

Whittle Your Middle Meal Plan

Breakfast Carbs on Mornings When You Work Out Only

1 Cup High Fiber Whole Grain Cereal such as Kashi with Almond or Soy Milk*

1 Cup Steele Cut Oatmeal sweetened with Stevia and ¼ cup of Berries, Banana or Apple*

1 Slice of Whole Grain Toast with 2 Level Tablespoons of Peanut Butter

*Measuring for proper portion size is essential. Use a measuring cup for cereal. Keep in mind that there is a huge difference between a heaping tablespoon and a level tablespoon.

Breakfast on Mornings You do not Work Out (within 45 minutes of waking)

Egg White or Farm Raised Egg Omelet with fresh vegetables (peppers & onions if desired)
Use 2 to 4 Eggs Barely coat pan with-olive, palm or coconut oil

1 Cup of Cottage Cheese or Plain Greek Yogurt with ¼ cup fresh fruit & one scoop of Protein Powder

Choose a protein powder with no more than 3 g of sugar. Options available include:
Sun Warrior Raw Vegan Protein, EAS Whey Protein , NOW Foods Soy Protein , Nutiva Hemp Protein

2 Snacks per day 90 minutes to 2 hours after Breakfast & Lunch

1 Cup of Hummus with fresh vegetables of your choice

Protein Shake (mixed with water) or Protein Bar – 3g of sugar or less

One Apple & ¼ cup of Nuts

Protein Powder & Shake Options Include -

Lunch/Dinner

Choose One-4 to 5 oz. or Fist Sized Serving	Choose 1 to 3	Choose 1 POST WORKOUT ONLY
Chicken Duck Turkey (no skin)	Green Leafy Vegetables	Brown Rice
Fish –Salmon, Trout, Tilapia...	Tomato	Quinoa
Tofu	Other Vegetables (except Corn)	Couscous
Or	Onion, Garlic	Sweet Potato
3 to 4 Egg Whites	Rainbow or Cayenne Pepper	Amaranth

Use up to 2 Tablespoons of Healthy Fat –Avocado, Nuts, Oils such as Olive Oil, Coconut Oil, Palm Oil

If you are hungry 2 hours after dinner Ok to have a single scoop protein shake or Yogurt/Cottage Cheese mixed with protein powder (skip the fruit in the evenings)

Begin each day with one glass of water with juice of one lemon. Drink one glass of water with juice of one lemon 10 to 15 minutes before meals. Limit amount of water you drink with meals.

Final Wore -HYDRATE

Questions Contact: BeautifulFitFree@gmail.com

