

It has been discovered that the best diet for weight loss or losing body fat is any healthy diet that works for you that you can follow and sustain for the better. Therefore, check out the recommended options below and see which one fits you the best for long-term success.

Option A:

- Do you want to take your nutrition meal prep and convenience to the next level?
- Do you hate the hassle and headache of constantly fixing your own meals?
- Do you want to save money, time and effort?
- Want already cooked healthy organic fresh delicious whole foods ready to be delivered?
- How about quality handmade prep meals by a top-level professional chef?
- What about transformation meals you can rely on?

If most of your answers are yes, then you should look into **Factor 75**.

Factor 75: Better Meals. Better You.

Bit by bit what you eat in private shows in public on your skin, body, mind and mood.

Studies have shown 75% of how you look, feel and perform comes from what you eat!

More insight, visit...

<https://www.factor75.com/get-started?referral=OLOONUMAFITNESS>

Note: This is simply a more efficient and effective option for most people with a lot less cons. Better yet, cooking / prepping your own meals or even having your own personal chef to prep all your desired healthy meals works even better if it is feasible to your budget or situation. Otherwise, there you have it with Factor 75. As a last resort, using already package meals from companies like Jenny Craig or NutriSystem should be okay... not as fresh, organic & tasty as Factor 75 but will assist to an extent.

FYI, Factor 75 also comes with a complimentary ongoing nutrition support with a well seasoned Registered Dietitian.

Option B: Meal Replacement Supplements.

This option is about replacing 1 or 2 meals with a meal replacement protein shake. It is important that the protein shake is specifically designed as a meal replacement as well as high quality in brand. Superior quality such as... Whey Protein+ All In One Shake or Vegan Protein+ All In One Shake from Life Time is highly recommended.

*** Making your shake should be simple.** Follow the directions on the back of the container. However, consider using unsweetened almond milk or 100% egg whites in a carton as your liquid mixture. We know what most people may think about egg whites in general, they're slimy or whatever. It is nonetheless delicious!

* If you decide to use the highly recommended superior quality brand from Life Time regarding your meal replacement protein shake visit shop.lifetimefitness.com under the Products / Nutritional Supplements tab. Be sure to use Olo's Trainers code # 160262 for discounts and credit incentives.

Other Quality Protein from Life Time: Life Time Fitness Isolate Protein & Life Time Fitness Beef Protein with Collagen.

This option is very simple, convenient and efficient. It can also be effective for the long-term if done right. Of course you have juicing, detoxing and so on. Those are mostly short-term and can be used as a bridge for a more long-term plan using meal replacement protein shake, which is proven to be more effective for most people. Nevertheless, you can have a juicing & meal replacement protein shake combo if you prefer.

Option C: A.K.A Reality Option.

This plan needs no introduction. It is a straightforward reality plan for most people. Check out the following bullet points below for more insight. *This option is doing whatever you have been doing till this point and expecting things to one day change for the better. *This is also doing whatever seems to work for you but isn't sustainable for whatever reason. *You love this option knowingly or unknowingly but it doesn't love you back in return. Your lack of good results should speak for itself. *If you are not on the A or B Options, guess what? You are on the Reality Option. *Most people are stuck or

are addicted to this plan subconsciously. Even when fought, it finds its way back a lot of the times. *Bottomline, it is wise to create room for this plan since it seems to always be around. In other words, if you struggle with keeping this plan under control then you intentionally embrace this plan at a maximum of 20% of the times. Like on the weekends, vacation or holidays. Remember the 80/20 rule. 80% discipline plan A or B and 20% C Plan or the Reality Option, do your own thing (without getting too carried away).

Note: If you are okay with the outcome of the C or Reality Plan then by all means, keep it going and see what happens. Otherwise, let's strive for the better by incorporating the A or B Options the best we can (80%), Monday through Friday or 5 days out 7 is ideal.

Lastly, remember the power of your water intake. Be sure you are meeting the minimum required standard. 60 ounces to half your body weight is highly recommended. Also make it a priority to stay hydrated before, during and after exercising. Water intake is critically essential to your overall health.

What about Snacks? This is optional. It is much better to snack only as needed, especially if you have 3 meals per day. In other words, if you are hungry in between your meals snack a little but if you are not it isn't necessary to indulged unnecessary calories just for the sake of snacking to be snacking. However, if you are on some medical condition that requires more frequent meals regardless of whatever, please do so as suggested by a qualified professional. Nevertheless, it is your benefit to always have snacks around just in case needed.

What kind of Snacks? Healthy snacks! Look up healthy snacks and choose to your desire and taste as long as it is considered healthy and consume in moderation.

Conclusive Note:

Regardless of the above options, minimizing the intake of simple carbs, balanced meals consisting of rich vegetables and good complex carbs with high quality protein seem to have the best overall success for most people so far. Keep this in mind while designing your own meal plan.

Also, feel free to modify or mix up the above options. For instance, combining the A & B options. Like having a meal replacement protein shake for breakfast which is part of

option B and then having 2 solid meals from option A for lunch and dinner or vice versa etc.

Ultimately the goal is to create a healthy diet that works for you out of these options separately or combining, making a diet that becomes a lifestyle in due time. This may take some trial and error to figure out and it might take some time but make sure it doesn't take too long or your whole life to figure out. If it does, you may have serious habitual issues that need to change.

Nevertheless, using the 80/20 rule and using the A or B Options should be consistently practiced while saving the 20% for the C or Reality Option. As a reminder, don't be carried away by the 20% Reality Option, still remain mindful. Lastly, to kill a lion is to be ready for war (African Proverb). Meaning, your attachment to the reality option isn't going to be overcome without persistent challenges from all levels and angles of life.

However, you can do what it takes to get it under control with the right professional ongoing support and guidance or pay the nasty price in due time if you haven't already started paying. Hopefully it doesn't get too far off. The ideal professional help is available if you need it and want it with Olo Onuma Fitness or whomever else qualified to get the job done right.

Conclusively, this structural outline is subjected to be modified as necessary especially when dealing with the always innovative system of Olo Onuma Fitness. Expect changes as we are always monitoring the ongoing evolution of the fitness industry in order to make things better.

Disclaimer: This is a suggested guide by an elite fitness professional. Therefore, it is still recommended that you consult a registered dietitian or a doctor before taking on any new eating plan.