

DAY ONE

The No-BS Fat Loss Starter Pack



Keith O'Beirne · irishpeptides.ie

A step-by-step reference for starting your fat-loss journey — budget shopping, gym basics, tracking, and the mindset to actually stick with it.

01 — Sort Your Shopping First

You can't out-train a bad trolley. Start here, not at the gym.

- Aldi or Lidl for the basics — same quality, a fraction of the price
- Buy: chicken breast, eggs, oats, rice, frozen veg, tinned beans, Greek yoghurt, mince
- Frozen veg is not a downgrade — same nutrients, no waste, cheaper
- Own-brand protein, own-brand everything — the branded version isn't doing anything extra
- Shop with a rough list, not on autopilot — impulse aisle is where the budget dies

Want vetted picks instead of guessing on brands?

Suppliers I actually use and recommend, nutrition included.

[See trusted partners & tools →](#)

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02 — Get Something That Tracks Your Steps

You already have this. Use it.

- A smartwatch is handy but not required — your phone counts steps by default
- Free apps (Google Fit, Apple Health) do the exact same job as a €300 watch
- The point isn't the gadget — it's seeing the number so you can actually manage it
- Check it once a day, same time, so it becomes a habit not a chore

03 Hit 10k Steps Without Overthinking It

This is the free lever most people ignore.

- Park at the far end of the car park, every time
- Take phone calls walking instead of sitting
- One flight of stairs instead of the lift, always
- Walk while the kettle boils, while on hold, while half-listening to a meeting
- Short on time? Two 10-minute walks count the same as one 20-minute one

04 The Gym Part: Why It Actually Changes How You Look

Going to the gym isn't required to lose weight — walking and eating right will do that. But if you want to actually look different at the end, not just lighter, this is why the gym matters.

KEY TAKEAWAYS

*Weight loss on its own just makes a smaller version of you. Training while you're in a deficit tells your body to hold onto muscle while it burns fat — that's called **recomposition**. The scale might barely move some weeks and you'll still look completely different.*

- You don't need a complicated programme — a simple, structured split beats a random one
- Consistency with a basic plan beats intensity with no plan every time

TODAY'S ACTION

Grab the free 3-Day Gym Split PDF at irishpeptides.ie/free-tools — full body, beginner-friendly, no guesswork. Download it before your next session.

05 **What To Actually Do In The Gym As A Total Beginner**

Everyone who looks confident in there started exactly where you are.

- Nobody is watching you — everyone's too busy worrying about their own set
- Pick machines over free weights for your first few weeks — form is more forgiving
- Watch one short form video per exercise before you try it, not five
- Small weight increases each week, not big jumps that wreck your form
- You need zero fitness to walk in on day one — that's the whole point of day one

06 **Get A Training Partner If You Can**

Two people chasing the same goal is a genuine cheat code.

- Someone to text "you going today?" beats relying on willpower alone
- You show up on the days you'd otherwise talk yourself out of it
- Doesn't need to be a gym buddy — a mate doing their own version of this works too
- Compare notes, not bodies — you're both just trying to be consistent

07 **Track Your Food With MyFitnessPal**

You can't manage what you can't see.

- Free app, barcode scanner, does the maths for you
- Week one: log your normal day without changing anything — just see it
- Protein first when you log a meal, everything else fits around it
- As a simple starting point, aim for roughly 1.6g of protein per kg of your bodyweight per day, or about 30g per meal
- The weekly average matters more than any single day

08 How To Read A Food Label

Ignore 90% of the label. Focus on this:

- **High protein = 10g protein per 100 calories** — that is your benchmark. Not per 100g, per 100 calories
- **Calories per serving** — check the serving size isn't tiny to make the number look good
- **Sugar** — the closer to the top of the ingredients list, the more it's actually in there
- Ignore "low fat," "natural," and marketing badges on the front — the back tells the truth

09 Best Beginner Food Choices

Keep a rotating list of easy wins so you're never stuck.

- **Protein:** chicken breast, eggs, Greek yoghurt, tinned tuna, mince
- **Carbs:** oats, rice, potatoes, wholemeal bread
- **Veg:** frozen mixed veg, broccoli, spinach — bulk with zero effort
- I eat the same breakfast most days — eggs and oats. Boring works.

10 The Psychology Of Sticking With It

This is the part that actually determines whether any of the above works.

KEY TAKEAWAYS

*Motivation is a feeling — it comes and goes. Discipline gets you through the first few weeks. But what actually lasts is a **habit** — something you do without deciding each time, like brushing your teeth.*

- Attach new habits to ones you already have (walk after your coffee, log food before you eat)
- Track streaks, not perfection — one missed day doesn't break a streak, quitting does
- Make the first step tiny — "put on gym clothes" is easier to start than "go train"

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What To Do If You Go Off Track

This will happen. It's not a failure point.

- One bad meal, one skipped session — it changes nothing on its own
- Don't try to "make up for it" with an extreme fix the next day
- Next meal, next workout, next walk — that's the reset

TODAY'S ACTION

Follow @irishpeptides.ie on TikTok for a new fat-loss basics post every morning — one small habit at a time, not another 6-month programme to abandon.

Done with the basics? Ready for the next level?

Training progression, lean bulking, and where research compounds actually fit.

[Get the Year Two Advanced Guide →](#)

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