



The **Practical Weight Reset**

Real Food, Smart Supplements,
and Sustainable Fat Loss

BONA VALETUDO

FREE SAMPLE PREVIEW

Introduction + Chapter 2

This preview edition includes the Introduction and Chapter 2 Sample of
The Practical Weight Reset.

These chapters will help you understand why fat loss is not just about eating less — and
how to protect muscle, support metabolism, and build sustainable progress.

Inside the full guide, you'll learn the complete system, including the 7-Day Reset protocol,
the Booster–Blocker–Supporter supplement framework, and access to the Bonus Toolkit
workbook.

Get the full e-book:

<https://bonavaletudo.com/practical-weight-reset/>

Website-only price: \$4.99

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To Good Health,
Bona Valetudo

Introduction



If you're reading this, chances are you've tried to lose weight before — maybe more than once. You're not alone. Millions of people struggle with weight, not because they're lazy or lack discipline, but because modern life is designed to make it hard.

From oversized portions to ultra-processed foods and conflicting health advice, it's easy to feel frustrated. The food industry, marketing, and even grocery store layouts are engineered to get us to eat more — and they're good at it.

This guide is here to help you take back control — without becoming a health nut, giving up “normal” food, or following a rigid meal plan.

Healthy doesn't have to mean extreme. You don't need to cut out every comfort food or live off green juice. What you need are a few simple, practical strategies that work with your lifestyle — ones that help you feel better in your body and make long-term success possible.

YOU'LL LEARN:

- Why we gain weight (and why it gets harder with age)
- How to lose fat while protecting muscle
- The role of exercise (and why walking counts)
- How supplements can support — not replace — your progress
- Smart ways to manage portions and choose the best versions of familiar foods

We'll also walk through a simple but powerful 7-day challenge. The idea isn't to chase perfection — it's to experience how different your body can feel when you eat natural foods in natural quantities, even if the food itself is familiar. You'll learn to listen to your body again, stop eating when you're full, and maybe even enjoy cooking a little more.

By the end, you'll have tools, confidence, and a personalized framework that makes weight management feel a lot more doable — and a lot less miserable.

Chapter 2: Understanding Calories, Fat Loss, and Muscle Protection



CHAPTER 2 PREVIEW

You've probably heard that “calories in vs. calories out” is the key to weight loss. Technically, it's true — but it oversimplifies a very complex system.

The truth is, your body is smart. It's constantly adjusting how it burns and stores energy based on your habits, stress levels, muscle mass, hormones, and even gut health.

So let's break it down — in real terms — so you can make smart choices that help you lose fat, protect muscle, and feel good doing it.

WHAT ARE CALORIES, REALLY?

A calorie is a unit of energy. The food you eat provides energy (calories), and your body uses that energy to keep you alive — breathing, thinking, digesting, and moving.

But the calories you see on a food label are technically kilocalories — 1,000 times larger than a single calorie. (So a 200-calorie snack actually has 200,000 true calories.) We just don't write out all the zeroes.

Bottom line: **Calories = fuel**. But how your body uses that fuel depends on what you eat, how you move, and how your body functions.

WHAT CAUSES FAT LOSS?

To lose fat, you need to be in a calorie deficit — meaning your body is burning more energy than it's taking in. But you want that deficit to come from fat, not muscle.

A healthy deficit is about 250 to 500 calories per day, which usually **leads to losing 1 to 2 pounds per week**. That may not sound like much, but it's sustainable — and sustainable weight loss is the kind that sticks.

WHY MUSCLE MATTERS

Muscle is your metabolic engine. The more lean mass you have, the more calories you burn — even while you sleep.

When people lose weight too quickly or without enough protein and movement, they lose muscle, not just fat. That slows metabolism and makes it easier to regain weight later.

Protect your muscle while losing fat:

- Eat enough protein — Aim for 0.7–1g per pound of goal body weight.
- Strength train — Resistance workouts signal your body to keep muscle.
- Avoid crash diets — Too few calories = muscle loss and metabolic slowdown.
- Sleep and stress management — Both support hormone balance and recovery.

Supplement support: Protein powders, essential amino acids, and creatine can help preserve lean mass, especially if you're not eating enough high-protein foods daily.

WHAT ABOUT THE TYPES OF FAT?

When people talk about fat, they're usually referring to:

- Subcutaneous fat — Just under the skin.
- Visceral fat — Deeper fat around organs (more dangerous to health).
- Essential fat — Your body needs this to survive.

The goal isn't to get rid of all fat — it's to reduce excess visceral and subcutaneous fat while preserving your muscle.

Your Body Is Adaptive — and That's a Good Thing

Your metabolism isn't static. It responds to how you eat, move, and sleep. This means:

- If you cut calories too aggressively, your body may burn less to conserve energy.
- If you lose muscle, your metabolism drops, making fat loss harder over time.
- If you fuel your body well and move regularly, you build a metabolism that works with you, not against you.

What You Can Do (Even Without Counting Every Calorie)

You don't have to track obsessively to make progress. Instead, focus on:

- Eating real food in natural quantities
 - Prioritizing protein at every meal
 - Using supplements strategically, not excessively
 - Moving your body daily — even a walk counts
 - Building meals that balance protein, carbs, and fats
 - Paying attention to hunger and fullness cues
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What's Next

Thank you for reading this Chapter 2 Preview. In the full chapter, you'll discover how your metabolism adapts, why muscle preservation is critical, and how to create a calorie deficit without slowing your progress.

In Chapter 3, you'll uncover one of the most powerful — and most overlooked — drivers of fat loss: everyday movement. Not exercise, but the small, automatic movements throughout your day that quietly determine how many calories you burn.

These principles form the foundation of the Practical Weight Reset system — designed to help you lose fat, protect muscle, and make progress that lasts.

CONTINUE OUR PRACTICAL WEIGHT RESET

You've just learned why sustainable fat loss isn't about eating as little as possible — it's about preserving muscle, working with your metabolism, and building habits that support long-term results.

But understanding the principle is only the first step.

Inside the full book, you'll learn how to apply the complete system, including:

- The Booster–Blocker–Supporter supplement framework
- How everyday movement (NEAT) quietly drives fat loss
- How to protect metabolism while losing fat
- How to use real food to reset hunger, energy, and cravings
- The complete 7-Day Reset protocol
- Access to the downloadable Bonus Toolkit workbook with trackers and worksheets

This is where the system comes together.

Not through extremes — but through small, practical adjustments that work with your body instead of against it.

A. Get Instant Access to the Full Guide

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Real Food. Smart Supplementation. Muscle-Preserving Fat Loss.

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