

# The Weekend Damage Control Plan

## How To Enjoy Your Weekends Without Undoing Your Weight Loss

Stop starting over every Monday and take control of your weight without giving up your life on the weekends.



### Weekend Sabotaging Your progress

Let's be honest, you can be good all week, eating better, moving more and staying on track. Then the weekend hits.

A few drinks,

takeaways,

snacks at night,

all structure goes out the window. So by Monday you feel like you're back to square one.

### THE CORE PROBLEM

The truth is it's not a lack of discipline you need to focus on, it's a lack of structure. With Time Restricted Eating keep up the structure and habits you live by during the week and control your eating window.

## The Solution

You don't need to restrict everything, you just need to control 3 things.

When you eat.

How long you eat for.

When you stop.

## The 5 Step Solution

**Step 1:** Delay your first meal for as long as you can. When you get up, have a pint of water with ACV. If possible, busy yourself with house work, inside or outside, or some form of exercise. This lowers insulin early, creates a fat burning window and takes your mind off food.

**Step 2:** Control your eating window. Once you start eating, set a time you want to close your eating window even if its 10 or 11pm, that's ok as long as you are in control.

**Step 3:** The treat rule. You can enjoy a weekend treat or two without totally going off track. Just be mindful that you are controlling the treats not the other way round

**Step 4:** Most damage happens late at night once the kitchen is closed make sure it stays closed. If you feel hungry or cravings, have water with ACV, tea or black coffee. Especially at night you want to protect your body's ability to burn fat overnight. Ensure better sleep and wake up without cravings.

**Step 5:** The reset [fast .It](#) the weekend has been a total binge session, use a simple fasting reset. Give yourself a 16 - 24 hr fast to help bring insulin and inflammation back down and allow your body to deplete glycogen stores that have been built up over the weekend so it can then burn fat [again.It](#) will also help the digestive system to reduce bloating and improve function.

**If you want a simple system** that shows you. Exactly how to structure your fasting for consistent weight loss. What to eat to stay full and in control. Eliminate cravings and constant hunger. And an exercise plan if you want one. (optional). For more info go to

12 Week Lifechoice program at [Lifechoice50.co.uk/start](https://lifechoice50.co.uk/start)