

My

WEEKLY PLANNER

From the author of the
Fat Loss Fast Series,
Dr. Sara Solomon



***Your Online
Consult Exclusive!***

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* **Note:** These are merely examples I made up to show you how to use the planner. Please do not emulate the quantities I used because they are hypothetical. Please use the science I taught you in [Fat Loss Fast 1, 2, and 3](#) to tailor the program to YOU so you get results!



<i>Weekly Planner</i>	Month: _____	Week of: _____
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IF PROTOCOL: ___ 16/8 ___ 20/4 ___ ADF ___ modified ADF

Height: _____ inches Monday Weight: _____ pounds Age: _____

Use the [calculator](#) to establish your calories and macros. Your BMR: _____

For ADF "Feasts" or refeeds: TDEE: _____ Protein: _____g Fats: _____g Carbs: _____g

For ADF "Lite Days": _____% of TDEE: _____ (keep carbs LOW)

For daily 16/8 or 20/4: TDEE - ___%: _____ Protein: _____g Fats: _____g Carbs: _____g

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m weigh in: VET + NEAT							
WORKOUT: When What Fasted or Fed Duration Calories Burned Stretched Foam Rolled							
DIET: Calories in Protein (g) Fats (g) Carbs (g) Fibre (g) Discretionary Window							

*Average weekly weigh in: (add all 7 and then divide by 7): _____ pounds.

Did you meet your weekly GOALS? Check below if yes!

Daily Calorie & Macro Tracking: ___ Daily Fasted Morning HiT: ___ Adherence to Eating Window: ___

What other goals did you meet? _____

If you didn't meet your goals, what 1 thing will you change for next week? _____

Weekly Planner	Month: August	Week of: August 4 - 10th
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IF PROTOCOL: ___ 16/8 ___ 20/4 ___ ADF modified ADF

Height: 66 inches Monday Weight: 125 pounds Age: 36

Use the [calculator](#) to establish your calories and macros. Your BMR: 1306 calories

For ADF "Feasts": TDEE: 1831 calories Protein: 150g Fats: 41g Carbs: 216g

For ADF "Lite Days": 25% of TDEE: 458 calories (keep carbs LOW)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m weigh in:	128 lbs	126 lbs	127 lbs	125 lbs	127 lbs	124 lbs	126 lbs
VET + NEAT	473 cals	504 cals	611 cals	530 cals	690 cals	530 cals	590 cals
WORKOUT:							
When & What	7am Jump Rope Glutes	7:30 am Jump Rope Core	7:20am Jump Rope Shoulders	8am Jump Rope Back	6:30am Jump Rope Chest/Arms	9am Jump Rope Core	10 am Jump Rope Total Body
Fasted or Fed	Fasted	Fasted	Fasted	Fasted	Fasted	Fasted	Fasted
Duration	30 min	30 min	30 min	30 min	30 min	30 min	30 min
Calories Burned	305	250	325	295	275	245	350
Stretched & Foam Rolled	yes	yes	yes	yes	yes	yes	yes
DIET:							
Calories in	400	1835	350	1850	460	1831	1829
Protein (g)	-	150g	-	150g	-	150g	150g
Fats (g)	-	50g	-	50g	-	50g	50g
Carbs (g)	-	190g	-	190g	-	190g	190g
Fibre (g)	-	50g	-	50g	-	47g	50g
Discretionary	-	cereal	-	pizza	-	donut	licorice
Window	5-6pm	3-10pm	5-6pm	3-10pm	5-6 pm	3-10pm	3-10pm

Note: the VET & NEAT are measured from my Nike+ Fuelband before bed. Add this to your BMR to estimate your daily TDEE.

*Average weekly weigh in: (add all 7 and then divide by 7): 126 pounds.

Did you meet your weekly GOALS? Check below if yes!

Daily Calorie & Macro Tracking: Daily Fasted Morning HiiT: Adherence to Eating Window:

What other goals did you meet? Didn't overeat during my "Lite Days". Lost 1 pound. Got more sleep before midnight.

If you didn't meet your goals, what 1 thing will you change for next week? _____

Weekly Planner	Month: August	Week of: August 4 - 10th
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IF PROTOCOL: 16/8 20/4 ADF modified ADF

Height: 66 inches Monday Weight: 125 pounds Age: 36

Use the [calculator](#) to establish your calories and macros. Your BMR: 1306 calories

For carb refeeds: TDEE: 1831 calories Protein: 150g Fats: 41g Carbs: 216g

For daily deficit days for fat loss: TDEE -10%: 1648 calories Protein: 150g Fats: 37g Carbs: 180g

But for Rest Days or lighter training days, decrease your calories/carbs and increase your fats (use the calculator).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m weigh in:	128 lbs	126 lbs	127 lbs	125 lbs	127 lbs	124 lbs	126 lbs
VET + NEAT	473 cals	504 cals	611 cals	530 cals	690 cals	530 cals	590 cals
WORKOUT:							
When & What	7am Jump Rope Glutes	7:30 am Jump Rope Core	7:20am Jump Rope Shoulders	8am Jump Rope Back	6:30am Jump Rope Chest/Arms	9am Jump Rope Total Body	10 am Jump Rope Core
Fasted or Fed	Fasted	Fasted	Fasted	Fasted	Fasted	Fasted	Fasted
Duration	30 min	30 min	30 min	30 min	30 min	30 min	30 min
Calories Burned	305	250	325	295	275	245	350
Stretched & Foam Rolled	yes	yes	yes	yes	yes	yes	yes
DIET:	*refeed					*refeed	
Calories in	1831	1438	1650	1650	1650	1831	1438
Protein (g)	150g	150g	150g	150g	150g	150g	150g
Fats (g)	41g	64g	37g	37g	37g	41g	64g
Carbs (g)	216g	66g	180g	180g	180g	216g	66g
Fibre (g)	60g	50g	40g	40g	40g	60g	50g
Discretionary	poptart	chocolate	cereal	licorice	cereal	pizza	chocolate
Window	1-9pm	1-9pm	1-9pm	1-9pm	1-9pm	1-9pm	1-9pm

Note: the VET & NEAT are measured from my Nike+ Fuelband before bed. Add this to your BMR to estimate your daily TDEE.

*Average weekly weigh in: (add all 7 and then divide by 7): 126 pounds.

Did you meet your weekly GOALS? Check below if yes!

Daily Calorie & Macro Tracking: Daily Fasted Morning HiiT: Adherence to Eating Window:

What other goals did you meet? **Kept my fat intake in check this week!**

If you didn't meet your goals, what 1 thing will you change for next week? _____

Stay Motivated!

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ABOUT THE AUTHOR

Dr. Sara Solomon is a writer, spokesmodel, and athlete for Bodybuilding.com, the most visited bodybuilding and fitness website in the world, and for BSN. Dr. Solomon is a practicing dentist (DMD) in Toronto, Canada, and holds a Bachelor of Science in Physiotherapy. This certified personal trainer, spinning instructor, professional fitness model, and cover girl is known around the world for her jump rope skills and her Dr. Sara Solomon Cross Speed Jump Rope by Buddy Lee Jump Ropes.

Dr. Solomon is the author of the “Fat Loss Fast” Series of e-Books about intermittent fasting and flexible dieting. This retired PRO fitness model competed 9 times in fitness competitions using practices that slowed her metabolic rate and her ability to lose fat. Frustrated, Sara decided to hit the books and spent 2 years devising an evidence-based system (“Fat Loss Fast”) that restored her metabolic capacity and her passion for fitness! Sara knows first-hand the challenges of juggling a busy schedule with a healthy lifestyle, which is why her system focuses on enduring, maintainable, time-saving, and metabolism-boosting approaches for fat loss. If you want to “take the hell out of healthy,” then visit DrSaraSolomon.com for her high-intensity home workouts, intermittent fasting and flexible dieting practices, “clean cheat” recipes, giveaways and more!

DISCLAIMER

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Always consult with your medical doctor before commencing fasting to ensure you are a suitable candidate. This is especially important if you have any medical conditions or are taking prescribed medications — note that Warfarin may increase your INR (which measures how long it takes your blood to clot), so talk to your doctor.