



WOMENS NUTRITION PLAN

FAT LOSS



MEAL 1:

5 EGG WHITES

VEGETABLES (NO LIMIT)

STARCH: 3/4 CUP OR 4-6OZ



MEAL 2: POST-WORKOUT SHAKE

1 SCOOP NATURAL WHEY PROTEIN ISOLATE 1 SCOOP

HEALTHY FAT 1TBSP

1/3 CUP BERRIES OR 1/3 BANANA

1 CUP UNSWEETENED ALMOND MILK



MEAL 3:

LEAN PROTEIN 5 OZ

HEALTHY FAT 1TBSP

VEGETABLES (NO LIMIT)

STARCH: 3/4 CUP OR 4-6OZ



MEAL 4:

LEAN PROTEIN 5 OZ

HEALTHY FAT 1TBSP

VEGETABLES (NO LIMIT)

STARCH: 3/4 CUP OR 4-6OZ



MEAL 5:

LEAN PROTEIN 6OZ (WHITE FISH/EGG WHITES)

VEGETABLES 2 CUPS GREEN

HEALTHY FAT 1TBSP OR CHOOSE SALMON & VEGETABLES INSTEAD OF WHITE FISH



MEAL 6: (OPTIONAL)

CASEIN 1 SERVING (1 SCOOP)

UNSWEETENED ALMOND MILK 1/2 CUP



FOOD LIST

LEAN PROTEIN:



FREE RANGE OMEGA EGGS
EGG WHITES
CHICKEN BREAST
WILD TUNA
WILD SALMON
TILAPIA/COD/MAHI MAHI/

* AVOID DELI & PROCESSED MEATS. EGG
SERVING 1 WHOLE EGG, 4 WHITES.

HEALTHY FAT:



CHIA SEEDS
GROUND FLAXSEEDS
1/4 AVOCADO (1 OZ)
VIRGIN COCONUT OIL
VIRGIN PUMPKIN OIL
NATURAL NUT BUTTERS
EXTRA VIRGIN OLIVE OIL
NUTS/SEEDS

* KEEP OILS VIRGIN

VEGETABLES:



KALE
CABBAGE
CARROTS
SPINACH
SWISS CHARD
ASPARAGUS
BELL PEPPERS
BROCCOLI
BRUSSEL SPROUTS
MIXED GREENS
ZUCCHINI

* ALL ORGANIC WHEN POSSIBLE. AVOID
DIRTY DOZEN VEGETABLES

CARBOHYDRATES:



QUINOA
BLACK RICE/BROWN RICE
YAM/SWEET POTATO
QUICK OATS/STEEL CUT OATS
LENTILS

* AVOID ALL SIMPLE CARBS & SUGAR

SEASONINGS/SPICES & CONDIMENTS:



MUSTARD
KETCHUP (SWEETENED WITH STEVIA ONLY)
GINGER
GARLIC
DILL
CAYENNE
GROUND BLACK PEPPER
STEVIA
VANILLA EXTRACT
JALAPENO
SALSA (HOME MADE)
LEMON/LIME

* UNLIMITED SERVINGS

BEVERAGES:



WATER (DRINK THROUGHOUT THE DAY WITH
EVERY MEAL)
COFFEE (LIMIT 2 CUPS DAILY) SWEETENED WITH
STEVIA (MAY ADD UNSWEETENED ALMOND
MILK)
TEA (GREEN, BLACK, OOLONG) UNSWEETENED
OR SWEETENED WITH STEVIA

* AVOID SODA, SUGAR SWEETENED OR DIET BEVERAG-
ES, JUICES, ENERGY DRINKS, ALCOHOL.