

**KIM LYONS, BS, CPT**



# THE BIGGEST LOSER

**THE BIGGEST  
LOSER SECRETS**

*Includes Suggested Daily Diet & Grocer List*

# **FAST TRACK** TO **FAT** LOSS

## **Kim Lyons' Tips, Grocery List, and Sample Diet Plan for *The Biggest Loser* Contestants**

Thanks for your interest in the 3-step process I took all my *Biggest Loser* contestants through to achieve awesome results fast. I know that with the same kind of personalized attention that we offer with **Fast Track to Fat Loss**, you too can achieve the same level of results.

**In Step 1**, I share the 15 critical fit tips, tricks, and strategies to follow for fast, permanent fat loss results.

**In Step 2**, I ask you to go through a comprehensive grocery list and pick out all the foods you like so you can easily put together effective meal plans you'll stick to because they fit your preferences, schedule, and budget.

**In Step 3**, I share some sample meal plans that I suggest on the show and explain why I combine each category foods the way I did.

Ready to get started? Here we go...



## **Step 1: The 15 Start-up Tips That I Gave My Biggest Loser Contestants**

1. **Accountability is absolutely critical.** Find someone that you trust and who is knowledgeable, has a positive attitude, and is willing to support and check up on you. Everyone I know who's been successful at keeping weight off for good has had a coach or support group to hold them accountable.

**Please look forward to:** Daily accountability from your very own [Fast Track Trainer](#) as well as other Fast Track members just like you. With our Fast Track "point system," we actually reward other members for motivating and supporting you each day ... and we'll reward you for staying on track and making progress. This accountability and positive motivational rewards will make all the difference in the world.

2. **Set realistic goals.** *The Biggest Loser* doesn't help in this regard, since contestants lose sometimes as many as 20 pounds in a week. However, those people lived in a closed environment, and it was their one and only job to lose weight, 24/7. They didn't have family obligations, work pressures, or social lives. A realistic and achievable weight loss for people in the real world on our Fast Track program is 3-5 pounds a week.

**Please look forward to:** Your [Fast Track Trainer](#) helping you set realistic yet challenging long-term goals, as well as short-term goals and daily tasks to make sure that you meet them. We'll plan a step-by-step roadmap for you to ensure your short- and long-term success.

3. **Use a journal.** I encourage all my clients to keep track of their nutrition and workout plan consistently. Your journal can be as simple as a spiral notebook or a special fitness journal from a bookstore. This will be a valuable tool to keep you on track and to refer to throughout your journey.

**Please look forward to:** Your own online journal plus daily feedback and accountability. Your [Fast Track Trainer](#) will review your journal each day and offer suggestions for improvement, as well as keep you motivated and hold you accountable. Where else in the world can you get this kind of daily guidance and accountability? [Get unlimited coaching and accountability for 10 days FREE by clicking here!](#)



4. **Be consistent and never give up.** Yes, life often gets in the way of exercising and eating healthy, but while you might fall off the fitness bandwagon once in a while, don't let it run you over. Stick to your guns when the going gets tough and you will feel more energetic and focused during the busy or stressful times.

***Please look forward to:*** All the personal support you need. Your [Fast Track Trainer](#) will be available to help you – day or night – as will many other members who are striving to achieve similar goals. You will not be left on your own to figure it all out and try to stay motivated. We'll all be here to listen and offer encouragement and advice any time you are confused, frustrated, or discouraged.

5. **Give up on the fad diets and magic pills.** There is no magic pill or secret diet to help you lose fat and keep it off. *The Biggest Loser* contestants do it one day at a time, one workout at a time, one meal at a time – just like you. Fad diets fail 95% of the time (according to a 20-year study by the National Institute of Health) because they are not set up for longevity; no one can live on that kind of restriction and deprivation. Set yourself up for long-term success instead of short-term frustration and failure.

***Please look forward to:*** Eating the foods you love at every meal. The key is combining the right foods together at the right times of the day, in the right amounts – specifically for *you*. We'll help you figure out how to create meals that are enjoyable AND effective at producing awesome results.

6. **Do a combination of strength training and cardio exercise.** By only doing one of the two, you'll be missing a key component to fast fat loss. By implementing both, you'll not only burn lots of calories, but actually condition your metabolism to become a 24-hour fat-burning machine.

***Please look forward to:*** Have you tried the Fast Track workouts that combine cardio and strength training together? They are so effective and really time-efficient. And your [Fast Track Trainer](#) will eliminate all the guesswork for you, so you'll avoid wasting your time and effort. We'll also teach you tips, tricks, and secrets not taught anywhere else.





7. **Follow a plan that is right for YOU.** No one else has your same nutritional likes and dislikes ... your energy level ... your physical makeup ... your lifestyle...your schedule ... your goals. So, both your workout and nutrition plan need to be customized for you.

***Please look forward to:*** A very effective plan that is perfectly customized so that you'll not only achieve amazing results fast, they will be permanent because they are right for you and your lifestyle. [Click here for a custom-tailored meal plan!](#)

8. **Your nutrition influences the results you achieve far more than anything else.** There's lots of confusion and misconceptions that plague this important component of successful fat loss. You really only need to follow a few simple rules, which we'll explain step-by-step once we get you started on the Fast Track program.

***Please look forward to:*** An easy-to-follow video tutorial by Chad and I on these simple rules, as well as unlimited consulting from your [Fast Track Trainer](#). We'll answer all your questions within 24 hours, 365 days a year – guaranteed.

9. **Eat five times a day.** Many people eat one or two large meals a day that are up to 1,000 to 2000 calories apiece. Your body can only process so much food at a time, and eating that much almost guarantees you'll store the excess calories as body fat. Break your large meals into 5 smaller meals and snacks every day.

***Please look forward to:*** Easy-to-follow simple tips and strategies for eating small, frequent meals throughout the day. We'll show you how to have really quick and easy customized snacks and meals readily available no matter how busy you are. And your portions will be calculated out perfectly for you.



10. **Learn portion control.** Most people have no idea what a single serving of a food is, given the “super-sized” culture we live in. A portion size of protein is typically about the size of the palm of your hand, a portion size of carbs is approximately the size of your fist, and a portion of healthy fat should be about the size of your thumb, from the knuckle up.

When dishing up your plate, use this “palm, fist, thumb” general guideline. And remember, you can always go back for seconds if you are really still hungry, although wait 20 minutes to allow your stomach to settle. Reason being, it takes a little time for your brain to get the message that you’ve had enough.

***Please look forward to:*** Customized meal plans that are specific to your goals, personal preferences, budget and schedule, as well accurate recommendations for the portion size of each food that makes up your meals.

11. **Plan and prepare in advance.** Dedicate 30 minutes twice a week to preparing your meals. Parcel out the food into proper portions for the week, freezing some for use later and refrigerating what you plan on using sooner. You can even pack your lean protein, natural carbs, healthy fats, and veggies as complete meals into separate containers so you’ll only have to grab a Tupperware container and go!

***Please look forward to:*** Having your meals all planned out for you and our suggestions for preparing them in advance so you always have the best options readily available. Your [Fast Track Trainer](#) will help you plan and hold you accountable each day!



12. **How active you are affects not only how healthy you are, but greatly influences the fat loss results you’ll achieve.** Being more active will improve your metabolism and increase the number of calories you burn throughout the day. Exercise doesn’t have to be at the track or gym. You can also make small lifestyle changes: play with your kids in the backyard instead of watching TV. Instead of catching up with friends over a few drinks, play racquetball or tennis, go on a bike ride, or go out dancing.

***Please look forward to:*** Being rewarded by us with “Fast Track Points” for any healthy, positive action like this you make. You’ll be able to turn these points in for free fitness products!

13. **Think ahead.** Are you going to be gone from the house all day? Do you have a stressful week coming up? The better prepared you are for life's obstacles, the more successful you'll be at avoiding eating pitfalls. So put together some healthy snacks in convenient places, such as the glove compartment of your car, your purse, or gym bag. Cut up vegetables and put them in zip lock bags. You might also put some peanut butter, cottage cheese, or humus in small containers as well so you'll always have a healthy, convenient snack to help keep energy levels up and your metabolism working efficiently. It will also help you from getting so hungry that you make unwise food choices later in the day.

***Please look forward to:*** Your [Fast Track Trainer](#) always being available to help you plan and prepare for any upcoming challenge, whether it's a busy day, the office party, or a weekend get-away. You'll always have someone for support and guidance to help you keep taking positive steps toward reaching your goal. [Get started now!](#)

14. **Make wise choices and enjoy yourself.** Many people think that to get good results you cannot go out to eat. Instead, you just need to choose wisely. The most important point to remember is that YOU are the paying customer and you can request the way the food is prepared. For example, ask for your burger without cheese or mayo, have soup or salad instead of fries, and have a diet soda or water to drink. Or ask the waiter to bring your salad first and to box up half of the burger. This way you'll begin getting full with the salad and the first half of the burger will be more than enough.



***Please look forward to:*** Many more simple and effective dining-out strategies. Your [Fast Track Trainer](#) is an expert at choosing wisely off any menu. If you want to develop a good plan, call on them to go over the menu with you and offer ideas for a healthy, enjoyable dinner. And have them hold you accountable. Ask them to check up on you later that night or first thing in the morning.

15. **Vegetables are not only important for good health, they are critical to your fat loss success.** Veggies are perfect for fast, permanent fat loss because they are very low in calories, yet high in fiber so they are quite filling. They are loaded with vitamins and minerals and other very beneficial nutrients. They have almost NO adverse affects on blood sugar levels.

***Please look forward to:*** Lots of fat-loss recipes and strategies that are delicious and quick and easy to prepare. New ones are literally added to the Fast Track website every day!

## Step 2: The Biggest Loser Grocery List

Below you'll find the same grocery list we used on *The Biggest Loser*. It includes a variety of healthy foods to help you get amazing fat-loss results fast. You want these kinds of results too, right?

1. **Go through the list and select the foods that YOU like.** Again, 95% of those who go on diets gain back all the weight they've lost, often times even more. Why? They get sick of depriving themselves of the foods they love, and get tired of the lack of variety. Yet the key to successful, long-term fat loss is striking a good balance between foods that are proven effective for fat loss AND those that you enjoy. This is critical. Eating the foods you love is one of life's great pleasures, something you should enjoy with friends and family each day. Trying "to be good" by eating foods you don't like or are sick of is a surefire set-up for failure.

So, choose a variety of the foods that you like so you can strike that perfect balance between effective for fat loss ... *and* enjoyable, so that the results are permanent. Chad and I call this the "effective/enjoyable balance" and it's something we'll make sure you strive for so that the results you achieve are both fast and permanent.

2. **Combining and timing are crucial.**

**a. Combine the right foods.** For example, it's very important that you combine a good protein source with your carb source. A meal with carbohydrates alone often results in becoming hungry sooner because glucose levels shoot up and then crash down. When protein is included with carbs, however, you'll not only stay full longer, but glucose levels will stay more consistent, your metabolism will work more efficiently, and you'll feel energized for a longer period.

**b. Choose the right foods at the right time of the day.** In general, choose natural starchy carbs with protein earlier in the day, such as a protein shake and oatmeal ... or lean meat with a sweet potato, brown rice, or beans. Then later in the day, transition to fibrous carbs (veggies) and protein, such as grilled fish with steamed or barbequed veggies ... or a salad with hardboiled egg whites or cottage cheese.

**c. Choose the right portions for YOU.** We're all unique, and so you need to eat portion sizes that are right for your height and weight, age, gender, activity level, and the specific results you want to achieve. We'll make this easy for you with the Fast Track Meal Planner.

Seem like a bit much to remember? Don't worry! We'll make all of this crystal clear and guide you step by step on the [Fast Track website](#).



**Okay, here's the grocery list ...** (you obviously don't need to buy all of these, there are just options to choose from)...

### Dairy

- Laughing Cow low fat cheese triangles
- Non-fat cottage cheese
- Non-fat cheddar cheese
- Non-fat pepper jack cheese
- Non-fat mozzarella cheese
- Non-fat ricotta cheese
- Low-fat parmesan cheese shaker
- Non-fat milk
- Low-fat vanilla soy milk
- I Can't Believe it's Not Butter spray
- Eggs
- Eggology egg whites (or Egg Beaters)
- Low-fat cheese sticks
- Carb & Sugar Control Yogurt
- Dannon Light N' Fit Yogurt
- [FitFreeze \(ice cream for fat loss\)](#)

### Meat, Chicken, & Fish

- Lean or extra lean ground beef
- Lean or extra lean ground turkey breast
- Lean or extra lean ground chicken breast
- Top sirloin steak
- Beef filets
- Pork tenderloin
- Boneless, skinless chicken breasts
- Salmon
- Tuna
- White fish
- Shrimp
- Halibut
- Red snapper
- Sea bass
- Low sodium deli sliced chicken
- Low sodium deli sliced boiled ham
- Low sodium deli sliced turkey
- Low sodium deli sliced roast beef
- Lean Canadian bacon
- Turkey cutlets
- Star-Kist light tuna in water
- Bumble Bee Tuna (Chunk White Low Sodium in Water)

### Fruits & Vegetables

(No limits, just approve through me first)

- Broccoli
- Green beans
- Spaghetti squash
- Cauliflower
- Asparagus
- Carrots
- Cucumbers
- Bell peppers
- Avocado
- Celery
- Squash
- Eggplant
- Canned pumpkin
- Brussels sprouts
- Zucchini
- Mushrooms
- Cherry tomatoes
- Bags of lettuce (all kinds, more dark greens, less iceberg)
- Spinach
- Red apples
- Granny Smith apples
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Lemons
- Yams
- Sweet potatoes
- Onions
- Garlic



## Beans, Rice, Cereal, Pasta & Bread

- Pinto beans\*
  - Black beans\*
  - Lima beans\*
  - Northern white beans\*
  - Wild rice
  - Brown rice
  - Uncle Ben's 10-minute brown rice
  - Ezekiel bread
  - Whole wheat bread
  - Whole wheat tortillas
  - Wasa crackers
  - Quaker Weight Control instant oatmeal
  - Old-fashioned oatmeal
  - Kashi Go Lean cereal
  - All Bran cereal
  - All Bran raisin bran cereal
  - Nature's Path brand cereals
  - Brown rice pasta (Tinkyada brand) whole foods
  - Barilla Plus angel hair pasta
  - Tofu Shirataki noodles, House Foods brand (refrig section by tofu)
- \*Beans are dried or low-sodium canned

## Drinks

- Green tea (hot tea bags)
- Diet Snapple (any flavor)
- Crystal Light drink mixes
- Hansen's diet soda (any flavor)
- Sparkling water
- Coffee
- No sugar added cocoa powder



## Spices, Dressings, & Condiments

- Red wine vinegar
- Balsamic vinegar
- Wishbone Salad Spritzers
- Fat-free salad dressing
- Extra virgin olive oil
- Galeo's Salad Dressing Miso, Caesar, Dijon
- Light balsamic vinaigrette
- Cholula Hot Sauce
- Garlic powder
- Tabasco
- Heinz ketchup - no salt
- Yellow mustard
- Spicy mustard
- Low-sugar barbeque sauce (Carb Control)
- Mrs. Dash 10-Minute Marinades
- Liquid Smoke
- Nonfat mayonnaise
- Vanilla extract
- Low-sodium soy sauce
- Mrs. Dash's Spices (all kinds)
- Kosher salt
- Ground pepper
- Cinnamon

## Miscellaneous

- Pam Olive Oil Cooking Spray
- Pam Regular Cooking Spray
- Splenda
- Stevia (all-natural sweetener)
- Smucker's Fruit Spread (Lite or low-sugar)
- Sugar-free popsicles
- All natural peanut butter
- Pistachios
- Raw almonds
- Raw cashews
- Raw walnuts
- Whole and ground flax seeds
- Peanut oil
- Jell-O Sugar Free Gelatin
- Jell-O Sugar Free Pudding Snack (just a few!)

## Step 3: A Sample Day of Meals for Contestants on The Biggest Loser

Choose **natural carbs** – those that are grown in the ground or on a tree, not those that are processed

**Breakfast:** Egg white and veggie omelet, 1 cup cooked **oatmeal** with ¼ cup blueberries or strawberries

**Snack:** 1 large apple and ¼ cup **dry roasted almonds**

**Lunch:** Stir-fry chicken and veggies over a ½ cup **brown rice**

**Snack:** **Veggies** dipped in hummus or cottage cheese with tomato slices

**Dinner:** Turkey burger wrapped in lettuce with a large salad and/or steamed or grilled **veggies**

**Optional Snack:** A shake made with protein powder, natural fat-free unsweetened Greek yogurt, 4 strawberries, 1 packet of Sweete brand sweetener, water, ice, and a tbsp. of ground flax seed

Be sure to include a **protein source** or **healthy fat** with your carbs to minimize spikes in your insulin.

Earlier in the day, focus on protein with natural starchy carbs or fruit; later in the day, transition to **veggies** with protein.

# Important Notes:

- Eat small, frequent meals (5-6 per day), about 2½-3 hours apart. Try not to eat two hours before bed.
- These meals were designed for one particular *Biggest Loser* contestant, based on his personal preferences. You should follow these simple rules above, but make sure to use foods that you like and that are realistic for your budget and schedule.
- The contestants drink about a gallon of water a day.

Do not panic or feel guilty if you do not follow this plan exactly. There are going to be plenty of obstacles that confront you, such as dinner parties, a busy work schedule, etc. Hopefully, you'll find comfort and confidence in knowing that your [Fast Track Trainer](#) will always be there to help you.

I hope you found the information in this document helpful, and [I really hope we have the opportunity to personally help you lose fat fast and permanently](#). We'd love nothing more than to make you our next greatest success story! Thanks for all your interest and support.

Your fat loss coach,

*Kim Lyons*

Kim Lyons, BS, CPT  
Best-selling author, *Your Body, Your Life*  
Co-trainer on *The Biggest Loser*  
[www.FastTracktoFatLoss.com](http://www.FastTracktoFatLoss.com)  
[www.FitFreeze.com](http://www.FitFreeze.com) ← healthy ice cream for fat loss!

