



# THE 7-DAY KICKSTART PROTOCOL

## Burn Fat & Build Muscle Without Living in the Kitchen.

A "Done-For-You" Roadmap by Coach Oday.



### Stop Guessing. Start Executing.

Welcome to the team. If you are reading this, you are tired of spinning your wheels. You go to the gym, you put in the work, but you don't look like you do. Why?

Because your nutrition is reactive, not proactive. Most people fail not because they lack willpower, but because they lack a system. They wait until they are hungry to decide what to eat. That is a losing strategy.

This guide is your system for the next 7 days. It includes:

- The Goal:** A simple meal structure to shred fat.
- The Work:** A 5-day full body reset routine.
- The Tools:** A shopping list to get in and out of the store.

Don't overthink it. Just follow the plan.

- Oday, Founder GoHealthy

**40% PROTEIN**  
(Chicken, Beef, White Fish)

**40% VEGETABLES**  
(Broccoli, Spinach, Greens)

**20% CARBS**  
(Rice, Sweet Potato, (pinhea)



#### THE POWER BOWL RECIPE (Makes 2 Dags)

**Ingredients:** 550g Chicken Breast, 2 caps Broccoli, 1.3 caps Rice.

**Step 1:** Dins chicken, season, poir-fry for 10 seos.

**Step 2:** Get fine ead chowc breadth.

**Step 3:** Chate me-2 ssaninote. Add sacks of choice.

Rule: Drink 3 Liters of water daily. No liquid calories.

### THE FULL-BODY RESET

Perform this circuit 3 times this week.

Warm-up: 5 Minutes Light Jog or Jump Rope.

#### THE CIRCUIT (Repeat 3 Rounds)

- Goblet Squats (Legs) - 12 Reps**  
(Cue: Keep chest up, sit back.)
- Push-Ups (Chest) - Max Reps**  
(Cue: Elbow tucked, core tight.)
- Dumbbell Rows (Back) - 13 Reps/Arm**  
(Cue: Squeeze shoulder blade.)
- Overhead Press (Shoulders) - 10 Reps**  
(Cue: Don't arch back.)
- Plank (Core) - Hold 45 Seconds**

Rest 60 seconds between rounds.

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### YOUR GROCERY MISSION

Screenshot this page and take it to the store.

#### PROTEINS

- 1kg Chicken Breast
- 1 Carton Eggs
- 1 Tub Break Yogurt (0% Fat)
- 1 Scoop Whey Protein

#### CARBS

- Bag of Basmati Rice
- Bag of Beans
- Bananas

#### VEGGIE/FATS

- Fresh Broccoli
- Fresh Spinach
- Olive Oil
- Almonds



### WANT RESULTS WITHOUT THE WORK?

You can have the plan. But let's be honest -stepping and cooking takes time. At GoHealthy, we do the work for you. We cook delivered meals, we design customized training apps, and we create gear that fits your physique.

#### EXCLUSIVE OFFER:

As a subscriber to this guide, get **30% OFF** your first week of Meal Prep.

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