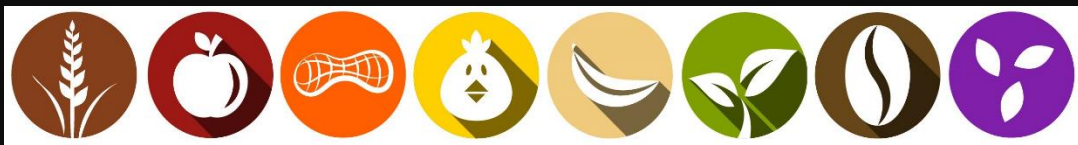


# 8-Week Challenge (Free Version)

by Corey Bustos



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## Welcome to the 8-Week Weight Loss Challenge!

My name is Corey, and I'm really excited about the journey you are about to begin! Starting a new diet is a big decision that can lead to a lifetime of health and happiness.

This guide is meant for those who have been overweight for their whole life, who can never seem to stick with a diet, and for those who are ready to lose a lot of weight the healthy way, for good. This is the free version of the 8-Week Challenge, so if you end up liking it, [check out the full course!](#)

Making a huge overnight change is one of the most common ways that people fail a diet. Going from eating junk to clean eating in one day is tempting, because when we finally work up the energy and confidence to start our diet, we naturally want to do everything we can to start burning fat as fast as possible.

But all too often this big change is too hard for people to sustain long enough to experience results. You will often find that people who completely transform their body and eating habits for good, do so one step at a time. That's exactly how I found success in [my weight loss journey](#)... making changes one day at a time, which led to losing 80 pounds and keeping it off without trouble.



**But now, it's time for your weight loss transformation!**

# Disclaimer & Copyright

The contents of this book are the opinions of the author and should not be taken as medical advice. Always consult your healthcare professional before beginning any exercise or diet program.

If you experience any pain or difficulty during exercise, stop and consult your healthcare provider. Participants assume all risks associated with exercise activity and dietary changes. Neither Corey Bustos nor TheShapeWithin.com nor 8WeekWeightLossChallenge.com will be held liable for any injuries that occur.

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**Thank you!**

# How to use this guide

In this 8-week guide, you will add **one healthy food** into your daily eating habits, **every week**. As time passes, your diet will be filled with more and more healthy foods, and you will **burn more and more fat as you progress**.

Simply eat the healthy foods that you add to your list on a daily basis, as you progress through the program in the following weeks. **After you have eaten your healthy food for the day**, you can have the satisfaction of knowing that you have succeeded, and **eat your normal diet for the rest of the day**. Along the way I will tell you how I cook/eat these healthy foods and mix them together to make delicious snacks and meals.

**Feeling ambitious?** Go above and beyond, eat even more healthy food, and skip ahead if you want! However, I highly recommend remembering what week you are in throughout the challenge, so that if you need to dial things back a bit, you know your baseline to succeed and can confidently stay on track without feeling like you need to press the reset button on your diet if things get tough.

**Embrace imperfection.** This guide is meant to help you change your healthy eating habits forever, so the most important thing is that you **never feel that you have “failed” if you have a bad day** and eat less healthy food than you meant to.

Vegetables are going to rot... forgetting to cook happens... sometimes you'll have to wait for fruit to ripen... things won't be perfect, but don't let it make you feel like you messed up. **Just adjust and have a little more of another healthy option** to make up for what you missed, or just call it a minor loss in the big picture and stay confident!

As long as you are improving your eating habits you WILL see success, so don't worry about being perfect. I can't stress enough how important this is for long term success. **Progress comes from improvement, not perfection!**

**Let's get started!** Be as consistent as possible, and enjoy your results!

P.S. If you like this free 8-Week Challenge, [check out the full version!](#)

# Week 1:

## Healthy Grains



It's time to add the first healthy food into your daily habits! For week 1, we will start with eating healthy grains. Your main focus this week should be eating a whole grain every day, such as (**non-instant**) brown rice, oatmeal, or even quinoa, which is technically not a grain but is prepared like a grain and is an amazing weight loss choice.

Whole grains make a great choice for your first healthy food, not only because of the energy providing nutrients they contain, but also because of how slow they digest and how filling they are, which will instantly begin to burn fat and replace junk food in your life without you even having to think about it. Starting with one healthy food may sound simple, but that's a good thing. This will allow you to build daily habits that become a natural part of your life as the challenge progresses, and your diet changes more and more.

Personally, I either eat brown rice unsalted all by itself, or salt it and mix it with chicken (boiled and shredded or baked and diced, more on this later) and wrap it in a heart healthy tortilla or pita bread which are usually only about 50 calories, and are filled with more good nutrients (made with flax, oat bran, whole wheat, etc.)

**Easy cooking tip for rice:** Boil rice in lots of water and strain it when it's how you like it, instead of steaming it very carefully like the bag says. This also helps to clean the rice. Cook enough at one time to last multiple days, so you have it readily available and don't have to cook so often.

**Eat: 1 cup of cooked brown rice,**  
or  
**1 cup of cooked oatmeal**  
or  
**1 cup of cooked quinoa**  
(Bonus: Replace any white bread, pasta, etc... with whole wheat versions.)

**Healthy diet so far:**



- 1 cup of brown rice, oatmeal, or quinoa

## Week 2:

### Fruit #1



Welcome to week 2 of your journey! In addition to the healthy grain that you have added into your diet, now we will add a piece of fruit.

The options for fruit are vast, so choose one or more that you enjoy and start eating one piece every day. Not only will fruit help you lose weight, but it provides a healthy [replacement for sugar cravings](#) as well.

Apples are a good choice since they last longer than many fruits... If you buy bananas, consider buying some with varying ripeness so that you won't have to go to the store so often. Bananas are my favorite, but I also eat apples and berries for variety of flavor and nutrients.

Smoothies and juicing are a great way to eat fruit as well if you have a blender or juicer. As you progress through the challenge, you will see more ingredients that go well with smoothies and juice.

**Eat: 1 piece of fruit every day, such as an apple or banana  
or  
1 cup of berries**

**(Bonus: Use fruit to replace one sugary item you normally eat, such as candy, soda, or snack cakes)**

**Healthy diet so far:**  

- 1 cup of brown rice, oatmeal, or quinoa
- 1 piece of fruit

## Week 3:

### Nuts



Congratulations on making it to week 3 of your journey! This week we will add yet another healthy food into your daily eating habits, which will help you burn even more fat, and continue to provide a balance of healthy nutrients in your diet.

Nuts are a good source of fiber, protein, and healthy fat. This will help you to feel full and happy while losing weight. Nuts make a great snack that will satisfy until your next meal, and that will actually work towards your weight loss goals rather than against them. **Buy unsalted and dry roasted versions to keep oil and salt to a minimum.**

If you are allergic to nuts or want an alternative for more variety, another great source of healthy fat are avocados! One of these is also a great choice for this portion of your diet.

**Easy measuring tip:** ¼ cup of nuts is about 1 handful, or about 25 nuts, or about 1 serving. **Don't worry about eating the perfect amount, or even a bit extra if you feel like it.**

**Eat:** ¼ cup of peanuts  
or  
¼ cup of almonds  
or  
1 avocado

(Bonus: Eat a tablespoon of natural peanut butter when you need a quicker energy boost or need something healthy that tastes sweet)

**Healthy diet so far:**   

- 1 cup of brown rice, oatmeal, or quinoa
- 1 piece of fruit
- ¼ cup of nuts, or 1 avocado

## Week 4:

### Lean Meat



Keep up the hard work! Week 4 is all about adding lean protein into your diet. It's an important piece, which requires a bit more work while cooking, but if you can get in the habit of eating chicken or fish regularly starting this week, it will work wonders towards your weight loss goals.



Lean ham and other lean, unprocessed meats are also a good option, although I do suggest sticking with white meat when possible, and making sure that your cooking methods are healthy such as grilling and baking, and not frying.

Eating a lean source of protein like chicken on a normal basis will help satisfy you and keep you from overeating, as well as allow you to retain muscle and replace other fatty sources of protein such as fried, processed, and non-lean meat.

Shredded/diced chicken mixed with brown rice has been my go-to weight loss meal since day 1 of my journey. I used to boil chicken breast and shred it, but now I prefer to bake the chicken in strips with lemon seasoning. The possibilities for using chicken in healthy meals are endless, so be creative and find what you like the most.

**Easy cooking tip:** Baking chicken takes a little more prep than boiling, but tastes way better and allows you to cook lots at one time. Use a disposable pan to help you **soak up the grease** to make it super easy to cleanup, and also to keep your meat even leaner. When baking chicken, cutting it into thinner pieces makes it easy to bake it faster and more thoroughly, and also gives more surface area to season the meat. **Bake at 350 degrees.**

**Eat: 1 small - medium chicken breast (about 1 cup diced)**  
or  
**Other super lean, unprocessed meat, preferably salmon**

**Healthy diet so far:**    

- 1 cup of brown rice, oatmeal, or quinoa
- 1 piece of fruit
- ¼ cup of nuts, or 1 avocado
- 1 chicken breast or other lean meat

# Week 5:

## Fruit #2



Welcome to week 5! By now a large portion of your diet is healthy, and you may notice how bringing in the good, drives out the bad naturally.

Fruit is such a great option for weight loss, that we are going to add a second piece of it into your day (if you already have, awesome!) Again, choose fruit that you love to eat, even if it's a second piece of the same one you picked in week 2. Berries are a superfood that are incredible for weight loss... Frozen berries are cheaper and last much longer, and are great for mixing in Greek yogurt or smoothies since they are not as crisp as fresh ones when they melt.

**Smoothie and juicing tip:** You can get a small blender for making smoothies or juice at your local store for about \$20. This opens a world of variety and flavor in your healthy diet, and would especially be good in preparation for next week's healthy food. Smoothies or home blended juice will let your body absorb tons of good nutrients quickly, which is **extremely satisfying for both body and mind**, and will replace other bad sources of nutrients and cravings for sugary foods and other junk. **Be creative** and don't be afraid to experiment so that you can find what combinations you like. Two of my favorite smoothies are:

- 1) **Blueberries OR mango + Greek Yogurt + Hemp Seed + Almond Milk**
- 2) **Banana + Peanut Butter + Milk**

**Eat: An extra piece of fruit every day  
and/or  
1 cup of berries**

**(Bonus: Use fruit to make a smoothie!)**

**Healthy diet so far:**     

- 1 cup of brown rice, oatmeal, or quinoa
- 2 pieces of fruit
- ¼ cup of nuts, or 1 avocado
- 1 chicken breast or other lean meat



## Week 6:

### Leafy Greens/ Any Vegetables



Week 6 holds the most important foods of all, which are vegetables. Leafy greens such as Kale, Spinach, and Collard Greens are the **perfect weight loss foods**, as they are packed with nutrients including protein and fiber, and are **super low calorie** for how extremely filling they are.

You really can't go wrong with vegetables, **the more you eat the more fat you will burn**. It's not just leafy greens that make great weight loss foods, pick any you like and have some every day, whether you eat them whole or use them for cooking. It is highly recommended to eat a **variety of colors** when it comes to vegetables.

Week 6 may be tough for some people, but after this you will be a dieting master and a fat burning machine! Vegetables have been something that I don't like since I was a kid, and so like many others I choose to **juice them**, which helps to consume lots of veggies in one cup of juice. You can add fruit like apple to the mix to add some flavor as well. When it comes to veggies it helps to remember that they are the **absolute #1 superfood for weight loss**, and that your decision to eat them will make a big difference.

**Eat: As many vegetables as you COMFORTABLY can every day, preferably leafy greens!  
and/or  
Drink vegetable juice**

**Healthy diet so far:**



- 1 cup of brown rice, oatmeal, or quinoa
- 2 pieces of fruit
- ¼ cup of nuts, or 1 avocado
- 1 chicken breast or other lean meat
- Lots of vegetables! Preferably leafy greens

# Week 7:

## Potato



Congratulations on making it to week 7, don't stop now! This week we are adding potato into your daily mix, to round out your weight loss diet with a very familiar and well-liked food.

Potatoes are high in nutrients and low in calories, making them great food for burning fat and replacing high calorie carbs. **Sweet potatoes** make an even better weight loss food, as they digest slowly. If what you are replacing in your normal diet are things like fast food and other super unhealthy foods, then don't worry about the fact that white potatoes digest faster, they are an excellent nutritious option! If potatoes aren't your thing, then you can eat more vegetables each day as an even healthier and more powerful weight loss food choice.

What makes potatoes so great is that there are so many things you can do with them as part of a healthy diet, whether you bake them or boil them, or mix them with other healthy foods... so long as you aren't frying them or loading them with butter. Sometimes I will simply bake a potato and eat it by itself, or make things like healthy breakfast burritos or chicken soup.

**Eat: 1 Potato every day**

**or**

**Eat more vegetables**

**(Bonus: Eat sweet potato.)**

**Healthy diet so far:**



- 1 cup of brown rice, oatmeal, or quinoa
- 2 pieces of fruit
- ¼ cup of nuts, or 1 avocado
- 1 chicken breast or other lean meat
- Lots of vegetables! Preferably leafy greens
- 1 potato, preferably sweet potato (Or more vegetables)

# Week 8:



## Seeds



Welcome to the final week of the challenge! By now your diet is filled with healthy food. More than half of your daily calories should be coming from whole, nutritious foods now. The last healthy food we are going to add are seeds.

Seeds are an excellent addition into a healthy diet, as they are packed full of healthy fat, as well as protein and fiber. With seeds, such as flax, chia, hemp, or sunflower, a little goes a long way. You can add them to salads, smoothies, or eat them all by themselves. Personally, I like to add hemp seed to my smoothies, but I also buy unsalted, dry roasted sunflower kernels for eating all by themselves as a snack.

(Refer back to week 5 for smoothie making tips.)

**Energy Balls:** A great way to use seeds like flax, chia, or hemp, other than in smoothies or sprinkled on yogurt or salads, are in energy balls! These are also a great way to **bring together ingredients from previous weeks**, such as nuts (chopped), oats, dried fruit, and **peanut butter**. Energy balls don't require baking. Simply mix your favorite ingredients into a healthy, nutrient-dense snack that both tastes amazing and helps you lose weight.

**Eat: 1 serving of your favorite seeds every day (read package)**

**Healthy diet so far:**



- 1 cup of brown rice, oatmeal, or quinoa
- 2 pieces of fruit
- ¼ cup of nuts, or 1 avocado
- 1 chicken breast or other lean meat
- Lots of vegetables! Preferably leafy greens
- 1 potato, preferably sweet potato (Or more vegetables)
- 1 serving of your favorite seeds

## Bonus:



### Water



Now is just the beginning of the results that you will see from your newfound healthy eating habits! As you continue your journey, [drink lots of water](#) to help you burn fat faster.

Water helps extract the nutrients from food and to [speed up the fat burning process](#), which means faster and happier results for you.

Drinking water isn't just a small tactic to burn a little extra fat... it's essential for burning fat, and drinking lots more of it can make a bigger difference than any other of the items mentioned in the previous weeks. Drink more water every day, and you will find that you will naturally drink less sugary beverages, and your weight loss results will increase all while feeling more satisfied.

**Drink: At least ½ gallon of water every day (8 Cups)**

**(Bonus: Try to drink 1 full gallon!)**