FAT LOSS TRANSFORMATION



A 35 Year Journey Helping THOUSANDS...

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Coach Remington

Coach Remington’s Fat Loss Transformation

Become a Winner at Losing

Foreword

For more than 35 years, I’ve had the privilege of walking beside people who decided their tomorrow would be different from their yesterday. In that time, I’ve completed over **200,000** one-on-one coaching sessions and personally fitted the program you’re about to learn to more than **19,000** clients. What follows is not theory in search of results; it’s results that shaped the theory. This is a field-tested, faith-fueled, science-aligned way to transform your body composition and your life.

From the start, my mission has been simple: **take the guesswork out** of what to eat, how much to eat, and when to eat it. Clients tell me the same thing year after year: *“Coach, you took all the guesswork out.”* That’s what this book does. If you bring two things to the table—**motivation and coachability**—I’ll bring the map. Together, we’ll make you a **winner at losing**.

Introduction — Beyond Diets: Why This Works

Most diets fail because they’re built on half-truths. They underfeed you, slow your metabolism, and never teach you how your body actually uses food. You lose “weight,” but it’s a mix of water, muscle, and a little fat—so the minute you eat like a human again, the weight returns with friends.

The **Glyco-Cycle** changes that. It aligns **what** you eat, **how much**, **when**, and even **in what order** with how your body is designed to digest, absorb, store, and burn fuel. It protects muscle, targets fat, stabilizes energy, and—most importantly—**turns into a lifestyle** you can keep.

Two convictions underpin everything in this book: 1) **Carbohydrates are not the enemy.** They must be **managed** by glycemic value (how fast they become blood sugar) and **timed** so your pancreas and liver can do their jobs. 2) **Faith belongs in the process.** As a healing minister, I often pray with clients. Once, someone opened my office door mid-prayer and later joked, “Coach’s plans must be so tough he has to pray they work.” They missed the point. Prayer isn’t hoping the plan will work—it’s **inviting God to oversee it**.

Chapter One — Why Most Diets Fail (and What to Do Instead)

Diets promise fast results by slashing calories or demonizing entire food groups. The body responds the way it has for millennia: it slows down. Muscle becomes collateral damage, cravings spike, and the “plan” collapses under real life.

What works is **precision**, not punishment. Feed the body the right **amounts** of the right **foods**, at the right **times**, in the right **order**—and do it consistently. You'll burn fat while **preserving muscle**, keep your metabolism responsive, and feel *better* as you go.

Coach's Core Fixes - Meals are **measured** to your body (gender, height, weight, body-fat %, and activity). - Meals are **spaced** at least **4 hours** apart. **No snacks.** - Workouts are **scheduled** to match fuel availability and recovery. - Carbs are **managed** by **glycemic value** and **total requirement**, not eliminated.

Chapter Two — The Science You Actually Need

Your body pulls energy from three stores: **liver glycogen**, **muscle glycogen**, and **fat**. Our aim is simple: **decrease fat** while **protecting muscle** and **keeping liver/muscle glycogen ready** for life and training.

Energy production rides on three tracks: - **Glycolysis** (carb → energy) - **Lipolysis** (fat → energy) - **Gluconeogenesis** (non-carb → glucose)

The Glyco-Cycle steers these tracks with: - **Portion precision** (protein, carbohydrate, fat) - **Meal spacing** (every ~4 hours) - **Food order** (slowest-digesting → fastest-digesting) - **Day-to-day carb requirement** (explained in Chapter Three)

Hydration Timing
Stop all beverages **15 minutes before** meals; resume **30 minutes after**. This avoids diluting digestive acids and enzymes. Throughout the day, aim for **half your bodyweight (lb) in ounces** of water.

Hydrogen Water
I recommend hydrogen water because its smaller molecular structure penetrates cell membranes efficiently, supporting better hydration.

Carb Quality & Cooking
Carbs aren't the enemy; **over-processing and over-cooking** are. The more you overcook, the higher the **glycemic value**. Let cooked starches like **wheat pasta** and **brown rice cool** before eating—this alters their structure in a way that's friendlier to blood sugar. And avoid **over-ripened fruit**; sugar rises as fruit overripens.

Chapter Three — Meet the Glyco-Cycle (Invented by Coach Remington)

I developed the Glyco-Cycle over decades in practice, refining it across thousands of unique clients. It's **simple**: - **Day 1:** Eat **80%** of your individual daily carb requirement - **Day 2:** Eat **80%** again - **Day 3:** Eat **100%** (full glycogen recovery)

Protein and fat are a constant: you consume **100% of your protein and fat requirements on all three days**. This keeps amino acids and essential fatty acids steady so you **lose fat without losing muscle**.

Personalization Matters
Each plan is fitted to **gender, height, weight, body-fat %, activity level, and food likes/dislikes**. We **label meals** as **Meal 1, Meal 2, Meal 3, Meal 4** (not "breakfast/lunch/dinner"), and we keep **each meal similar in size** to remove the need for snacking.

No Snacks
With meals properly portioned and spaced **≥4 hours** apart, insulin and glucagon can cycle cleanly; hunger and crashes settle down.

Workout Timing
Train **before Meal 1** or **90+ minutes after Meal 1, 2, or 3**. **Do not** train after Meal 4—there's no recovery meal left, and you risk low blood sugar.

Chapter Four — How to Eat a Meal (The Stomach Is Not a Blender)

Your stomach is a **sac**, not a blender. What goes in **first** leaves **first**. That's why **food order** matters: 1) **Slow-digesting foods first** (proteins, fibrous vegetables)
2) **Moderate-speed foods next** (intact whole-grains, legumes)
3) **Fast-digesting foods last** (fruit, refined starches)

This order trickles nutrition into the small intestine at a **controlled pace**, flattening blood-sugar peaks and valleys and extending satiety.

Measuring Rule
Measure **after cooking** (except **oatmeal**, which is measured **dry**). Precision protects progress.

Chapter Five — Day-by-Day Menus (Examples)

> These menus are **examples**, not prescriptions. Your plan is custom-fit. The point: **good food can taste great**. There's no such thing as a *bad good food*—only **bad cooking**.

Day 1 — Eat 80% of Your Carb Requirement

Meal 1
• 3 egg whites + 1 whole egg with **¼ cup** spinach (omelet)
• **1½ slices** Ezekiel multigrain toast + **½ Tbsp** avocado
• **½ cup** blueberries

Meal 2
• **4 oz** chicken
• **¾ cup** whole-grain whole-wheat pasta
• **1 cup** cooked broccoli
• **2 oz** low-salt tomato sauce (tossed together)

Meal 3
• **5 oz** salmon
• **¾ cup** long-grain brown rice
• **1 cup** roasted zucchini

Meal 4
• **4 oz** ground turkey breast
• **6 oz** sweet potato
• **1 cup** cucumber + tomato slices
• **¼ Tbsp** olive oil

Day 2 — Eat 80% of Your Carb Requirement

Meal 1
• **6 oz** Greek yogurt
• **½ cup** blueberries
• **1½ slices** Ezekiel multigrain toast + **½ Tbsp** all-natural almond butter

Meal 2
• **3.5 oz** lean turkey
• 2 slices Ezekiel bread + 1 lettuce leaf + 1 tomato slice + **1 Tbsp** avocado
• **5.5 oz** apple

Meal 3
• **5 oz** cod
• **5.5 oz** sweet potato
• **1 cup** steamed green beans

Meal 4
• **4 oz** chicken
• **1 cup** long-grain brown rice
• **1 cup** asparagus + **½ Tbsp** olive oil

Day 3 — Eat 100% of Your Carb Requirement

Meal 1
• **2.5 oz** oatmeal (**measured dry**) cooked and mixed with **½ cup** blueberries
• *If protein is needed:* add **1 scoop** whey protein
• **1 slice** Ezekiel multigrain toast + **½ Tbsp** all-natural almond butter

Meal 2
• **4 oz** chicken
• **1 cup** brown rice + **1 cup** broccoli (mixed)
• **½ Tbsp** olive oil

Meal 3
• **4 oz** 90% lean ground beef

• **5 oz** baked sweet potato
• **1½ cups** summer squash

Meal 4
• **4 oz** salmon
• **1¼ cups** long-grain brown rice
• **½ cup** peppers + **½ cup** onions
• **½ Tbsp** olive oil

Chapter Six — Food Prep & Hydration Mastery

Prep Rules - Measure foods **after cooking** (except oatmeal).
- Keep fruit **fresh but not over-ripe** (glycemic value rises as fruit overripens).
- **Do not overcook** starches. Let **pasta and brown rice cool** before eating; their structure is friendlier to blood sugar after cooling.

Hydration Rules - Daily target: **½ bodyweight (lb) in ounces of water**.
- **Stop drinking 15 minutes before** meals; **resume 30 minutes after**.
- Consider **hydrogen water** for improved cell hydration.

Chapter Seven — Personalization & Fitting (This Is Your Plan)

No two Glyco-Cycles are identical. Each plan is built from: - **Gender, height, weight, body-fat %** - **Activity level** and training schedule - **Food likes/dislikes** and cultural preferences

All meals are **similar in size**, spaced **≥4 hours** apart, and labeled **Meal 1–4**. This removes the "small, bigger, biggest" trap of traditional breakfast-lunch-dinner that pushes calories late into the evening.

> **Workout timing reminder:** Train **before Meal 1** or **90+ minutes** after Meals 1–3. **Do not** train after Meal 4; there's no recovery meal left.

Chapter Eight — The 12-Week Transformation Roadmap

I've monitored clients through **12-week blocks** for decades because that's long enough to change physiology and short enough to stay focused. Each client receives a **precise body-fat monitor** and checks in every **21 days** for a coaching session where we review data, motivate for the next push, and make adjustments. After **200,000+** of these, there is no question I haven't heard—and there's always a solution.

Weeks 1–2: Foundation & Fitting
- Customize your Glyco-Cycle (macros, portions, food list).
- Learn measuring (after cooking), food order, and hydration timing.
- Schedule training in the approved windows.

Weeks 3–4: Consistency & Confidence
- Execute the plan exactly.
- Track energy, appetite, sleep, performance, and body-fat %.
- First **21-day check-in**: review, recalibrate, recommit.

Weeks 5–8: Refinement & Response
- Micro-adjust portions and training based on data.
- Practice cooled-starch prep and keep fruit in the optimal ripeness window.
- Second **21-day check-in**: reinforce wins, remove roadblocks.

Weeks 9–12: Mastery & Momentum
- Lock habits so they run on autopilot.
- Introduce variety within your fitted portions.
- Third **21-day check-in**: set your post-12-week maintenance strategy.

Chapter Nine — Real-World Transformations

John, 42 — "I got my afternoons back."
Afternoon crashes and stubborn belly fat ruled John's life. Four weeks into his fitted cycle, crashes vanished. At 12 weeks, he was down 18 lbs of fat, up in strength, and handling workdays with energy to spare.

Maria, 57 — "Post-menopause is not a dead end."
We adjusted carb timing and food order, maintained protein at 100%, and trained twice weekly before Meal 1. She lost 16 lbs of fat in 12 weeks, improved sleep, and felt like herself again.

David, 35 — "No more guessing."
Years of yo-yo dieting ended when portions, spacing, and food order removed the chaos. He dropped 22 lbs of fat, kept his lifts, and learned he didn't need snacks when meals were built right.

> These are representative of thousands of similar outcomes gathered over 35 years. Results vary—but **precision plus accountability** is a pattern that holds.

Chapter Ten — Maintain for Life (80/20 That Works)

- Keep **Meal 1–4**, spacing, and food order.
- Stay near your **fitted portions** and rotate **80/80/100** on carbs.
- Use an **80/20** flexibility rule for real life. When life happens, return to your fitted cycle at the next meal—**you're always one meal from momentum**.
- Schedule **periodic check-ins** (body-fat %, photos, performance markers).
- If you drift, run a focused **4- to 8-week reset** on your original fitted plan.

Chapter Eleven — Coach's Closing Words

Over the years, reporters have asked, "Coach, your principles seem like such a breakthrough—why don't you have a New York Times bestseller?" I always smile: **"I've already written 19,000 bestsellers."** Every time I fit a plan to a client, it's a book written just for them—like a pair of shoes made to measure. That's why this works: **it's personal**.

If this book has convinced you, it's time to act. There's a better way to lose weight—one that makes sure you're losing **excess fat only** while **preserving muscle**, and one that turns into a lifestyle you actually enjoy. Bring **motivation** and **coachability**, and I'll personalize your Glyco-Cycle. **The time is now.** Don't wait for the perfect moment—create it. Step forward knowing your best days are ahead of you.

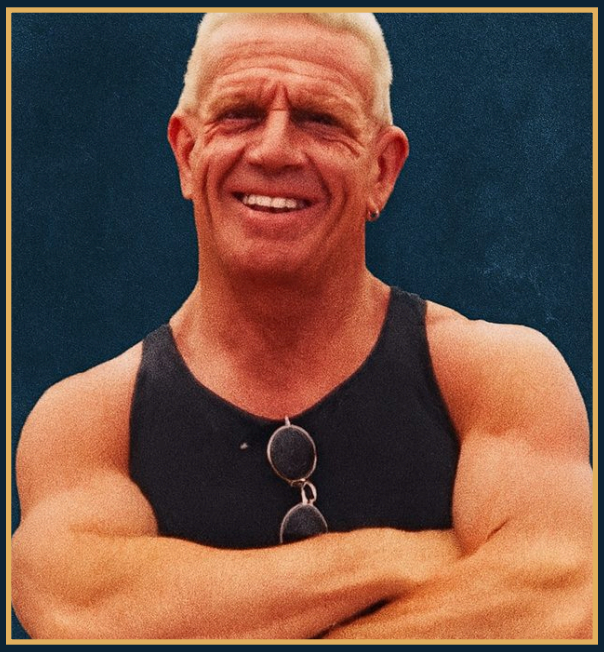
Your health, energy, and joy are worth the effort. I believe in you, and I'm ready to walk with you every step of the way.

God bless,
Coach Remington

Appendices

Quick Rules Recap - Measure **after cooking** (oatmeal **dry**).
- Meals **4 hours apart**, **no snacks**.
- **Food order**: slow → fast.
- **Hydration timing**: stop **15 min before**, start **30 min after** meals.
- **Workout timing**: pre-Meal 1 or **90+ min** after Meals 1–3; **never** after Meal 4.
- **Carb rotation**: **80% / 80% / 100%**.
- Favor **cooled starches**; avoid **over-ripe fruit**; **don't overcook** carbs.

Note on Personalization
All menus and portions in this book are **examples**. Your exact plan is fitted to **you**—gender, height, weight, body-fat %, activity, and food preferences. That's how we remove guesswork and make this a way of life.



Ready to Become a Winner at Losing?

Lose fat, not muscle, with a coach in your corner.

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