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NUTRITION COACHING

The ANC Method

The 5-Phase Plan to Lose Body Fat, Beat the Bloat, and Feel Like Yourself Again

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Hey friend, let's be real for a second

You didn't download this because everything is going great.

Maybe you're the woman who's in the gym five days a week, eating chicken and rice out of meal prep containers, and your jeans still won't button the way they used to. Maybe you're the woman who can't remember the last time she worked out, because just getting through the day takes everything you've got.

Either way, I'd bet a pot of gumbo you're feeling some version of this:

- Your stomach is flat in the morning and six months pregnant by dinner
- Going to the bathroom is a gamble. Some days nothing, some days too much
- You're exhausted, but you lie awake at night anyway
- Your patience is gone, and you hate how you've been snapping at your kids
- Your body feels softer than it should for how hard you're trying
- You don't feel confident in your own skin, and you miss that girl

Here's what I hear from almost every woman who gets on a call with me. She doesn't just want to lose weight. She wants to **wake up with energy, zip up her jeans without lying down on the bed, go a whole day without bloating, sleep through the night, and feel like herself again.**

That's the gap between where you are and where you want to be. This guide is going to show you exactly why it's there, and how we close it.

I've been doing this for over six years, I'm a mom of two little girls, and I promise I'm not going to hand you a detox tea or tell you to eat less. Let's get into it.

A Day in Your Body: Right Now vs. A Few Months From Now

Read the left column and tell me it doesn't sound like your Tuesday. Then read the right one. That's where we're headed.

Time	Right now	A few months from now
6:00am	Alarm goes off and you feel like you never slept	You wake up before the alarm, actually rested
7:00am	Coffee on an empty stomach while you pack lunches	A protein breakfast, then coffee, and you feel steady
9:00am	Already thinking about what you'll eat next	You're focused, and food isn't on your mind
12:00pm	A salad, because you "should," and you're starving an hour later	A real lunch that keeps you full until dinner
3:00pm	The crash hits. Something sweet, more coffee	Your energy holds. No crash, no hunting the pantry
5:30pm	Bloated and snappy by the time everyone's home	Calm, comfortable, and present with your family
7:00pm	Too tired to play with the kids	Down on the floor playing, or out on a walk
9:00pm	Glass of wine and scrolling to unwind	Winding down easy, no wine needed
2:00am	Wide awake, mind racing	Sleeping straight through
Every day	Pants feel tight, and you don't love what you see	Clothes fit, your body is changing shape, and you feel confident

The distance between those two columns isn't about willpower. It's about what's happening underneath, and the order you fix it in.

Why Nothing Has Stuck (And Why It's Not Your Fault)

Let's count how many people you've asked for help.

Your doctor ran labs and said you're fine. Your OB said the bloating and mood swings are part of your cycle. Your trainer said to add more cardio. The app said 1,300 calories. A friend swore by fasting. Instagram told you to cut seed oils, then gluten, then dairy.

Every one of them is looking at **one piece of you.** Nobody is looking at how the pieces fit together. Nobody is connecting your 2am wake-ups to your afternoon cravings, or your bloating to the stress you're carrying, or your stubborn middle to the years you've spent under-eating.

So you end up being your own project manager, trying to make sense of advice from five people who've never talked to each other. No wonder you're tired.

What you're doing vs. what your body actually needs

What you've been doing	What your body is asking for
Eating less every time the scale stalls	Eating enough so your body feels safe letting go of fat
Skipping breakfast and running on coffee	Protein within an hour of waking to steady your energy and mood
More cardio, more classes, more sweat	Lifting weights to build the muscle that reshapes your body
Cutting out whole food groups	Fiber, color, and variety that keep your gut and bowels moving
Ignoring sleep because there's no time	Treating sleep like the fat-loss tool it is
Starting over every Monday	One phase at a time, in the right order
Trying to do it all alone	Someone who looks at the whole picture and tells you where to start

What Nobody Has Told You: It's Your Terrain

Here's something I wish every woman knew.

Two women can eat the same meals, do the same workouts, and get completely different results. Not because one tried harder. Because they started with different **terrain.**

Your terrain is the condition of your body underneath everything you do. Think of it like planting a garden. You can buy the best seeds in the store, but if the soil is dry, packed down, and missing nutrients, nothing grows. Fix the soil first, and suddenly the same seeds take off.

Your terrain is made up of things like:

- **Stress:** how hard your body is working just to cope
- **Sleep:** whether you're actually recovering each night
- **Gut and bowels:** how well you digest, absorb, and eliminate
- **Blood sugar:** whether food becomes energy or gets stored
- **Fuel:** how long you've been running on too little food
- **Muscle:** how much metabolism you've got working for you
- **Hormones and thyroid:** the messengers that tie it all together
- **Nutrients:** low iron, vitamin D, or B12 that leave you dragging

What your labs and your apps aren't showing you

- **"Normal" isn't the same as thriving.** Lab ranges are built to catch disease, not to tell you why you feel off. Plenty of women sit inside normal and still feel awful.
- **Most standard panels skip the good stuff.** A routine checkup rarely looks deeper at your gut health, advanced hormones and cortisol, genetics, or nutrient levels. That's where a lot of the answers are hiding.
- **Nobody's asking about your bowels.** How often you go, and what it looks like, tells me a lot about your hormones, your gut, and why you're bloated.
- **A calorie app can't see your terrain.** It only knows numbers. It doesn't know you're sleeping five hours and running on stress.

When you fix the terrain first, the work you're already doing finally starts paying off.

Your Terrain Scorecard

Grab a pen. Rate yourself 1 to 5 in each area, based on the last two weeks. Be honest. Nobody's grading you but you.

Area	1 = Struggling	5 = Thriving	Your score
Sleep	Can't fall asleep, wake at 2 or 3am, wake up tired	Fall asleep easily, sleep through, wake rested	
Stress and mood	On edge, snappy, overwhelmed most days	Calm, patient, handle hard days well	
Bloating	Bloated most days, clothes tight by evening	Rarely bloated, stomach feels calm	
Bowels	Constipated, unpredictable, or running to the bathroom	Easy, regular, once or twice a day	
Energy	Crash in the afternoon, need caffeine or sugar to keep going	Steady energy from morning to bedtime	
Fuel	Skip meals, eat very little, or graze all day	Three or four real meals with protein every time	
Strength	Not lifting, or lifting and not getting stronger	Lifting regularly and getting stronger	
Confidence	Avoid mirrors and photos, don't feel like myself	Feel good in my body and in my clothes	
Total			**___ / 40**

What your score means

First, check your foundation. Did you score a 1 or 2 in sleep, stress, bloating, or bowels? Then start at **Phase 1**, no matter your total. Those four have to settle before anything else will work.

Total	Your starting point
8 to 18	**Phase 1: Calm & Restore.** Your body is in protection mode. This is where most women start, and where you'll feel the fastest change.

Total	Your starting point
19 to 26	**Phase 2: Metabolic Priming.** Your foundation is getting there, but your body needs more fuel and more muscle before it'll let go of fat.
27 to 33	**Phase 3: Fat Loss.** Your terrain is ready. Now a smart, short push will actually work.
34 to 40	**Phase 4 or 5: Maintenance and Optimize.** You're in a good place. Now it's about keeping it and leveling up.

Scores all over the place? That's really common, and it's the clearest sign you need someone looking at the whole picture. Bring your scorecard to a free call and we'll map out your plan together. **Book your call here.**

The ANC Method: 5 Phases, In the Right Order

Most women jump straight to fat loss from a body that's stressed, under-fed, and inflamed. That's like trying to build a house on mud. The ANC Method fixes the foundation first, then builds on it.

Calm & Restore → Metabolic Priming → Fat Loss → Maintenance → Optimize

Phase 1: Calm & Restore

The goal: get your body out of protection mode.

Stop: skipping meals, living on coffee, punishing workouts, and dieting harder.

Start: protein-forward meals at regular times, a cooked veggie at lunch and dinner, water and fiber for your bowels, morning light, walks after meals, and a real bedtime.

What you'll notice: a flatter stomach, going to the bathroom regularly, better sleep, and a longer fuse.

Phase 2: Metabolic Priming

The goal: teach your body to run on more food again, and build muscle.

Stop: cutting lower every time the scale stalls.

Start: slowly eating more in planned steps, hitting your protein every day, and lifting weights three to four times a week.

What you'll notice: more energy, stronger workouts, fewer cravings, and your body starting to tighten up even before the scale moves.

Phase 3: Fat Loss

The goal: lose body fat while keeping the muscle you built.

Stop: crash diets and dieting with no end date.

Start: a moderate, time-limited deficit, heavy lifting, high protein, and tracking progress with photos, measurements, and an InBody scan, not just the scale.

What you'll notice: inches coming off, clothes fitting looser, and a body that looks leaner and more defined.

Phase 4: Maintenance

The goal: make your new body feel like home so the weight stays off.

Stop: going right back to old habits, or being too scared to ever stop dieting.

Start: bringing food back up slowly, eating flexibly through holidays, crawfish boils, and date nights, and learning your own hunger cues.

What you'll notice: freedom with food, and confidence that this time it's going to last.

Phase 5: Optimize

The goal: keep getting better, for good.

Stop: going it alone the minute things feel good.

Start: retesting labs, setting new strength or body goals, and keeping light support so small slips stay small.

What you'll notice: you feel like yourself, and you have a plan that holds up when life gets busy.

You don't have to be gym-ready to start. Most women start right at Phase 1.

Not sure which phase you're in? **Book a free strategy call** and we'll figure it out together.

Lauren and Mandy: Same Goal, Different Starting Line

Lauren and Mandy are composites of the women I coach every day. You might see yourself in one of them, or a little in both.

Lauren works out six days a week and tracks every bite. She's been eating around 1,300 calories for two years. She's bloated every afternoon, wakes up at 3am, and her body feels soft no matter how hard she trains. Her scorecard: **17.**

Mandy hasn't been to a gym in two years and feels like she doesn't belong there. She lives on coffee and the kids' leftovers, hasn't had a regular bathroom day in months, and avoids every family photo. Her scorecard: **14.**

If you handed them the same meal plan from the internet, Lauren would cut even lower and get more stuck. Mandy would quit by Thursday. Instead, they both started at Phase 1, each with a plan built for her own terrain.

	Lauren	Mandy
Month 1: Calm & Restore	Ate breakfast for the first time in years, cut back on punishing classes, slept through the night by week three	Three real meals a day, water and fiber, walks with the kids after dinner, regular bathroom days by week two
Months 2 and 3: Metabolic Priming	Brought her food up slowly, switched to heavy lifting, got stronger every week	Started lifting at home, then walked into a gym for the first time in two years
Months 4 and 5: Fat Loss	Finally saw inches come off her waist, down a pant size, and the bloat was gone	Down two pant sizes and noticeably more defined in her arms and legs
Month 6: Maintenance	Ate at Mardi Gras parades and a family crawfish boil without starting over Monday	Took photos with her girls at a birthday party and actually loved them

Same method, different starting lines, and both women ended up exactly where they wanted to be: **less bloated, sleeping well, stronger, smaller, and confident in their own skin.**

Three Swaps to Start This Week

You don't need to overhaul your whole life by Monday. Start with these three. They're Phase 1 basics that most women feel in their stomach, their bathroom habits, and their sleep within a few days.

Swap 1: Coffee first → protein first

Instead of coffee on an empty stomach, eat a savory breakfast with protein within an hour of waking. Then have your coffee.

Try: eggs scrambled with leftover chicken or andouille and a side of fruit, Greek yogurt with berries and a scoop of protein, or a protein bar and a boiled egg on a crazy morning.

Why it helps: steadier energy and mood, fewer afternoon cravings, and no 3pm crash.

Swap 2: Rushed bites → sit-down meals

Sit down for your meals, put the phone away, and slow down. Add a cooked veggie at lunch and dinner, and keep a water bottle with you all day.

Why it helps: your gut digests best when you're calm. Slower meals, more fiber, and more water mean less bloating and more regular bathroom trips.

Swap 3: Wine and scrolling → a real wind-down

Finish dinner two to three hours before bed. Swap the nightly glass of wine and scrolling for a warm shower, dim lights, and magnesium glycinate.

Why it helps: deeper sleep, fewer 2am wake-ups, and a calmer mood the next day.

- [ ] Swap 1 every morning this week
- [ ] Swap 2 at lunch and dinner
- [ ] Swap 3 at least five nights

Try them for a week, then DM me "SWAP" and tell me what changed. I read every one.

Want Someone to Put Your Pieces Together?

Those three swaps will help. But they won't tell you which phase you're really in, what your labs are hiding, or why your body is holding on. That's the part you can't Google, and it's exactly what my team and I do.

On a free call, we'll go over your scorecard together, and you'll walk away with:

1. **Your starting phase,** based on your terrain, not a guess
2. **The one or two things holding you back the most** right now
3. **A clear picture of what working together looks like,** so you can decide if it's the right fit

Inside Arnold Nutrition Coaching, you get a coach who looks at your sleep, stress, gut, hormones, food, and training together. When you need it, you get functional lab testing, including gut testing, advanced hormone and cortisol testing, genetics, and nutrient testing, so we stop guessing and know exactly what your body needs. You also get a nutrition plan that works for your family's table, strength training whether you're a gym regular or just starting, and a team of dietitians and coaches walking you through all five phases.

No pressure and no hard sell. Just an honest look at what's going on and where to start.

Book your free call →

You've put everybody else first for a long time. It's your turn.

With love + Louisiana seasoning,

Kylee

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