



14 Day Fat Flush Meal (Plan A)

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For the next 14 days, you are going to commit to flushing out fat, naturally 'detoxing' your body by only eating natural and nutrient-rich fruits, vegetables, protein, complex carbs and healthy fats that fuel your body with energy and leave you feeling amazing.

This is not a deprivation diet. It's a well-balanced meal plan. Often, my clients tell me that it's too much food to eat. This is usually because their bodies are not used to getting this many nutrients. Your body needs these nutrients to fire up your metabolism and burn off fat. If you find that you do still hungry after eating your suggested meals, add more vegetables to your servings or a small piece of fruit.

Tips To Enjoy Your Food And Feel More Satisfied

Chew your food well to improve digestion.

Drink 8-12 glasses of water every day. Tea is great too.

If you enjoy certain meals or snacks more than others, feel free to repeat or substitute them for others.

"Any veggie" means anything except potatoes, corn, peas, beans, squashes, parsnips and no baked beans.

Season your meals with sea salt, pepper and your favorite spices.

Use raw nuts and seeds, not roasted and or salted.

Use raw apple cider vinegar.

If rushed in the mornings prepare your days food the night before and place shake ingredients in the blender so it's ready to go.

Cook extra chicken breast ahead of time and keep in fridge.

Wash and chop vegetables ahead of time and keep in fridge.

When not making a fruit shake, the easiest way to mix protein powder and liquid is with a blender bottle.

For every gram of complex carbohydrate consumed the body holds 3 grams of water, that's why it seems like you lose weight when you stop eating carbs. Still, you need whole grain, complex carbs to have energy to get through the day and push hard during your workouts. So, eat complex carbs but avoid refined, processed carbs like cookies and pastries.

Because of the above, weigh or measure yourself the morning of the 1st and 14th day.

Use this meal plan for 2 weeks. After 14 days, plan a free meal into your program (after you weigh in). One free meal after 2 weeks will help to boost your metabolism and give your brain something to look forward to.

DAY 1

BREAKFAST

5 egg whites
1 egg
1/4 cup salsa
1 piece whole grain bread
1/2 cup of strawberries

Scramble eggs, spread salsa on toast and place eggs on top. Have strawberries on the side.

SNACK

1/2 cup low fat plain yogurt
1/4 scoop protein powder
1 tbsp raisins or half apple
1 tbsp ground flax seed

Mix yogurt and powdered ingredients together then add raisins or diced apple, or add water and blend as a shake.

LUNCH

3oz canned tuna in water
large garden salad
1 pear
1 tsp olive oil
1 tbsp apple cider vinegar

Drain tuna and place on salad, mix oil and vinegar together and drizzle over, enjoy pear on the side. Add a squeeze of fresh lemon juice to dressing if you like.

DINNER

3 oz extra lean beef
1 tbsp barbeque sauce
3/4 of your plate of any veggies cooked, raw or steamed
1 tsp flax oil

Steak with vegetables, drizzle flax oil over veggies or take from spoon.

SNACK

1 cup low fat milk
1/4 scoop protein powder
6 almonds or walnuts
1/2 cup of grapes or 1/2 apple or pear

Mix milk and protein powder in a shaker cup and have almonds and fruit on the side.

DAY 2

BREAKFAST

1/2 cup dry plain large flake oats
1 scoop protein powder
1/2 apple
1 1/2 tbsp or ground flax or 1 tsp flax oil

Mix oats and protein powder and add boiling water to desired consistency, mix in ground flax then diced apple.

SNACK

1 cup low fat milk
1/4 scoop protein powder
1 tbsp ground flax seed
1/2 cup mixed berries

Blend all ingredients for a shake.

LUNCH

2 cups diced cucumber
1 tomato diced
1/2 cup low fat goat cheese diced
1 tsp olive oil
1 tbsp apple cider vinegar
1/2 apple

Cut tomato in half and squeeze juice and seeds out. Mix diced veggies and cheese in a large bowl, mix oil and vinegar together and drizzle over the above. Enjoy apple on the side.

DINNER

3 oz chicken breast
4 cups of any vegetables
1 tsp olive oil
1 tbsp water
2 tbsp balsamic vinegar

Stir fry. Dice chicken and cook in pan with olive oil and water. Add veggies and sauté, add the balsamic vinegar at the last minute.

SNACK

1/2 cup low fat cottage cheese
1 pear
6 almonds or walnuts

Dice pear and mix with the cottage cheese. Have the almonds on the side.

DAY 3

BREAKFAST

1/2 cup low fat yogurt
1/2 cup milk
1 medium banana
1/2 scoop protein powder
1 1/2 tbsp ground flax seed

Blend all as a shake. Add water to get desired consistency.

SNACK

1/2 cup unsweetened apple sauce
6 almonds or walnuts
2 oz chicken breast
1/2 tbsp barbeque sauce

Mix together apple sauce and almonds and enjoy. Slice chicken breast and dip in barbeque sauce.

LUNCH

3 oz chicken breast or tuna
large garden salad
1/2 diced apple
1 tsp olive oil
1 tbsp apple cider vinegar
1 tbsp balsamic vinegar

Dice chicken or drain tuna and place on salad. Mix oil and vinegars together and drizzle over top. Add the diced apple or have on the side.

DINNER

4 1/2 oz extra lean ground beef
1/2 cup cooked whole wheat pasta
1/2 cup canned, chopped tomato
1/4 cup tomato puree
2 cups of any veggies chopped
season with herbs and spices and simmer

Fry ground beef in a tsp of olive oil and a bit of water if necessary, add tomato sauce, tomato puree, and vegetables and simmer. Season with herbs and spices. Combine above with pasta.

SNACK

1/2 cup low fat plain yogurt
1/4 scoop protein powder
1 tbsp raisins or half apple
1 tbsp ground flax seed

Mix yogurt and powdered ingredients together then add raisins or diced apple, or add water and blend as a shake.

DAY 4

BREAKFAST

1 slice of whole grain bread
1 tbsp natural peanut butter
1/2 - 3/4 cup of strawberries
4 egg whites
1 oz of non fat cheese
1/4 cup salsa

Enjoy peanut butter on toast with sliced strawberries on top, have the rest of the strawberries on the side. Cook eggs and cheese and have with or without salsa.

SNACK

1 orange
1/2 scoop protein powder
water
1 tsp flax oil

Blend all into a shake or blend all but the orange and eat orange separate.

LUNCH

2 cups diced cucumber
1 tomato diced
1 tsp olive oil
1 tbsp apple cider vinegar
1/2 apple
3 oz chicken breast
1/4 cup salsa

Cut tomato in half and squeeze juice and seeds out. Mix diced veggies and oil and vinegar together in a large bowl and eat as a side to the chicken and salsa. Finish with 1/2 apple.

DINNER

3 oz of canned tuna in water or diced chicken
1 tbsp light mayo
any amount of mustard
1/2 of a pita pocket
lettuce and chopped veggies
carrot and celery sticks on the side

Mix tuna with mayo and mustard and put in pita with lettuce and chopped veggies, more veggies on the side.

SNACK

water
1 scoop protein powder
1 pear or 1 cup mixed frozen berries
1 tsp flax oil
Blend all as a shake.

DAY 5

BREAKFAST

5 egg whites
1 egg
1/4 cup black beans
1/2 of a red pepper
1/2 of a tomato
1/2 cup chopped spinach
1/4-1/2 cup salsa
1/2 cup of strawberries

Make the omelet adding the salsa to the mix or on top after. Finish with strawberries.

SNACK

1 cup low fat milk
1/4 scoop protein powder
6 almonds or walnuts
1/2 cup of grapes or 1/2 apple or pear

Mix milk and protein powder in a shaker cup and have almonds and fruit on the side.

LUNCH

1/2 cup cooked of brown rice
3 oz turkey or chicken breast cooked then chopped
1/4 cup chopped red pepper
1/4 cup chopped zucchini
1/4 cup chopped carrot
1 tsp flax oil
2 tbsp balsamic vinegar

Cook rice and grill chicken or turkey then mix all ingredients together in a large bowl and season.
Or eat rice, chicken and veggies separate.

DINNER

3 oz salmon
1/4 cup salsa
3/4 of your plate full of any veggies cooked raw or steamed
1 tsp olive oil

Cook salmon in tinfoil in oven with lemon. Eat with salsa on top and veggies on the side. Drizzle oil over veggies.

SNACK

1/2 cup plain low fat yogurt
1/4 scoop protein powder
1/2 orange
1/2 tsp flax oil

Mix yogurt and protein powder and oil and have orange on the side or blend all together as a shake.

DAY 6

BREAKFAST

1 cup low fat milk
2 oz low fat goat cheese
1/2 apple
1/2 cup strawberries
1/2 tbsp honey
9 walnuts

Enjoy fruit salad with honey drizzled over. Have a glass of milk with cheese and walnuts on the side. Or blend everything except cheese into a shake, with cheese on the side.

SNACK

1/2 cup low fat cottage cheese
1/2 a pear diced
1/2 cup blue berries
1/2 tsp flax oil

Mix all ingredients and enjoy.

LUNCH

3 oz of canned tuna in water or diced chicken
1 tbsp light mayo
any amount of mustard
1/2 of a pita pocket
lettuce and chopped veggies
carrot and celery sticks on the side

Mix tuna with mayo and mustard and put in pita with lettuce and chopped veggies, more veggies on the side.

DINNER

3 oz haddock
2 cups spinach packed down
1 cup broccoli
1 cup chopped cucumber
1 cup chopped celery
lemon
1 tsp olive oil
balsamic vinegar or apple cider vinegar

Cook haddock in tinfoil in oven with lemon. Steam broccoli and celery and add spinach when almost done. Peel and chop cucumber. Drizzle oil and vinegar over veggies.

SNACK

1 slice of whole grain bread
1 tbsp natural peanut butter
1/2 apple
1 scoop of protein powder

Spread peanut butter on bread with sliced apple on top. Mix protein powder and water.

Day 7

BREAKFAST

1 slice of whole grain bread
1 tbsp natural peanut butter
1/2 - 3/4 cup of strawberries
4 egg whites
1 oz of non fat cheese
1/4 cup salsa

Enjoy peanut butter on toast with sliced strawberries on top, have the rest of the strawberries on the side. Cook eggs and cheese and have with or without salsa.

SNACK

1 orange
1/2 scoop protein powder
water
1 tsp flax oil

Blend all into a shake or blend all but the orange and eat orange separate.

LUNCH

2 cups diced cucumber
1 tomato diced
1 tsp olive oil
1 tbsp apple cider vinegar
1/2 apple
3 oz chicken breast
1/4 cup salsa

Cut tomato in half and squeeze juice and seeds out. Mix diced veggies and oil vinegar together in a large bowl and eat as a side to the chicken and salsa. Finish with 1/2 apple.

DINNER

3 oz of canned tuna in water or diced chicken
1 tbsp light mayo
any amount of mustard
1/2 of a pita pocket
lettuce and chopped veggies
carrot and celery sticks on the side

Mix tuna with mayo and mustard and put in pita with lettuce and chopped veggies, more veggies on the side.

SNACK

water
1 scoop protein powder
1 pear or 1 cup mixed frozen berries
1 tsp flax oil

Blend all as a shake.

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If you have any questions – contact Jaylin (jaylin@bootiquefitness.com or 619.602.8087.