

FAT LOSS DIET



Sample day

8am

Breakfast:

Eggs, cheese
Oatmeal
Apple

11am

Snack:

Tuna
Gluten free crackers

1pm

Lunch:

Chicken
Broccoli
Almonds
Brown Rice

4pm

Snack:

Greek Yogurt
Pineapple slices

7pm

Dinner:

Ground turkey
Whole grain tortilla
Tomatoes
Hummus

Each one of the products on the proposed recipes or sample day can be replaced by another product from the table below, which belongs to the same nutrient column e.g. in the example day Oatmeal can be replaced by any other product appearing under the Carbohydrates column, such as: Sweet Potato, Yam, Steamed brown rice etc. Or for example, if don't like fish, you would then know that fish is a protein and you can choose anything else from the protein list to replace it without changing the effect of the meal on your body. So if you like chicken better, screw fish and eat chicken ;-)

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What You Should Eat:

Proteins	Fats	Carbohydrates	Vegetables
Chicken Breast	Almonds	Sweet Potato	Broccoli
Turkey (white meat only)	Cashews	Yam	Kale
Lean ground turkey	Almond Butter	Steamed brown rice	Green Beans
Lean white fish	Hummus	Oatmeal	Squash
Albacore Tuna	Avocado or Guacamole	Gluten Free Whole Grain crackers	Tomatoes
Crab	Olive Oil	Black beans	Sprouts (all types)
Swordfish	Peanut butter (Once a week)	Whole grain wheat bread (1-2 times per week)	Cabbage
Salmon			Zucchini
Egg Whites or Egg substitutes		Whole grain tortillas (1-2 times per week)	Onions
Whey Protein Shake		Fruits (banana, apples, oranges, grapes, watermelon, Pineapples, pears, cantalope, honey dew)	Radishes
Top Sirloin (Once a week)			Pickles
Nonfat Greek Yogurt		Quinoa	Asparagus
Nonfat Cottage Cheese		Cous Cous	Spinach
Mozzarella Cheese		Egg Plant	Carrots
			Cauliflower
			Pepper (all types)
			Artichoke Heart
			Celery
			Cucumbers

Your diet is 80% of the process, so focus on having the right amount of food and your body will do the rest!