

Nutrition Planning **LET'S DO THIS!**

This nutrition section focuses on FAST fat loss! So if you aren't looking to lose pounds, you can adjust as needed. I'm so excited for you to feel fit, lean, happy and amazing in just 40+ short days! This program is based off a carb cycling method that will help you shed excess water and fat. This will be so simple and you'll feel so satisfied with your food that it will feel effortless.

You will need to include workouts in your program. So please, find something where you can train about 3-5 days per week. If you are weak from lessening your calories, then ease off a bit and focus on your nutrition.

Follow the carb cycling schedule as laid out below. There is one meal plan for the FLUSH DAYS and three meal plans to choose from for the MODERATE DAYS. You can choose any moderate day meal plan you'd like but you can NOT pick and choose different meals from different days. You must follow that entire day's meal plan.

The macronutrients (*carbs proteins, fats*) and calorie totals for each moderate day plan are approximately the same but if you swap out meals from different days you will change the macros for the day and they won't be where they need to be. Pick one meal plan and stick to it for the day. If there's one you love you can stick to it the whole time!

We will begin and end each 15 days with two FLUSH DAYs. You must also follow the FLUSH DAY guidelines for optimal results. The middle eleven days will be your moderate days. You are allowed one "treat meal" on day 6, 7 or 8 ***IF you have followed the plan exactly as outlined through the first week.*** This treat meal can be anything you're craving but it must be under 600 calories!

HOW TO USE YOUR TREAT MEAL:

Your treat meal should replace one of the meals on your plan.

- If you don't feel like you need it or you feel like you haven't stuck to the plan as well as you should have/could have — don't take it! You do not NEED to take this treat meal.
- You can have anything you'd like as long as it's under 600 calories. So, if you want dessert, have some! If you want pizza or a hamburger or ice cream, have some. But, DO YOUR RESEARCH! Get an accurate calorie count and make sure you don't go over 600 calories.

Jump Start/Flush Day Guidelines

1. Double your current water intake or 1 gallon of water a day – whichever is more with a max at 1 gallon. Eat ALL of the food on the plan - Don't skip meals!
2. No diet drinks ie: diet soda, crystal light, etc. You may flavor your water with lemon, lime or stevia sweetened powders. (Use only stevia as your sweetener)
3. No BLT's (bites, licks, tastes) of anything off the plan.
4. You are allowed unlimited amounts of the veggies WHOOT:
Any leafy greens Asparagus Broccoli Cabbage Cauliflower Celery Cucumber Onions Pickles Summer Squash Zucchini

Moderate Carb Day Guidelines

1. Drink 1 gallon of water a day
2. You may use any non-caloric sweetener
3. No BLT's (bites, licks, tastes) of anything off the plan.
4. You must eat ALL of the food on the plan. Do not skip meals.
5. You are allowed unlimited amounts of the veggies below:
Any leafy greens Asparagus Bell Pepper Broccoli Brussel Sprouts Cabbage Cauliflower Celery Cucumber Eggplant Fennel Mushroom Pickles Tomato

Side effects of following a proper flush might include: • lots of bathroom trips • low energy due to the drop in carbs and sugars from what you're used to • headaches, body aches and possibly some dizziness or nausea due to low electrolyte levels • flat tummy • loss of excess water weight • lean looking body • a sudden flow of positive compliments on your progress!

I want you to cap your water at a gallon. • When you drink this much water, you may feel dizzy, achy, weak or nauseated. This is very common and has a simple fix. Just add a little more salt to your food! When you increase your water like this, you risk “watering down” your electrolyte levels. All you need to do to fix this is salt your food with a little more salt than you're used to and you'll feel SO much better! Keeping everything in balance will leave you feeling your best! • After you finish your two “flush” days you'll be ready to move into the moderate carb days where you can look forward to foods like pancakes, shakes, potatoes and rice! YUM!

SCHEDULE:

On the following 3 pages you'll find your plan. It's pretty simple. Your goal is to turn them in about every 15 days to me.

RATE YOURSELF DAYS 1-15!

Place a percentage at the end of the day on how well you did. Ask your two accountability partners to grade you every Sunday night.

SCHEDULE:	%	Personal Daily Evaluation			
Day 1: Jump Start Day	%				
Day 2: Jump Start Day	%				
Day 3: Moderate Day	%				
Day 4: Moderate Day + Treat Day	%				
Day 5: Moderate Day	Y: %	1: %	2: %	Total: %	
Day 6: Moderate Day	%				
Day 7: Moderate Day	%				
Day 8: Moderate Day	%				
Day 9: Moderate Day	%				
Day 10: Moderate Day + Treat Day	%				
Day 11: Moderate Day	%				
Day 12: Moderate Day	Y: %	1: %	2: %	Total: %	
Day 13: Moderate Day	%				
Day 14: Flush Day	%				
Day 15: Flush Day	%				

Fill In Chart Notes:

Rate yourself on a scale from 0-100%. If you followed the plan 100%, then baby you've earned it! Write it in. If not, then rate off your personal preference. Since your accountability partners may not see you eat every meal, that's okay. They will rate off what you tell them and grade you accordingly.

Personal Evaluation = in this blank, fill in a few words of thought on your progress or struggles

Y = your personal rating % of your progress that day

1 = accountability partner 1's rating % on your overall week

2 = accountability partner 2's rating % on your overall week

RATE YOURSELF DAYS 16-31!

Place a percentage at the end of the day on how well you did. Ask your two accountability partners to grade you every Sunday night.

SCHEDULE:	%	Personal Daily Evaluation			
Day 16: Jump Start Day	%				
Day 17: Moderate Day + Treat Day	%				
Day 18: Moderate Day	%				
Day 19: Moderate Day	Y: %	1: %	2: %	Total: %	
Day 20: Moderate Day	%				
Day 21: Moderate Day	%				
Day 22: Moderate Day	%				
Day 23: Moderate Day	%				
Day 24: Moderate Day + Treat Day	%				
Day 25: Moderate Day	%				
Day 27: Moderate Day	Y: %	1: %	2: %	Total: %	
Day 28: Moderate Day	%				
Day 29: Moderate Day	%				
Day 30: Flush Day	%				
Day 31: Flush Day	%	Treat Day			

Fill In Chart Notes:

Rate yourself on a scale from 0-100%. If you followed the plan 100%, then baby you've earned it! Write it in. If not, then rate off your personal preference. Since your accountability partners may not see you eat every meal, that's okay. They will rate off what you tell them and grade you accordingly.

Personal Evaluation = in this blank, fill in a few words of thought on your progress or struggles

Y = your personal rating % of your progress that day

1 = accountability partner 1's rating % on your overall week

2 = accountability partner 2's rating % on your overall week

RATE YOURSELF DAYS 32-40!

Place a percentage at the end of the day on how well you did. Ask your two accountability partners to grade you every Sunday night.

SCHEDULE:	%	Personal Daily Evaluation			
Day 32: Jump Start Day	%				
Day 33: Moderate Day	%				
Day 34: Moderate Day + Treat Day	%				
Day 35: Moderate Day	%				
Day 36: Moderate Day	Y: %	1: %	2: %	Total: %	
Day 37: Moderate Day	%				
Day 38: Moderate Day	%				
Day 39: Flush Day	%				
Day 40: Flush Day	%	Last Day			

You can continue on this plan as long as you'd like. Or, try to aim for similar things for your new plan.

Comments at the end of your 40 days of tracked evaluation:

Please put some comments down on the website fullarmorfitness.com/nutrition-planning that would benefit for others in the future. Was this chart hard to figure out, easy to plug info into, or too much to track? Hope you enjoyed it, I'd love to hear from you:

FLUSH DAY MEAL PLAN:

Meal 1: 1 Whole egg & 3 egg whites

Instructions: Try scrambling egg whites with chopped broccoli and zucchini to add more volume to this meal.

Meal 2: Garlic Lime Chicken Salad *(do this the night before and take for lunch)*

Garlic Lime Chicken Marinade (recipe on Bottoms Up Group Page)

Small chicken breast

Avocado (¼ medium).

Romaine Lettuce

Instructions: Combine all marinade ingredients. Set 2T of the marinade aside to use as dressing. Marinate the chicken for at least 15-30 minutes. Grill chicken until cooked through. Top salad with chicken, avocado and dressing.

Meal 3: Snack - Fruit

Meal 4: Steak Salad with Oil and Vinegar Dressing

Oil and Vinegar Dressing (recipe on group page)

3 oz. Top Sirloin

Any Salad Veggies from the approved list

Instructions: Season steak with salt and pepper, then grill until cooked to desired doneness. Top salad with steak, veggies of your choosing and dressing.

Meal 5 (or Pre workout Meal): Protein Drink

Scoop protein (½ scoop)

Banana (½ medium)

1 c. unsweetened almond milk

Instructions: Blend all ingredients with ice into a refreshing smoothie! Try using a frozen banana to make it extra creamy! Put in fridge before you workout.

Meal 6 (or Post Workout Meal): Protein Drink

Drink the other half of the protein drink.

** It's important to eat before and after your workout. Adjust the plan and squeeze in Meal 5 do it's prior to your workout. I'm not too worried about Meal 6 for this Bottoms Up session. As long as you eat something before and after your workout - and it has protein in it, you are fine.*

MODERATE CARB DAY MEAL PLAN #1:

Meal 1: Fluffy Oatmeal Pancakes (recipe on line)

Instructions: Make a few days worth of pancakes in advance. Count how many pancakes you make in one serving and freeze one serving together in a zip top bag. Pop in the toaster when you're ready to eat!

Meal 2: Turkey Snack Wrap

1 Whole wheat tortilla, Turkey (2 ½ oz), avocado (1/8 of a medium)

Instructions: Make a "snack wrap" by rolling up the turkey and avocado in the tortilla. You can even wrap in saran wrap and throw it in a small cooler bag to take with you on the go.

Meal 3: Grilled Chicken and Sweet Potatoes (can meal prep the night prior)

Small chicken, Medium sweet potato, seasonings

Instructions: Slice the chicken into strips and season with sea salt and pepper, then grill.

Meanwhile, slice sweet potato into thin strips and toss in olive oil. Season with ⅛ t. garlic powder, ⅛ t. paprika, ⅛ t. salt and ⅛ t. pepper. Line a baking sheet with foil and spray with nonstick cooking spray. Spread out french fries on the foil and bake at 450 degrees for 30 minutes or until fork tender and crispy! If you have time, soak your sweet potato fries in water for 30 min - 2 hours before seasoning and baking to ensure they bake up nice and crispy!

Meal 4: Ginger Glazed Fish

Ginger glaze(recipe online), regular tilapia, mahi mahi or any white fish, 12g pecans, Steam any veggies from the approved list.

Instructions: Place fish in baking dish with marinade and top with salt and pepper. Cover and marinate for 30 minutes or more. Heat coconut oil in a pan over med/high heat. Fry the fish for 4-6 minutes on each side, turning once, until it flakes easily. You can also grill the fish on the bbq until cooked through. Pour remaining marinade into pan and heat to boiling to make glaze. Drizzle 1 T. glaze and sprinkle pecans over the fish and veggies.

Meal 5 (or Pre Workout): Protein Drink

Meal 6 (or Post Workout): Chocolate Coconut Fudge (can meal prep the night prior)

Chocolate protein (1 scoop) 1 ½ t. coconut oil, melted ¼ t. cocoa sweetener to taste

Instructions: Stir together protein, coconut oil, cocoa, and sweetener to taste. Add 1-2 T. of water ½ T at a time until it's brownie batter consistency. Freeze for 2 hours. Thaw for 20 minutes before eating!

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MODERATE CARB DAY PLAN #2:

Meal 1: Smoothie

Protein powder(1 scoop), 1 c. unsweetened almond milk, 2 cheddar rice cakes

Instructions: Blend protein powder and almond milk and enjoy rice cakes on the side.

Meal 2: Buffalo Chicken (recipe online) (meal prep night prior)

buffalo chicken, brown rice cooked (1/2 c.), avocado (1/8 medium)

Instructions: Pre cook rice and chicken according to the buffalo chicken recipe. Combine all ingredients along with any steamed veggies you'd like. Season with sea salt and pepper. If you don't like buffalo sauce, see the recipe for an alternate flavoring.

Meal 3: 1 hard boiled egg & apple

Meal 4: 70g Top sirloin

Sirloin, salt, pepper and ground mustard to taste, any salad veggies from the approved list, olive oil and vinegar dressing (recipe online)

Instructions: Season steak with sea salt, pepper and ground mustard. Make a big salad with whatever veggies from the approved list that you like. Top with grilled steak and dressing!

Meal 5 (or Pre workout): Protein Drink, 1 scoop

Meal 6 (or Post Workout): Maple Nut Fudge (recipe online)

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MODERATE CARB DAY PLAN #3:

Meal 1: Breakfast

½ c. egg whites ½ c. unsweetened almond milk 35g plain cheerios (1 ¼ c.)

Meal 2: Chicken Tacos (*meal prep night prior*)

2 corn tortillas (60 cal each), chicken any type, cabbage thinly sliced, Honey Lime Dressing (recipe online)

Instructions: Make two chicken tacos with thinly sliced cabbage and one serving of honey lime dressing and chicken! Don't fry the tortillas! You can cook or warm them in a pan heated up with some non stick cooking spray!

Meal 3: No Bake Cookie Protein Bars (recipe online)

Meal 4: Honey Chicken Stir Fry (recipe online)

Meal 5 (or Pre Workout): Protein Drink

Protein powder (1 scoop) 1 c. unsweetened almond milk, 2 caramel or chocolate rice cakes if hungry

Meal 6 (or Post Workout): Protein Chocolate Lava Cake (recipe online)

Instructions: Make one serving chocolate lava cake and top with peanut butter right as it comes out of the microwave.

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