



*Welcome to Amy Layne's
3-Week Fat Blaster*



Presents...

3 - Week Fat Blaster

by Amy Layne CPT, CHN, Lifestyle Expert

In 3 short weeks...

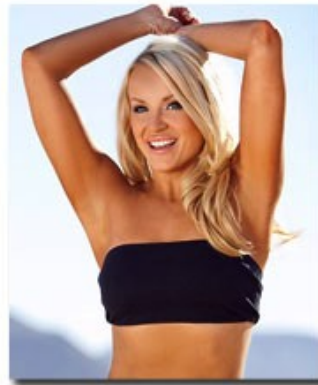
Shed Stubborn Fat

Detox Your Body

Cleanse Your System

Bust Through Plateaus

*Learn Healthy Habits
and Patterns*



Dare to Feel the Freedom

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3- Week Fat Blaster Introduction

Hi there!

“My name is Amy Layne and I am a Certified Holistic Nutritionist, Personal Trainer, and Lifestyle Expert. I have created this 3-Week Fat Blaster Package as a tool for anyone looking to jumpstart their weight-loss journey. It is based on a few simple principles I teach all my clients: eat clean whole foods, eat good sources of protein, and DO NOT starve! Here are some important notes to follow for the next 3-Weeks:”

What You Should Live By...

- This plan is to be used for a maximum of three weeks!
- This is to jump start weight loss or for anyone close to a goal. It is sure to knock off pounds in a hurry. It is extremely low in sugar and balanced in protein.
- Let's focus on eliminating all artificial sweeteners and products out of our diet.
- Let's make sure that pre-packaged foods are not creeping back in!
- Concentrate on whole natural foods for the entire family.
-
- Always buy organic where you can! This includes your meat and eggs! Always look for free-range organic. If you can buy organic do so!
- Make sure you are getting a good source of protein at every meal, eating every 2-3 hours, only consuming healthy fats, limiting alcohol consumption, drinking at least 3-4 liters of water a day, and avoiding chemicals!
- Do not starve on this plan! If you find yourself hungry you can increase your protein (portion sizes of egg whites, chicken, fish, etc.) and you can always add more vegetables!!! If you are craving fruit keep it to only one extra serving and in the morning!

I want to see everyone look and feel their very best! Health is my number 1 goal! Let's kick it up these next three weeks and show the world what DAMY Health is all about! Email me any time! All your goals are possible! It takes some effort in forming habits but in doing so, you are making lifelong changes for the best.

Let the very best YOU shine this month! Change is in the air!



All Inclusive Grocery List

Proteins:

- Eggs
- Lean Chicken Breast
- Protein Powder
- Salmon
- Tuna
- Ground Turkey
- Non-Fat Plain Yogurt

Carbohydrates:

- Steel-cut Oatmeal
- Sweet Potato
- 100% Whole Grain Wraps

Extras/Good Fats:

- Natural Peanut Butter
- Hummus
- Almonds
- Balsamic Vinegar
- Ground Flax
- Stevia
- Mustard
- Lemon Juice
- Olive Oil

Fruits and Veggies:

- Frozen Mixed Berries
- Blueberries
- Spinach
- Lettuce
- Tomatoes
- Asparagus
- Zucchini
- Peppers
- Apples
- Pears
- Cucumbers



7-Day 'Clean Eating' Meal Plan

Day	Breakfast	Snack	Lunch	Snack	Supper	Snack (if hungry)
1	3 egg whites ½ cup oatmeal 1 tbsp flax ¼ cup blueberries water	1 apple 1 tbsp natural peanut butter water	3 oz chicken 1 100% WG wrap mustard salad peppers water	½ can tuna ½ bell pepper water	3 oz chicken 1 cup veggies 15 almonds water	Non-fat plain yogurt ½ cup ¼ cup berries
2	3 egg whites ½ cup oatmeal 1 tbsp flax ¼ cup blueberries water	½ cup mixed berries 1 scoop protein powder stevia water	½ sweet potato spinach 3 oz grilled chicken cucumbers red pepper balsamic vinegar water	4 tbsp hummus 1 cup veggies water	3 oz salmon ½ sweet potato 1 cup green veggies water	Non-fat plain yogurt ½ cup ¼ cup berries
3	3 egg whites ½ cup oatmeal 1 tbsp flax ¼ cup blueberries water	3 oz grilled chicken ½ veggies water	1 can tuna 1 WG wrap lemon juice 2 cups salad water	½ cup mixed berries 1 scoop protein powder stevia water	3 oz baked chicken breast ½ cup sliced zucchini ½ cup asparagus	Non-fat plain yogurt ½ cup ¼ cup berries
4	3 egg whites ½ cup oatmeal 1 tbsp flax ¼ cup blueberries water	1 apple 1 tbsp natural peanut butter water	½ sweet potato spinach 3 oz grilled chicken cucumbers red pepper balsamic vinegar water	3 hardboiled egg whites sliced tomato ½ pear water	3 oz ground turkey 1 cup veggies 1 cup salad water	Non-fat plain yogurt ½ cup ¼ cup berries
5	3 egg whites ½ cup oatmeal 1 tbsp flax ¼ cup blueberries water	½ cup mixed berries 1 scoop protein powder stevia water	3 oz chicken 1 100% WG wrap mustard salad peppers water	4 tbsp hummus 1 cup veggies water	3 oz chicken 1 cup veggies 15 almonds water	Non-fat plain yogurt ½ cup ¼ cup berries
6	3 egg whites ½ cup oatmeal 1 tbsp flax ¼ cup blueberries water	3 oz grilled chicken ½ cup veggies water	1 can tuna 1 WG wrap lemon juice 2 cups salad water	½ cup mixed berries 1 scoop protein powder stevia water	3 oz baked chicken breast ½ cup sliced zucchini ½ cup asparagus	Non-fat plain yogurt ½ cup ¼ cup berries
7	3 egg whites ½ cup oatmeal 1 tbsp flax ¼ cup blueberries water	1 apple 1 tbsp natural peanut butter water	½ sweet potato spinach 3 oz grilled chicken cucumbers red pepper balsamic vinegar water	3 hardboiled egg whites sliced tomato ½ pear water	3 oz ground turkey 1 cup veggies 1 cup salad water	Non-fat plain yogurt ½ cup ¼ cup berries



DAMY Health Progress Chart

Day	Weight (lbs)	Bust (inches)	Waist (inches)	Hips (inches)	Energy Level 1-10	Overall Happiness 1-10	Self – Image 1-10	Followed Program 0% - 100%
1								
7								
14								
21								

What areas do I need to improve?

What areas have I improved in?

What other positive changes have I experienced?



DAMY Health Journal

Week __ Date __

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast							
Snack							
Lunch							
Snack							
Supper							
Snack							
Today's Workouts							
Energy Level Low/Med /High							
Water Count (L)							

What I'm going to have for a treat this week:



DAMY Member Information



1) 3 Weeks of Daily Emails

Everyday you will receive an email ranging from motivation to recipes to product reviews. These emails are all documented on our members-only website so you can go back and re-read anything you miss!

2) Unlimited Email Access to DAMY Health

By joining a DAMY Health Program you have been assigned a personal coach, Amy Layne! Her email address is amylayne@damyhealth.com.

3) Weekly Email Check-Ins

These go out on Saturdays and are to be completed Saturday or Sunday. If you miss the email feel free to fill out the form on the [members-only site - here!](#)

4) Access to the DAMY Members-Only Site

This is our mecca of information! There is everything you could be looking for on here! Take some extra time and explore the site.

Your username and password is for your use only (which you will receive later today). The site's content and our programs are also for your use only.

[Enjoy the members-only site and check back often.](#)

Please make sure to read over our privacy agreement below. This is strictly enforced. If you have any questions regarding this please feel free to email us.



I want you all to feel sexy and confident this year! This program is an jumpstart to your lifelong journey. Take it one step at a time. *Talk to me often and don't hesitate if you need anything. I want you to succeed!*

There are going to be some wonderful dailies in the weeks to come including: great diner recipes, lifestyle advice and info on my new favorite products. Welcome to DAMY Health! Let your success begin!

Amy Layne CPT, CHN, Lifestyle Expert
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<http://www.damyhealth.com>

DAMY Health Agreement and Terms of Service

By viewing the materials in this package, you agree to the following terms and conditions:

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- 4) To understand that legal action will be taken if this confidentiality agreement is broken.



[DAMY Health Lifestyle Package](#)

This package is your go-to document for all things nutrition and lifestyle! If something isn't here and you would like it to be...contact us! Relax and read it through!

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Some of you have already started the "3 Week Fat Blaster" and some of you have picked out a date to start! Both are great! Here is a list of a few things that I do to make sure that I stay on point and get the best results! **The more focused and "on point" you are the better and faster your results will be!**

IMPORTANT:

I want to clarify that this is not about being "skinny." This is about shedding excess fat, building a strong lean body, having extra energy, feeling truly healthy and living a long happy life! We are not about starvation! We are about HEALTH! The side effect of eating clean??? A slim, lean body, a heightened sex drive, clear and glowing skin, amazing self esteem, the feeling of accomplishment and doing something for you!!!!

The truth is, when you take these steps for you, it makes everyone in your life, lives better. You will be happier, have a bounce in your step. You will have the extra energy to run with the children; you won't think twice about putting on the swimsuit; you will be excited for every day! This program can change so much in your life...if you let it. I want everyone to spread the message of HEALTH!

Health is a strong, lean body and everyone can have that!



What is Holistic Nutrition???

Our program is based on a holistic nutrition approach. We embody the *mind, body, and soul* connection. We believe in emotional balance as well as a clean eating lifestyle. We eliminate all preservatives, artificial sugars, chemicals, and saturated fats.

Anything *boxed* or *fake* should be eliminated from the diet.

We focus on a nutrient dense, *whole foods* diet. It is important to view your food as the fuel that maintains your mind and body. It is important to ensure you are only consuming the best foods.

Whenever possible **choose organic**. We understand this isn't always possible or available but try to make smart choices. Things like lettuce and spinach should always be organic. Products with a shell have some form of protection from chemicals but if you can choose organic, do so!

When and What do I Eat???

Important Notes:

- It is best to vary your choices during the day.
- Try not to eat the same meal twice in one day.
- You are going to be having 5-6 mini meals during the day.
- You will be eating every 2 – 3 hours. This is to boost your metabolism and spread your energy throughout the day.
- Preparing your meals the night before is always a great idea!

Artificial Sweeteners

Limit artificial sweeteners. Studies have shown that although they may be low in calories they can cause water retention, bloating, and digestive problems. If you are using sweeteners, try to limit the amount you consume during the day.

Switching to Stevia is your best choice. There are many different brands out there and some are better than others. If you try a Stevia that is bitter and do not like it simply try a different brand. Remember not to consume great amounts of Stevia either. You want to depend on the foods you are eating for natural sweetness. Use Stevia in your DAMY baking, on oatmeal or in your coffee. Just do not go overboard.



Coffee

Coffee can be consumed up to 2 cups a day. Coffee should be black or made with:

- Unsweetened almond milk
- Skim milk
- Unsweetened soy milk

You can also add a packet of Stevia to your coffee. This could take some time to get used to if you are used to sugar and cream. It is a change you will want to make right away at the start of your program.

Teas and herbal teas are highly recommended. There are a wide variety of teas out there. **Please keep in mind that tea and coffee do not account for any of your water intake.**

Healthy Fats

This program includes healthy fats as a necessity for proper weight loss. Healthy fats are what make our skin glow and our hair shine. They are wonderful and underrated.

We will provide you with great choices and a guideline explaining when to eat them.

The Udo's Oil brand found in the refrigerator of your natural food store is a perfect oil for your nighttime fat. This oil is not a cooking oil – it is a oil that cannot be heated but can be placed over warm foods. One Tbsp of this oil every evening can do wonders for your skin and weight loss!

If you cannot find this brand of omega 3-6-9 natural oil feel free to pick up an omega 3-6-9 supplement (these are found in a gel cap form to take as directed on the label) and use any of the other natural oils listed in your “E” or healthy fats column in the nutrition guide below.

Condiments and Spices

Condiments are allowed on the plan. We recommend any natural, sugar-free or low-in-sugar or chemical free condiments or spices. Condiments do have to be measured. The general rule for condiments is 1 Tbsp per meal.

As long as your spices are sodium free they are ‘free-food’ and can be used any time. Please also see your ‘free-food list’ for ways to dress up, spice up and add punch to your meals.



Free foods are just that – free. You can eat them anytime with any meal or snack. Take advantage of these.

Flax

Digestion and elimination are key in this program. The best way to make this happen is 1 Tbsp of Ground Flaxseed on your morning oatmeal or protein pancake. Flax is a healthy fat but also works as a mild laxative that cleans out the intestines. This, in turn, speeds up weight loss. Not to mention - flax makes you feel full longer.

Did you know that at any given time you can be carrying up to 10 lbs of waste in your system? Include flax everyday.

Water

You should be drinking 3-4 liters of water a day. If you are not drinking this much water make sure you increase slowly.

Braggs Apple Cider Vinegar

A great addition to clean eating is taking a shot of Braggs Apple Cider Vinegar once a day. This has amazing effects on blood sugar keeping them even and breaking down brown fat! I say Braggs brand because there has been conclusive studies with this brand. You are free to try other brands but this is my number one pick.

Remember that your eating, water and workouts are what will make the biggest changes.

Multivitamin

We believe that everyone should be on a high-quality multivitamin. Depending on what brands are available to you your best choices are always at your local health food store.

Some great brands we enjoy are Quest, Jameson and Natural Factors. Also, everyone should be taking a fish-oil capsule. This is to ensure you are getting your Omega 3-6-9 requirements.



Review:

- Ground flax once per day gets things moving.
- You will be drinking 3-4 liters of water per day.
- Limit yourself to 2 cups of coffee per day.
- You need to have a good quality multivitamin and a fish-oil capsule.

Alcohol Consumption

Limit your alcohol intake. Alcohol works against us in many ways; it slows down the metabolism, makes our body go into fat storing mode, makes us hungry, has no healthy ingredients, and turns into sugar once it enters our body.

Alcohol consumption affects the body for at least 24 hours after being consumed. **This is not to say you can never drink again!**

Your meal plan will include one cheat meal OR cheat drinks per week. Alcohol consumption tips:

- If you are going to have drinks for your treat this week choose a clear hard liquor or wine.
- If you choose the hard liquors make sure to mix with low-sugar mixes.
- Sparkling water with fresh squeezed lime is a great choice.
- Never go for the sugary drinks.
- If you're going to have 'drinks' make sure you eat on-plan all day and just stick with the drinks as your treat.
- Make sure to have a glass of water in-between each cocktail.

See the private site for more DAMY Cocktail Options.

Note: The Fat Blaster is a Detox Plan – Do not consume alcohol while on this plan.



Your New Healthy Lifestyle!

It is important to understand that this is a **lifestyle change**. We do not want you to put any unnecessary pressure on yourself. This is a process and you will continue to get better and stronger.

Sleep

Sleep is a huge factor in weight loss and overall health. Most people don't realize that much of the weight loss process and muscle building happens when you sleep. It is a necessity. Everyone should aim for 7-8 hours a night.

We understand that busy lifestyles make this difficult but it has to become a priority not only for superficial reasons but for longevity and mental health as well.

Lack of sleep will equal lack of results.

Weighing Yourself

Your body takes **time** to adjust to any new plan. Water weight, muscle development, and hormonal changes can all change the number on the scale.

We don't want you to weigh yourself for the first week. Where our program is not a "fad" and we are aiming for long-term results we want you to lose body fat at the appropriate rate. This is 1-2 pounds per week. This will ensure that we are losing just fat and not muscle. We are reprogramming your body! You will only be weighing yourself once per week at the same time/same day – Every week.

The best idea is to wake up Saturday morning – weigh yourself, do your check-in and be done with it.

Check-Ins

Your check-ins are emailed out to you every Saturday. **They are to be returned Saturday or Sunday.** It is a great idea to take pictures of yourself with your check-in as well. This is really important to see the progress. Sometimes the scale doesn't tell the whole picture.



Protein Powder

Protein powder is a great thing for everyone to have in his or her cupboard! We all have those times where we don't feel like cooking, don't have the time, have nothing in the house etc. This is a great way to get it in! Look at the labels! You're looking for a protein powder with 20g of protein per serving, around 5g of carbohydrates or less, and less than 2g of sugar. There are great ones out there and some not so great!

There are lots of recipes on the DAMY website using protein powder. Check out the link to our best protein bars, balls and muffins here:

<http://www.damyhealth.com/2011/08/damys-best-protein-ball-bar-and-muffin-recipes/>

Hunger

Do not starve on this program! If you are feeling hungry tell me. We will adapt your meal plan accordingly. Depending on how you were living before you may find yourself wanting off-plan foods for the first week or two. The cravings will subside as you adapt to your healthier lifestyle. Make sure you do your check-ins. They are a must. They keep you accountable and true to your goals.

Sexy Skin!

When losing weight it is extremely important to **take care of your skin**. Your skin is an amazing organ that will shrink and form to your new body especially when taken care of properly.

When we are going through these changes our body needs exfoliation and moisture more than ever. You should be exfoliating your body at least once per week and moisturizing daily.

This ensures tone, overall glow, and can prevent or reduce the look of stretch marks.

NBW Sugar Scrub - My All-Time Favorite Sugar Scrub

I love using a sugar/salt scrub while I am in the shower.



Make sure you have a rich body butter or lotion that you are using everyday. Right out of the shower in the morning is the best time. Of course, I am an advocate for all natural products wherever they can be used. **NBW is my favorite for body care.**

They come in yummy flavors that you can't get enough of. I personally go through buckets of the desire body butter and body scrub. Marigold is their most popular scent. I am even known to put the body butter on the ends of my hair at night.

Directions for applying natural sugar/salt scrub:

1. Step out of the water and apply your salt scrub.
2. Scrub it all-over spending some extra time on the knees and elbows.
3. Then, rinse off.

Jergens Express Body Moisturizer

A must to keep yourself looking vibrant is to add a self-tanner or tinted moisturizer to your regimen.

This alone can make you look up to 10 lbs thinner and add that “what have you been doing” quality to your look.



This is a quick pick me up that makes a woman feel fabulous. If you have never been for a spray tan I highly recommend it! It is a great treat to book yourself for this treatment. These tans can last up to 10 days when taken care of properly. Book one before a special event or a night on the town.

On a daily basis **tinted moisturizers** are wonderful because they build a natural looking tan over time. You can use these everyday (I suggest before bed) or every second day.

If you are going to choose a self-tanner I recommend using it at night before bed. To keep your glow I suggest every second day mixing it with moisturizer. This will ensure you keep your tan without going overboard (you want to look natural with a glow not fresh from Mexico...hehe). Mix in a couple drops of self-tanner in your regular facial moisturizer.



Jergens is a stand-by favorite for everyone. Great colour and great price! They have the express and regular tinted moisturizer. The Express is a more saturated colour that achieves a dark tan within 3 days. The tinted moisturizer could be used daily.

Importance of Photos

It may seem like a pain in the butt to take a weekly photo but looking back you will be so grateful. With your weekly check-in we recommend you take a photo of yourself.

There are a few reasons for this:

1. When getting close to a goal the numbers on the scale can sometimes not be a proper indication of body transformation. **Your body is going to change shape and composition.**
2. For yourself, having this visual reference can be **exciting and motivating**. I know for myself I did not want to take a before photo. I am so happy that I did!
3. Photos keep you on point - It kept me on point weekly and now to share my story with others is priceless.

Amy Layne's RECAP --- Quick Tips and Reminders!

- Let's focus on eliminating all artificial sweeteners and products out of our diet.
- Let's make sure that pre-packaged foods are not creeping back in!
- Concentrate on whole natural foods for the entire family.
- Always buy organic where you can! This includes your meat and eggs! Always look for free-range organic. If you can buy organic do so!
- Make sure you are getting a good source of protein at every meal, eating every 2-3 hours, only consuming healthy fats, limiting alcohol consumption, drinking at least 3-4 liters of water a day and avoiding chemicals!
- Do not starve on this plan! If you find yourself hungry you can increase your protein (portion sizes of egg whites, chicken, fish, etc.) and you can always add more vegetables!!!



- When grocery shopping, only buy the foods on your list. If it's not on your meal plan (or we haven't talked about it) don't bring it into your home.
- At DAMY Health I recommend that each of my clients take a good quality multi- vitamin, omega 3-6-9 capsules and 1 tablespoon of ground flax in the morning. I would suggest the same to each of you. The flax is amazing!
- You are going to be eating every 2-3 hours. We are re-programming your body! Doing so speeds up your metabolism and helps you burn fat. Your body says "hey, I'm going to be getting more in a couple hours...I'll burn this as energy." Going long periods of time without eating makes your body store fat, period.

- Make sure you are getting your water! If you have a hard time remembering, have a bottle with you and carry it around! Know that at every meal and snack you must drink a bottle. It is a challenge at first, but like anything do it for a few days and it will turn into a habit!



- Try to use low-sodium, low sugar condiments. Low-sodium soy, mustard, hot sauce, salsa are all great choices. Get rid of the salt! See full list below.
- Get to know your spices! Spice is amazing! All spices are more than welcome! Cinnamon in the morning on your oatmeal is the BEST! Cinnamon is known to balance blood sugars! It also combats bad breath!! Wow.

- We have a list of foods that are known as "free". This means that you can add these foods to any meal at anytime! See 'free-food' list below. Use these foods to dress up your meals! Sick of egg whites??? Scramble your egg whites with the peppers, onion, mushrooms and dress with some salsa! Hello!!! Yummy!!! And sooo good for you!



- Use some self tanner! Sounds weird??? Everyone feels great with a little color! Take care of your skin. You will feel great doing so. Take the extra 2 minutes to put on a great moisturizer after you shower. You want to treat your skin great while your body is shrinking!



EXTRA Info:

Visualize

If you are going away and have a goal to fit into a swimsuit, hang it up where you can see it everyday!

This will keep you going! It's a great visual reminder!

If you aren't going for the suit, put a picture of a fit woman on your fridge or somewhere you will see it often. It is motivating!

Also - talk great to yourself! Know that you are reaching your goals! Talking down to yourself ("I don't know if I can do it", "It's hard") will not do anything good for you! This is for you!

Talk to yourself the way you would motivate your best friend! Know you can do anything you set your mind to!

Stay Accountable

Everyday write down your:

- Meals
- Water
- Workouts

Checking them off when you do them keeps yourself accountable. This can be invigorating! There is nothing better then checking off my daily list!

Every night before bed I make a list for the morning - Then I check them off as I do them! Setting goals and reaching them is the best feeling! Treat yourself to this daily!

If you have a slip up, write down what you are going to do the next day! What can you improve? Where can you step it up? Keep this all positive! It doesn't have to be fancy. You can get a journal at the dollar store, use an old binder, a scratch pad, anything!



Print, Print, Print

We suggest all DAMY members print off their DAMY Programs and put them into a DAMY folder with any other info they get! You should also print off your meal plan and put it up in your kitchen!



Your Energy...

Surround yourself with "Can-do people!" When someone has something negative to say think to yourself "Not So" and walk away. I understand that you cannot physically walk away from some people in all situations but can walk away emotionally.

Don't waste your energy on negative people. Even when you want so badly to say something back... Don't! Don't feed into the energy. Just think "Not So," take a deep breath and move on.

When you have a team around you that supports you and shares in your interests... Wow, it is so powerful! You know what your parents used to say *"You are who you hang with"* Well studies have shown it has some truth. So watch who you invite into your life!

Put your energy into the people that make you feel good!

Notes to You:

*You may find it easier to prep some of your food for the week on Sunday. For example: do up a big batch of steel cut oatmeal. You can scoop out your portion when you need it and heat it up.

*You are a busy woman. **Make the cooler your best friend.** Have easy snacks and foods to grab. Hardboiled egg whites are a perfect way to get protein in on the go.

*Eating at work – when you are in a pinch you should have your extra chicken or whatever protein you had the night before and add that to a salad you buy at work. If you need a carb grab a 100% whole grain wrap.

All carbohydrates should be whole grain. 100% whole grain, brown rice, etc should be the only labels you see.

Brown rice pasta and brown rice cakes are two things to look for. If it is white or has white flour don't eat it or buy it.



Label reading - If you don't know every ingredient don't buy it.

FINAL THOUGHT

Last but not least! Give it your all! We all have bad days! Just get back up and keep on moving! This is not all or nothing! It is about what you can do better today!

I am here for each of you!

- Amy Layne CPT, CHN, Lifestyle Expert