



*I finally feel sexy wearing my bathing suit again. It seriously changed my life! – Johanna S.*

# THE IMPACK Method

A Simple and  
Sustainable Nutrition  
System for the Busy  
Professional

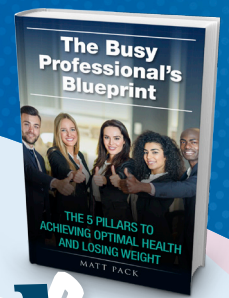
**LOSE 15  
POUNDS IN  
30 DAYS  
GUARANTEED!**



**MATT PACK**

PROFESSIONAL FITNESS & LIFESTYLE TRAINER

MATT PACK



# The Impack Method

*A Simple and Sustainable  
Nutrition System for  
The Busy Professional*

There are many problems with mainstream diets and weight loss programs, but they all have one thing in common.

They are usually temporary and set the user up for eventual failure and weight gain.

## Will such diets work?

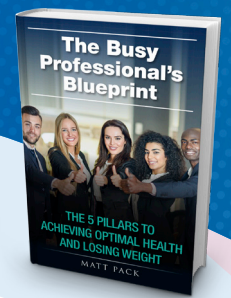
Absolutely they'll work if you're able to stay with them long enough to see the results.

Here in lies the problem. Diets that require long-term restriction are simply not sustainable over the long term.

In my experience, most people fail to achieve long-term health and weight loss for one of the three reasons below:

- ▶ You either lose the weight crazy fast using pills, shakes, detoxes and prepackaged meals to find out it's not realistic to maintain and it's simply not sustainable so you quit and gain the weight back.
- ▶ You lose the weight so slow by restricting entire food groups or foods that you love. By the time you get to your goal, you realize you can't maintain the restriction and you finally realize that the lifestyle isn't sustainable, so you quit and gain the weight back.





- ▶ You get the meal plan from the nutritionist or dietician that requires you count calories, measure and weigh your foods and cook in bulk. You soon realize the amount of money you're spending on food, the time away from your family and friends due to cooking, the lack of production at work because you're eating all the time only to realize, you guessed it...

You can't maintain the restriction, the time, the money and realize that it's not sustainable so you quit and gain the weight back.



**Does this sound familiar?**

**Tried some of these approaches before?**

**Which one of these categories are you in?**

The bottom line is that all diets and approaches work as long as you're in a caloric deficit.

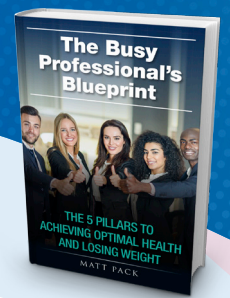
Calories are KING and there is no way around that.

## ***Calories are KING!***

No matter what diet you're on, whether it's ketogenic or whether it is vegan, you have to be in a caloric deficit to lose weight but let's make this even simpler...

Now, when it comes to meals, typical advice given, the common advice given to most Boomers and busy professionals is that you must eat a certain amount of calories per day by eating small meals every two to three hours. You're more than likely also told that you must cook in bulk





and have your food prepared for the week and don't forget you must weight and measure each meal before being eaten too...

This is standard advice given by nutritionists, body builders and trainers but I have one question to ask you.

## How's that working for you out there?

The Current Recommended Model Is Broken is:

- ▶ Too Complicated
- ▶ Too Confusing
- ▶ Too Time Consuming
- ▶ Too Costly
- ▶ Unrealistic
- ▶ Unsustainable

Now if this model is currently working for you then I think you should keep doing it. But if it's not sustainable and it's not working for you then it's time for something different.

I want to simplify nutrition for you and right now the advice given is just too complicated for most Boomers and it's unrealistic to think that you'll be able to stick with something that requires so much time and energy over the long haul.

Well, the struggle ends now.

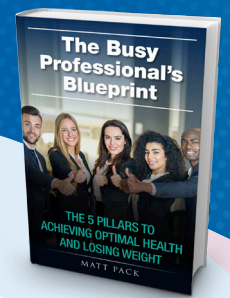
I've found over the last 20 years and working with 1000's of client's that the easiest and most bang for your buck change that can be made is to "JERF" or just eat real food.



*Are there other things that we can implement? Of course but this is the ONE thing that can have the biggest impact on your health without anything else changing. Heard that phrase before?*

"Just eating real food" or "JERF" simply means eating foods closest to their natural state. These are foods that have no more than one ingredient and can usually be





found on the perimeter of the grocery store or market. If the food you'd like to consume comes in a box, were going to limit that consumption. If that food has a shelf life, meaning it will NOT go bad or spoil were going to limit that consumption.

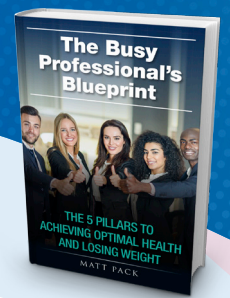
In other words, were going to choose to consume REAL food.

## **JUST EATING REAL FOOD ALONE WILL ACCOMPLISH MANY THINGS:**

- ▶ You'll consume less calorie's
- ▶ You'll consume higher quality food's
- ▶ You'll have less sweet cravings
- ▶ You'll be more satiated
- ▶ Your health will improve
- ▶ You'll have Increased energy levels
- ▶ You'll lose weight
- ▶ You'll have better quality skin
- ▶ You'll have improved quality of sleep
- ▶ You'll have improved mental clarity
- ▶ You'll have less inflammation

Overall eating real food will improve your HEALTH which will in turn create a cascade of other positive health benefits that you weren't even expecting. This is how we keep things simple! We go after the "low hanging fruit" and get massive results quick. This approach builds confidence, improves adherence to the program and is the exact reason we require all new Coaching clients to accept our 30 Day JERF Challenge.

The results that we routinely see from changing food quality alone are life-changing. See our testimonial section for others we've worked with.



## *Eliminating Meals vs Decreasing Calories or JERF on Steroids*

The next most important thing in our quest for optimal health and losing body fat will be to implement yet another simple yet POWERFUL technique that gets you to eat less calories without actually counting calories or measuring the amount of food you take in each meal.



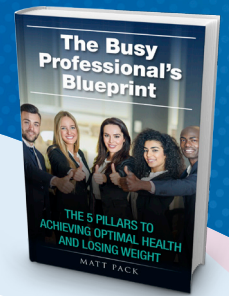
*Instead of calorie restriction we will use MEAL restriction or something that I call Time Restricted Eating. It's just semantics right?*

I mean, it's all the same thing in the long run. We know that calories are KING and that in order for you to lose weight there must be a caloric deficit but why must the deficit come from counting calories and measuring food portions? How about we accomplish the needed calorie deficit from reducing meals instead?

By reducing meals we reduce calories but without the tedious counting of calories. Going forward you will eat 2-3 meals per day, sometimes less but no more than 3. By eliminating snacking and decreasing meal frequency we will effectively do the following:

- ▶ Helps Body Maintain Lean Muscle Tissue
- ▶ Help Eliminate Food Addictions
- ▶ Improve Gut Health
- ▶ Improve Lipid Panel
- ▶ Improved Sleep
- ▶ Reduce Alzheimer's risk





It's a very simple tactic but right now most people have been brainwashed into thinking they need to eat multiple meals per day and snack in between. Some people are even told that the reason that they're over-weight is because they aren't eating enough?? Crazy right?

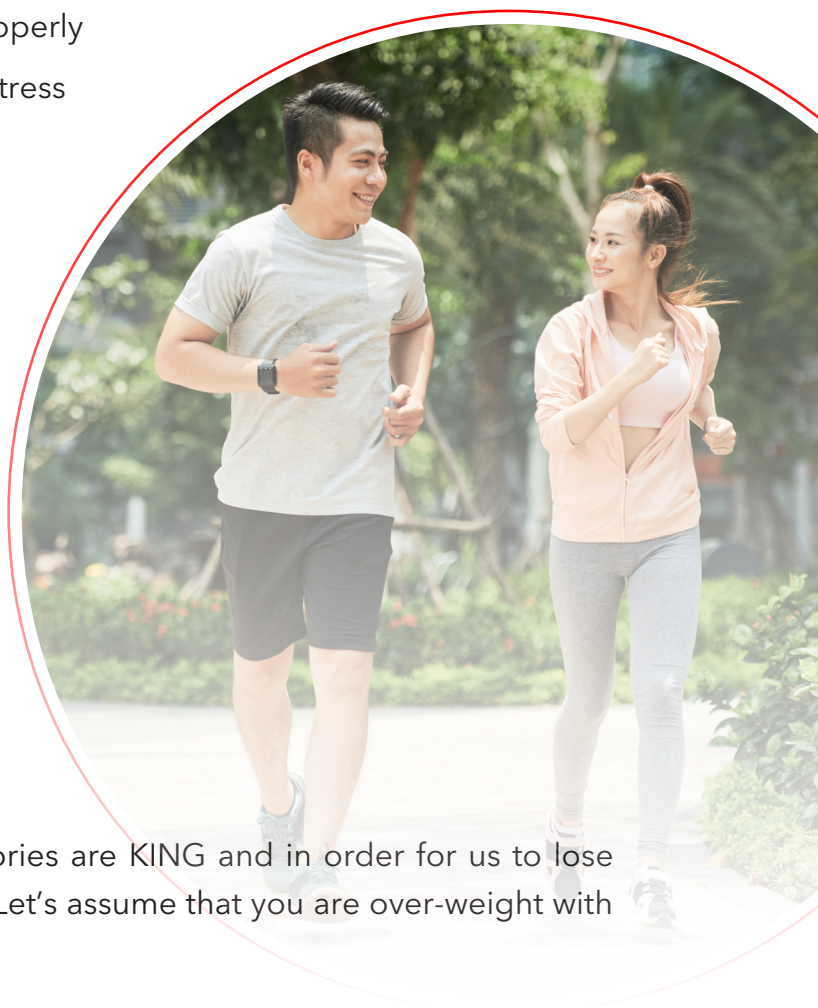
The bottom line is that losing weight is simple. It's not always easy but in my 20yr experience there's isn't anything easier or more sustainable then eating real food and decreasing meal frequency aka. Time Restricted Eating or Increasing the amount of time in between meals.

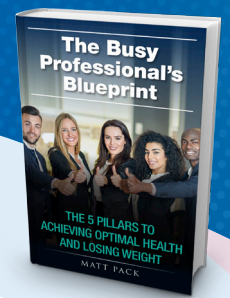
## THE POWERFUL BENEFITS OF TIME-RESTRICTED EATING

- ▶ Increases Lifespan- Great effect on autophagy (process by which a cell recycles itself to make sure that it can function the best it can by getting rid of anything that isn't working properly)
- ▶ Increases Body's Resistance to Stress
- ▶ Improves Brain Function
- ▶ May aid in preventing Cancer
- ▶ Improves Immune System
- ▶ Improves Insulin Sensitivity
- ▶ Better Heart Health
- ▶ Lower Inflammation
- ▶ Raises Growth Hormone Levels
- ▶ Helps in Weight Loss
- ▶ Helps Clear Skin & Prevent Acne
- ▶ Lowers Risk of Deadly Diseases

Let's do some more math...

We already have determined that calories are KING and in order for us to lose weight we must be in a caloric deficit. Let's assume that you are over-weight with





a goal of losing and you communicate to me that you are eating 3 main meals (breakfast, lunch and dinner) with two snacks (mid-morning and mid-afternoon). The total amount of meals per week would be 35 correct?

My advice right off the bat would be to eliminate the mid-morning and mid-afternoon snacks. This is a simple change and will lower meal frequency from 35 meals per week to 21 meals per week. Barring that this person isn't eating and drinking everything but the kitchen sink over the weekend, shouldn't this person lose weight with a meal reduction of 14 meals?

Let's go even further. This person has lost 10 pounds just by eliminating snacks and decreasing his/her meals by 14. I think you can see where I'm going with this but now imagine that this person was JERF?

Are you going to lose weight? Yep, unless you mess it up on the weekend or make up for it somewhere else. But that's a huge caloric deficit right there. Are you going to die? No. Are you in danger? No. There's nothing wrong with skipping meals. There's no science that says you have to eat breakfast, eat every 2-3 hours or three square meals a day for that matter. If you're eating all the time, you're simply impairing your ability to get healthy and lose weight.

Cut the meals and you end up cutting the calories.

## MORE ADVANTAGES TO EATING FEWER MEALS

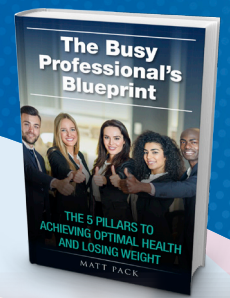
- ▶ It's simple
- ▶ It's FREE
- ▶ It's convenient
- ▶ Enjoy life's little pleasures
- ▶ It's POWERFUL
- ▶ It's flexible
- ▶ It works with ANY diet
- ▶ It's HEALTHY



**Why is it that I'm constantly seeing overweight people in the gym that workout seven days a week?**







**I see overweight people that finish marathons.**

**I see over-weight spinning and aerobic instructors.**

**I see overweight people on Vegan Diets  
and see over-weight people on  
the Keto Diet and Paleo Diets.**

***All these people have ONE thing in common.***

They are eating too many calories.

The marathon runner can't out run a caloric surplus. The spinning and aerobic instructor can't out exercise a caloric surplus and the person on the Vegan diet is consuming too many calories coming from Vegetables, Fruits and Grains while the people on the Keto and Paleo diet are consuming too many calories from Protein and Fat.

There is no magic diet or no amount of exercise that can un-do this and you can't workout longer or more often.

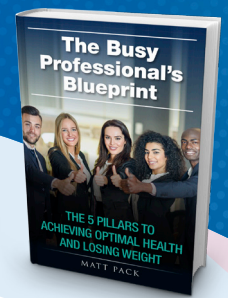
The only logical thing to do is to take in less calories and the easiest way to take in less calories is by consuming less MEALS.

So I challenge you to stop counting calories, JERF and start eliminating meals.

You will not only lose weight from using this tool but more importantly you will be healthier which is the most important anyways.

Living this type of lifestyle you will actually save money, have more time, get healthier, lose fat, and most importantly you will have the motivation to keep the weight you lost off FOREVER!

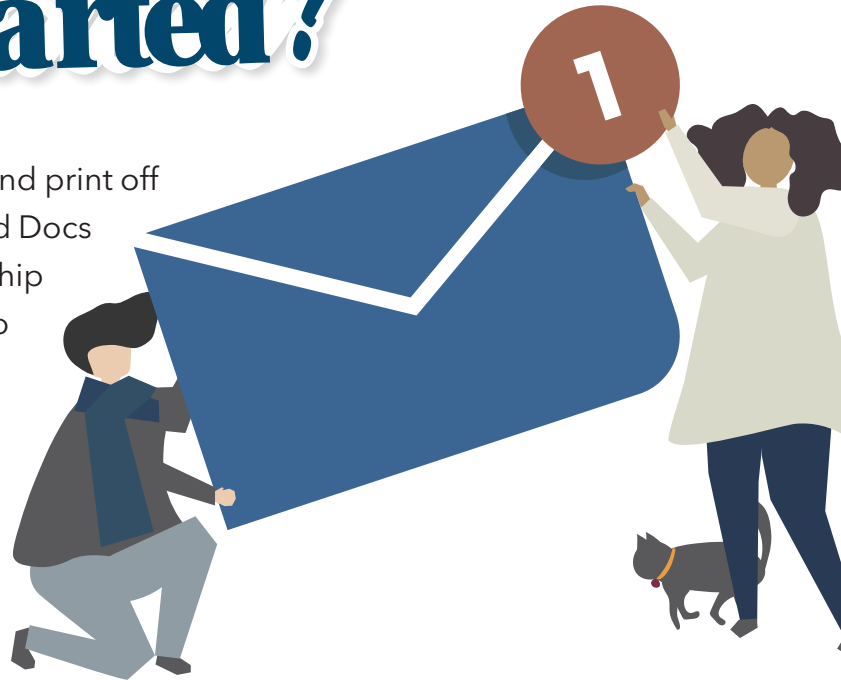
MATT PACK



# Let's get started!

Please read through all of this email and print off the attached docs. Just so this info and Docs can also be found on the Membership Site which you'll soon have access to and the Private Facebook Support Group.

We will go over everything needed to be most successful in your first 30 Days on our Orientation call.



For now, read the info, watch the videos, download the documents and get all the products, foods and ingredients needed to start on Day 1.

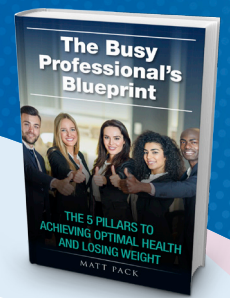


*Read through this email carefully and follow the exact instructions for the post you need to make to the Private Facebook Support Group on Sunday night. Also don't forget to open the attached FAQ doc and start watching the videos enclosed. Lastly, your JERF allowable food list is also attached to this email. This document shows you what your allowed to eat when breaking your fast over the next 30 days or until your goal weight is reached.*

I created this group to help individuals looking to improve health and lose weight by implementing an individualized fasting focused lifestyle.

There are various fasting regimens including 16hr fasts, 24hr fasts, and of course 48hr and 72hr fasts but Fast Pack can include a little of all of these. It all depends on the person, the goal, lifestyle etc...





You will follow the Doc you were given or sent titled

## “Time Restricted Wave Eating” on pg. 18

Click the button to join our private support group The Busy Professional Blueprint where you’ll have all of your questions answered

**SUPPORT GROUP**

Don’t forget we need a few things from you before we begin.

On the first day of the challenge, you need to take a photo and do a post on our Facebook page. It’s called an Accountability photo. You’ll need a front, side, and back facing pictures. In the post, follow these guidelines:

### ACCOUNTABILITY POST #1

**HW** (heaviest weight) ...

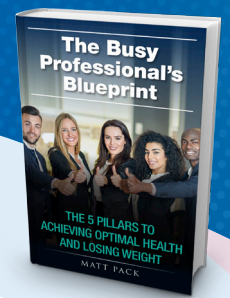
**SW** (Starting Weight)...

**GW** (goal weight) ...

Description of yourself and your struggle, and what you want to accomplish with this program.

Every Sunday, you will take new pictures and post them, changing the accountability post # 2,3,4, etc... Women please wear either a bathing suit or sports bra and shorts. Men please wear shorts. We need to see the results!





*Worried about common side effects associated with fasting like?:*

Dizziness

Light-headedness

Headaches

Becoming "hangry"

Don't be!

Our Fast Pack Fasting Juice is the perfect balance of the Electrolytes you'll need to reduce these common side effects when starting a fasting focused lifestyle.

Make sure you get these ingredients ASAP and have the SIP on no more than 1L of this water while on your fasting days.

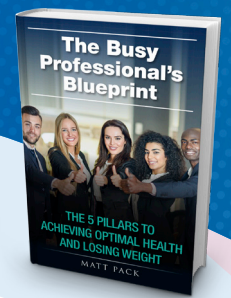
## FASTING JUICE INGREDIENTS



Get 1 Liter of Evian Water and add:

- Pink Himalayan Sea Salt- 1tsp
- No Salt or Salt Free (potassium)- 2tsp
- Lemon Juice- 4tbsp
- Apple Cider Vinegar ( w/the Mother)- 2tbsp
- Cayenne Pepper- 1/2 tsp (optional)





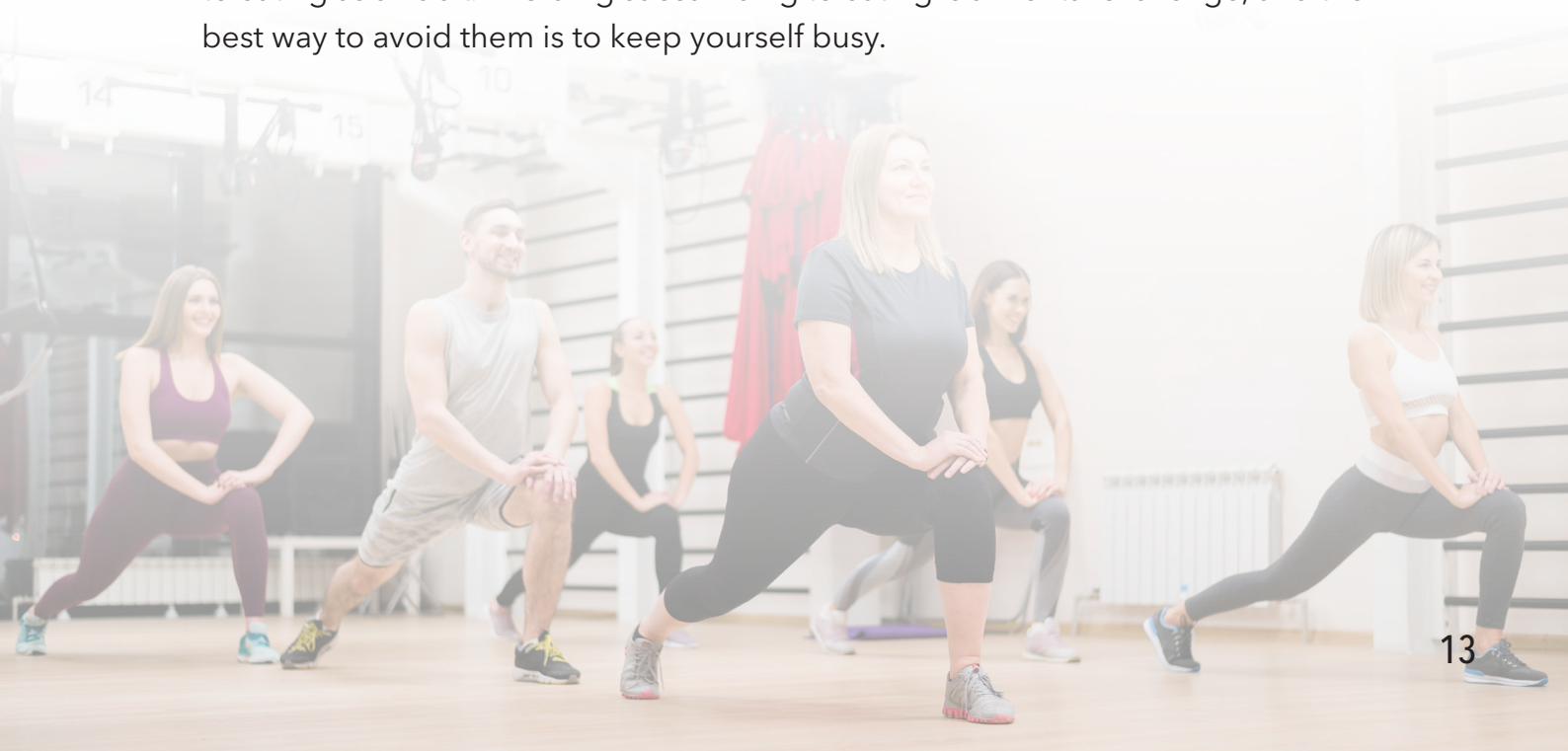
Shake up well and sip on throughout your day.

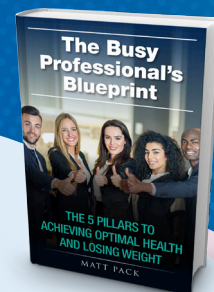
Please note: you can drink fresh water in between this juice. The juice should be sipped on throughout the day. Just remember you do not NEED to drink a ton of water. Rule of thumb, if you are in the bathroom too much, you are drinking too much water. You don't want to flush out your electrolytes!

Stay warm. A lot of Fast Pack members have felt chillier than normal on Fast a days. This means the fast is working as your body is starting to conserve energy.

To make the fast more palatable, we also recommend drinking zero-calorie coffee or tea. Nootropics with caffeine (e.g. Sprint by HVMN) can be helpful as well to maintain productivity and focus through a fast. Caffeine also serves as a mild appetite suppressant.

It is common to feel hunger pangs. This occurs because your mind is accustomed to eating as a habit. Avoiding succumbing to eating is a mental challenge, and the best way to avoid them is to keep yourself busy.



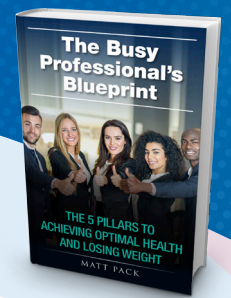


## Breaking Your Fast

When breaking your fast, note that your stomach has shrunk over the 48 hours, so eat light and slowly for your first meal and choose from meals coming from this JERF list:

THE JERF30 FOOD LIST		
	DO IT!	PASS IT UP!
Proteins and Fats	<b>PRIMARY PROTEINS/ FATS</b> Bass, beef, bison, buffalo, chicken, clams, crayfish, duck, eggs with yolks, elk, emu, game hens, goose, grouse, halibut, lamb, lobster, mackerel, mahi mahi, mussels, mutton, organ meats, oysters, pork, rabbit, red snapper, salmon, sardines, scallop, tuna, trout, turkey, veal, venison, wild game	Lunch meats, hot dogs, any other processed meat, shark, swordfish, orange roughy (these fish are high in mercury), most protein powders (see page 81)
	<b>FATS &amp; OILS</b> Avocado, avocado oil (cold pressed), bacon fat, chicken fat, coconut butter, coconut milk, coconut oil, duck fat, flax oil (cold pressed), ghee, lard, olives, olive oil (cold pressed), tallow, sesame oil (cold pressed)	Canola oil, cottonseed oil, Crisco, hydrogenated oils, imitation butters (if it's not butter, then what the heck is it?), shortening, soybean oil, vegetable oil
	<b>NUTS &amp; SEEDS</b> Almonds, almond butter, brazil nuts, cashews, cashew butter, chestnuts, flax seeds, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts  Note: nuts should be preferably raw.	Roasted, salted, or sugar-coated nuts and seeds  Note: If you have allergic reactions to nuts, please continue to avoid them.
	<b>DAIRY</b> (Avoid until after the 8th day) raw butter, raw cheeses, raw cultured dairy products (kefir, yogurt), raw milk	All other organic or commercial dairy products, including butter
Carbohydrates	<b>VEGGIES</b> <b>Low/Medium-Starchy Vegetables</b> (including but not limited to): Artichoke, asparagus, beet greens, broccoli, brussels sprouts, cabbage, carrots, cauliflower, cilantro, collards, cucumber, dandelion, eggplant, endive, green onions, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, peppers, radish, rutabaga, sea vegetables, spinach, swish chard, tomatillos, tomato, turnip greens, turnips, yellow squash, watercress, zucchini  <b>Starchy Vegetables*</b> (including but not limited to): Beet, parsnip, pumpkin, sweet potatoes, winter squash, yams  * Consume starchy vegetables in small amounts. They are best eaten directly after exercise.	
	<b>FRUITS</b> Limit fruit to 2-3 servings per day (Including but not limited to): Apricot, berries of all types*, cantaloupe, casaba melon, cherries, coconut*, figs, grapefruit, grapes, guava, green apples*, honeydew melon, kiwi, kumquat, lemon, lime, mango, melon, nectarine, orange, papaya, passion fruit, peaches, pears*, persimmon, pineapple, plums, pomegranate, raisin, red apples  * Indicates fruits that are lower in sugar and preferable for those seeking fat loss	Canned fruits
	<b>SUGARS, FLOUR PRODUCTS, GRAINS, &amp; BEANS</b>	<b>Avoid them all as best as possible.</b> If you are having a tough time adjusting to this, small amounts of beans, rice, buckwheat, quinoa, millet, corn, and gluten-free oats are acceptable.  Note: Stevia, xylitol, and unheated, unfiltered honey are acceptable in moderation.
	<b>BEVERAGES</b>	Consume about half your body weight in ounces of filtered water daily, preferably between meals. For variety, have coconut water, herbal tea, and/or fresh vegetable or fruit juice.

# MATT PACK



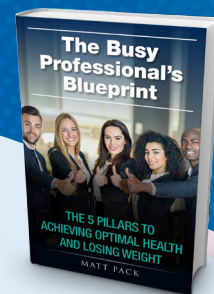
- ▶ The docs below will be used to help you determine your calorie intake of the foods you choose from your JERF list.
- ▶ The Time Restricted Eating Doc will be your weekly fasting routine guide over the next 30 days. Using this schedule along with your JERF list will create incredible health and a massive shift in your body composition.
- ▶ The Affirmation doc seen below will keep your mindset right throughout your health and fat loss journey.
- ▶ Below lies a doc that will answer all Frequently Asked Questions pertaining to our program. Just so you know you will have to be accepted to our Private Facebook Group to access this data.







As you know we don't count calories, we count MEALS but when you do eat depending on the schedule you're assigned to you'll use these guides to determine the exact amount of food you'll consume.



## Calorie Control: A Simple Guide

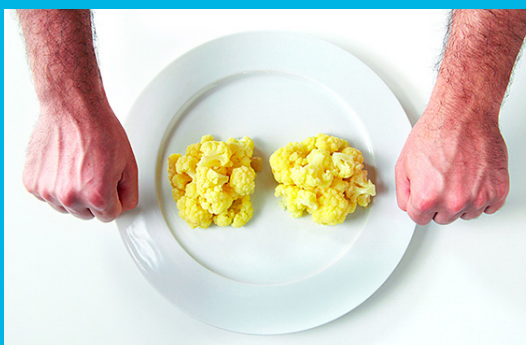
### FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



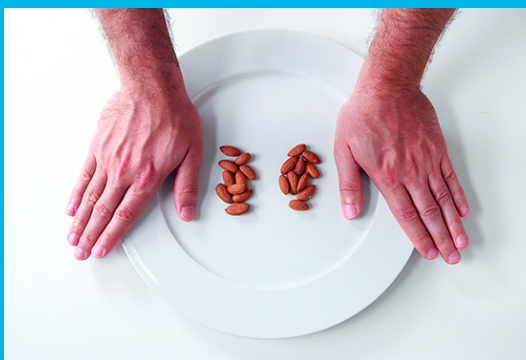
2 palms of protein dense foods with each meal



2 fists of vegetables with each meal



2 cupped handfuls of carb dense foods with most meals

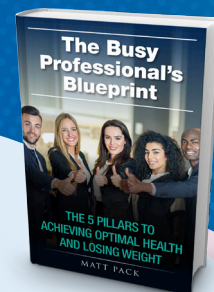


2 entire thumbs of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.





## Calorie Control: A Simple Guide

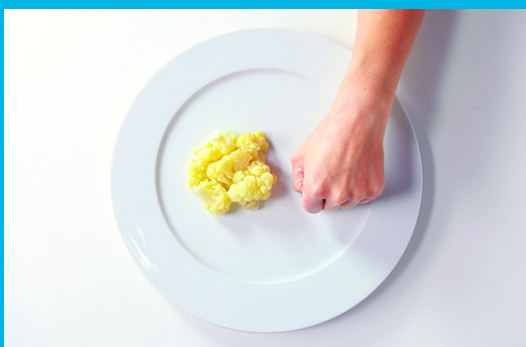
### FOR WOMEN

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And your hand. To build your meals:



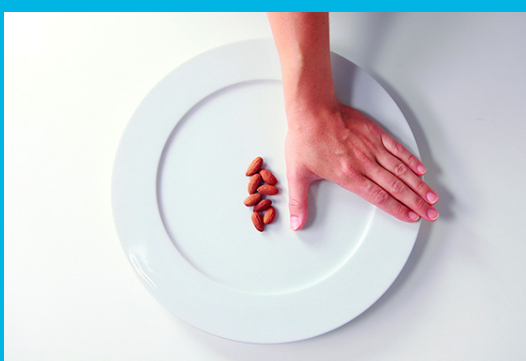
1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meals



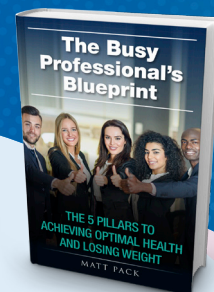
1 entire thumb of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.



This document contains your weekly “eating schedule” and is totally customizable as recommended by your coach depending on each individual’s goals, needs and wants. You will use a meal counting system like this throughout your journey in conjunction with the “hand doc’s” and the JERF list to reach your desired results.



## TIME RESTRICTED “WAVE EATING” SCHEDULE

Our goal with this program is to restrict calories by restricting meals. You can change the amount of meals per day (**ACCEPT WEEK 1**) at your convenience as long as you don’t go over the allotted meals for the week. For example if you consume 3 meals Tues, Week 2 then you must eliminate 2 meals from somewhere else in your week to not go over your goal of 11 meals for that week. You may also stay on a particular week longer if you’d like. In other words use trial and error following week 1 and mix and match for your goal and lifestyle.

### WEEK 1

Mon 0 meals  
Tues 1/dinner  
Wed 1/dinner  
Thurs 1/dinner  
Fri 1/dinner  
Sat 1/dinner  
Sun 1/dinner

**Goal - 6 meals per week**

*1-48hr break*

*5- 24hr breaks*

### WEEK 3

Mon 3/AM, lunch, dinner  
Tues 2/ lunch, dinner  
Wed 1/dinner  
Thurs 3/AM, lunch, dinner  
Fri 2/lunch, dinner  
Sat 1/ dinner  
Sun 3/AM, lunch, dinner

**Goal - 15 meals per week**

*2-16hr breaks*

*2- 24hr breaks*

### WEEK 2

Mon 2/ lunch & dinner  
Tues 1/ dinner  
Wed 2/ lunch & dinner  
Thurs 1/ dinner  
Fri 2/ lunch & dinner  
Sat 1/ dinner  
Sun 2/ lunch & dinner

**Goal - 11 meals per week**

*4-16hr breaks*

*3- 24hr breaks*

### WEEK 4

Mon 2/ lunch & dinner  
Tues 2/ lunch & dinner  
Wed 1/ dinner  
Thurs 2/ lunch & dinner  
Fri 2/ lunch & dinner  
Sat 1/ dinner  
Sun 2/ lunch & dinner

**Goal - 12 meals per week**

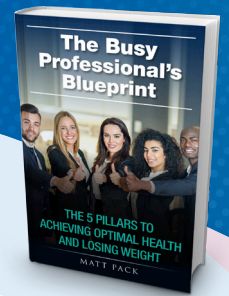
*5-16hr breaks*

*2-24hr breaks*





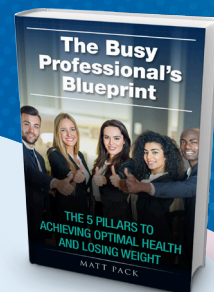
The 10 habit's Doc is the ONE doc you'll need to attain sustainable health and optimal weight. Living DAILY by these 10 habits consistently will ensure your success and prevent you from ever going back from where you started.



## THE IMPACK METHOD 10 HABIT LIST

- Habit No. 1:** Eat no more than 3 meals per day. NO snacking!
- Habit No. 2:** Eat a complete protein with each feeding opportunity
- Habit No. 3:** Eat vegetables with each feeding opportunity
- Habit No. 4:** Eat vegetables and fruits with any meal;  
"other carbs" only after exercise
- Habit No. 5:** Eat healthy fats daily
- Habit No. 6:** Don't drink beverages with more than 0 calories
- Habit No. 7:** Eat whole foods instead of  
supplements whenever possible
- Habit No. 8:** Plan ahead and prepare feedings in advance
- Habit No. 9:** Eat as wide a variety of good foods as possible
- Habit No. 10:** Plan to break the rules 10% of the time  
**(after you've completed the 30 days!)**

MATT PACK



# Weight Loss

## AFFIRMATIONS AND GOAL SETTING

This is your chance to create your new reality. This is YOUR movie and you're the writer, director and producer of the script.

I want you to know that you're reality follows your imagination so set CRAZY adult goals and believe in them like a child.

### Who is your dream asking you to become?

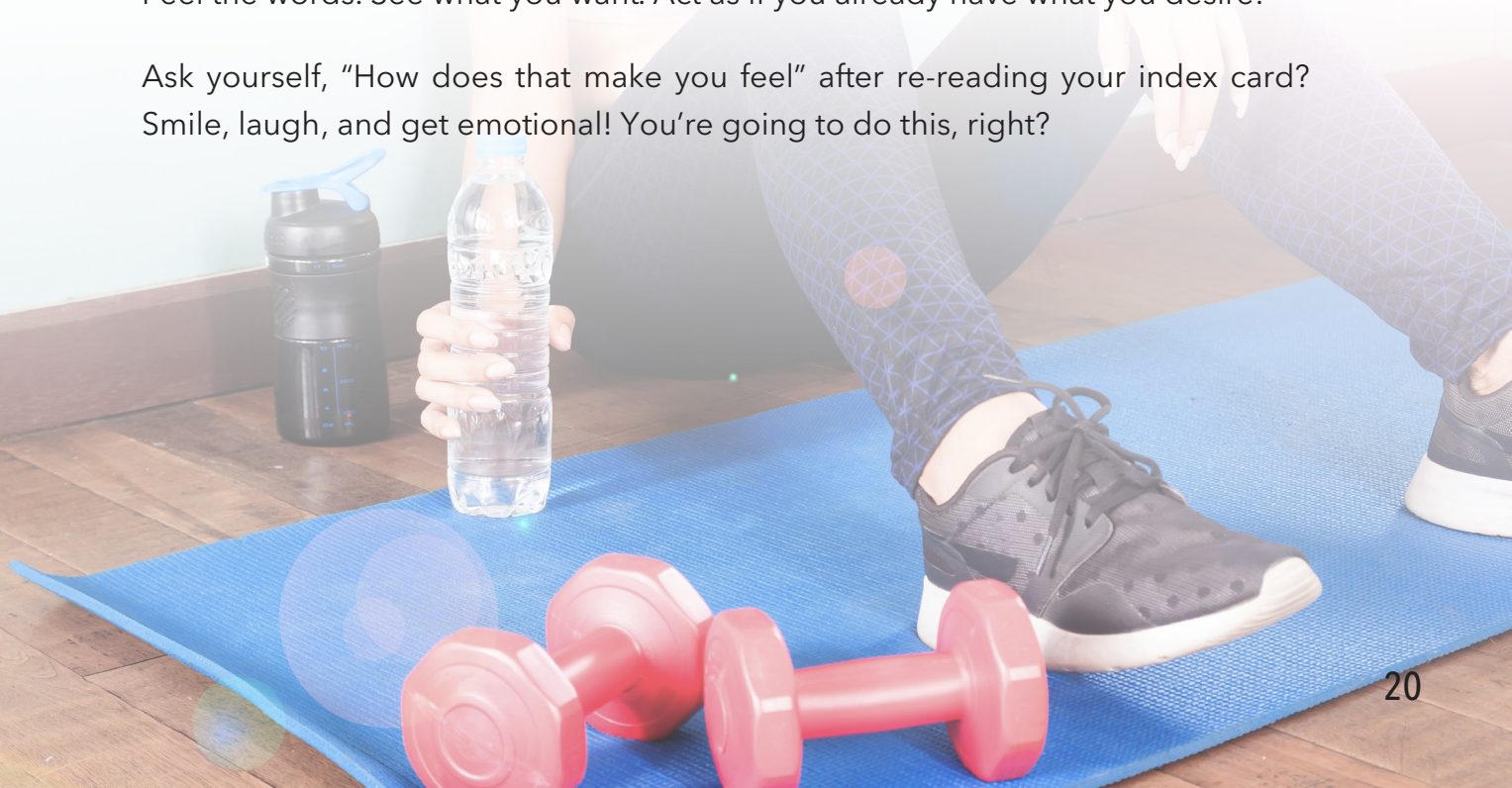
Write 3 things you'd like to accomplish being very specific ie. I'm going to lose 25 pounds by Mar. 1<sup>st</sup> along with 5 affirmations from the list below that most resonate with you and write everything on an index card.

You will carry this card with you in your purse or wallet and read the card to yourself every morning, afternoon, before bed or when you start to have negative talk or you forget why you started this journey.

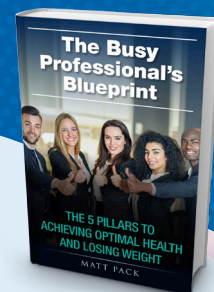
Remember. In order to reverse the negative "seeds" that you've planted in your subconscious you must say what you want and repeat your affirmations constantly and attach EMOTION with everything you say.

Feel the words. See what you want. Act as if you already have what you desire!

Ask yourself, "How does that make you feel" after re-reading your index card? Smile, laugh, and get emotional! You're going to do this, right?







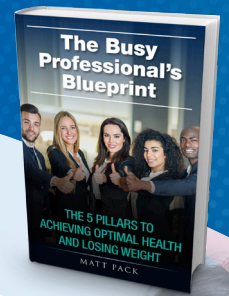
**Pick 5 or more affirmations from the list below or make up your own using the same structure.**

- |  |   |
|--|---|
| <input type="checkbox"/> I believe in myself                                   | <input type="checkbox"/> I'm full of energy   |
| <input type="checkbox"/> I'm ready to lose weight                              | <input type="checkbox"/> I'm creating a body that I like and enjoy                      |
| <input type="checkbox"/> I'm thinner and thinner each moment                   | <input type="checkbox"/> I'm ready to be healthy and attractive                         |
| <input type="checkbox"/> I have the power to change my life                    | <input type="checkbox"/> Losing weight comes naturally to me                            |
| <input type="checkbox"/> My body becomes more attractive each day              | <input type="checkbox"/> I choose to be slim and healthy                                |
| <input type="checkbox"/> I'm in control of how I think                         | <input type="checkbox"/> I'm stronger than any excuse                                   |
| <input type="checkbox"/> I'm in control of what I eat and drink                | <input type="checkbox"/> I'm make healthy choices for my body                           |
| <input type="checkbox"/> I respect my body                                     | <input type="checkbox"/> I look and feel great  |
| <input type="checkbox"/> I'm in control of my life                             | <input type="checkbox"/> I'm the perfect weight and size                                |
| <input type="checkbox"/> I will achieve my goals and nothing will hold me back | <input type="checkbox"/> I'm so happy and grateful I'm exactly where I want to be       |
| <input type="checkbox"/> It's very easy to lose weight                         | <input type="checkbox"/> I'm so happy that I have the health and body that I desire now |



# MATT PACK

## Fast Pack FAQ'S



### **Welcome to Fast Pack**

<https://www.facebook.com/1126450397/videos/10216051580058744/>

### **What's the support group all about?**

<https://www.facebook.com/1126450397/videos/10215553321002579/>

### **The importance of accountability posts**

<https://www.facebook.com/1126450397/videos/10215714745478090/>

### **Why is the 48hr Fast so important?**

<https://www.facebook.com/1126450397/videos/10215563654820918/>

### **Congrat's on completing your first 48hr fast**

<https://www.facebook.com/1126450397/videos/10215569351083321/>

### **Why is the Fasting/Snake Juice so important?**

<https://www.facebook.com/alisarobere/videos/10158541972701509/>

### **What's this JERF list?**

<https://www.facebook.com/1126450397/videos/10215586642315591/>

### **Diving DEEP into the JERF Foods**

<https://www.facebook.com/1126450397/videos/10215784190414170/>

### **Breaking the Fast**

<https://www.facebook.com/1126450397/videos/10215467296172012/>

### **Your 1st 48**

<https://www.facebook.com/1126450397/videos/10215470387249287/>

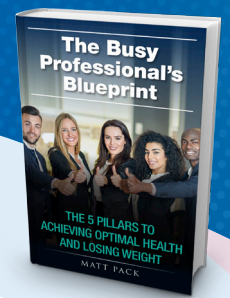
### **Your 1st Week**

<https://www.facebook.com/1126450397/videos/10215821119897384/>

### **Sunday Motivation**

<https://www.facebook.com/1126450397/videos/10215875379453839/>





## **How important is working out for Fat Loss?**

<https://www.facebook.com/1126450397/videos/10215587155448419/>

## **Can I workout while fasted?**

<https://www.facebook.com/1126450397/videos/10215587167928731/>

## **Ketone Sticks?**

<https://www.facebook.com/1126450397/videos/10215484054510960/>

## **Ketone stick tutorial (PG Version)**

<https://www.facebook.com/1126450397/videos/10215631463396090/>

## **Fasting why Traveling**

<https://www.facebook.com/1126450397/videos/10215517768393786/>

## **Won't I gain all the weight I lost back?**

<https://www.facebook.com/1126450397/videos/10215526410249827/>

## **How do you make Fasting part of your lifestyle?**

<https://www.facebook.com/1126450397/videos/10215569478766513/>

## **How do I deal with peer pressure from friends and family?**

<https://www.facebook.com/1126450397/videos/10215617457165943/>

## **What happens after the 30 day Challenge?**

<https://www.facebook.com/1126450397/videos/10215699033245294/>

## **Don't compare yourself to others**

<https://www.facebook.com/1126450397/videos/10215776859670906/>

## **LIVE Q&A**

<https://www.facebook.com/1126450397/videos/10215476760208607/>

<https://www.facebook.com/1126450397/videos/10215994972283585/>

<https://www.facebook.com/1126450397/videos/10215609483966618/>



# YOUR 30 DAY CHALLENGE

Are you ready to walk on the beach this summer confident and proud?

Ready to finally take control of your weight once and for all?

I invite you to go over to [www.primalfit360miami.com/30/](http://www.primalfit360miami.com/30/) and watch my Nutrition presentation.

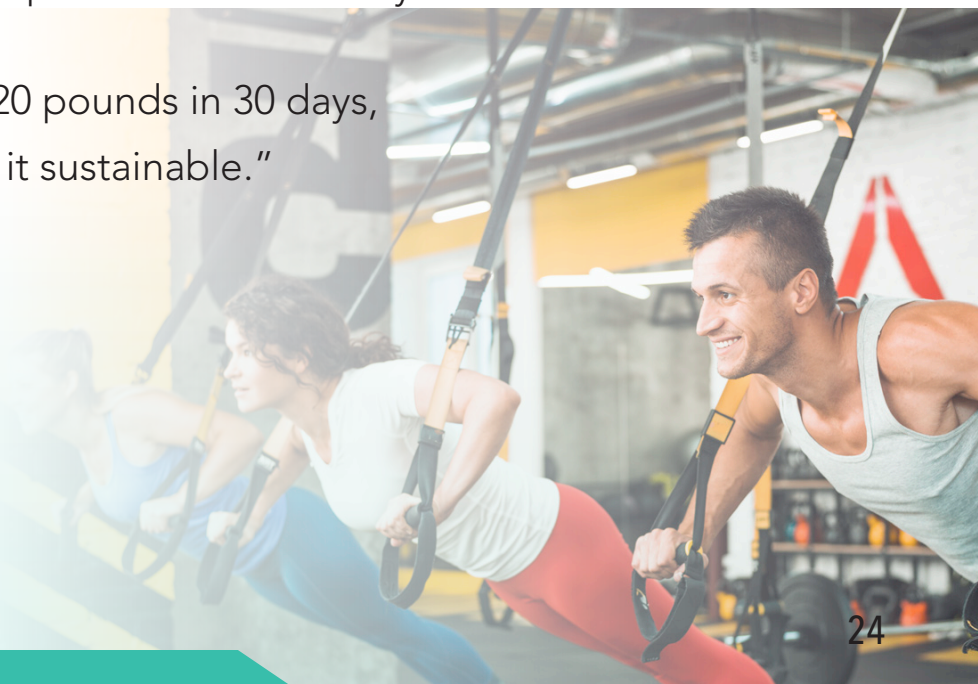
During this 1hr Presentation you will learn exactly what I did to help a group of PF members lose over 100 pounds in 30 days!

In fact they each lost between 12-22 pounds each and we had 3 of them lose over 20 inches total in that 30 day span.

This info is so powerful yet so simple and I can't wait to show you how to incorporate this tool into your life.

Some may be saying, "20 pounds in 30 days, that's not realistic nor is it sustainable."

I beg to differ...







## ***Let me explain.***

The people I'm helping currently have battled weight most of their lives and have lost and gained weight more than they can remember.

In my experience most people have a negative relationship with food and some are more than likely dealing with food addictions.

Our program deals with these food relationships and empowers them to finally take control of eating once and for all.

Traditional diet programs can only promise on average 1-2 pounds per WEEK and SLOW weight loss like this though it's considered to be "normal" couldn't be more de-motivating especially when there is a significant amount of weight to lose.


I used to believe and "sell" this "slow and steady" way of weight loss but I'm now changing my mindset.

Nothing could be more frustrating than to workout so hard and invest so much so often to see lackluster results.

## **Enough Is enough!**

The goal now is to take the weight off as quickly as possible and empower each of you to take massive action towards a healthier you.

Allow me to introduce you to a simple, effective and SUSTAINABLE tool that will officially end your weight loss challenges forever.



This program features a customized nutrition program and a private Facebook support group where you will be receiving coaching, accountability, and a blueprint to achieve optimal health and finally lose the weight as fast as possible.

This is NOT another diet!

This is a tool, but most importantly a sustainable way of life that works in conjunction with any diet or regimen you adhere to.

Will you join me on this 30-Day quest to discover the best version of yourself?



# 30 DAY CHALLENGE TESTIMONIALS:

*So tonight I got to see myself on camera; specifically for an video interview I did back on May 25th. I couldn't look at it. I was 18lbs heavier and my face was so swollen and full. I am now certain more than ever that the "FAST PACK" program works for me and watching this video has motivated me to keep going until I reach a weigh that brings me peace. Thank You Matt Pack for your guidance, support and genuine care. Ready for round two...*


—Mary Rogers

*Yesterday I went to a friends party and for the first time ever I wore a crop top and I felt amazing.*

*Never been comfortable enough to do that before!!*

—Scarlett Hernandez





*I lost 35 pounds since May, (which included 2 vacations), I no longer have heartburn nor any digestive issues. I now fit into all my clothes except one pair of pants.*

*I no longer use food for comfort, I also know that I can skip a meal and won't die of hunger. I do not have any 3 o'clock cravings for sweets. I lost all my sugar addictions.*

*For the first time I KNOW, I am in full control of my eating. The fasting lifestyle will be with me forever.*

*Matt Pack thank you for the best tool you've ever given me and you have given me many.*

—Gloria Del Valle Wilder

*I'm 24 lbs down in one month and feeling very happy to have accomplished my goal by my 30th Bday this Saturday. I've learned a lot and am very thankful by everyone's help in this group!*

—Joshua Riddle



*Damn it's 30 days already?*

*It was a lot easier than I thought it could ever be.*

*I stumbled a few times but got back up, kept going and  
dropped 29 pounds!!*

*Thanks for all your support Matt Pack and everyone in the  
group. My journey has just begun...*


—Jason Thorstensen

*I was able to complete my 30 days in July and I lost 18lbs.  
but The most positive impacts for me was the support  
from everyone around me including my Fast Pack family,  
accountability, recognizing my strengths/weaknesses and  
the motivation.*

*I see my self excelling to my goal and if I mess up I have the  
tools to use to get back on track.*

*From the words of my dear leader... “F\*\*k being realistic” I’m  
driving this in full gear.*

—Ericka HisLady Jenrette




*I did the challenge in July and lost 10 pounds. I traveled A LOT!!! I believe my attitude towards meals, snacking at parties and pressure from others to eat or drink has completely changed.*

—Jennifer Romanik Geimer

*I lost 20 lbs in the 30 day challenge but the most positive thing is seeing that I could actually lose stubborn fat, esp. in my stomach!*

—Bonnie Pack





*This entire experience has changed my association with food. The way I perceived it and used it was not really healthy.*

*In the past Food had a very emotional role. I would crave a donut enjoy it for 5 mins and then hate myself for two days.*

*Knowing it's ok to indulge as long as it's balanced to the rest of your intake was an important lesson for me.*

*I feel less emotional and more rational about my food choices now than I did at the beginning.*

*I've also learned to stand up for my health!*

*This one I merit to this amazing group. I didn't realize how much of an influence people have on your eating. So figuring out ways not to be influenced by others, specially family, was a HUGE accomplishment for me.*

*I can honestly say that I feel like I can enjoy what I like, keep a healthy lifestyle, and keep my weight where I want it!*

Karen Matamoros

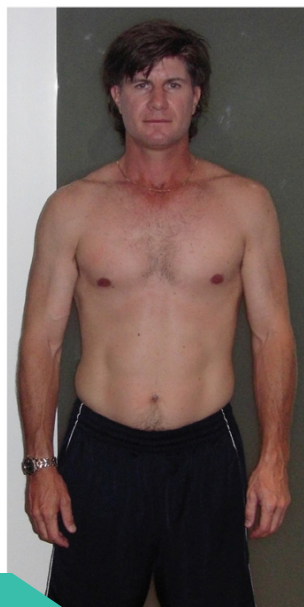
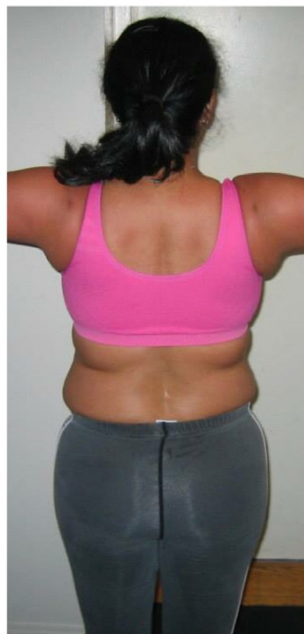
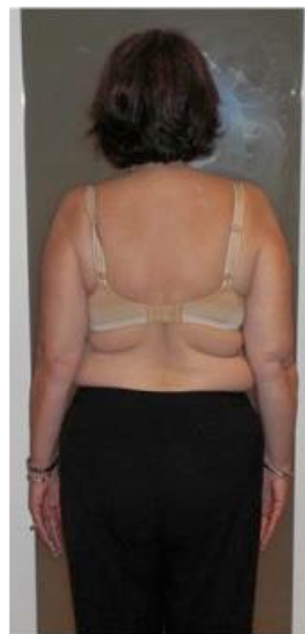
# BEFORE & AFTER



REAL PEOPLE, REAL RESULTS



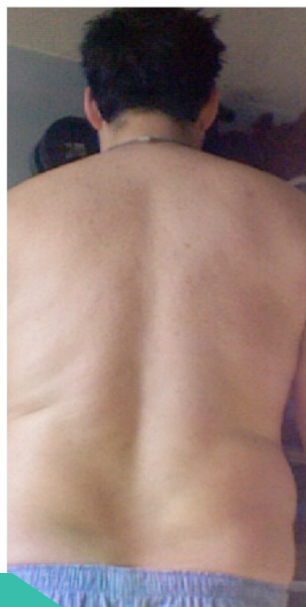
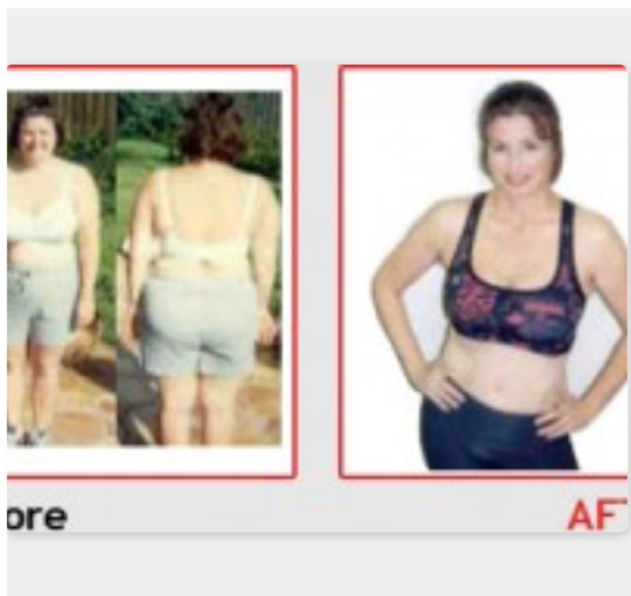
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REAL PEOPLE, REAL RESULTS



# BEFORE & AFTER



REAL PEOPLE, REAL RESULTS



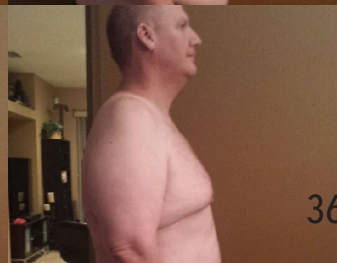
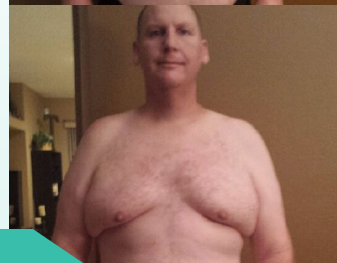
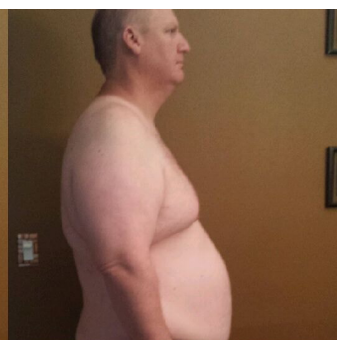
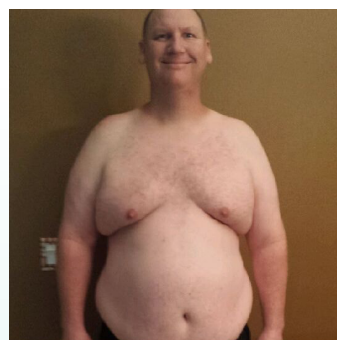
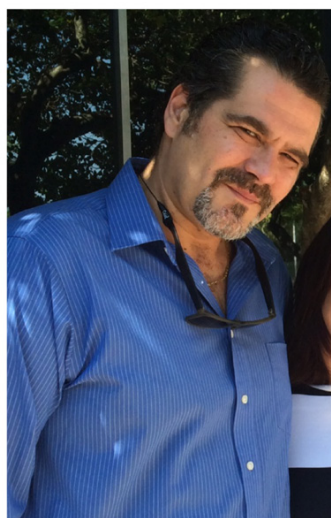
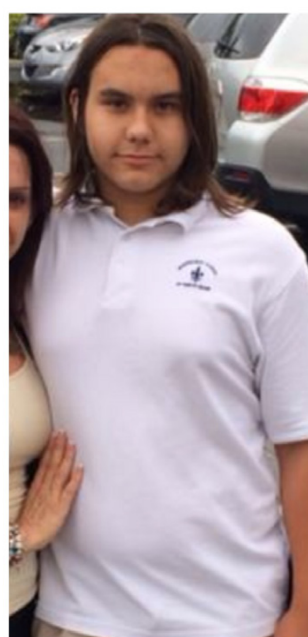
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REAL PEOPLE, REAL RESULTS



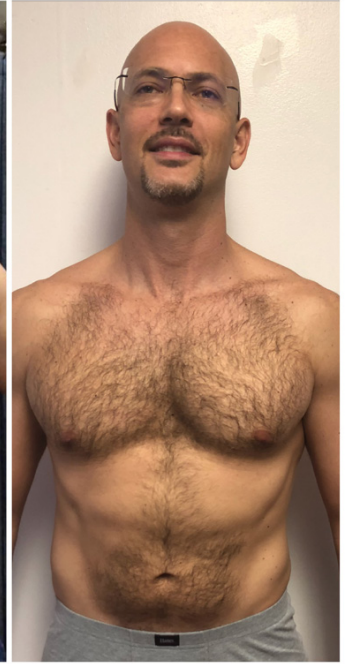
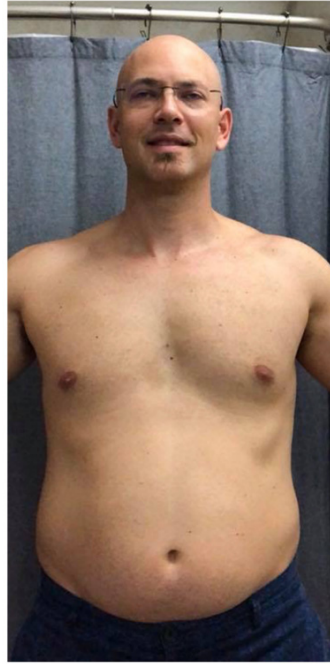
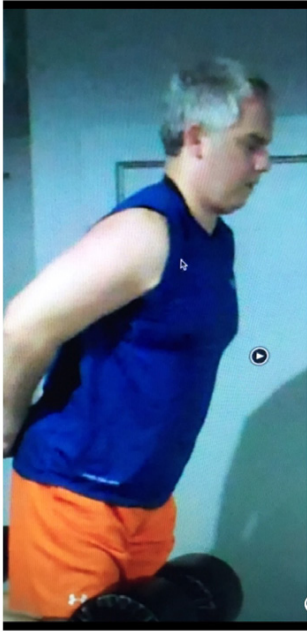
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REAL PEOPLE, REAL RESULTS



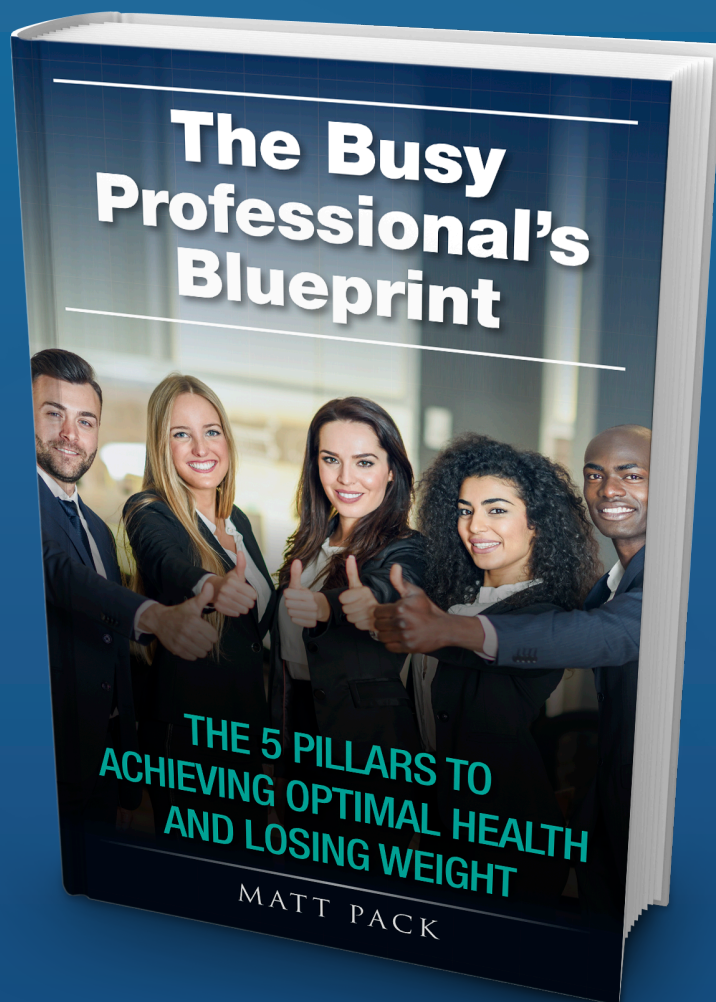
# BEFORE & AFTER



REAL PEOPLE, REAL RESULTS



MATT PACK



My gift to you! My new book

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