost weight then who would they sell weight-loss products to? Your failure is their gain because when the diet does not work (as it was designed not to), you will fork over more cash to try the next and the next. The latest fad diet might not be the best one for you so always proceed with caution and discretion.

Blowing these myths out of the water serves a greater purpose than just educating you. It shows that you need to overhaul the way you think as you approach weight loss. Your mindset needs to change long before you eat any vegetables or start any exercise routine. Losing weight and keeping it off starts with a mental workout instead of a physical one. Your willpower muscle is the first that you need to work on. Then the process of losing weight will become a lot easier whether you are trying to lose 60

pounds in 60 days like was my aim or you want to lose 30 pounds in 60 days.

You need to come into this with a mindset to succeed. That is the workout regimen you need to put your willpower muscle through and the only way to do this is to start by understanding what success is. Success is an individual thing. What success means to you is not what it means to me. But far too often we try to copy and paste other people's versions of success as our own. A mistake that ultimately leads to falling off the wagon. I know because I used to do this.

Therefore, you need to create some goals for yourself and create those based only on your needs and wants - no one else's. Only then can you put yourself through a cycle of perpetually achieving success. Your goals lead to the development of a process (which we will discuss more in the coming chapters) then you can take small steps toward making that process your normal day-to-day life. Celebrate that small win every time. That small step can be eating a healthy breakfast instead of skipping breakfast. This is something that certainly helps you lose weight instead of the contrary myth that skipping breakfast helps you lose weight. Celebrate that win with a simple act like mentally patting yourself on the back. Your brain feels good when you do this and so puts more effort into strengthening your willpower.

So, what do you do with that small increase in willpower strength? Take more action. This can be another small step like ensuring that you eat a healthy breakfast not just on that day but also every day of the week for seven days. Always celebrate that small step that you are taking and after the time limit that you have set for yourself is up, evaluate your results. Eating a healthy breakfast daily, you will likely notice that you are more

energized and happy which helps you feel more motivated to exercise and continue eating right throughout the day. Those good feelings set you up to take more positive action, thus making you believe that you can indeed achieve your goals. Belief powered by action is what strengthens your willpower.

Getting started with anything is usually the hardest part. So, how do you tap into the limitless potential of your willpower to get started on this weight loss journey? The answer is that you need to find what motivates you. Motivation is a fickle thing that you cannot rely on to power you through every day. This is why having willpower is necessary. It is what enables you through the times when you feel demotivated. However, motivation is necessary to get that initial jumpstart.

You need to figure out why you are doing this. There may be outside forces that motivate you like wanting a flatter tummy or a slimmer waist but these factors can only motivate you for so long. Think about it. Most people want a fitter, toner body but how many are motivated enough to do the work necessary to get and keep that body? Not nearly enough based on those overweight and obesity stats. But those that are doing the work tell you the secret is finding internal motivation. That may be to be fit enough to enjoy the time you spend with your friends and family, to be more energized, to live longer...

The potential reasons are endless but only you can find out your internal drive. You need to take the time to introspect and find these reasons. Only after you have found your why can you move onto the how of accomplishing your goals. That why is what will ensure that you stick with the process. The next chapters are concentrated on the how of it.

Chapter 2:

The Diet that Changed the Game for Me



On this 60-day challenge that I set for myself, I knew that the biggest challenge for me would be my diet. I was used to a high-carb diet with plenty of bread, pasta, and junk food. Occasionally, I would sprinkle in a few fruits and veggies just so I would not feel guilty about the way I ate. But I was serious about this bid to lose weight that time because I finally understood why I was doing this for myself.

So, I went digging to find the best diet for promoting fast but sensible and sustainable weight loss, and one diet kept on popping up in the search results with astounding reviews from practitioners the world over. Its name is the ketogenic diet – the keto diet for short. When I learned how this diet helped so many people lose weight quickly, I jumped in with both feet and I am so glad that I did. The ketogenic diet is a high fat, moderate protein, low carb diet.

In essence, for me to practice this diet, I had to switch up all the carbs I was eating for high-fat options instead. I know what you are thinking - Eat more fats to lose weight? Are you crazy?

I am not and you too will be convinced once I break down the science of how this diet works so well for promoting weight loss. The body gains calories from the food that we eat. Think of your body as a vehicle and the food that you eat as the fuel that you put in it. Your internal engine converts this fuel into energy that helps you go. This energy is called calories but when you eat high carbohydrate foods like sugary foods, most baked goods, bread made with white flour, non-whole grain pasta options, and white rice, your body burns this fuel inefficiently and lots of extra calories are left floating around your body. And what does your body do with them? It turns them into fat and stores them this way, hence why you gain weight on a high-carb diet. But the ketogenic diet promotes another way of gaining the energy that you need.

Your body automatically seeks out carbohydrates to gain calories because it is so easy to convert carbs into energy. However, when carbs are in low supply, like when you eat a ketogenic diet, your body is forced to look for alternative sources of energy. It starts burning fat. This process is called ketosis. The name comes from the fact that the liver turns fat into molecules of energy called ketones. Your body uses these ketones to gain energy more efficiently. Think of carbs as low-grade fuel that pollutes your body and fat as high-grade fuel that allows your body to perform at its best.

This leads me to the benefits of practicing this diet. Not only does the keto diet provide you with a cleaner fuel source, but it is also more filling to reduce hunger and prevent unnecessary snacking. Additionally, it helps reduce blood sugar levels and provides you with a steady supply of energy throughout the day instead of the boost then subsequent dip experienced with eating too many carbs.

Foods To Avoid

I know that it is hard to give up on carbs and the good news is that you do not have to entirely throw out your favorite carbs with the keto diet.

However, you have to drastically reduce the number of grams that you consume daily. In fact, you need to consume below 50 grams for ketosis to take place. Ideally, you should stick well below 20 grams of carbohydrates. The fewer carbohydrates that you eat, the easier your body undergoes ketosis.

Starchy and sugary foods also fall into the carbohydrate category. That means many of the fruits and vegetables that you are familiar with need to be avoided as they contain starch and sugars, which are simple versions of carbohydrates. Eating just one apple can quickly push you over the limit for undergoing ketosis. This deprives you of the fat-burning effects of the process. Fruits like kiwi, apples, bananas, mangoes, peaches, grapes, dates, and pineapples should be limitedly consumed. Even dried fruit options like raisins should be avoided. Fruit juices, especially those with added sugars are lumped in that category of limited consumption as well. Starchy vegetables that you should stay away from include potatoes, beets, sweet corn, parsnips, peas, yams, and sweet potatoes.

You should also avoid highly processed foods as they tend to have hidden carbs even when advertised as low sugar or low carb.

Foods To Eat

The easiest way I have found to build my meals on the ketogenic diet and ensuring that I am properly nourished is to follow this system:

Choose a protein

Include one or more low carb vegetables or fruits

Add the fat

Let's break down each component of this system. I choose the protein first because it is easy to build a meal around it as it is usually the star of any dish. Suitable proteins include red meat like pork, poultry like chicken and turkey, fish, seafood, and shellfish. You can also use plant-based protein options like soybeans, tofu, and tempeh.

Not all fruits and veggies need to be avoided on the ketogenic diet. Low carb options are still available and they help you get the vitamins and minerals you need. I will provide a list of these in the next chapter.

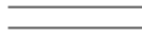
Lastly, the star of the keto show... Even though fat is needed to induce ketosis, you cannot just indiscriminately add fats to your diet. There is a distinction between good fats and fats that are bad for your health. Foods that contain saturated and trans fats in their makeup fall under the bad category and their consumption leads to weight gain no matter the diet that you practice and an increase in the risk of developing chronic diseases like heart disease. Foods that contain such fats (and should be avoided) include fried foods, processed meats, margarine, and hydrogenated oils.

Good fats include unsaturated and omega-3 and omega-6 fatty acids. Such fats promote good heart health and help control cholesterol levels in addition to being a clean energy source for ketosis. Examples of foods that

contain such fats include avocado, coconut oil, organic butter, nut oils, olive oil, raw nuts and seeds, and eggs. About 80% of your daily calorie count should come from healthy fat. About 5% should come from carbohydrates and the remaining 15% should come from proteins.

Chapter 3:

Meal Planning and Shopping for Weight Loss Success



The easier something is to do, the more likely we are to stick with it. It is just human nature. Why do you think it is so easy to perform habits that are bad for us? They are easy to do and we get the instant gratification of doing them.

Therefore, to make good habits, like eating according to the rules of the keto diet, easy to adopt, you need to make them easy to perform. Let's face it. We live in a fast-paced world and have busy lives. We do not always have time to prepare meals as we should and that is a big reason why so many of us find it hard to not only eat healthily but also stick to a particular diet. However, there is a way to make this easier for you to do and this is called meal prepping.

Meal prepping is the process by which you partially or completely prepare meals in advance of eating them. Complete preparation includes cooking meals in batches and storing them in individual bowls where you simply heat a bowl, grab your meal, and go. Partial preparation includes the preparation of ingredients such as chopping vegetables so that the cooking process goes a lot quicker at mealtime.

The advantages of meal prepping are numerous. Not only are you more likely to eat healthily but you can also control what goes into your meals, lower your stress levels by not having to think as heavily about what you should eat on a daily basis, and control your grocery bill and time spent in the kitchen. My advice is to take one day out of the week to meal prep. My usual day for doing meal prepping is Sunday, but you can choose any day that works best for you and your schedule.

The first part of meal prepping is to get your grocery list together so that you do not have to make multiple trips to the grocery store and have everything that you need at hand.

A Simple Affordable Shopping List For Keto Dieters

- Red meat and poultry: chicken, turkey, pork
- Fish and shellfish: salmon, mackerel, herring, tuna, shrimp, scallops, oysters
- Eggs
- Full-fat dairy: sour cream, butter, yogurt, heavy cream
- Cheese: cheddar, cream cheese, brie
- Oils and fats: avocado oil, coconut oil, olive oil

- Fresh and frozen berries: strawberries, blackberries, blueberries, raspberries
- Other keto-friendly fruits: avocado, lemons, tomatoes, cantaloupe
- Vegetables: mushrooms, spinach, celery, cauliflower, broccoli, asparagus, cabbage, lettuce, olives, bell peppers, eggplant, zucchini
- Nuts and seeds: pistachios, macadamia nuts, almonds, pecans, peanuts, pumpkin seeds, chia seeds, sunflower seeds
- Nut butters: almond butter, peanut butter

Of course, that shopping list should include your normal low-sugar condiments such as salt, black pepper, herbs, spices, mustard, and vinegar.

A Sample 7-Day Keto Menu

The next part of efficient meal planning is to create a menu of what you will have for the following timeframe. The only downside of meal prepping is that you can get bored of eating the same thing day after day. This is a problem that I encountered and so, I use a method of rotating meals that allows me to have more options on a daily basis. Just to show you how creative you can get with the keto diet; I specifically chose to have something different every day of the week at the time that I am writing this book. My menu looked like this:

Monday:

Breakfast: mushroom onion bell pepper omelet

Lunch: Chicken Caesar salad

Dinner: Roasted chicken with sauteed broccoli

Tuesday:

Breakfast: Egg and cheese with sauteed bell peppers

Lunch: Tuna arugula salad

Dinner: Pork chops with sauteed spinach

Wednesday:

Breakfast: Yogurt bowl topped with granola

Lunch: Bunless salmon burger

Dinner: Roasted chicken atop cauliflower rice

Thursday:

Breakfast: Avocado egg boat

Lunch: Mushroom vegetarian stew

Dinner: Coconut chicken curry

Friday:

Breakfast: Stuffed bell pepper with egg and cheese

Lunch: Stir-fried shrimp over greens

Dinner: Grilled salmon with greens

Saturday:

Breakfast: Tomato baked eggs

Lunch: Chicken and cabbage soup

Dinner: Turkey meatballs with zucchini noodles

Sunday:

Breakfast: Avocado, cocoa smoothie

Lunch: Bunless veggie burger with zucchini fries

Dinner: Tuna steak with baked zucchini

Keto-Friendly Snacks

Snacking is an important part of a daily diet. It just needs to be done healthily. Limit yourself to 2 snacks a day, between breakfast and lunch and between lunch and dinner. Snacking will help you keep your energy up and prevent you from overeating at main meal times. Keto-friendly snack options include:

- Nut and nut butters like almond and peanut
- Kale chips
- Coconut chips
- Trail mix with unsweetened coconut, seeds, and nuts

- Hard-boiled eggs
- Cheese slices
- Keto-friendly smoothies
- Jerky

A Few Tips For Safe Meal Prepping

The last thing that you want to happen is to get food poisoning as you meal prep. To prevent this from happening, you have to safely store your meals and also safely reheat them. The first thing that you need to do is to ensure that the food is cooked thoroughly. Next, ensure that the food has thoroughly cooled down before placing it in the refrigerator as warmer temperatures can heat the internal environment of your refrigerator and not only cause that meal to go bad but other items that you have in the fridge as well.

Before it is time to heat your meals, thaw them in the refrigerator if they were frozen. Keeping meals on the kitchen counter can cause the development of bacteria. After you defrost your frozen meal, ensure that it is eaten within 24 hours. When it is time to heat your food, ensure that the internal temperature has reached 75 degrees Celsius or 165 degrees Fahrenheit before you eat them.

My last tip for meal prepping safely is to consume frozen meals within 3 to 6 months and refrigerated meals within 3 to 4 days. These are typically the time frames where these are safe to consume.

Chapter 4:

Targeting Stubborn Belly Fat with Exercise



Your diet is a huge lifestyle factor that you must adjust to lose weight and keep it off in a sustainable way. The next big adjustment that needs to happen is your exercise routine. Typically, when we think about exercise and weight loss, the immediate trend of thought leans towards cardio exercising.

Also called aerobic exercising, cardio exercising is so named because it gets the heart pumping, jumping, and grooving – all great things that lead to wonderful heart health, weight loss, and more. Common cardio exercises include running, walking, and jumping jacks. While such exercises are great for increasing your endurance, their fat melting benefits are not as great as performing strength training.

Strength training is the use of resistance like your own body weight or gym equipment like resistance bands and dumbbells to develop muscle strength and definition. The thing is that you build muscle not only to become toner but also to lose body fat.

Don't see how? Stick with me. I will explain.

The slimming effect of strength training is a product of a quicker, more efficient metabolism. Metabolism is the process of how your body breaks down the things that you eat and drink to provide your body with the energy it needs in the form of calories. Everything that your body does from breathing to protecting you from the common cold requires energy.

How efficiently your body metabolizes the things you consume affects your weight. The more efficient this is, the more weight that you lose. Around the middle of my initial 2-month weight loss journey, I found that my weight loss plateaued. I was not losing or gaining any weight. I could not figure out why that was until I did a little research and figured out the calories that I was consuming were not being burned as fast as I wanted even though I had already incorporated running several miles a week into my routine.

Why?

Because I was not building muscle to burn more calories and lose more weight. You need to work on developing your muscles to lose weight. How do you do that? The answer to that question is strength training. Traditionally, strength training has been seen as a man's activity but not only can women do strength training but they should. And the best thing is that you do not have to bulk up in size if that is not your wish. Strength training can be catered to allow you to achieve the body shape and size that you desire.

Apart from the fat-burning effect, a few strength training benefits include:

- Increased physical strength

- Increased balance
- Increased mobility and flexibility
- More toned muscles and thus, a leaner appearance

Visceral fat is the type of fat found around the abdomen and this is the hardest type of fat to get rid of. This is because it surrounds the organs in that region. Strength training exercises often involve some type of concentration on that area and so that stubborn tummy fat is blasted away with consistent workouts.

When I incorporated strength training into my weekly runs, that protruding gut was gone faster than I thought possible. The best part? I continued doing strength training even after the 60 days were up and now, I can boast of a 6 pack of abs for my efforts.

There are two types of strength training exercises. The first is called compound exercises. These exercises are aimed at helping you develop strength and muscle. As mentioned before, that leads to amazing calorie burning and weight loss. Examples of compound exercises include squats, lunges, hip thrusts, and bench presses. You must do compound exercises 2 to 3 times a week to get these amazing benefits. Allow your muscles time to rest - about 2 days - so that you can recover and prevent yourself from being injured. You must rest between these sessions.

The second type of strength training exercise is called assistance exercises. You do these after you have mastered compound exercises.

They do not have the same powerful calorie-burning effect as compound exercises but they are what will have your butt looking fabulous in any pair of pants. They help define muscles. Sculpted muscles are what give you that toned, lean look. Examples of assistance exercises include pull-ups, push-ups, and calf raises.

Once I was put onto the amazing benefits of strength training, I developed the following weekly routine that you are free to follow exactly or to tweak to suit your particular weight loss goals and daily schedule.

- Monday - Compound exercises
- Tuesday – Assistance exercises
- Wednesday – Cardio exercise
- Thursday - Compound exercises
- Friday – Assistance exercises
- Saturday – Cardio exercise
- Sunday – Rest

This routine is simple yet highly effective. I saw an initial increase in weight because I started developing muscles so do not be surprised if the same happens to you. However, strength training is what catapulted me

into losing as much weight as I did over the latter half of my 60-day weight loss journey.

Conclusion

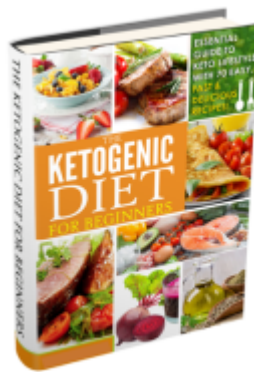
Losing weight fast yet healthily and sustainably can seem like a myth but I am living proof that it is possible. This potential comes from making a few lifestyle changes such as adopting a diet that burns calories quickly (the ketogenic diet) and an exercise regimen that includes workouts (strength training) that melts fat from your frame.

If you take away nothing else from this book, please believe that you can achieve the body that you want and this is possible with the right process. This book is a compact, easy-to-understand guide to get you started on that journey of fast, easy weight loss. You have everything you need to get started on that phase of your life. Please do the work as reading this book alone amounts to nothing without action.

Also, do not let the buck stop here. Continue to educate yourself so that you finetune this process to suit you and your life. Let's help others who are also struggling to lose weight gain access to this valuable information by leaving a review on the website where you purchased this book.

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