

# 3 SHORTCUTS TO SHRED YOUR FAT!



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**FOR OVERWHELMED  
ADULTS**



What if I told you that you do not have to spend hours in the gym to reach the aesthetic body you've always dreamed of?

**Bold Promise**, I know.  
Stay with me.

See, I too stopped going to the gym and lost motivation because I was not seeing the results I wanted.

I agree that achieving noticeable progress is not an easy process. Like any worthwhile accomplishment, it requires a heightened level of discipline and dedication.

Success in transforming your body comes from consistent effort, a commitment to your goals, and a willingness to embrace challenges along the way.

I'll admit, my clients and I also understand the main **secret** when targeting fat so we do not spend hours in the gym!

Fat loss value that most people do not realize...

Read on and I'll share it with you.



Hey! MY NAME IS WILLIAM CHEW

In case this is our first time meeting, I want to share that while I may not excel at everything, I am known for helping my clients transform their bodies.

My work allows people who have struggled with their weight **year after year** to finally feel comfortable in their own skin and live a more balanced life.

I have helped many clients lose fat they once thought was impossible to shed—all through sustainable dieting practices.

With certifications in nutrition and personal training, I continuously expand my knowledge of various diets and approaches to find what works best for each individual.

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**MOST IMPORTANT CORNERSTONE**



Let's start with **nutrition**: You can never outwork a bad diet, but you can always out-diet poor training and still achieve results.

## CALORIE DEFICIT

### ✔ BodyWeight, Age, and Height

Your weight, age, and height all play a crucial role when entering a calorie deficit to shed fat quickly and effectively!

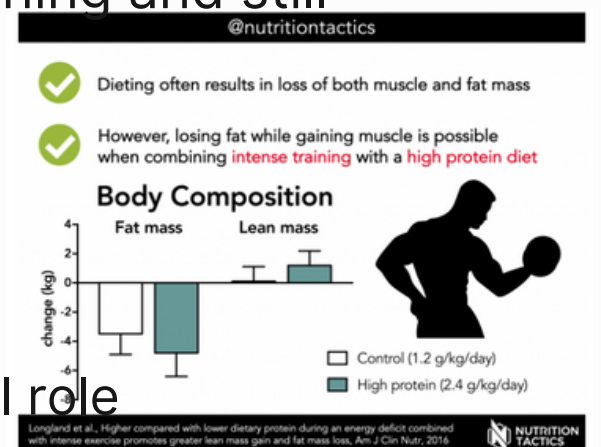
### ✔ Macronutrients

When shedding fat and putting on or sustaining muscle, one macronutrient plays a huge role.....**PROTEIN!**

- This doesn't mean you should eat anything just because it contains some protein. Focusing on leaner protein sources with lower calorie counts will help ensure successful fat loss.

### ✗ Carbohydrates

Carbs are more important now than ever. If you start feeling sluggish during your fat loss journey, they'll provide the energy needed to power through your workouts and provide muscle recovery post workout.



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## THE OLD VS. THE NEW WAY

After helping many clients, I generally found **one main change** that all the clients and I went through. This is the “old way” of thinking vs the “new way”. See, most people who are wanting to lose fat do this:

1. Running every day or spending hours on that dreaded treadmill.
2. Believing you have to severely restrict your food intake instead of discovering high-volume, low-calorie, delicious meals.
3. Spending 2+ hours at the gym with no clear plan and doing these “fad diets”.

I hate to break it to you, but this approach won't get you the results you're looking for. Your fat won't just melt away from doing more cardio.

However, if the scale is going down with this method, it's likely you're losing weight—just not necessarily fat.

Without the proper training and protein intake, this will give you the appearance of being “**skinny fat**”.

You need to make sure you're strength training at least 4 times a week with high intensity and consistency. Staying in the gym 6-7 days a week and giving your body no time to rest is not efficient.

This leads to *muscle loss, reduced fat burning, water depletion, and hormonal impact*.

To achieve the "aesthetic body" you desire, it's essential to follow a sustainable diet that prioritizes high-protein, low-calorie options—what I like to call “**macro-friendly meals**.”

On the next two pages, you'll discover what happens when you take the right steps. I'll show you exactly how I incorporate these strategies to help you reach your goals!



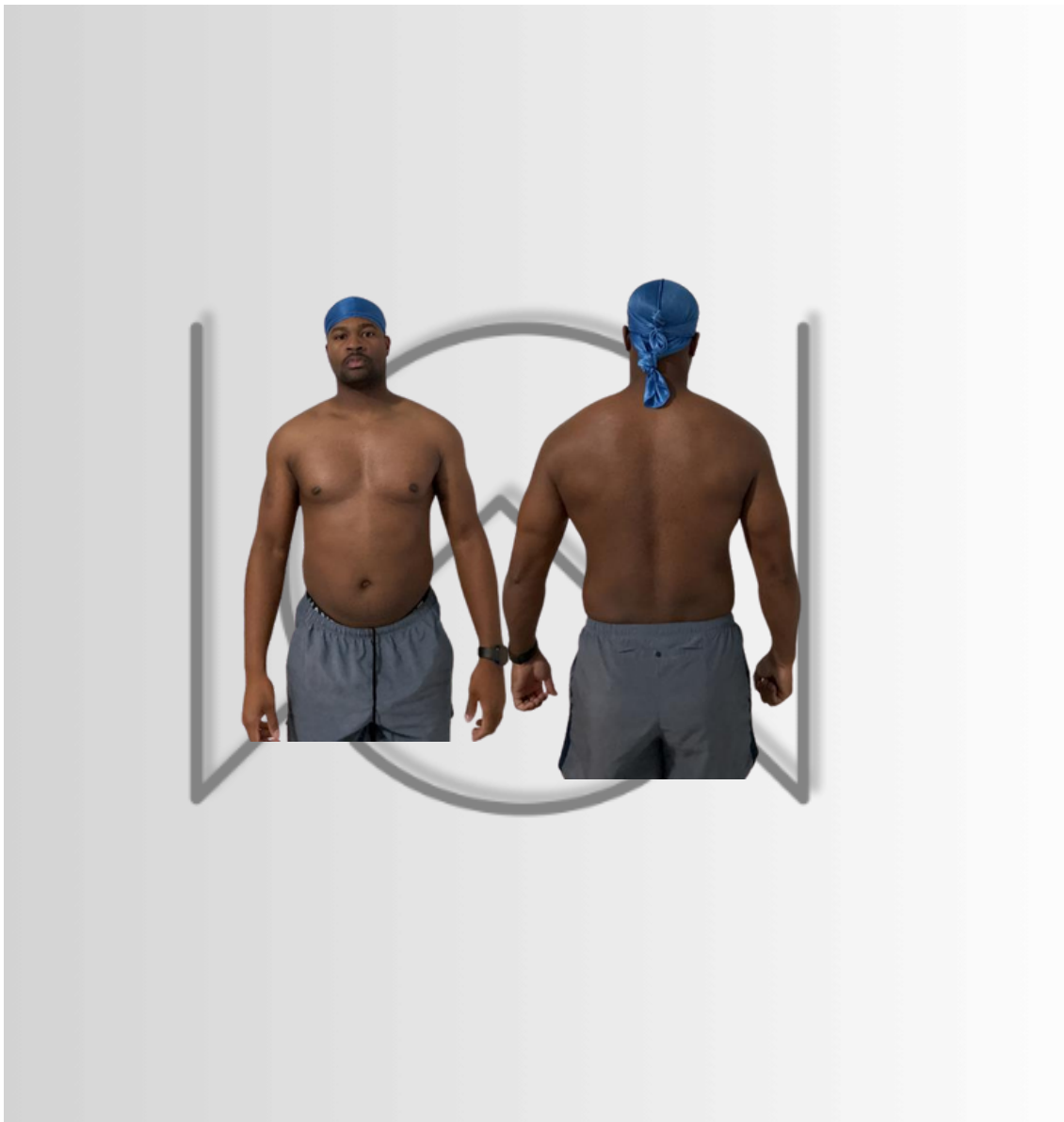


**CLIENTS MAKING PROGRESS EATING THESE MEALS AND STRENGTH TRAINING 3-4 TIMES A WEEK.**



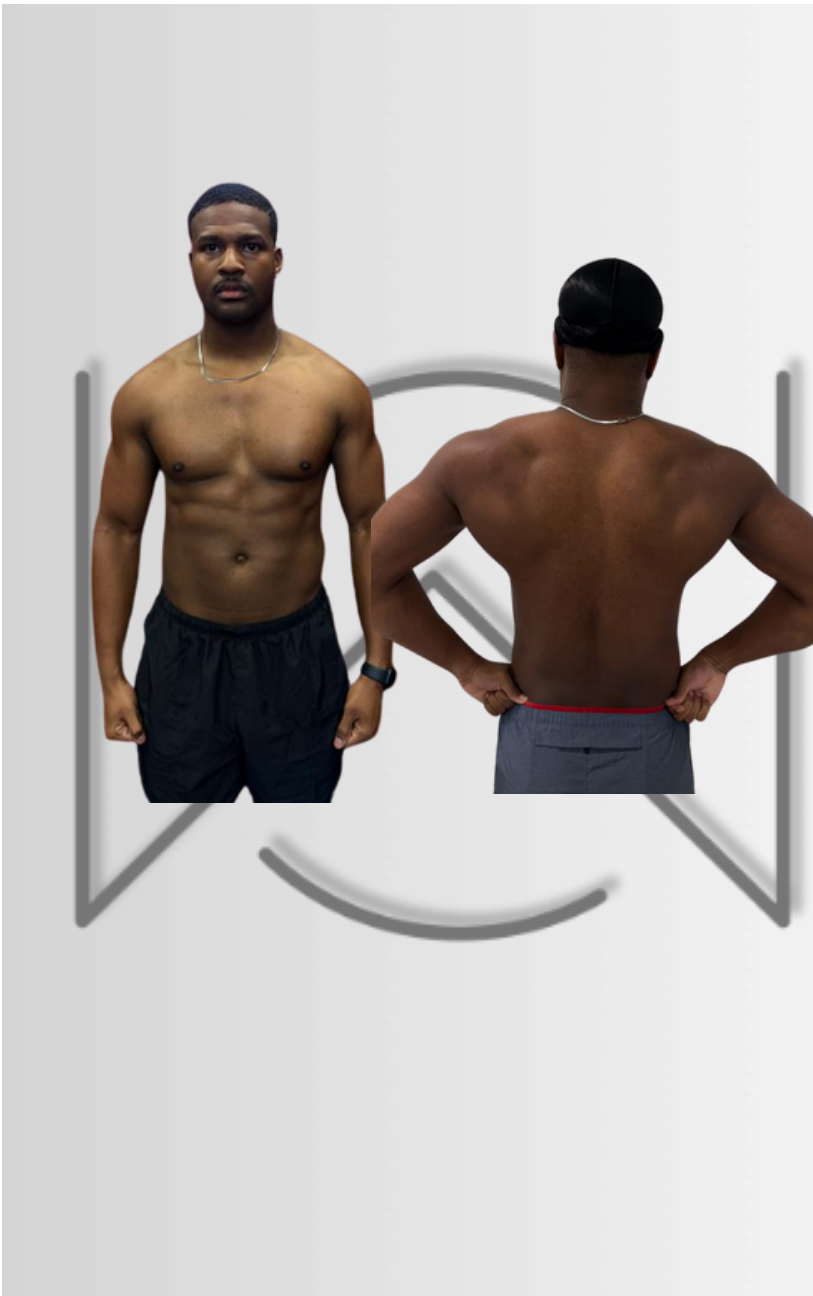
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**VANTE HAS BEEN WORKING WITH ME FOR THE PAST 3 MONTHS. WE'VE GONE FROM 198LBS TO 175LBS BY INCORPORATING THESE MEALS AND A CONSISTENT WEIGHT TRAINING ROUTINE.**

**HE CAME TO ME WITH CONCERNS ABOUT KEEPING MUSCLE/LOSING FAT, AND I QUICKLY GUIDED HIM ON THE RIGHT MEALS AND TRAINING APPROACH. THE FAT BEGAN MELTING OFF RAPIDLY. AS A BUSY RETIRED SOLDIER, HUSBAND, AND FATHER , HE ONLY SPENDS ABOUT AN HOUR WEIGHT TRAINING IN THE GYM AT A TIME.**







## MAXIMIZE RESULTS WITH LESS TIME IN GYM

‘Pretty wild huh? Being able to enjoy different foods and feeling like you’re cheating but still ensuring your results. So how exactly do you get these results?

The answer definitely isn't to “spend 2 hours a day” in the gym. This will leave you tired and unmotivated for the following week.

Hiring a random **in-person trainer** who promises results without providing **sustainable nutritional guidance** won't get you very far.

To lose fat effectively, you need a **program** filled with **enjoyable, satisfying foods**—not a random assortment of **bland, boring meals** that make you miserable and take the joy out of your journey.

That's exactly why i created a set of meals you can look at and reach your goals with **minimal time** in the gym.

I will not leave you hanging and throw you some meals without guidance. I also work with each of my clients **individually** to figure out exactly what they're doing wrong so they can level up physically. (Most programs lack exactly that, **individual feedback**).

On top of that, I do not just motivate you but I **hold you accountable** to actually put in the work that is needed on your part. (which again, most coaching programs lack)

Lastly, I show you ways to work around your diet in order to stay on track without feeling **deprived** or **sacrificing** your favorite foods.

The secret consists of **3 pillars**. Lets go over them real quick.





When I first started coaching, I already had five years of training experience and was eager to change lives.

However, every time I trained my clients, I kept hearing that the workouts were too difficult and they couldn't keep up.

I was putting in so much effort, trying to get them started with the same exercises I was doing in my own routine.

I almost gave up on helping people, but then it hit me—everyone is different, right?  
different right?

Instead, I started focusing on the exercises my clients excelled at, allowing them to build confidence and progress at their own pace. This approach helped them develop routines tailored to their strengths.

Fast forward to today, I've created personalized workout plans for all my top-performing clients that target the same muscle groups I prioritize.

With the first pillar of my program, I don't just hope you'll adopt my workouts and eating habits. Instead, I ensure you're building sustainable routines that align with your own goals and preference.





## #2 SUSTAINABLE NUTRITION GUIDANCE



The next key pillar is establishing a **sustainable diet**. Even with a solid workout routine, you won't see the progress you deserve if your nutrition isn't on point.

**Neglecting** your **Protein** intake can lead to water retention and loss of muscle, which your body needs for optimal performance and aesthetics.

After all, the hard work you put in at the gym, it's only natural to want to see **visible results**.

One of my former **clients**, **Jessica**, shared her experience with a previous trainer who had her consuming bland meals like chicken with asparagus or beef with rice. While these options can yield great results, I don't expect you to stick with such a **restrictive diet** throughout your entire fat loss journey. Just like Jessica, you're not training to be a **bodybuilder**, and if your meals are too bland, you might find it hard to stay on track.

I will guide you on different tips and ways you are still able to reach your **protein intake** while remaining creative in the kitchen.



## #3 CONSISTENT ACCOUNTABILITY



I've been **experimenting** with **various methods** every couple of months to support my clients, trying to find the best approach for their needs.

Despite explaining what they should be doing on a **weekly basis**, their progress hasn't been as strong as I had hoped.

This has been incredibly **frustrating**, as their results ultimately reflect on me as a coach.

However, I realized I was missing a **crucial element**: providing them with a way to track their daily eating habits while holding them accountable. Every little detail counts when it comes to fat loss, and this oversight was a significant hurdle.

Kind of a **huge** problem huh?

To maintain motivation and stay focused on your fat loss journey, it's essential to have all **three pillars** in place.

At **ChewFitness** Coaching, we prioritize accountability by ensuring you log your meals in an app and receive daily feedback.

This approach empowers you to improve consistently each week, along with a thorough **weekly check-in**.

With the expert **guidance** from ChewFitness, you can maximize your time in both the kitchen and the gym, eliminating unnecessary effort and clearing your path to success.





**TIME TO TAKE ACTION!**

If you know you need to change your approach to your fitness journey, you're already **way ahead** of most people out there.

But if you only read the cheat sheet and don't actually change anything...

Well **nothing** is gonna change..

So if taking your fitness to the next level is a priority to you right now and you wanna know more details on how we can turn these three pillars into a custom plan for you, here are **2 ways** i can help you:

1. **Join my new coaching program**, im looking for a few more people.

Dm me "**Resilient**" on instagram:  
@willchewww  
if you're interested

2. Get my **macro friendly meals now**

It's a list of different meals you can try for yourself that do not take very long to make. It's the perfect companion to this cheat sheet. 😊 To view click [here](#)