



7-day Eating Plan for Fat Loss

I just don't know what to eat!

That is the cry I hear most often from the people I work with.

My reply to that cry is here.

This eating plan is designed to get you in shape ASAP.

Of course you still need to workout to get any significant results and to shape your body.

But you know that.

Here is the plan:

Your muscles are most capable of using carbohydrate for fuel during and immediately after exercise. It is during this time period that most of the fruit, breads, and pastas should be consumed.

To maximize fat loss limit starchy carbohydrate intake except during or after your workout.

Remember this is just a guide. Follow your feelings. If you still feel hungry after eating one the meals listed, have a bit more.

Conversely, if you feel satisfied after just a bite or two, stop eating.

If you plan on eating home most of the time plan your food intake on Sunday. Do your shopping for the week and do prep work on foods that will not spoil.

I realize that most people are not interested in spending much time cooking or don't have any time to cook. For that reason most of these meals are of the quick and easy variety and do not require a large time investment on your part.

Remember, research has proven conclusively that people who journal their food intake are able to release fat and keep it off more readily than those who do not.

It does not take much effort to do this either. Just keep a general list of what you eat in a spiral bound notebook. It will keep you on track. For example, if you have a small bowl of Cheerios - just write in the notebook 'small bowl Cheerios'.

You do NOT need to weigh anything or specify how many ounces are consumed.

Also remember that if you splurge a bit and have something that falls outside of the guidelines presented here you're still on course.

There is always some wiggle room in this plan. The key word is 'some'. On this plan 'some' means about once a week you can veer away from these guidelines.

If you're eating 5-6 small meals a day as I recommend, then this means about 3 or 4 of those meals can be 'wiggle' meals.

I recommend having an entire day set aside however. The same day that you do not exercise at all should be the day where you put your wiggle meals into your plan.

On the other hand, if you're so into the plan that you do not feel the need to have wiggle meals, then by all means keep with it. More power to YOU!

One Week Food Shopping List

mixed beans
olives
pineapple
mixed nuts
whole flaxseed
green tea

PRODUCE

spinach
oranges
apples
strawberries
banana
tomatoes
onions
cucumber
asparagus
broccoli
avocados

REFRIGERATED

feta cheese
egg whites (Egg Beaters)
3 dozen omega-3 eggs

low-fat cottage cheese
fat-free cheese, sliced
shredded cheese
lactose-free plain yogurt
Smart Balance spread

MEAT

salmon fillet
sea bass
extra-lean (96%) ground beef

turkey ham
skinless chicken breast

CONDIMENTS, OIL, SPICE, MISC.

Pro Grade Shakes
Fish-oil
Flax seed oil
Multi-vitamin
Browse the spices of your supermarket and pick out some that look delicious.

The Meal Plan

DAY 1: MONDAY

MEAL 1: Spinach omelet, orange, 1 tsp flax seed oil, green tea

MEAL 2: Pro Grade Shake or 1/2 green apple and stick mozzarella cheese

MEAL 3: Chicken breast with salad and 1 tsp flax seed oil

MEAL 4: Pro Grade Shake or cup of mixed berries with fat free whipped cream

MEAL 5: Salmon filet, asian mixed vegetables, 1 tsp flax seed oil, green tea

DAY 2: TUESDAY

MEAL 1: Mexican omelet w salsa, avocado, 1 tsp flax seed oil, green tea

MEAL 2: Pro Grade shake or 1/2 slice of wheat free bread with non fat cheese

MEAL 3: Mixed bean salad leftover chicken breast meat

MEAL 4: Pro Grade shake or very small chicken soft taco with heaping fresh salsa

MEAL 5: Sea bass in Sauce, baked yam or sweet potato, cup green tea, 1 tsp flax seed oil

DAY 3: WEDNESDAY

MEAL 1: Spinach and cheese omelet, orange, 1 tsp flax seed oil, green tea

MEAL 2: Pro Grade Shake or 1/2 pear and 1 tbspc mixed nuts

MEAL 3: Sea bass left overs with mixed vegetables

MEAL 4: Pro Grade Shake or 1/2 apple and 1 tbspc almonds

MEAL 6: Stuffed lamb chop, steamed broccoli, green tea, 1 tsp flax seed oil

DAY 4: THURSDAY

MEAL 1: Indonesian style eggs (sweet soy sauce), 1/2 pear, green tea, 1 tsp flax seed oil.

MEAL 2: Pro Grade Shake w 1 tsp flax seed oil or 1 oz peanuts and small cup mandarin oranges

MEAL 3: Roast skinless chicken breast w Greek Salad

MEAL 4: Pro Grade Shake w flax seed oil or 1/4 cup grapes and 1 oz cheddar cheese

MEAL 5: Almond crusted trout, thai spicy sweet salad, 1 tsp flax seed oil, green tea

DAY 5: FRIDAY

MEAL 1: Shrimp and mushroom egg white omelet w 1 oz shredded cheddar, 1/2 orange, 1 tsp flax seed oil, green tea

MEAL 2: Pro Grade Shake w 1 tsp flax seed oil or 1 oz macadamia nuts and 1/2 pear

MEAL 3: Wendy's Mandarin Chicken Salad

MEAL 4: Pro Grade Shake w 1 tsp flax seed oil or small stony field low fat yogurt

MEAL 5: 1 slice Papa John's original crust spinach chicken pizza with tomato and small salad with low fat dressing and diet drink or green tea

DAY 6: SATURDAY

MEAL 1: Mexican frittata, 1/2 avocado or Guacamole, 1 tsp flax seed oil, green tea

MEAL 2: Pro Grade Shake, 1 tsp flax seed oil or 1/2 asian pear with boiled egg

MEAL 3: Thai mixed vegetables with chicken

MEAL 4: 1 Baja Fresh Taco chilito with chicken and diet drink or green tea

MEAL 5: Pro Grade Shake w 1 tsp flax seed oil or Olive Garden Broiled Salmon with side salad and low fat dressing with Capellini pomodoro

DAY 7: SUNDAY (NO WORKOUT NO MEAL GUIDELINE)

ABOUT THE AUTHOR:

Curtis Ludlow is a fitness coach, fitness product developer, and author of 'Fitness Cybernetics: How to Use the Secret Law of Attraction to Create Your Dream Body', and 'The Art of War for Coaches of Sport: How to Guarantee a Winning Season for Your Team'.

Curtis has published hundreds of health, fitness and motivational articles in the 'Fitness Cybernetics Newsletter'. He is a regular contributor to national newspapers and top ranked websites. His educational, entertaining and enlightening articles, podcasts, and webinars are regularly featured on hundreds of websites worldwide.

To stay in the know about the latest research and news about fat loss, fitness training, the best workout programs, and the secret truth about supplements and how they affect your body, sign up for Curtis' 'Fitness Cybernetics Newsletter'

The Point

Many people eventually reach the point where they are fed up living at less than their ideal best.

When they reach this point, they contact me. I can set you up on a fitness program and put you on the path to fitness and life success.

E-mail me at: CurtisLudlow@mac.com or call 714-414-9942 for more information.

Have a grateful day and GREAT FULL day!