

Fat Blasting Meal Plans



Designed to give you healthy alternatives for each meal while providing guidelines to follow to help your body to burn the maximum amount of fat.

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www.FatBlastingBootCamp.com

www.WomensDietandFitness.com

Fat Blasting Meal Plan Ideas

Meal #1

Choose a Protein and a Vegetable and Fruit Or Starch.

Protein:	Vegetable: (Fibrous)	Fruit	Starches
2 egg whites + 2 whole eggs 2 whole eggs 2 oz turkey or chicken sausage Natural Peanut Butter Protein Powder *Prograde Lean *Optimum Nutrition Protein Powder *BSN Lean Dessert Protein	Broccoli Spinach Peppers Salsa Asparagus Brussels sprouts Cauliflower Tomato <i>*Fibrous veggies such as these you can have unlimited amounts of.</i>	½ apple ½ banana ½ grapefruit ½ orange ½ pear ½ c strawberries <i>*All fruits are interchangeable.</i>	1 slice Ezekiel Toast ½ sweet potato Old Fashioned Oats ½ cup Shredded Wheat or Kashi Cereal <i>*All starches are interchangeable.</i>
<p>EXAMPLES</p> <p>2 egg whites + 2 whole eggs, broccoli and Ezekiel toast with natural peanut butter Sausage + 2 egg whites, spinach and ½ banana Protein Powder shake, oats and strawberries</p> <p>Healthy fats:</p> <p>Land O Lakes Unsalted butter Natural or Organic Peanut Butter Olive Oil for frying your eggs</p> <p><i>*Use 1%, Skim or Soy Milk when making protein shakes and cereal.</i></p>			

Meal #2 and #4 (Snacks)

Choose a Protein and a Vegetable and Fruit Or Starch.

Protein:	Vegetable: (fibrous)	Fruit:	Starches:
10 raw almonds/walnuts 2 hard boiled eggs ½-1 cup cottage cheese (1% or Fat Free) 4 Slices of block cheddar cheese 2 tbsp organic peanut butter 1 string cheese (fat free) ½ cup fat free yogurt 2 tbsp hummus Prograde Craver + 8 almonds/walnuts Protein Powder *Prograde Lean *Optimum Nutrition Protein Powder *BSN Lean Dessert Protein *Vegetarian Sources	Snap Peas Carrots Mushrooms Cucumber Zucchini Peppers	Blueberries Raisins Grapes Plums Raspberries Watermelon ½ Peach <i>*1/2 cup unless otherwise noted.</i>	6-8 whole wheat/grain crackers ½ whole wheat/grain pita 1 slice Ezekiel Toast

EXAMPLES:

Cottage cheese and oranges
Protein shake with blueberries and yogurt (smoothie)
HB eggs on pita with hummus
Hummus and peppers

*Vegetarian Sources of Protein:

Milk, Eggs, Cheese, Beans, Lentils, Tofu, Seeds and Nuts

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Meals #3 and #5 (Lunch and Dinner)

Choose a Protein and a Vegetable and/or Starch.

Protein:	Vegetable: (fibrous)	Starches: (Only allowed at Lunch)
4 oz chicken or turkey breast 4 oz fish (cod, shrimp, lobster, salmon or tuna) 3 oz of lean beef or ground turkey 3 oz top sirloin 3 oz top round steak *Vegetarian Sources	Zucchini Green Beans Spinach Lettuce Kale Mushrooms Peas Onion <i>*All vegetables are interchangeable</i>	½ cup brown rice ½ potato (red, white or sweet) ½ cup whole grain pasta ½ cup quinoa

EXAMPLES:

Lunch:

4 oz chicken breast, zucchini and brown rice
3 oz ground turkey, green beans and whole grain pasta

Dinner:

4 oz fish and spinach
3 oz top sirloin and mushrooms and lettuce (salad)

***Vegetarian Sources of Protein:**

Milk, Eggs, Cheese, Beans, Lentils, Tofu, Seeds and Nuts

Healthy Oils and Fats

Oils	Fats
Olive Oil Sunflower Oil Flaxseed Oil Grapeseed Oil <i>*Use 1-2 TBSP of oils</i>	(1-2 tbsp) All Natural or Organic Peanut Butter or Almond Butter (8-10) Natural Peanuts, Almonds, Walnuts or Cashews Balsamic Vinegar Italian Salad Dressing <i>*Use 1-2 TBSP of dressings</i>

General Nutrition Tips:

1. Make sure to read labels. Avoid any foods with high fructose corn syrup. Things such as breads and yogurts contain HFCS and should be avoided. [Ezekiel products](#) and [organic yogurts](#) are healthy alternatives.
2. Make sure to get adequate fiber in your diet, by adding at least 3 servings of fibrous GREEN vegetables each day. Ground flax is another way to add fiber to your diet and can be added to protein shakes, yogurts and smoothies!
3. Avoid consuming [starchy carbs](#) (such as the ones listed above) after 4pm. These types of carbs are higher in calories and take longer to burn out of your system, so consuming them earlier in the day will help ensure that your body is burning them off.
4. Remember to eat every 2.5 to 3 hours each day and have your last meal by 7pm.
5. Try to drink at least 40-60 oz of water each day to flush toxins out of your body and keep you hydrated.
6. Try to get at least 7.5-8 hours of sleep each night. Sleep is very important in helping you achieve your fitness goals!
7. Use www.sparkspeople.com to input your daily foods and help you to stay on track and to make sure you are consuming enough daily protein. You should consume between 50-100 grams of protein each day. Protein is very important to muscle building and will help you to burn fat at a quicker rate. Read [this article](#) for more on protein.
8. Avoid sugary drinks, such as diet sodas and regular sodas. Try green tea instead.
9. Avoid sugar and sugar substitutes such as splenda, sweet n low and use healthy alternatives such as honey or agave nectar.
10. Don't worry so much about overeating as undereating. If you choose the right combinations of healthy foods at every meal or snack you will won't have to count calories.

Preparing For Meals Ahead of Time

With our busy lifestyles, we are always on the run. I have some great ideas to share with you that will only take a couple hours of your Sunday afternoon, to get you prepared for your week ahead, so that you always have meals pre-prepared and easy to throw together!

1. Buy big bags of frozen chicken breasts and put 5 or so of them in a crock pot right away in the morning. No need to add water! Cook on high for 5-7 hours. You can add seasoning after about 4 hours. Put chicken in tupperware and you have ready-to-go chicken all week. You can add it to salads, sauté it with stir fry veggies, add to brown or wild rice, or put in a whole wheat tortilla for a wrap.
2. Pre-cook your brown or wild rice, quinoa or other starchy carbs that you like. Rice does take quite some time to cook so by preparing it all on a Sunday night, you have it ready to go for the whole week. Cook 2-3 cups to make sure you will have enough for all week!
3. Brown up some ground turkey or lean ground beef. You can add this to your eggs, to some rice, add to some taco seasoning and add to tortilla or salad or use for a healthy hot dish.
4. Precook some sweet potatoes or yams. You can add these to your eggs or as a side with your chicken.
5. Grilling on Sunday? Add 4 more chicken breast or turkey burgers and have them ready to go all week!
6. Don't overlook the quick and easy protein powder shakes. These by far are the quickest way to get in a meal if you are on the run. Get yourself a shaker, add water or milk, and add your protein powder and you have a meal on the go! If you have a little extra time, use the blender and add some fresh or frozen fruit and some ice cubes! Delicious and healthy smoothie!
- 7. Cut up fresh veggies, such as peppers, zucchini, squash and so on and put in Tupperware. Easy to add to eggs, wraps, or use as stir fry!**