

## Fat Loss- Nutritional Program

### Week 1: Cleanse

- Limited Carb week

### Week 2: Normal

- Proteins – lean
- Veggies – any (not just carrots and celery)
- Carbs – healthy, complex
- Fats – coconut oil /EVOO/olive oil; avocados, almonds, almond butters

### Nutritional Info

1. Clear the “bad foods” from your life.
2. This is ONLY a GUIDE. Feel free to mix and match meals, HOWEVER, read labels of foods. Stick to the basic macros of each meal: PRO, VEGGIE, and CHO when allowed  
Before/after workouts ONLY
3. ONLY eat whole foods that are natural, meaning not processed (boxed)  
Low sugar foods (0-5g) – check the labels!
4. Beverages — NO:
  - Soda
  - Juice
  - Alcohol – when you drink alcohol, your liver is busy getting rid of the “poison” and cannot break down food calories or burn fat. THUS: you are left with the extra calories and NO fat loss

### TIPS:

- Cook with coconut oil (EVOO/olive oil/cooking spray for substitute)
- Proteins:
  - Lean: chicken, turkey, beef, fish (salmon, cod, mahi-mahi) eggs, pork
  - Ground turkey/beef = 96% lean or leaner
  - 1 PRO = 6 oz. (30g / serving)
- Veggies:
  - Spinach, broccoli, cauliflower, mixed green salad, kale, zucchini, green peppers, onions, avocados
  - Green (leafy) veggies are BEST
- Carbohydrate:
  - Sweet Potato, quinoa, brown rice, 100% whole grain bread
  - 1 CHO = 50g / serving
- EXTRAS:
  - Hot sauces, salsas (low sodium and low sugar—CHECK the LABELS)
  - 0-1% cottage cheese
  - Almonds (15 pieces)
  - Almond Butter

## WEEK 1—CLEANSE

### **Meal 1**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies  
½ Grape Fruit (OR 1 Kiwi / 15 blueberries)

### **(1 hr before meal 2):**

1 liter of water with 1 fresh squeezed lemon)

### **Meal 2**

Greens Shake (either use 1 scoop of Protein powder, greens powder, and water OR 1 scoop of Protein powder, spinach and water blended)

### **Meal 3**

Lean Protein: Women 4 oz., Men 6 oz. {Preferably Salmon, Cod, Tuna}(chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies  
Brown Rice (Women ½ cup, Men 1 Cup)

### **Meal 4**

½ Grape Fruit (OR 1 Kiwi / 15 blueberries)

### **{ P.M. – WORKOUT }**

### **Meal 5**

Protein Shake

### **Meal 6**

1 Egg + 4 Egg Whites (can be replaced with another Lean protein)  
1-2 servings – Veggies

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### **Meal 1**

½ Grape Fruit (OR 1 Kiwi / 15 blueberries)

### **{ A.M. – WORKOUT }**

### **Meal 2**

Protein Shake

### **Meal 3**

Lean Protein: Women 4 oz., Men 6 oz. {Preferably Salmon, Cod, Tuna} (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies  
Brown Rice (Women ½ cup, Men 1 Cup)

### **Meal 4**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies  
½ Grape Fruit (OR 1 Kiwi / 15 blueberries)

### **Meal 5**

Greens Shake (either use 1 scoop of Protein powder, greens powder, and water OR 1 scoop of Protein powder, spinach and water blended)

### **Meal 6**

4 Egg Whites (can be replaced with another Lean protein)  
1-2 servings – Veggies



## WEEK 2—Regular

### **Meal 1:**

1 scoop (25g PRO) Protein Powder mixed with water OR unsweetened almond milk  
15 Almonds  
½ Grapefruit (OR kiwi, blueberries)

**{ A.M. –WORKOUT }**

### **Meal 2**

1 Egg + 4 Egg Whites (can be replaced with another Lean protein)  
1-2 servings – Veggies  
1 serving – Carbohydrate

### **Meal 3**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies

### **Meal 4**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies

### **Meal 5**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies

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### **Meal 1:**

1 Egg + 4 Egg Whites (can be replaced with another Lean protein)  
1-2 servings – Veggies  
1 serving – Carbohydrate

### **Meal 2**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies

### **Meal 3**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies

### **Meal 4**

1 scoop (25g PRO) Protein Powder mixed with water OR unsweetened almond milk  
15 Almonds  
½ Grapefruit (OR kiwi, blueberries)

**{ P.M. – WORKOUT }**

### **Meal 5**

Lean Protein: Women 4 oz., Men 6 oz. (chicken, beef, pork, fish, eggs, turkey)  
1-2 servings – Veggies  
1 serving – Carbohydrate

