



1800cal SIMPLE Meal Plan

*Meal Plan Breakdown - approx. 1200 calorie Meal Plan
(below are sample meals / items that can be changed out
from the Approved Subs list)*

1. *Meal 1* - 1 egg & 5 egg whites, (155 cal protein)
½ cup of cooked oats, (150 cal starch carbs), ½ cup
of berries (40 cal fruit)
2. *Meal 2* - 1 ½ scoops of protein (180 cal protein)
mixed in water or unsweetened almond or cashew
milk (8oz), small apple or small orange (60 cal fruit)
3. *Meal 3* - 2 cups of greens 1 tbsp each of olive oil
(110 cal healthy fat) & tbsp of vinegar or Newman's
Own Italian), 4 oz of sweet potato, (100 cal starch
carb) 5 oz of turkey (190 cal protein)
4. *Meal 4* - 4 oz of tuna (120 cal protein) 7 celery
sticks, (15 cal complex carb) 1 tbsp of natural peanut
butter (110 cal healthy fat)
5. *Meal 5* - 6 oz of lean steak (255 cal protein) 1 ½
cup of green beans (60 cal comp carbs) 1 cup of
green salad (10 cal complex carb) 1 tbsp each of
olive oil (120 cal healthy fat) & tbsp of vinegar or
Newman's Own), ½ cup of brown rice (125 cal
starch carb)
6. *Post-workout Meal* - 1 ½ scoops of protein (180 cal
protein) mixed in water or unsweetened almond or
cashew milk, small apple (60 cal fruit)

Simple Meal Plan Rules & Approved Subs

Meal Programming Ground Rules:

The goal is to get your body into and remain in fat burning. Imagine your body like a chemistry set.

- Drink 100 oz of water/day (Increasing the best you can. If you drink 3 bottles/day increase to 4 and so on).
- This Program goal is to get you eating every 3 to 3.5 hrs. while awake
- So, calculate the number of your meals from when you get up until go to sleep, likely between 5-7 times
- Minimum amount of meals is 5/day.
- Attempt to eat 1st meal is within 30 minutes of waking up, to ramp up metabolism.
- A meal is a Snack and a Snack is a Meal. They are interchangeable. It's about eating approximately every 3 hrs.
- Eat a protein/and or fat without a carb. But, eat a carb with protein. This will help stabilize blood sugar.
- Your first goal is to take given Macro-Nutrient totals and evenly distribute throughout the day's meals. ie 20 grams protein per meal for 5 meals gets you 100 grams of protein (Macronutrients are Proteins, Carbs and Fats)
- Greens can be added at anytime and unlimited (breakfast, lunch, dinner, snacks).
- Black coffee is acceptable - sweetened w/ stevia, splenda, sweet n low and up to 2 tbsp of half n half (skim milk & non-dairy creamers not optimal they are HIGH IN SUGAR - can use UNSWEETENED ALMOND or CASHEW MILK.

Approved Proteins

lean steak, hamburger, turkey breast, or 97% lean ground turkey, chicken, any fish, tuna.

Approved Fats

¼ of an avocado, olive or coconut oil, Ghee, Butter goat or feta Cheese But NO "COW dairy".

You can add Mayo but all added condiment fats to be 35 grams for the day.

Approved Snacks

Turkey pepperoni or sausages – plain Part skim cheese stick (1 SERVING according to package)

Approved Condiments

mustard, olive oil, salt & pepper,
1 Tbsp of salsa,
vinegar,
lemon

???Yes - Coffee with splenda and ONE tbsp of cream ONLY!!!!, unsweet tea with splenda lemon, water, lemon or cucumber water enjoy anytime

???Yes - Quest Bars, Power Crunch, Think Thin approved now but only 1/day and consider it a protein plus carb