

# THE RED DRESS PROJECT DELOAD

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## MINDSET

Yes, the program is over, but your life must continue to be enjoyable, and your body must allow for all aspects of your life to flourish WITHOUT backsliding.

Therefore, continue your daily MINDSET practices. Every. Single. Day.

Use your meditations and gratitude to maintain your focus and your commitment to self-betterment.

## NUTRITION

Now, it's time to relax the rules a bit and lean into the new body and nutritional lifestyle you've discovered, while creating a safe space to enjoy other aspects of your life. Here's how:

Week 7 onwards:

- Continue meal planning and weekly preparation, without counting calories. Use ONLY the portions and recipes from Weeks 5 and 6.
- If you don't want to use the recipe book,
  - Enjoy protein, carbs, and fats at every meal
  - use your hand portions and eat 3-4 meals per day
  - Weigh your food occasionally, for future knowledge and especially for newer items you may add to your plan
- Remove supplements other than vitamins UNLESS convenience is key for you still.
- Slowly reintroduce beverages other than water but occasionally, not daily.
- Every 10<sup>th</sup> meal, treat yourself to something decadent. Do not see it as a cheat or a treat. Simply enjoy the taste, texture and how it makes you feel, for its own sake, without judgement.
- Maintain your food diary and weigh yourself at the end of each week. This way, you will continue to match what you eat to its effects on your body. If your weight goes up, you've eaten too much etc; and vice versa.

Note: your weight will immediately increase this 7<sup>th</sup> week due to the reintroduction of carbohydrates, calories AND reduction in exercise intensity. Do not panic. This additional weight gain (usually no more than 5 lbs) is expected water weight gain.

# FITNESS

## Week 7: Deload 1

- This week allows your body (muscles, joints, tendons) to recover from the high intensity of the last phase.
- Perform no weight training.
- If you don't want to rest entirely, commit to cardio 3-6 days, for no more than 30 mins, and be sure to stretch each body part for 2 minutes.

## Week 8: Deload 2

- Continue the cardio from Deload 1 but add 3 days of weight training (full body routine), using 3 sets of 15-20 reps per body part.

## Week 9 onward: Sky's the limit!

- From here on, you can either
  - maintain the body you have (continue Deload 2 protocol but work heavier; 10-15 reps for 3-6 sets); OR
  - continue to improve on your body by setting new goals (faster running times or longer distances, lifting more weight etc). To build muscle, one way is to limit your cardio to 30 mins x 3 days per week, while increasing your weight training to 60 mins x 4 days per week. To lose body fat, one way is to perform cardio 30-60 mins x 4 days per week while weight training 30-45 mins x 4 days per week.

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**THE RED DRESS PROJECT WILL RETURN.**

