

MEAL PLAN A

A new journey to a healthier, happier, leaner YOU!

How to use this menu plan: You will see food choices for breakfast, lunch, dinner and snacks. We recommend choosing one of the options listed and eating when you are hungry. We encourage feeding every 3 hours (small meals 250-350 calories).

What is an AT or Any Time meal? AT Meals you can eat anytime of the day. You may see these on the recipe booklet labeled "AT". They have less than 25% carbohydrates (approximately 25 grams of carbs) per meal. If you are trying to lose weight, AT meals are going to be your friend.

What are PW meals and how often should I eat them? Post Workout meals or PW meals are meant to be consumed within two hours after your workout. These meals contain more than 25% carbohydrates (approximately 25grams or more carbs). If you are losing weight and feeling great while eating post workout meals in your plan, then by all means, stay the course until you start to plateau. A plateau is when you don't lose any weight for two weeks. Then you can cut down the amount of post workout meals you are consuming and see if your weight/body fat drops. If you are never eating Post Workout meals and you are plateauing then you probably want to add a few into your week during heavy workout days. Your body needs energy to burn fat, and nutrient timing is the key to consuming carbohydrates.

General caloric guidelines: In general, if you want to lose body fat, the appropriate daily caloric range should be 10-12 times your body weight in calories per day. If you weight 150 pounds, that would be 1,500-1,800 calories per day. Break this amount of calories into small meals (as seen below), and eat every 3 hours. If you don't track your calories, you will not know what range you are actually in. Dipping below 10x your body weight will put your body into starvation mode and it will be very difficult for your body to release excess weight. Adding calories from lean protein and veggies and healthy fats will boost your metabolism and turn your body into a fat burning machine.

Should I meal track? YES!!! Get out a pen and paper or record on your computer what you eat every single day. Put the amount of food and time of day you ate it. This is a great place to record your workouts too. Knowledge is power, and when you meal track, this is your true information. Don't fudge, don't lie and don't leave things off. Be honest with yourself and commit to meal tracking for the duration of the program. You will be shocked by the results. Research shows that people who meal track lose an average of 5 extra pounds per month. Start writing!

WATER!!! Please remember, in order to lose weight, your body must be well hydrated. Schedule and measure your water if you have a hard time consuming adequate amounts. Each day you should be drinking a minimum of ½ of your current body weight in ounces. Do the math and start guzzling! ;)

Specific Questions: e-mail info@leangoddess.com

General Weight Loss Menu (A)

Breakfast (choose one)

- ~ 4 egg whites (1/4 cup), 1 egg, spinach and salsa, ½ avocado, ½ cup instant steel cut oatmeal w/ cinnamon
- ~ 3/4 cup low-fat cottage cheese with 1/2 cup berries, 1 tbsp. almond butter on 1 slice Ezekiel Bread
- ~ 3 oz. smoked salmon, sliced cucumbers and tomatoes, 1 slice of Ezekiel bread, green tea
- ~ Protein pancake or waffle: mix ½ cup egg white with ½ cup oats (not steel cut) and cinnamon and put into pan. Top with 2tbsp of sugar free syrup. (You can also add 1 scoop of vanilla protein powder to the mix for extra protein.)
- ~ Any small serving of the **AnyTime Recipes** provided

Lunch (choose one)

- ~ 4 oz. lean turkey, 1 cup green beans, ½ cup cherry tomatoes, ½ cup cucumber, ½ cup cooked yam. Dressing: Dijon mustard, 1 tsp flax oil and vinegar, pepper
- ~ 4 oz. broiled or sautéed white fish, 5oz. steamed vegetables, 2 cups of kale or spinach, ½ tbsp. olive oil
- ~ 4 oz. tuna, large mixed green salad with 2 tsp olive oil and lemon juice, chopped yellow and sweet red pepper
- ~ 4 oz. chicken salad made with sugar-free mayonnaise, wrapped in lettuce: ½ cup raw carrots, ½ cup cucumbers, 4oz. onion and ½ avocado (mix together and add to wraps)
- ~ Any small serving of the **AnyTime Recipes** provided

Dinner (choose one)

- ~ 4 oz. eye round steak, 1 cup steamed broccoli, ½ avocado
- ~ 4 oz. chicken breast cooked in herbs, ¼ cup quinoa, ½ cup bell pepper sautéed in garlic, 1 cup steamed broccoli
- ~ 1 turkey patty, ¼ cup chopped onion, ½ cup chopped zucchini, 1 baby red potato
- ~ Salmon burger patty (Costco), ¼ cup garbanzo beans, sautéed leeks and mushrooms in low sodium soy sauce.
- ~ Any small serving of the **AnyTime Recipes** provided

Snacks —should be consumed mid-morning (after breakfast and before lunch) and mid-afternoon (after lunch and before dinner). If you are truly not hungry, do not force yourself to eat. If you are not hungry during these feeding opportunities, have warm water with cayenne pepper, fresh ginger, lemon and honey to boost appetite.

~ Protein Shake, 1 scoop lower carb protein powder (7g of carbs or less & 100-130 calories per serving), ½ cup water, ½ cup unsweetened almond milk, ½ cup berries. **(You can do two shakes per day for your snacks, but do not exceed two.)**

~ Turkey and Cheese Roll-Ups- 3oz. deli turkey rolled up with 2oz. mozzarella cheese.

~ 1 cup low-fat cottage cheese or ricotta cheese with ½ cup fruit and 2tb flax seed meal/ or 1 tbsp. almond butter (try microwaving the berries to get juice and blend into ricotta cheese)

~ 4-ounce plain Greek yogurt with berries and 1tbsp peanut or almond butter

~3-4 hard-boiled egg whites, mustard, sugar free mayo w/ salt and pepper, 1 cup veggies

~ Any small serving of the **AnyTime Recipes** provided

What to AVOID:

Alcohol

Sugar (sucrose, fructose, high fructose corn syrup, maple syrup)

Soft drinks (including diet soda)

Processed meats

Hydrogenated oils

Vegetable oil

Processed foods

Lean Protein Choices *Hormone-Free, Free-Range/Wild-Caught, Organic if possible*

Chicken Breast	Eggs	Salmon	Bison
Turkey 99% fat free	Egg White	Sardines	Protein Powder (try to keep it lower carb 13g or less carbs)
Lean Ground Beef (97% fat free)	White Fish	Shrimp	

Vegetables

Spinach	Bell peppers	Zucchini	Celery
Lettuce	Onions	Cucumber	Green beans
Arugula	Snap peas	Squash	Broccoli
Avocado	Bok Choy	Swiss chard	Cauliflower
Celery	Arugula		

Healthy Fats

Almond butter	Almonds	Sesame seed oil
Cashews	Extra virgin olive oil	Avocado
Walnuts	Coconut oil	Grapeseed oil

Beans & Gluten Free Grains

Garbanzo beans	Kidney beans	Quinoa
White beans	Lima beans	Brown, wild, basmati rice
Lentils	Millet	Buckwheat

Fruits

Raspberries	Melon	Blackberries
Apples, preferably green	Pomegranates	Kiwi
Pears	Blueberries	Grapefruit
Strawberries		

*“If you focus on **results**, you will never **change**. If you focus on **change**, you will get **results**.” ~Jack Dixon*