



Personalized exclusively for: Kristi Warner

On: January 15th, 2024

Welcome

Congratulations! You have in your hands the most advanced diet available anywhere, at any price. It is the most individualized program available for losing fat and building muscle. This diet will not work effectively for anyone else because it has been created just for you, using your lean body mass (LBM), your job, your lifestyle, and your weekly plan for weight training (WT), high heart rate aerobic activity (HHT), and low heart rate aerobic activity (LHR).

How we did it. We used the information you provided on the program questionnaire — your body composition, job, lifestyle, and exercise hours — and Burn & Build generated this report.

Lean Body Analysis

Page two is the results of your body composition test or estimate you provided. Although very few people want to know how fat they are, all of them want to know how to lose fat. Our Lean Body Analysis page includes your profile, a snapshot of where you are today, and body fat ranges with the scale weights each range represents at your lean body mass.

Food Plan

Page three is your custom-designed food plan. It explains how Burn & Build converts your protein and carbohydrates into servings and does the serving math for you. The servings on page four follow directly from this page.

Servings

Page four is the servings page. Burn & Build turns everything from page three into daily servings divided across breakfast, lunch, dinner, and fruit snacks so you have maximum strength and energy while losing fat fast.

Food List

Pages five and six are your food list. Page five lists protein & dairy along with grains & starches. Page six lists the veggies and fruits. These foods have a track record for getting results since 1982. One serving is exactly the amount of the protein and carbohydrates your body needs to maximize your metabolism and build muscle at the same time. The gram weights on your list are scaled to your daily servings from page four.

Frequently Asked Questions

Starting on page seven, frequently asked questions answer the practical details clients ask most often — hunger, exercise, bread, water, artificial sweeteners, and more. Burn & Build has refined these answers since 1982. The final page of your report confirms the answers you gave on the program questionnaire.

What to Print

You do not need to print all twelve pages. For daily use, pages 4-6 in the kitchen. The rest of your report can stay on your phone.

Lean Body Analysis

HEIGHT 66 in.	SEX FEMALE	BODY COMP Skinfolds	AGE 28 years
--TODAY--			
	LEAN	61.78 %	113.7 lbs.
	FAT	38.22 %	70.3 lbs.
	TOTAL	100.00 %	184.0 lbs.

How much fat is right for you is a personal choice. How you look in the mirror is the only true judge of whether you're where you want to be.

STAGE-READY	ATHLETIC	VISIBLE ABS	AVERAGE
8.95%	14–20%	15–17%	21–30%

A female your height in good condition has 106 pounds or more of lean body weight.

CONGRATULATIONS! Your LBM is at or above the desirable amount. Even so, it's a good idea to exercise at least twice a week. If you want to gain lean or maybe just tone and shape your body, do so by participating in a weight-training program two to three times a week under the guidance of an experienced trainer. The table below tells us what you would weigh at each body fat range from Stage-ready to Average based on your current Lean Body Mass. Increasing or decreasing your LBM would increase or decrease the suggested body weight accordingly. For maximum success, feed your body properly. This diet will show you how much food you need daily for maximum results.

STAGE-READY	ATHLETIC	VISIBLE ABS	AVERAGE
125 lbs.	132 – 144 lbs.	134 – 139 lbs.	144 – 165 lbs.

Food Plan

Since 1982 Burn & Build has turned what your body needs into daily servings from proven fat-burning, muscle-building foods — not numbers you chase on a calculator while still wondering what to put on your plate. Burn & Build converts your protein and carbohydrates into servings and then does the serving math for you also.

The table below shows what too much or too little does to each one.

FOOD GROUPS	TOO MUCH	TOO LITTLE
PROTEIN	GAIN FAT	LOSE LBM (MUSCLE)
CARBOHYDRATES	GAIN FAT	LOSE ENERGY
FAT	GAIN FAT	LOSE FAT

Burn & Build cuts the fine line between too much and too little — that's the secret to losing fat and building muscle on the same diet. Your daily servings come from protein, dairy, grains, starches, veggies, and fruits: whole clean foods, each sized to fit your needs. This program is customized to you and won't work for anyone else.

Measure the food after it is prepared the way you plan to eat it (cooked vs raw).

To Use This Plan

You need to know only the four numbers from this custom diet.

The four numbers on your printout are your personal servings of proteins, grains/starches, veggies, and fruits.

Servings

NOTE: Always consult your physician before starting this plan or making any change in your eating habits.

	Daily	Breakfast	Fruit	Lunch	Fruit	Dinner	Fruit
Protein	9	3		3		3	
Grains/Starches	9	3		3		3	
Veggies	1						
Fruits	3		1		1		1
Extra fat, sugar and alcohol	18			To maintain your current fat %			
	0			To reduce your current fat %			

Pull out your kitchen scale. Don't have one. Order one on Amazon. About \$50.

Set the scale to grams, not ounces. Grams are a more accurate measurement, down to the weight of a paper clip. We don't guesstimate.

Put your plate on the scale and zero the weight. Now we can build our meal.

Your food list is on pages 5 and 6. Page 5 has protein, dairy, grains, and starches. Page 6 has vegetables and fruit.

Step 1 Choose your protein from the protein & dairy list on page 5. Find the serving size for that food. Add that exact amount to your plate.

Step 2 Zero your scale again. Find the carbohydrate you want from the grain & starch food list on page 5. Add that exact amount to your plate.

Step 3 Veggies are optional. Veggies don't have an assigned meal or snack. Enjoy them anytime during your day. They are good for you but take up valuable space in your stomach. Remember this is an eating plan, not a not-eating plan. Zero your scale. Add the exact amount of veggies from page 6 to your plate (if desired).

Your plate will be piled high with the right amount of protein and carbs to fuel your life for the next couple of hours.

Repeat this process for breakfast, lunch, and dinner.

Do the same process for fruit on page 6. Convenience tip: eat the same fruit for all three fruit servings. It's easier to clean three fruit servings at one time than three different fruits every day.

For maximum results, do three things every day:

1. Eat all the servings recommended. Eating less will cause muscle loss and slow fat burning.
2. Alternate protein/carb meals with fruit.
3. Eat every three hours or sooner. Set a timer to help you get in the groove.

Most people quit in the first three days. By day four they're in the groove, and by day 7–10 they are feeling the changes.

Summed up: the key to success is fill your plate, empty your plate.

Food List

Protein & Dairy

Chicken breast	78g
Cod	105g
Cottage cheese, 1%	219g
Cottage cheese, 2%	219g
Cottage cheese, nonfat	234g
Egg whites (extra large)	6 whites
Egg whites (small)	9 whites
Eye of round	81g
Greek yogurt, lowfat	240g
Lean ground beef (ground round)	81g
Plain Greek yogurt, nonfat	234g
Ricotta, nonfat	210g
Shrimp	99g
Sirloin steak	81g
Tilapia	93g
Tuna (canned)	102g
Turkey breast	84g
Yogurt, plain, nonfat	420g

Protein Tips

You should eat the protein servings in equal amounts a minimum of three times throughout the day. The Eat to Lose Fat food plan suggests a practical way to break down the protein servings. The servings are divided fairly even among breakfast, lunch, and dinner.

The protein group includes meat, fish, poultry, and dairy products. We recommend you eat at least one-third of your daily protein servings from the dairy section. We strongly recommend eating the daily servings to ensure calcium intake.

It is not necessary to use any meat products on this program. If you do not eat meat, you should use egg whites and other dairy products.

Measure your serving size after cooking.

Grains & Starches

Bagel	84g
Beans (any on list)	177g
Cheerios	57g
Corn grits	54g
Corn, sweet	195g
Cream of Wheat (dry)	54g
English muffin	96g
Farina (dry)	54g
French bread	81g
Hard roll	81g
Mixed peas and carrots	420g
Multigrain bread	96g
Oatmeal (dry)	63g
Pasta (cooked)	168g
Pasta, whole wheat (cooked)	159g
Peas, green	270g
Peas, split	204g
Pita (pocket)	75g
Popcorn (air popped)	54g
Potato, baked (with skin)	198g
Potato, boiled	210g
Quinoa (cooked)	198g
Rice, brown (cooked)	180g
Rice, white (cooked)	150g
Rye bread	87g
Sweet potato	204g
Tortilla, corn (6-inch)	93g
Tortilla, whole wheat	93g
Whole wheat bread	102g
Whole wheat roll	81g

Grains/Starches Tips

Although this amount may seem like too much for some people, it's not. Eating fewer quality carbohydrates reduces only your energy, not your fat.

If you have low energy, then you don't eat enough energy food. Grains and starches (complex carbohydrates) are your energy foods.

Again, the Eat to Lose Fat food plan spreads the total Grains/Starches servings across the three major meals.

Hot cereals are measured dry. Add the amount of water you want.

Food List

Vegetables

Asparagus (cooked)	256g
Asparagus (raw)	256g
Bell peppers, orange (cooked)	149g
Bell peppers, orange (raw)	167g
Bell peppers, red (cooked)	149g
Bell peppers, red (raw)	167g
Bell peppers, yellow (cooked)	149g
Bell peppers, yellow (raw)	167g
Broccoli (cooked)	139g
Broccoli (raw)	152g
Carrots (cooked)	122g
Carrots (raw)	104g
Cauliflower (cooked)	244g
Cauliflower (raw)	200g
Cucumbers (raw)	278g
Green beans (cooked)	143g
Green beans (raw)	143g
Mushrooms, white (cooked)	189g
Mushrooms, white (raw)	303g
Spinach (cooked)	263g
Spinach (raw)	278g
Squash, summer (yellow) (raw)	294g
Squash, winter (hubbard) (raw)	115g
Squash, zucchini (raw)	323g
Tomatoes (cooked)	250g
Tomatoes (raw)	256g

Veggie Tips

Do not be concerned about the one veggie serving. You can always eat more vegetables whenever you choose.

Vegetable juices of any kind are not recommended. Fresh, raw vegetables are the only kind for maximum health.

To make a salad, you could use one-third serving of lettuce (2 !S cups), one-third serving of fresh mushrooms (1 cup), and throw in one-third serving of fresh tomatoes (½ medium).

This would equal one veggie serving. You may use any vegetables on the list to make your salad.

Measure your serving size after cooking.

Fruit

Apples (raw)	130g
Bananas (raw)	79g
Blueberries (raw)	124g
Cantaloupe (raw)	220g
Clementines (raw)	150g
Dried plums (pitted prunes)	28g
Grapes (raw)	99g
Pineapple (raw)	137g
Strawberries (raw)	234g
Tangerines (raw)	135g
Watermelon (raw)	237g

Fruit Tips

Juices and dried fruit are not recommended for fast fat loss.

Fruits are the perfect between meal snack. Eat only fresh, raw fruit.

Have your fruit snacks cleaned and ready to go every day. Put all the fruit you need for a day in a resealable plastic bag or reusable container. This makes it easy and convenient to eat.

Frequently Asked Questions

1. WHAT ABOUT ARTIFICIAL SWEETENERS?

Artificial sweeteners are great for giving good food a little flavor. They will not speed up your fat loss, but if used carelessly, they could slow it down. Low-calorie or no-calorie products often leave a person hungry, which causes them to overeat later. Another trap people fall into is thinking that because this product is low-calorie, they can eat more of it. Be sure you eat your quality food and just use the artificial sweeteners to enhance the flavor.

2. WHAT DO I PUT ON SALADS?

Many Burn & Build clients don't eat "salads," per se. They eat plain, raw vegetables that are generally found in salads. We've found that by skipping the lettuce, it's easy to skip the dressing. When we do eat salads with lettuce, seasonings such as salt, pepper, and Mrs. Dash Table Blend.

3. HOW DO I COOK EGGS?

We have found that simply frying eggs in a non-stick pan, lightly sprayed with cooking spray, works best for us. We recommend buying a heavyweight quality pan with a nonstick surface. When you vacation, be sure to bring along your good frying pan. You can always find eggs, but you can't always find a good pan.

4. WHAT IF I DON'T EAT MEAT?

You don't have to be a meat eater to lose fat, although we do recommend that you be willing to eat dairy products and eggs. The more foods you are willing to eat, the less likely you are to get bored with your choices.

5. WHAT IF I HAVE FOOD ALLERGIES OR HAVE GLUTEN SENSITIVITIES?

That's why Burn & Build is based on lists of foods rather than menu plans. If you have food allergies, pick foods from the list that you can safely eat.

6. WHAT ABOUT SALT?

Salt is good for enhancing the flavors of food. People get a lot of salt from their food choices. For example, chips, cheese, margarine, bacon, sausage, fast food, etc., are loaded with salt. When you reduce your fat intake, you usually reduce your salt intake as well.

7. CAN I HAVE SALMON?

Salmon is higher-fat protein food and is not recommended for fastest fat loss. Even healthy fat will slow down fat loss. Higher-fat foods like salmon are terrific choices for maintenance.

8. WHAT ABOUT NONFAT SOUR CREAM?

Although nonfat dairy products are made from skim milk, we do not recommend using them during your eight-week Burn & Build program. These types of products are great choices for maintenance.

9. IS YOGURT OKAY?

People who use yogurt have mixed success. We suspect it's partly because some yogurts have a high sugar or fruit juice content and because yogurt isn't very filling. Since yogurt has little staying power, people may overeat other foods to satisfy their hunger. For maximum results, do not depend on yogurt.

10. WHAT IF I CHANGE MY EXERCISE?

We strongly recommend not changing your exercise. Your Burn & Build food plan has been structured to match your exercise and activities. Consistency is the key to success.

11. WHAT IF I DON'T DO AS MUCH EXERCISE AS I INTENDED?

It's common for people to have emergencies, illness, or other distractions that take away from their exercise routine. If it's temporary—less than a week—you'll be okay. If it's going to be a long-term change, update your questionnaire answers and rebuild your program.

12. WHAT ABOUT DIET POP?

Diet pop will not affect your fat loss. However, regular pop—loaded with sugar—will slow your fat loss. In addition, most brands of pop have a high phosphorus content, which may deplete the body of calcium.

13. CAN I HAVE COFFEE AND TEA?

Yes, but skip the sugar and cream. Also, be sure that you are not using these drinks as a way to go long periods without eating. A safe habit to develop is to consume these beverages with your meals.

14. WHAT IF I GET HUNGRY?

If you are getting hungry, you're most likely not eating all your servings, or you are going too long between meals and snacks, or your activity level is higher than what we used to calculate your volume of food. Contact support for guidance.

15. WHAT IF I CAN'T EAT ALL MY SERVINGS?

It can be difficult to get all the food in. Try dividing your meals into four meals instead of three meals throughout the day. Eat four meals with three fruit snacks in between.

16. WHAT IF I EAT ALL MY SERVINGS FOR THE DAY TOO SOON?

For most people, this won't happen. But for your busier and longer days, you will need to add some extra food. Add in some more of the same foods you have been eating—eat another half-sandwich or an extra slice of bread. Adding extra food today doesn't take any food away from tomorrow. Start tomorrow with your normal food servings.

17. WHAT SHOULD I DO IF I MISS A MEAL?

You can't make up for what you have missed, but you can get back on track.

18. WHAT EXERCISE IS BEST FOR LOSING FAT?

Pick any exercise you enjoy. However, remember to think in terms of exercising to work the body and eating properly to reduce the body fat.

19. WHAT ABOUT EATING LATE AT NIGHT?

If you are up late, it is likely that you will need a snack or another meal. Our bodies get hungry about every three hours or sooner. Have another small meal or a fruit snack. If you don't choose good food, you will still eat bad food.

20. SHOULD I EAT JUST BEFORE GOING TO BED?

Consider when you ate last. If it's been close to three hours, you are probably getting hungry. Eating before bed will not cause weight gain unless it's high-fat or high-sugar. Of course, these types of foods will cause a weight gain no matter when you eat them.

21. CAN I SKIP THE FRUIT SERVINGS?

It's not a good idea. Fruits are in your plan for a reason. They provide the body with the necessary energy to get to the next meal. Leaving them out will slow down the fat burning.

22. WHAT ABOUT SOUPS?

We don't recommend soups for losing fat. The servings are difficult to calculate, and because soups are liquid, they have no staying power.

23. CAN I HAVE FAT-FREE SALAD DRESSING?

No. We recommend avoiding fat-free dressings because they are high in sugar. Corn syrup is the second ingredient in most fat-free dressings. That's why people who use fat-free diet products don't have much success losing fat.

24. CAN WE EAT THE SAME FOOD EVERY DAY?

Yes. Most people eat the same food every day anyway. All we want you to do is choose food that helps you feel good and lose fat. We meet people who have eaten a breakfast of coffee and a donut every day for 20 years and didn't give it a second thought. But when we talk to them about eating good food, they are concerned about having the same food every day.

25. WHAT IF I GET TOO LOW IN BODY FAT?

What a great problem to have. Don't worry about that. If you get too low in body fat you can always put fat back on by eating some butter, mayonnaise, salad dressing, sour cream, cheese, seeds and nuts.

26. DON'T I NEED SOME FAT IN MY DIET?

Yes. They are called essential fatty acids. There are two of them and they are removed from grains to increase shelf life. You can get essential fatty acids by simply eating unrefined grains. Eating extra fat such as butter, margarine, mayonnaise, dressings, etc., isn't necessary to be healthy. And you can ensure you are getting the essential fats by taking a quality vitamin supplement that includes the three essential fatty acids. Consult your physician or dietitian for more information on essential fatty acids.

27. WHAT IS LEAN BODY WEIGHT?

Lean body weight is everything about you that is not fat. This includes your muscles, bones, organs, skin, hair, and fingernails. It is also your body chemistry; hormones, immune system, digestive enzymes, etc. Have you ever noticed how people tend to get really tired and irritable when they are dieting? Lack of energy is the first sign that you are losing lean body mass—your health and personality.

28. IF I'VE LOST LEAN BODY MASS, CAN I GET IT BACK?

Yes. It is important to know the volume of food necessary to sustain your lean body mass, to make good food choices, and to actually eat the volume of food needed to build muscle.

29. HOW MUCH FAT CAN I LOSE?

Over the course of eight weeks, visualize taking enough fat off your body to fill three 3-pound cans of Crisco. That would equal losing nine pounds of body fat in those same eight weeks. Some people are capable of losing even more than nine pounds during their eight-week Burn & Build program. Go back to your Lean Body Analysis page for a reminder.



30. HOW MUCH EXERCISE SHOULD I DO?

If you are exercising strictly for fat loss and general fitness, you don't need more than a total of three hours per week. This can be three 1-hour sessions, six half-hour sessions, or 15 minutes twice a day, six days per week. All add up to a total of three hours. Consistency is more important than quantity. Small amounts of activity on a regular basis will be more beneficial than a long bout of exercise all at once. Above all else, pick an activity or exercise that you enjoy.

31. WHAT IS A "SUGAR CRAVING"?

Do you "crave" to go to the bathroom? No, because you go when you need to. We normally don't postpone relieving ourselves, but we are apt to postpone eating. Cravings are caused by postponing our natural tendencies to eat, sleep and go to the bathroom. Postponing eating will create sugar cravings. Basically your body is craving carbs that you should have eaten earlier and more often during the day. Following your Burn & Build food plan will eliminate sugar cravings.

32. WHAT KIND OF BREAD CAN I USE?

Any kind or brand of bread will work well. Do not mistake donuts and muffins for bread, even though they are made with flour. Most breads follow a standard recipe with a few nuts and seeds or extra grains thrown in for good measure. Find a quality wheat bread that tastes good plain. The most important thing to know is the serving size. One serving of bread is 1 ounce. Measure your bread slices. Some brands' slices may be 1½ to 2 ounces. Homemade bread can be used simply by measuring the serving.

33. WHY AREN'T BEANS IN THE PROTEIN SECTION?

Although beans do have some protein, they are primarily a carbohydrate. One ounce of chicken provides 8 grams of protein and zero carbohydrates. One-half cup of beans provides 8 grams of protein plus an additional 18 carbohydrates. Eighteen carbohydrates is equal to 1¼ slices of bread. If you need three protein servings for your meal and choose beans as your source of protein, you would need to eat 1½ cups of cooked beans to get three protein servings. However, this 1½ cups of beans would also provide enough carbohydrates to equal 3¾ slices of bread. It's very easy to overeat the carbohydrates and slow down your fat loss when you use beans as your protein source.

34. HOW MUCH WATER DO I NEED?

Experts recommend you drink half your body weight in ounces. We make it simple. Drink one 8 oz glass of cool clean water for every protein serving. It comes out really close to the experts recommendation.

35. WHAT ABOUT RICE AS A SOURCE OF PROTEIN?

If you're wondering about using rice as source of protein, 1½ cups of cooked rice provides the same protein content as 1 ounce of meat. This rice serving also provides 61 carbohydrates, which equals 4½ slices of bread. Most people find it easier and more beneficial for fat loss to balance their proteins and carbohydrates by using egg whites and/or cottage cheese for their proteins and using the beans and rice for their carbohydrates. Any proteins that are in the beans and rice are a bonus.

36. WHAT ABOUT GMOS?

You should do your best to avoid GMO foods regardless of the diet you are using. The world is always changing so this list may change. The eight GM food crops are Corn, Soybeans, Canola, Cottonseed, Sugar Beets, Hawaiian Papaya (most) and a small amount of Zucchini and Yellow Squash. To get started look for this, the USDA Organic symbol. Also use the PLU code for produce. Organic produce will start with a 9. Genetically Modified will start with an 8. For example; conventionally grown banana has a PLU of 4078, an organic corn is 94078 and GMO corn is 84078.



Questionnaire Confirmation

Answers submitted for this Burn & Build Diet program.

Name	Kristi Warner
Email	preview@example.com
Who we thank	—
Height	5'6"
Gender	female
Age	28
Weight	184 lbs
Body composition	38.22% (Skinfolds)
Job activity	Sitting
My Weeks	Comfortable
SAG hours / week	3
Cardio training hours / week	0
Fat burning training hours / week	3
Waiver signed	Kristi Warner — 01 / 15 / 2024