



YOUR NXT LEVEL GUIDE



**NUTRITION & SPORTS TIPS
FOR WEIGHT LOSS**



WELCOME

Hey, welcome in your journey to weight loss!
In this booklet, you'll find tips and tricks
that will make your journey easier!



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THAT'S WHERE IT ALL STARTS

Before going any further, we would like to start by telling you more about our philosophy and what you should expect from this guide.

- ◇ This is not a 1-shot program but a lifestyle guide.
- ◇ We are not going to tell you to avoid carbs, fat, restaurants, eating out, eating with your family... You just need to make better food choices, and we are there to help!
- ◇ When we talk about “weight loss”, the word “fast” is not part of our vocabulary. Losing 10kg in 2weeks... Nope, that’s not with us. This is a step by step process that requires patience and dedication.
- ◇ We would love to be able to make personalized menus for everyone. But to be completely honest, we can’t. So we’ll give you some tips to adapt a menu to your calorie needs and activity level.
- ◇ Nutrition and sports work together in a weight loss journey. We’ll give you a few sports tips to use in the gym and at home, but you are free to do whatever sports you like: walking, dancing, boxing, basket ball... You can also refer to a Personal Trainer in your gym for a complete program!
- ◇ The recommendations given here are intended for healthy people, without any health concerns. Therefore, if you have any health issue, please refer to your doctor.
- ◇ If you are pregnant or breastfeeding, please put this brochure down slowly, put your hands up and move away! More seriously, you need to take care of you and your baby and consequently have specific needs, which should be addressed by your doctor or gynecologist.
- ◇ The pieces of advice given here are not suitable for people preparing a bodybuilding competition due to their specific nutritional needs.

THE COMPLETE GUIDE IS AVAILABLE FOR FREE IN THE WEIGHT LOSS BUNDLE

FREE

YOUR NXT LEVEL GUIDE

PLAN 2000 KCAL
1600, 1800 OR 2200 KCAL

1 FULL MENU FOR A DAY

**3 MAIN MEALS
3 SNACKS**

DETAILED NUTRIENTS COUNT
% FAT / 50% CARBS / 65% PROTEIN

WITH NXT LEVEL PRODUCTS

WHEY PROTEIN 80
SUPPORTS MUSCLE GROWTH

USE AFTER SPORT
5.5g BCAAs

CHOCOLATE

BURNER CARBS
TONE UP, LOSE WEIGHT, BURN CALORIES

NXT LEVEL
SPORTS & NUTRITION

NXT LEVEL
SPORTS & NUTRITION

**6 SPORTS TIPS
WEIGHT LOSS**

28.99€