



Quick Start Weight Loss

Strategies to help you lose weight quickly and effectively





Table of Contents

Chapter 1: Mindset Strategies

Chapter 2: Fat Burning Recipes

Chapter 3: Exercise Tips





Chapter I

Mindset Strategies





Mindset Strategies

Letting go of the diet approach

Dieting has been around for centuries and it's not an easy concept to let go of for many. Most people are taught that they need to cut calories and restrict food in order to lose weight.

The first mindset strategy is to stop dieting and playing the calorie game. Instead of focusing on being too restrictive, focus on eating clean whole foods and not worrying about the calorie content.

Here's how to do it:

- **Can you pronounce it?:** Look for foods you can easily pronounce. If the ingredient list has long words hard to spell out, it's not a good choice.
- **Scan vs type:** Notice the cashier either scanning or typing in your food at the supermarket. Scanned items are usually boxed or canned, typed items are typically produce.
- **Add before subtracting:** Add foods into your diet before taking away. Try eating new foods you don't normally eat. Make a goal of trying one new food per week, instead of focusing on restricting foods.





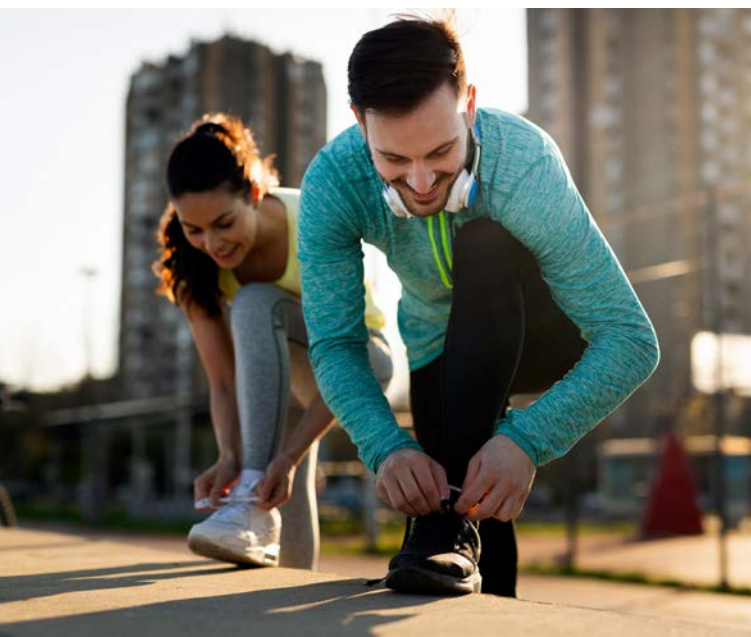
Mindset Strategies

Commitment and Confidence

A strong commitment and confidence in yourself are vital to weight loss success. Don't let a bad day or weekend stop you from your goals. Be confident in yourself and your ability to succeed. If you need help get a friend or hire a coach to help you.

Here's what you can do:

- **Incorporate Visuals:** Create a poster board of visuals that inspire you and reinforce your commitment. It could be pictures or a goal you want to achieve like running a 5k.
- **Write it down:** Be specific about your goals and commitment. Write down your intention and read it daily.
- **Have a check in partner:** This is a trusted friend who knows your goals. Check in periodically to assess where you're at with your confidence. Are you strong or do you need a boost? Go to this person in times of need.





Mindset Strategies

Letting go of the diet approach

Visualization is a key mindset strategy used by professional athletes, performers, speakers and everyday people. What the mind believes, the body achieves.

Here's what you can do:

- **Visualize your success:** Create a picture in your mind of the body you want or fitting into a specific piece of clothing.
- **Keep it front and center:** Spend 1 minute when you wake up and 1 minute before you go to bed, visualizing the end result weight loss goal.
- **Stress check:** Use visualization to help you deal with the stressors coming at you. Picture yourself calm and able to adapt to oncoming stress instead of being frazzled.





Chapter 2

Fat Burning Recipes





Super Energy Smoothie



Using smoothies as meal replacements is one of the best ways to burn fat and lose weight fast.

Cocoa nibs are rich in magnesium and add great flavor to this high energy smoothie.

Directions

Add all ingredients into a blender except the cocoa nibs and blend. Once smooth, add cocoa nibs and pulse just until they've been incorporated. Serve and enjoy!

Ingredients

2 scoops of protein powder
(whey or plant based
make great options)
3-4 strawberries
2 Tbs blueberries
1/2 banana
1 Tbs almond butter
1 tsp cocoa nibs
6 oz. water or milk alternative





Power Smoothie



This power smoothie with spinach and flax seed oil will curb cravings and boost metabolism!

Directions

Add all ingredients into a blender and blend until smooth. Serve and enjoy!

Ingredients

1-2 scoops protein powder
(whey or plant based make great options)
1 banana
1 handful spinach
1 TBS. flax oil
6-8 oz. water or milk
alternative





Lemon Low-Glycemic Smoothie



This lemon smoothie is packed with cancer-fighting ingredients that also support balanced blood sugar levels.

Directions

Add all ingredients into a blender and blend. Serve and enjoy!

Ingredients

2 cups water	1 teaspoon cinnamon
2 cups wild blueberries	1 teaspoon vanilla
1 large handful parsley	20 drops liquid vanilla
Zest of one lemon	stevia
squeeze of half a lemon	1/4 cup Brazil nuts
1 Tablespoon flax meal	1 Tablespoon maca root
1 knob of fresh ginger, about the size of a small adult thumbnail	powder (optional)
	ice (optional)





Pre-Workout Green Smoothie



This Pre-Workout Smoothie is filled with protein, good carbs and healthy fats to increase energy and keep you full longer.

Directions

Blend spinach and almond milk until smooth. Add remaining ingredients and blend. Serve and enjoy!

Ingredients

- 2 cups fresh spinach
- 2 cups almond milk unsweetened
- 1 apple
- 1 banana
- 1/3 cup rolled oats
- 1 tbsp coconut oil
- 1/2 tsp ground cinnamon





Baked Salmon with Avocado & Mango Salsa



Directions

Pre heat the oven to 325 degrees. Grease the bottom of a heavy baking pan or over safe skillet with the coconut oil. Brush both sides of the salmon steak with the lemon juice and place it in the baking dish or skillet. Sprinkle fish with salt and pepper, if desired. Bake or 15-20 minutes or until moist and flaky. While the fish is cooking, prepare the salsa. In a medium bowl, mix the mango, avocado, onion, cilantro, capers, and chili. In a small bowl, mix together the lime juice and the macerated garlic. Sprinkle the juice mixture over the salsa and toss. Serve the salsa on top of the baked fish. Makes one serving.

For the salsa

½ half red onion, diced	1 tsp. fresh lime juice
½ avocado, cut into	1 tsp. capers
1/4-1/2" cubes	1 tsp. green chili,
¼ cup mango, cut into	seeded and minced
1/4-1/2" cubes	½ tsp. garlic, macerated
2 tsp. cilantro, chopped fine	

Ingredients

4 oz. wild caught salmon
Juice of 1 whole lemon
2 tsp. coconut oil
Sea salt and pepper if desired





Teriyaki Salmon



Salmon is full of omega-3 fatty acids which have been shown to support metabolism.

Directions

In a storage bag, combine first 6 ingredients and mix well. Set aside ¼ cup of the marinade in the refrigerator for basting. Add salmon to the bag and place in refrigerator to marinate for 1 hour. Drain and discard marinade. Broil or grill salmon for 4-5 minutes each side. Brush with reserved marinade.

Ingredients

- ¼ cup grapeseed oil
- ¼ cup fresh lemon juice
- ¼ cup Bragg's liquid aminos
- 1 tsp. stone-ground mustard
- 1 tsp. ground ginger
- ¼ tsp. garlic powder
- 4 wild caught salmon steaks





Turmeric-Ginger Chicken & Broccoli Stir Fry



Directions

Sauté the onion in butter until softened, about 5 minutes. Mince the garlic and ginger together into one chunky paste. Add to onion and cook 1 minute. Add the spices. Cook another minute. Add the chicken and broccoli and stir fry until well blended. Add $\frac{1}{2}$ c water or chicken stock and cover. Cook until the chicken is no longer pink in the center and the broccoli has reached desired texture. May be served over rice.

Ingredients

- 1 lb boneless chicken, sliced
- 1 head broccoli, chopped in large pieces
- 1 onion, chopped
- 5 cloves garlic
- 2 inches ginger
- 1 heaping tablespoon turmeric
- 1 teaspoon cumin
- 2 Tbsp butter
- $\frac{1}{2}$ c water or chicken stock





Oven Roasted Cauliflower with Turmeric & Ginger



Ginger and Turmeric are both anti-inflammatory spices which support metabolism.

Cauliflower is a cruciferous veggie which supports detoxification and is anti-cancer.

Directions

Preheat oven to 400. Whisk together the oil, ginger, and turmeric in a small bowl. Place cauliflower in a medium baking dish and toss with the flavored oil and season with salt. Roast until lightly golden brown and just tender; 20 to 25 minutes.

Ingredients

3 tablespoons grapeseed or sesame oil
1 tablespoon grated fresh ginger
1 teaspoon turmeric
1 head cauliflower, cut into florets
Salt





Healthy Sheppard's Pie



Directions

1. Sauté the garlic, shallots and onion together in oil.
2. When the onions are translucent, turkey, carrots, celery, zucchini and balsamic vinegar and continue to cook until the veggies are cooked most of the way. They don't have to be completely cooked, because they will cook the rest of the way in the oven.
3. When that is finished cooking, transfer to a 9x13 casserole dish.
4. Smooth the potatoes over the meat in the casserole dish. Drag a fork lightly across the top to 'rough up' the surface a bit for baking.
5. Bake at 350 degrees F. for approximately 30 minutes until it's nice and bubbly.
6. Cut into 12 sections and allow to cool a bit before serving.
7. Enjoy! Makes about 12 servings.

Ingredients

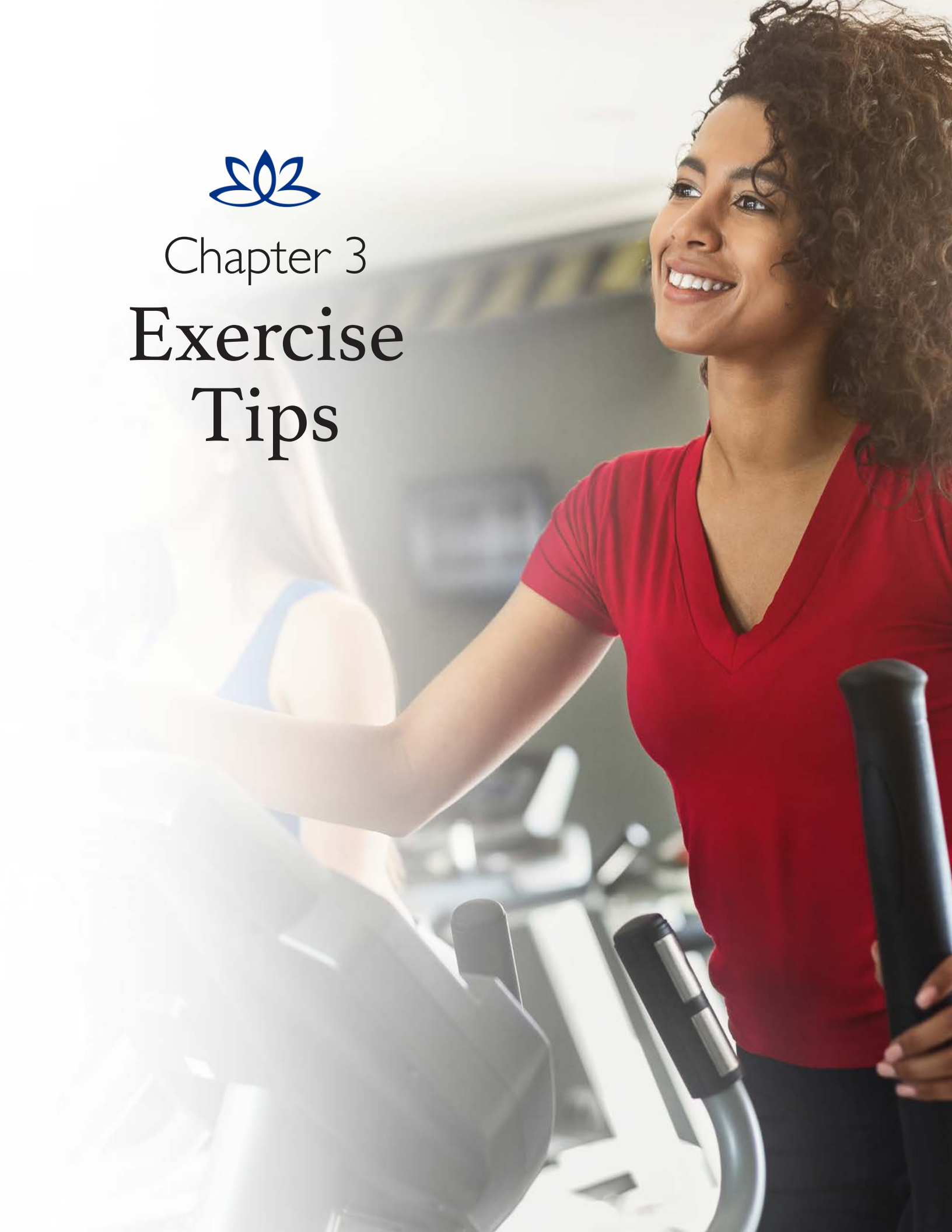
2 pounds ground turkey meat
1 tablespoon olive oil
12 cloves garlic, chopped
1 large shallot, chopped
1 large white onion, chopped
2 cups carrots, sliced
1/4 cup celery, sliced
1 large zucchini, cubed
1 tablespoon balsamic vinegar
3 cups cooked, mashed sweet potatoes
1/4 teaspoon salt





Chapter 3

Exercise Tips





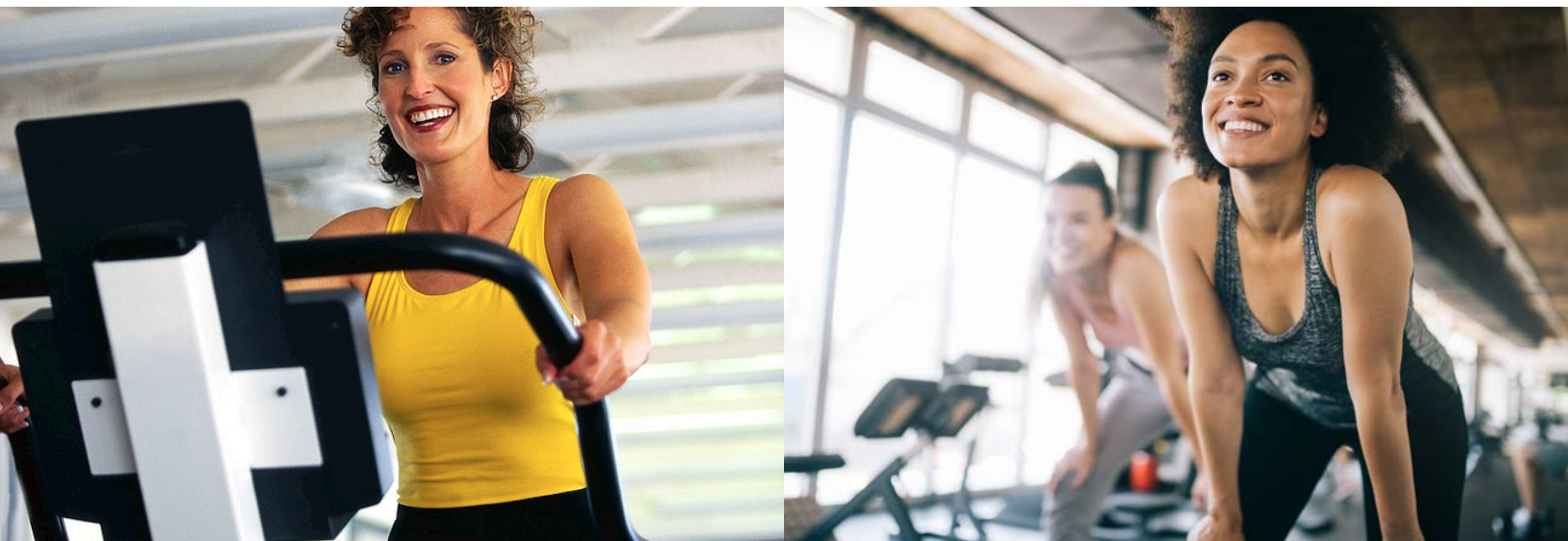
Burst Training

The Ultimate Fat Burner

Burst training has become the best way to burn fat. What this entails is short bursts, between 30 and 60 seconds of intense exercise. It needs to be at intensity that you cannot continue past 60 seconds. I prefer 30 second bursts.

Research shows that 30 seconds of full out exercise to the point of panting induces the equivalent amount of growth hormone as does 30 minutes of aerobic exercise. An added benefit is that growth hormone stays elevated for a full 90 minutes. Growth hormone, in a nutshell, stimulates growth, cell reproduction and regeneration. It stimulates the building of muscle and the burning of fat. Burst training is also good at regulating blood sugar and insulin levels.

Exercise bursts are either repeated at intervals several times throughout a longer segment of aerobic exercise or repeated several times (ideally 4-8) throughout the day. Just about anything done at near-maximum effort for 30 to 60 seconds qualifies as "short burst training."





Burst Training

Methods

Short burst training sessions can consist of doing as many push-ups or sit-ups as possible, sprinting 100 yards, or doing as many lunges, squats, or pull-ups as you can, as long as you feel you **MUST** stop or slow down at the end of 30 – 60 seconds. A burst on a stationary bike, elliptical machine, or stair stepper also could work as long as the effort is nearly all-out, lasts no longer than a minute, and is followed by a longer recovery period.

An example of a typical workout on aerobic machines like treadmills, stationary bikes, stair steppers or elliptical machines would be sprinting for 30 seconds, slowing your pace for 60 seconds, then sprinting again. You would repeat the pattern several times, depending on your fitness level.

Running up and down stairs carrying a weight or a sack of potatoes even qualifies as burst training and gets the same benefits as exercises using sophisticated equipment. Even jumping jacks can be done in burst fashion.

If you need ideas, consider doing any of the following:

- Jumping jacks
- Running up and down stairs, optionally carrying a ball
- Squats with optional hand weights
- Push-ups
- Stair-stepper
- Elliptical machine
- Exercise bike
- Treadmill
- Take a walk and do short bursts of fast running or hill climbing





Building Muscle

Reshaping Your Figure

When it comes to losing weight building muscle is extremely important. What many people focus on is losing fat but not building muscle. You need both cardiovascular work and strength training to effectively build muscle.

Strength training utilizing dumbbells or machines is best. Beginner programs will entail a full body routine where you work all the major muscle groups 2-3 times per week. Aim for at least 25-30 minutes per session including core work at the end.

Push-ups, squats and lunges require no equipment and are very effective. When using weights aim for 12 repetitions with the last 3 reps being a bit of a struggle while maintaining proper form. If the weight is too easy you won't get much benefit.

If you have limited experience with weights, consider individual fitness training to help with proper form and variety of exercises.





About Eric



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Eric Reardon MS, CNC, CPT is a Certified Nutritionist, Certified Personal Trainer and Functional Medicine practitioner. Eric has completed the Kalish Method Functional Medicine training program with Dr. Dan Kalish in addition to his nutritional training.

Eric specializes in weight loss and fatigue related conditions but also works with many health conditions including: hormone imbalances, gastrointestinal disorders, blood sugar dysregulation, allergies, ADHD, autoimmune disorders and more.

A lifelong athlete and collegiate baseball and basketball player, Eric has experience in cardiovascular and strength training programs which he utilizes with clients looking to improve their fitness level.



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