

SUMMER SHRED PLAN: 4 WEEKS TO A LEANER YOU

WEEK 1 – FOUNDATION

Nutrition:

- Cut processed foods.
- Track all meals (use an app).
- 300–500 calorie deficit.
- 1g protein per pound bodyweight.
- Clean carbs (rice, oats, veggies, fruits).
- Healthy fats (avocado, olive oil, nuts),

Lifestyle:

- No cheat meals.
- 3L+ water daily.
- Sleep 7–8 hours per night.

WEEK 2 – BUILD

Nutrition:

- Continue Week 1 nutrition,
- Optional carb cycling:
 - High-carb on training days.
 - Low-carb on rest days.

Training:

- Strength training: 5x per week.
- HIIT: 2x per week (15–20 min sessions).
- Shorter rest times (30–60 seconds between sets).

Lifestyle:

- Visualize daily goals.
- Stay consistent.

WEEK 3 – BURN

Nutrition:

- Keep protein high.
- Drop carbs slightly more.
- Add 1x refeed meal midweek (high-carb, low-fat)

Training:

- Strength training: 4–5x per week.
- HIIT: 3x per week
- Optional: fasted cardio (20–30 min walk in the morning)

Lifestyle:

- Push through fatigue.
- Stick to the plan.

WEEK 4 – CUT AND POLISH

Nutrition:

- Remove dairy (optional).
- Eat simple, easy-to-digest foods.
- Adjust carbs for fullness.

Training:

- Strength training: moderate weights, higher reps.
- HIIT: 2–3 per week.
- Steady-state cardio: almost daily (max 30 min).

Lifestyle:

- Finish strong.
- Trust the process.

KEY RULES FOR ALL 4 WEEKS

- Track everything you eat.
- Prioritize strength training.
- Stay hydrated (min.)
- Stay hydrated (min.)
- Neglect life: avoid
- Stay hydrated (min.)