



My Mini Cut Guide

Hello!

I'm glad you're here. In this guide, I'm going to show you exactly how I typically structure my mini-cuts so you can see what I'm doing and if you want to follow along and do something similar, you can! If you have any questions, feel free to email me. I'm happy to help.

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What's a mini-cut?

When I refer to mini-cut, it's a short-term fat loss phase. This can be 4 weeks, 6-8 weeks, or up to 12 weeks. It all depends on your goals, preference, and situation.

Some people refer to mini-cut as a period of time where they're super strict and rigid with their diet and cut calories super low. I don't do this. I take a more moderate approach. You need to be in a calorie deficit in order to lose fat, but it will be a more moderate deficit.

I'm doing this for a few reasons. The big one is I am 4 months postpartum and I'm breastfeeding. I'm not getting a solid night's sleep and need extra calories for breastfeeding. Another reason is that I don't want to be super strict and rigid with my diet. It sounds miserable and unsustainable as a mother of 4, working from home, and trying to juggle so many things.

With a super low deficit and strict, rigid diet, more often than not, you'll end up "messing up" and eventually quitting because it's too hard and unrealistic for your lifestyle.

With a more moderate approach, you're more likely to be able to stay consistent (not perfect!) and stick with it. So overall, you'll have better results.

What I'm not doing:

I'm not cutting out specific foods or food groups. I'm not doing a detox. I'm not fasting. I'm not doing a ton of cardio. I'm not overly restricting food. I'm not changing my workouts in any way. I'm not tracking fats and carbs. I'm not beating myself up if I miss a workout or eat over my calories. I'm not striving for perfection.

What I am doing:

Nutrition:

I'm using MyFitnessPal to track my calories, protein, and fiber.

For calories, you can figure out a moderate deficit [HERE](#). ([Free Calorie Calculator](#))

Protein is super important to help maintain my muscle mass and will help fill you up so you aren't super hungry between meals. Fiber has so many benefits, but it also has a satiating effect which will help you stay more full between meals.

For the most ACCURATE tracking, get a kitchen food scale and weight everything in grams. Minimize eating out if you can because it's hard to be accurate with calories there-you never know if the chef has a heavy hand with the oils and butters, etc.

If you aren't ready to start tracking, you can try the 3 meals/2 snacks method:

- 3 meals every day that fit onto 1 standard dinner plate. $\frac{1}{3}$ of the plate is protein, $\frac{1}{3}$ is veggies, and the rest is carbs and fat
- 2 snacks every day that fit in the palm of your hand and is ideally a protein, fruit, or veggie

Training:

I'm focusing on mostly strength training with some cardio and daily steps.

Strength Training:

So, so important while you're in a cut or not in a cut. You should always include strength training into your plan. I'm not talking about circuit classes or group fitness stuff. Traditional strength training with a focus on progress overload so you can KEEP your muscle and even grow some. You don't want to just lose weight (including muscle), you want to lose body fat.

For me, my strength program looks exactly the same as when I'm not in a cut:

- Monday: lower body strength
- Tuesday: upper body strength
- Wednesday: 30-45 minutes light cardio
- Thursday: lower body strength
- Friday: upper body strength
- Saturday: 30-45 light cardio
- Sunday: rest

Daily Steps:

Aim for at least 7-10k steps per day, but start where you're at. If you currently get 3k steps per day, aim to increase that to 5k this week and keep increasing it week by week until you're in the 7-10k range. Trust me, steps are going to help you a TON.

Optional Cardio:

I say this is optional because when you're in a cut, cardio can increase your hunger, making it harder to stick to a deficit. If you're struggling with steps though, adding a few cardio sessions per week can help supplement this. It doesn't need to be insanely intense. 2-3x/ week - walking, jogging, hiking, biking, walking, swimming, HIIT.

Supplements:

Supplements are NOT necessary. I'd rather you focus on your nutrition and training before getting into supplements. With that said, here's what I'm doing supplement-wise:

- [Legion Whey Protein](#) (if I need a boost of protein for the day)
- [Legion Recharge \(creatine\)](#) (5g everyday)
- Multi-Vitamins
- Fish oil (because I don't like eating fish)
- Zinc (because I have 4 boys under 9 who are always bringing germs home!)

Tracking:


I'm tracking:

- Daily weight on the scale
- Measurements every 2 weeks (waist, hip, upper thigh)
- Progress photos every 4 weeks

These are all DATA points. The scale doesn't show the whole picture so it's important to track multiple things. The scale will fluctuate daily and that's completely normal. We aren't comparing yesterday's weight with today's. You want to look at the average of week 1 month 1, with the average of week 1 month 2 and so on. Progress photos, measurements, how your clothes are fitting, etc. will help tell the whole story.

My main goal is body recomposition - losing fat, gaining muscle. This means that I don't necessarily need the number on the scale to change.

Don't get so caught up on hitting a specific number on the scale that you ignore all the other measures of progress!

I hope this helps. Follow me on instagram as I'll be posting daily updates, meals ideas, encouragement, etc. ( [Instagram \(@crushingitwithchristy\)](#))

And if you'd like a more individualized program so you can better achieve the goals you have, you can apply to 1:1 coaching at <https://christyewing.com/one-on-onecoaching/>. Email me with any questions :) christyewingfitness@gmail.com

-Coach Christy

