



Meal Guide

Burn Fat, Lose Weight, Tone and Define



Disclaimer

We are not nutritionist or doctors and this information is not meant to be given as medical advice. This guide provides you with my success strategies and resources and I encourage you to do further research to see if they'll work for you too. Before starting any diet or exercise, you should consult with your physician to rule out any health issues that could arise.

This guide is not intended to be a substitute for professional medical advice. Users should seek their own professional counsel for any medical condition or before starting or altering any exercise or diet plan. It is your responsibility to know your health and nutritional needs.

You should independently calculate nutritional information on your own and not rely on my data only. This guide is not intended to cure, prevent, diagnose or treat any disease. I am not liable for adverse reactions or any outcome resulting from the use of this guide.

Results are not guaranteed. The opinions expressed by me in this guide are published for informational purposes only.

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MACROS

MACROS: Macros, short for macronutrients, are the fat, protein, and carbs that make up food and help you create energy. You can find them listed on nutrition labels. When you count macros and adjust their ratios, you can use them to achieve health goals like losing weight. When you count macros and adjust their ratios, you can use them to achieve health goals like losing weight, maintaining your current weight, or achieving weight gain.

In order to effectively calculate your macros you will need to track your food by making a record of everything you eat and drink. This may sound time consuming and tedious, but it will help you lose weight. Tracking your food consumption is beneficial because you are able to monitor your macros, track your progress, and it allows you to make adjustments as needed. I used the My Fitness Pal App to track my food. My Fitness Pal is an app that you can download on your phone. It is cheap and easy to use.

To lose weight you will need to be in a calorie deficit. To maintain your current weight you will need to find your maintenance calorie amount, and to achieve weight gain you will need to be in a caloric surplus.

TIPS AND TACTICS

HEALTHY EATING

- 1 Eat plenty of high-quality protein, fiber, and unsaturated fats.
- 2 Limit saturated fat, added sugar, refined carbs, and processed foods
- 3 Always grocery shop with a set list
- 4 Don't grocery shop when you are hungry
- 5 Increase your protein intake
- 6 Drink at least half your bodyweight in water every day

TIPS AND TACTICS

HEALTHY EATING

LIMIT YOUR CONSUMPTION OF ALCOHOL

Alcohol is a high calorie drink and a toxin to the body-calorie wise, it yields 7 calories per gram of alcohol. Depending on the drink it is also high in sugar. Other than increasing empty calories in your diet and leading to weight gain, alcohol consumption has been linked to cardiovascular disease, dementia, and some cancers.

DON'T GIVE UP ON YOURSELF

I know what you are thinking ! What can I have? She is taking all of the fun stuff away. Yes, I am...but just remember you will reach your goals faster the stricter you are. Of course a cheat meal (not day) is okay but in terms of reaching your goals I want you to stick to the plan. Once you reach your goals you will be able to enjoy all of your favorites again (in moderation of course).

14 Day Meal Plan

This plan was designed to be a sustainable plan that will help you reach your goals without leaving you feeling deprived. This Get Fit plan is designed to help you Get Fit and Stay Fit. What we eat, how much we eat and when we eat are the 3 basics to creating a sustainable meal plan. They are the building blocks to learning exactly how to successfully eat for your goals. So many people are completely overwhelmed when it comes to nutrition, so I want to make it a little easier on you. We can break it down to 3 simple equations that you can work on one at a time, to start building the habits necessary for a sustainable meal plan.

To me, nutrition should be at the top of the list if you are looking to live healthier lifestyle. This is because nutrition is much more of an equation than exercise. Nutrition has to be balanced between eating enough, but not too much. It needs to include all macronutrients, and micronutrients. You have to have your head in the game for every hour you are awake and not busy, trying to figure out when you are hungry and when you are bored.`



The biggest aspect of how much to eat, is thinking about how you feel. You eat when you're hungry, stop when you're full, and try not to just aimlessly graze on snacks and things when at the office. You want to have 3 solid meals that all include carbohydrates, fat, and protein and then fill in with snacks if you find yourself needing more. Most people tend to eat too little protein and much “empty” carbohydrates like bread and crackers. Focus on filling half your plate with vegetables, 1/4 protein, 1/6 fat and 1/6 carbohydrates. This is the best way to start out, keeping it simple and focusing on size. If you want to lose weight, you need to be in a caloric deficit (meaning you burn more than you eat a day). Remember calories in vs. calories out. I have designed this plan to put you in a deficit but I highly recommend using the my fitness pal app to track to ensure you are in a deficit and to adjust the portions accordingly.

I designed this plan as a healthy meal plan, that doesn't make you feel stuck or deprived. You should have the freedom to eat the foods you want and not feel like you are going to go off the rails. I have it all outlined for you in this plan.

***All Meals and Snacks can be shuffled around/substituted according to preference.**

Day 1:

Breakfast:

1 low-fat plain Greek yogurt (6oz)
¾ cup blueberries
12 almonds *or* 2 tablespoons
of ground flaxseed meal
Coffee with milk and a sugar substitute

Lunch:

1 piece of grilled chicken (4oz)
1 whole grain wrap (*substitute corn
as a gluten-free option*)
Fill with onions, peppers, spinach,
and ⅓ avocado
1¼ cup of strawberries on the side

Snack:

1 small apple with 1 tablespoon all
natural nut butter (*peanut, almond,
cashew, sunflower seed*)

Dinner:

1 grilled *turkey burger (4oz)
1 medium baked sweet potato
topped with cinnamon
1 cup spinach (*sautéed with garlic
and 1 teaspoon olive oil*)
Side salad with 1 tablespoon dressing
* *Made with 99% lean ground white meat*

Day 2:

Breakfast:

3 egg whites and 1 whole egg,
scrambled
2 slices of whole grain bread
(*100% whole wheat, rye, oat
or gluten-free bread*)
½ cup cooked spinach
¼ cup low-fat shredded cheese

Lunch: **Quinoa Bowl**

Skinless roasted chicken, diced (3oz)
1 cup cooked quinoa
1 cup chopped tomatoes
and carrots
⅓ avocado *or* 6 olives, diced

Snack:

1 *Kind® bar or any low calorie/low carb protein bar of choice
* *Avoid bars with coconut or yogurt*

Dinner:

Shrimp (4oz)
Sauté with garlic, olive oil, and lemon
1 cup spaghetti squash *or* zucchini
½ cup herb roasted potatoes

Substitute according to preference and/or macros.

Day 3:

Breakfast:

1 whole grain English muffin
1 tablespoon peanut butter
¾ cup blueberries
2 slices low-sodium turkey

Lunch: *Tuna Salad*

1 can of tuna in water, drained
1 whole grain wrap
Mix with spinach, cucumber,
carrots, ½ cup beans (*if using
canned, make sure to rinse*)
Dress with 1 teaspoon olive oil,
vinegar, and lemon (*fresh garlic
and hot pepper optional*)

Snack:

20 baby carrots with 2 tablespoons
hummus *or* 2 tablespoons guacamole

Dinner: *Chicken and Vegetable*

Stir-Fry

1 cup brown rice
1 piece of grilled chicken (4oz)
1 cup broccoli
1 cup bell peppers
1 tablespoon olive oil

Day 4:

Breakfast:

½ cup oatmeal
(*cooked in water*)
½ cup cup canned *or* frozen peaches
(*unsweetened*)
2 hard-boiled egg whites

Lunch: *Salad*

1 - 2 cups mixed greens *or* spinach
Add chicken, broccoli and peppers
(*use leftovers from Day 3's dinner*)
1 small piece of fruit

Snack:

3 cups air popped popcorn

Dinner: *Grilled Chicken Burgers with Onions and Peppers*

1 whole wheat bun
*Ground chicken (4oz)
Add onions and peppers
1 cup cauliflower mash
1 cup grilled asparagus
* *Make extra burger for next day's lunch*

Day 5:

Breakfast: Grilled Peanut Butter and Strawberry Sandwich

1 whole grain bread sandwich thin
(at least 3 grams of fiber)
1½ tablespoons all natural nut
butter (peanut, almond, cashew,
sunflower seed)
½ cup sliced strawberries
(or other berry variety)

Lunch: Chicken Burger Fiesta Salad

1 leftover chicken burger
(from Day 4's dinner)
2 cups lettuce
Add ½ cup black beans, (if using
canned, make sure to rinse)
¼ cup low-fat cheddar cheese, and
⅓ avocado
1 tablespoon *salsa
Dress with 1 tablespoon lemon
and vinegar
* Avoid salsa if you have high blood
pressure, as it can be high in sodium

Snack:

1½ cups edamame in shell
(sprinkle with sea salt)

Dinner: Egg White, Veggie Omelet

3 egg whites and 1 whole egg
Add veggies of your choice
2 slices of whole grain bread
or 1 medium baked sweet potato

Day 6:

Breakfast:

(mix together)
1 low-fat plain Greek yogurt (6oz)
½ cup low-fat cottage cheese
1 slice whole grain bread
¾ cup blueberries
2 tablespoons chopped almonds

Lunch: Lettuce Wraps

4 slices low-sodium roast turkey
or ham (wrapped in lettuce)
1 slice of cheese
2 - 4 Whole Grain Wasa® crackers
Side salad or carrots with
2 tablespoons hummus

Snack:

Small orange and 15 nuts

Dinner:

Grilled salmon or preferred fish (5oz)
Unlimited steamed broccoli
1 medium baked sweet potato
(Top with cinnamon and 1 dollop
of low-fat Greek yogurt)

Day 7:

Breakfast: *Pumpkin Quinoa Blueberry Bowl*

(mix together)

½ cup cooked *quinoa
½ cup unsweetened almond milk
¼ cup 100% pure pumpkin puree
¼ cup blueberries *(frozen or fresh)*
¼ cup chopped walnuts
or slivered almonds
1 teaspoon cinnamon, 1 teaspoon
nutmeg, and 1 teaspoon vanilla extract

** Quinoa is a low-glycemic index,
high-fiber, high-protein grain. It is a
great substitution for oatmeal and
is naturally gluten-free.*

Lunch: *Salmon Salad*

Canned, boneless, and skinless
wild salmon (6oz)
½ cup chickpeas *(if using canned, make
sure to rinse)*
½ cup chopped red onion
½ cup chopped red bell pepper
Dress with 1 tablespoons extra-virgin
olive oil and 2 tablespoons red wine
vinegar

Snack:

8 Triscuits® with bean dip spread
and chopped parsley

Dinner:

Lean beef or your choice of meat (4oz)
1 medium potato or sweet potato (6oz)
1 cup salad with 1 tablespoon of
oil-based dressing
1 cup fruit salad

Day 8:

Breakfast:

½ cup oatmeal *(cooked in water)*
½ cup blueberries
½ cup 1% milk
Coffee or tea without sugar

Lunch:

1 piece of grilled chicken (4oz)
1 cup brown rice
1 - 2 cups salad with 1 tablespoon
oil-based dressing

Snack:

½ - ¾ cup whole grain cereal
*(Cheerios®, Barbara's Bakery Cinnamon
Puffins®, or Kashi Heart to Heart® cereal)*
12 raw almonds
1 tablespoon raisins *(unsweetened)*

Dinner:

Baked fish (4oz)
¾ cup whole wheat pasta
½ cup cooked non-starchy vegetables
*(i.e. string beans, broccoli, cabbage,
spinach)*
1 cup melon

Day 9:

Breakfast:

1¼ cup plain Cheerios®
Low-fat or non-fat Greek yogurt (6oz)
¾ cup berries
12 chopped almonds
Coffee with milk and sugar substitute

Lunch: *Three Bean Salad*

(combine all ingredients)

½ cup canned cannellini beans, *(if using canned, make sure to rinse)*
½ cup canned black beans, *(if using canned, make sure to rinse)*
1 cup cooked French cut string beans *(frozen or fresh)*
¼ cup chopped onion
Dress with 1 tablespoon olive oil, red wine vinegar, and balsamic vinegar

Snack:

½ medium apple
Top with 1 thin slice of low-fat cheddar cheese (1oz)
Broil 3 minutes with ½ teaspoon chives

Dinner:

99% lean *ground turkey (4oz)
2 slices of whole rye bread
½ cup baby spinach
¼ cup chopped artichoke hearts *(kept in water, not oil)*
1 tablespoon vinaigrette dressing
** You can substitute for roast turkey but the sodium content will double. When buying deli meats, choose the low-sodium option.*

Day 10:

Breakfast:

1 whole wheat English muffin
1 tablespoon creamy peanut butter, unsalted
¾ cup blueberries

Lunch:

1 cup tossed salad mix – add any non-starchy vegetables *(i.e. string beans, broccoli, cabbage, spinach)*
Add 3 hard-boiled egg whites or grilled shrimp (4oz)
Dress with 1 tablespoon vinegar and olive oil
1 slice of whole grain bread *(rye, whole wheat, or another variety)*
½ cup fresh cantaloupe

Snack:

1 small 16oz non-fat, iced cappuccino

Dinner:

⅔ cup cooked quinoa
Roast pork tenderloin or grilled London broil with mushrooms and onions (4oz)
¾ cup sliced, cooked carrots
1 cup strawberries on the side

Day 11:

Breakfast:

(mix together)

1 low-fat plain Greek yogurt (6oz)

½ cup low-fat cottage cheese

1 whole grain waffle

¾ cup blueberries

2 tablespoons chopped almonds

Lunch:

1 cup low-sodium lentil soup

Side salad with 1 tablespoon
vinaigrette dressing

Snack:

2 brown rice cakes

2 tablespoons hummus

Dinner: *Fish Tacos*

Grilled fish (4oz)

1 whole corn soft small tortilla wrap

Chopped tomatoes, peppers, onions,
and scallions (*stir fried with 1 tablespoon
olive oil*)

¼ cup shredded low-fat cheese

or ⅓ avocado

Day 12:

Breakfast:

1 medium banana

1 tablespoon nut butter (*almond,
cashew, sunflower seed, peanut*)

1 hard-boiled egg

Lunch:

2 slices of whole grain bread

(rye, whole wheat or another variety)

Low-sodium turkey or ham (4oz)

Lettuce, tomato, peppers or onions

Snack:

½ cup low-fat cottage cheese

¾ cup raspberries

5 chopped almonds

Dinner:

Baked chicken (4oz) (*without skin*)

1 cup brussel sprouts

¾ cup diced sweet potato

Roast vegetables in garlic,
black pepper, and 2 teaspoons olive oil

Day 13:

Breakfast: Healthy French Toast

(dip bread into batter, then cook in pan)

2 slices of whole grain bread

Mix 1 egg, ¼ cup unsweetened almond or soy milk, 1 teaspoon vanilla, 1 teaspoon cinnamon

Lunch: Quinoa and Veggie Bowl

½ cup cooked quinoa

½ cup diced broccoli and tomatoes

¼ cup black beans, *(if using canned, make sure to rinse)*

1 teaspoon lemon juice

2 teaspoons olive oil

1 cup apple slices on the side

Snack:

1 low-fat plain Greek yogurt (6oz) or low-fat cottage cheese

½ cup Kashi 7 Whole Grain

Flakes® cereal

1 teaspoon cinnamon

Dinner: Pan-Seared Salmon over Kale Salad

1 piece of salmon, pan seared (4oz)

2 cups kale

1/2 cup chick peas, *(if using canned, make sure to rinse)*

1 tablespoon lemon juice

1 tablespoon olive oil

Salt and pepper, to taste

(Whisk together lemon juice, olive oil, salt and pepper. Add kale, toss to coat and top with pan seared salmon.)

Day 14:

Breakfast: Egg White Omelet with Peppers, Onions, Mushrooms

3 egg whites

1 - 2 slices whole grain bread

Peppers, onions, mushrooms

1 tablespoon shredded low-fat cheese

Lunch: Roast Turkey Wrap

Low-sodium turkey (4oz)

1 whole grain wrap

Chopped lettuce, tomato, cucumber, and peppers

1 tablespoon mustard

Side salad with 1 tablespoon

vinaigrette dressing

1 small pear

Snack:

1 frozen whole grain waffle

1 Cup plain Greek non-fat yogurt (6 oz)

5 sliced strawberries or 2 tablespoons blueberries, blackberries or raspberries

Dinner: Spaghetti Squash with Grilled Chicken

1 piece of grilled chicken (4 oz)

1 cup spaghetti squash

½ cup of corn

Sauté with garlic, olive oil, and lemon

Other Meal Options

Breakfast

Pick 1	
Breakfast Burrito	1 low carb tortilla, 2 eggs, 2 strips of turkey bacon or 3 oz ground lean sausage, lean ground beef, or veggies of choice and salsa (350 to 400 calories)
Protein Shake	1 scoop of protein powder, 8oz unsweetened almond milk, 1/2 cup of berries, may add 1tbsp almond butter if desired (250-350 calories) Okay to use frozen fruits. Feel free to add any green veggie of choice but this is optional.
Overnight Oats	½ cup of rolled oats, ½ cup unsweetened almond milk, ½ scoop of protein powder (mix with almond milk before adding), 1tbsp almond butter, 1 tsp chia seeds (optional), 1 packet of Stevia (optional)...mix all ingredients in a small container or mason jar and leave in the fridge overnight. Eat in the morning with side of fruit such as ½ cup of strawberries or ½ cup blueberries (350-400 calories)
Eggs, Bacon, and Spinach Omlette or Scramble	2 or 3 eggs, 1 cup of spinach (measure uncooked), 2 slices of turkey bacon. Cook Bacon and add it to the Omlette or on top of your scrambled Eggs. Cook the spinach in the eggs. I like to season my eggs and spinach with salt, pepper, and garlic powder.
Almond Butter Toast with Fruit	2 slices Ezekial Bread, 1½ tbsp almond butter, 1 cup strawberries or blueberries (350-400 calories)
Toast, Eggs, and Avocado	2 slices Ezekial bread, 2 eggs, ½ avocado, Optional: Top with Nothing But the Bagel Seasoning or Salsa or Red Chili Pepper Flakes to preference (350-400 calories)
Protein Pancakes	Kodiak pancake mix ¾ cup, use unsweetened almond milk for the liquid of the mix, top with ½ cup berries and 2 tbsp almond butter (300-350 calories) Can use a small amount of honey or sugar free syrup instead of the almond butter (Optional)

Lunch

Lean Meat Veggie Bowl:	4oz. ground turkey or lean meat of choice, 1/3 cup of rice, with 1 cup total of sauteed onions, zucchini, and yellow squash (350-400 calories)
Southwest bowl:	4oz. Chicken breast, 1/3 cup of jasmine or brown rice, 1/4 cup of corn, 1/4 Cup black beans, lettuce, and tomato topped with salsa and lime (350-400 calories)
Pita pocket or Tortilla Wrap:	Tuna or shredded chicken breast combines with 2 tbsp mayo. Stuff into pita or wrap with low carb tortilla and add onion, lettuce, and tomato as you wish (300-350 calories)
Lean Meat Salad	4 oz. lean meat of choice, 1 cup of romaine or spring mix, add veggies of choice, top with low calorie/low fat salad dressing (300-350)
Chicken or Shrimp Tacos	4oz. Chicken or shrimp, 2 small taco shells, 1/2 avocado, lettuce, and salsa. (400-450 calories)
Bunless Burger	lean ground beef burger, vegan burger, turkey burger over a bed of lettuce and tomato. 3/4 cup of sweet potato fries bought or homemade (350-400 calories)
You Choose	<p><u>You choose: Protein, Veggie, & Carb:</u></p> <ul style="list-style-type: none"> - 4oz. protein (chicken breast, lean fish, lean beef, ground turkey, or ground chicken) - 1 cup of veggie (measure uncooked) - 1/2 cup any carb (quinoa, brown or jasmine rice, sweet potato, any potato, 2 small tortillas (350-500 calories depending on what you choose)

Dinner

Stir Fry	4 oz ground turkey (or lean meat of choice from shopping list) 1 cup zucchini (or veggie of choice from shopping list), 1/2 cup of jasmine rice (can substitute for sweet potatoes or brown rice) Brown turkey, stir fry zucchini in 1/2 tbsp. of olive oil. Serve over rice. (400-450)
Protein Pasta	3oz Barilla brand protein pasta, 1/2 cup Rao spaghetti sauce, 4oz lean ground beef/ground turkey. Add veggies such a spinach, zucchini, and mushrooms (425-475 calories)
Zoodle Bowl	1 cup zoodles, store bought or homemade, sauteed in pan until cooked. Can add sauteed mushrooms and tomato. Top with 4 oz of shrimp or salmon. Squeeze fresh lemon over top (350-400 calories)
Fish Tacos	4oz. shrimp, white fish, or salmon, 2 small tacos, 1/2 avocado, veggies of choice, and salsa. (400-450 calories) ***do not include avocado if you've already eaten 1/2 of an avocado earlier this day in one of your other meals, may sub fish for meat
Turkey Sausage, Pepper and Onion Skillet	4 oz turkey sausage links, cut into 1-inch slices 1 1/2 cups 2 medium red, yellow or orange bell peppers, cut into strips (about 2 cups) 2 Tsp finely chopped garlic 1/4 onion, 1 tsp Italian seasoning, 1/4 cup tomato sauce. Serve over 1/2 cup rice (400-450 Calories)
Fish Special	Cook 4 oz tilapia, cod, or wild salmon in grill pan and serve with unlimited zucchini, asparagus, or tomatoes cooked in low-sodium vegetable broth; drizzle with 1 TBSP olive oil and serve with 1/2 cup brown rice, plus salsa (optional). (350-400 Calories)
You Choose	<u>You choose: Protein, Veggie, & Carb:</u> - 4oz. protein (chicken breast, lean fish, lean beef, ground turkey, or ground chicken -1 cup of veggie (measure uncooked) -1/2 cup carb (quinoa, brown or jasmine rice, sweet potato, or 2 small tortillas (350-500 calories depending on what you choose)

Low Carb Snack Options

You can substitute any of the snacks on the plan for one of these snacks but you will need to recalculate your macros. I wanted to provide you with this so that you have options for low carb snacks when you need something !

- Sun Flower Seeds (¼ cup) flavored or unflavored
- Quest Chips (1 bag)
- Breyers Carb Smart Fudge Bar (1 Bar) these are amazing and very low in fat and carbs. Only 3 Net Carbs per Bar
- Coke Zero (1 Can) Cherry or Regular
- Steamed Edamame (1-2 Cups) season with Pink Himalayan salt
- Iced Coffee with Protein shake (Add the protein drink to your iced coffee for a great low carb snack or refreshment) can use Premier Protein for this snack. Caramel flavor is my favorite!
- Protein Shake
- Low Carb Tortilla or Wrap
- String Cheese (1) Low Fat Preferred
- Tuna (1 Pack or Can) flavored or unflavored
- Turkey Deli Meat (4-5 slices) I like to roll up string cheese in the deli meat and add mustard for taste. Wrap with lettuce for a great tasting wrap.
- Pickles (1-2)
- Green Olives (8-10 small olives)
- Raspberries (1/2 cup) can add half a cup of Greek yogurt and sweeten with Stevia
- Greek Yogurt (1 cup) can sweeten with Stevia
- Russell Stover Sugar Free Candy (1-2 Pieces)