



GOODBYE, FATTY!

A personal guide to feeling good in yourself.

Facts, not fiction. Small steps. Repeatable forever.

MOVING
FOOD

Andreas Scholl

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PART 1

Reset^M

STOP THE BLEED.
REMOVE GUILT.
INSTALL THE BASICS.

A NOTE BEFORE WE START

Most fat-loss advice is technically correct — and emotionally useless. You already know the rules.

Eat less. Move more. Sleep. Drink water. Be consistent.

And yet... for years (*for decades, in my case*) nothing sticks. So this book isn't trying to educate you.

It's trying to unhook you — from guilt, from perfection, and from the loop that keeps you starting over.

This is not a diet. It's a practice. A way back into your body. We'll use three levers — Mind, Food, Body — and we'll keep everything small enough to repeat.

THE REAL PROBLEM: THE LOOP

Here's the loop most of us live in:

- You feel stress, boredom, loneliness, or exhaustion.
- You eat for relief.
- Relief lasts five minutes.
- Guilt lasts five hours (or five days).
- You promise to “get strict.”
- Strict collapses.
- You repeat.

*So the goal is not discipline. The goal is to **break the loop** — with something **small enough** that it doesn't trigger rebellion.*



PART 3

PLAY

**MAKE IT YOURS
FLEXIBILITY
NO FALLING OFF**

VITAMIN D: DOING (THE 7-DAY RESET)

You don't need the perfect plan. You need a start. Here is the 7-day reset — designed to break the loop and build momentum.

The Only Three Rules (Day 1–7):

1. Track everything you eat (*no judgement, just facts*).
2. Eat one anchor meal every day (*same breakfast or same main meal*).
3. Do 5 minutes of movement every day (*tiny, non-negotiable*).

Optional boosters (only if easy):

- 1 minute calm daily.
- Two bottles of water daily.
- A 10-minute walk after your main meal.

PART 4

RECIPES

**SATISFYING
EASY
SIMPLE**

GREEK YOGURT POWER BOWL



High protein • high satiety • fast to assemble
Anchor breakfast

Servings: 1 | **Time:** 5 min

Approx: ~350–500 kcal (*add-ons vary*)

Protein: 25–35 g

GREEK YOGURT POWER BOWL

Ingredients

- 250 g Greek yogurt (0% or 2%)
- 1 apple (chopped) or 150 g berries
- 1 tbsp chia seeds or ground flax
- Cinnamon, pinch of salt
- Optional: 10–15 g nuts OR 1 tsp honey

Steps

1. Add yogurt to a bowl
2. Top with fruit, chia/flax, cinnamon
3. Add optional nuts/honey if it fits your plan

Variations

- Swap apple for frozen berries (cheap + easy)
- Add cocoa powder for a 'chocolate' vibe
- Add grated cucumber + herbs for a savoury version

SIMPLE SHAKSHUKA (EGGS IN TOMATO)



Warm • comforting • cheap — great for dinner.

Servings: 2 | **Time:** 20–25 min

Per serving: ~300–450 kcal (*sides vary*)

Protein: 15–25 g

SIMPLE SHAKSHUKA (EGGS IN TOMATO)

Ingredients

- 1 onion, 1 pepper (optional)
- 1 tin chopped tomatoes
- Spices: paprika/cumin/chilli
- 4 eggs
- Salt/pepper

Steps

1. Cook onion/pepper 5 min
2. Add tomatoes + spices, simmer 5–8 min
3. Crack eggs in, cover, cook until set

Variations

- Add spinach at the end
- Add feta (measured)
- Serve with salad instead of bread

"PART OF THE SECRET OF
SUCCESS IN LIFE IS TO EAT
WHAT YOU LIKE AND LET THE
FOOD FIGHT IT OUT INSIDE."

MARK TWAIN

READY FOR THE FULL RESET?

You've seen the beginning.

The full Goodbye, Fatty! PDF gives you the complete Mind · Food · Body reset system — built to help you return, repeat, and rebuild without punishment.

Inside the full PDF:

- the complete 7-Day Reset
- Base Camp micro-movement
- simple recipes for real life
- relapse tools and trackers
- reflection pages and practical templates
- the full “A Plea for Food” conclusion

When you're ready, continue with the full version.


GET THE FULL PDF – £17
payhip.com/b/Hv8Nn



Scan to get
the full PDF.

Goodbye, Fatty!

Facts, not fiction. Small steps. Repeatable forever.



If you've ever eaten because you were stressed, bored, lonely, tired —
or just trying to feel something — you're not broken.

You're human.

Goodbye, Fatty! is not a strict diet, a punishment plan, or another way
to hate yourself into shape.

It is a calm, practical reset for people who want to feel lighter,
steadier, and more at home in themselves.

Built around three small levers:

Mind • Food • Body

Inside you'll find:

- mindset tools to break the guilt loop
- tracking without obsession — facts, not fiction
 - a 7-Day Reset to restart simply
 - Base Camp micro-movement
- simple recipes and templates for real life

Not perfect.

Repeatable.

And that's what changes everything.

MOVIN8

F O O D

calm | steady | strong