



GUYS...

Before I go off and advise you what to eat for fat-burning purposes, let me give you some guidelines first:

-1- The meal plan itself is pretty much identical to the one I'd use to gain muscle, except for the fact that my lunch is higher in carbohydrates and calories and so is my after dinner snack...so to burn fat I'd just cut a few things out...

-2- Eat 6 meals per day. If you can't do that, combine a couple of meals to get down to 4 meals per day. Even most busy people can do 4 meals/snacks per day.

-3- Remove all sugar from diet.

-4- Have at least 1g of protein per pound of bodyweight (to a maximum of 250g per day)

-5- Have 3 servings of fruit per day (sticking to high-fiber fruits such as apples or grapefruit and high-antioxidant fruits such as berries)

-6- Drink at least 4 cups of Green Tea.

-7- Remember this -> if you eat according to the guidelines 90% of the time, you can go off track 10% of the time and still make incredible body changes.

Now without further ado, here's WHAT I would eat:

Monday

Monday – Breakfast

One tall glass (8 to 12 ounces) Power Smoothie; make extra for later:

- 1 cup 1% milk
- 2 tablespoons low-fat vanilla yogurt
- $\frac{3}{4}$ cup instant oatmeal, nuked in water
- 2 teaspoons peanut butter
- 2 teaspoons chocolate whey powder
- 6 ice cubes, crushed

Makes 2 8-ounce servings

Per serving: 220 calories, 12 g protein, 29 g carbohydrates, 4 g fat (1.5 g saturated), 3 g fiber, 118 mg sodium

Monday - Snack #1

2 teaspoons peanut butter, raw vegetables (as much as you want)

Monday - Lunch

Turkey or roast beef sandwich on whole-grain bread, 1 cup 1% or fat-free milk, 1 apple

Monday - Snack #2

1 ounce almonds, $1\frac{1}{2}$ cups berries

Monday - Dinner

Mas Macho Meatballs

- 1 pound extra-lean ground beef
- $\frac{1}{2}$ cup crushed saltine crackers
- 1 large onion, diced
- 1 clove garlic, minced
- 1 tablespoon ground flaxseed or whey powder
- 1 jar (16 ounces) tomato sauce
- 4 whole-wheat hoagie rolls
- $\frac{1}{2}$ cup reduced-fat mozzarella cheese, shredded

1. Mix the beef, crackers, onion, garlic, and flaxseed or whey powder into golf ball-size meatballs.
2. In a nonstick skillet over medium heat, cook the meatballs until browned all the way around. Drain the fat from the skillet, and add the tomato sauce.
3. While the mixture is warming, use a fork to scoop out some of the bread in the rolls to form shallow trenches. Spoon the meatballs and sauce into each trench, and sprinkle with shredded mozzarella, and top with the top half of the roll.

Makes 4 servings

Per serving: 569 calories, 38 g protein, 65 g carbohydrates, 19 g fat (6 g saturated), 10 g fiber, 1,341 mg sodium

Monday - Snack #3

8 to 12 ounces Ultimate Power Smoothie

Tuesday

Tuesday - Breakfast

Eggs Beneficial Sandwich

- 1 large whole egg
- 3 large egg whites
- 1 teaspoon ground flaxseed
- 2 slices whole-wheat bread, toasted
- 1 slice Canadian bacon
- 1 tomato, sliced, or 1 green bell pepper, sliced ½ cup orange juice

1. Scramble the whole egg and egg whites in a bowl. Add ground flaxseed to the mixture.
2. Fry in a nonstick skillet sprinkled with vegetable oil spray, and dump onto the toast.
3. Add bacon and tomatoes, peppers, or other vegetables of your choice.

Makes 1 serving

Per serving: 399 calories, 31 g protein, 46 g carbohydrates, 11 g fat (3 g saturated), 6 g fiber, 900 mg sodium

Tuesday - Snack #1

2 teaspoons peanut butter, 1 bowl oatmeal or high-fiber cereal

Tuesday - Lunch

The I-Am-Not-Eating-Salad Salad

- 2 ounces grilled chicken
- 1 cup romaine lettuce
- 1 tomato, chopped
- 1 small green bell pepper, chopped
- 1 medium carrot, chopped
- 3 tablespoons Italian 94% fat-free Italian dressing or
- 1 teaspoon of olive oil

- 1 tablespoon grated Parmesan cheese
- 1 tablespoon ground flaxseed

1. Chop the chicken into small pieces.
2. Mix all the ingredients together, and store in the fridge. Eat on multigrain bread or by itself.

Makes 1 serving

Per serving: 248 calories, 16 g protein, 33 g carbohydrates, 8 g fat (2 g saturated), 10 g

Tuesday - Snack #2

3 slices deli turkey, 1 large orange

Tuesday - Dinner

Bodacious Brazilian Chicken

- 1 lemon
- 1 lime
- 1 tablespoon ground flaxseed
- 1 can (8 ounces) tomato sauce
- 1 can (6 ounces) frozen orange juice concentrate
- 1½ cloves garlic, minced
- 1 teaspoon dried Italian seasoning
- 4 boneless, skinless chicken breast halves
- 1 teaspoon hot pepper salsa
- ½ cup chunky salsa

1. Grate the zest of the lemon and lime into a resealable bag. Squeeze the juice from both fruits into the bag, and throw out the pulp and the seeds.
2. Mix in everything else except the chicken and salsa.
3. Drop in the chicken, reseal the bag, and refrigerate for a few hours.

4. Grill the chicken, turning and basting with marinade a few times, for 10 to 15 minutes or until the center is no longer pink. Serve with salsa.

Makes 4 servings

Per serving: 205 calories, 29 g protein, 18 g carbohydrates, 2 g fat (3 g saturated), 3 g fiber, 726 mg sodium

Tuesday - Snack #3

1 ounce almonds, 4 ounces cantaloupe

Wednesday

Wednesday - Breakfast

One tall glass (8 to 12 ounces) Strawberry Field Marshall Smoothie, make extra for later

Strawberry Field Marshall Smoothie

½ cup low-fat vanilla yogurt
1 cup 1% milk
2 teaspoons peanut butter
1 cup frozen strawberries
2 teaspoons whey powder
6 ice cubes, crushed

Makes 2 8-ounce servings

Per serving: 186 calories, 11 g protein, 26 g carbohydrates, 5 g fat (2 g saturated), 3 g fiber, 151 mg sodium

Wednesday - Snack #1

1 ounce almonds, 1 ounce raisins

Wednesday - Lunch

Guac and Roll

1 can (6 ounces) light oil-packed tuna
2/3 cup guacamole
¼ cup chopped tomatoes
1 teaspoon lemon juice
1 tablespoon light mayonnaise
1 teaspoon ground flaxseed
2 6-inch whole-wheat hoagie rolls

1. Combine the first six ingredients in a bowl and blend thoroughly with a fork.

2. Split the rolls in half, and fill each half with ¼ cup of the mixture.

Makes 2 servings

Per serving: 606 calories, 36 g protein, 58 g carbohydrates, 28 g fat (5 g saturated), 13 g fiber, 942 mg sodium

Wednesday - Snack #2

1 stick string cheese, raw vegetables (as much as you want)

Wednesday - Dinner

Chile-Peppered Steak

- 1 tablespoon olive oil
- 2 carrots, sliced
- 1 cup chopped broccoli
- 2 jalapeño peppers, sliced
- 2 cayenne peppers, sliced
- 12 ounces lean sirloin steak, sliced thin
- ¼ cup Hunan stir-fry sauce
- 4 cups cooked brown rice

1. Heat the oil in a nonstick skillet over high heat. Toss in the carrots and broccoli, and cook until tender.
2. Add the peppers and beef, and continue cooking until meat is done.
3. Add sauce, and serve over rice.

Makes 4 servings

Per serving: 485 calories, 32 g protein, 57 g carbohydrates, 14 g fat (3.5 g saturated), 6 g fiber, 224 mg sodium

Wednesday - Snack #3

8 to 12 ounces Strawberry Field Marshall Smoothie

Thursday

Thursday - Breakfast

1 slice whole-grain bread with 1 tablespoon peanut butter, 1 medium orange, 1 cup All-Bran cereal with 1 cup 1% or fat-free milk, 1 cup berries

Thursday - Snack #1

8 ounces low-fat yogurt, 1 can low-sodium V8 juice

Thursday - Lunch

Guilt-Free BLT

$\frac{3}{4}$ tablespoon fat-free mayonnaise

1 whole-wheat tortilla

2 slices turkey bacon, cooked

2 ounces roasted turkey breast, diced

2 slices tomato

2 leaves lettuce

1. Smear the mayo on the tortilla.
2. Line the middle of the tortilla with the bacon and top with turkey breast, tomato, and lettuce.
3. Roll it tightly into a tube.

Makes 1 serving

Per serving: 206 calories, 17 g protein, 26 g carbohydrates, 7 g fat (2 g saturated), 3 g fiber, 1,270 mg sodium

Thursday - Snack #2

3 slices deli roast beef, 1 large orange

Thursday - Dinner

Philadelphia Fryers

1 medium onion, sliced

- 1 small red bell pepper, sliced
- 1 small green bell pepper, sliced
- 2/3 cup medium or hot salsa
- 4 multigrain hoagie rolls
- 3/4 pound roast beef, thinly sliced
- 1/2 cup grated reduced-fat Cheddar cheese

1. In a nonstick skillet over medium heat, cook the onion and peppers until tender. Add the salsa and heat until warm.

2. Construct the sandwiches with the buns, roast beef, onions, peppers, and cheese, and then warm them in the microwave for 1 to 2 minutes on high, until the cheese starts to melt.

Makes 4 sandwiches

Per sandwich: 558 calories, 35 g protein, 40 g carbohydrates, 28 g fat (12.5 g saturated), 4 g fiber, 653 mg sodium

Thursday - Snack #3

2 teaspoons peanut butter, 1 cup low-fat ice cream

Friday

Friday - Breakfast

One tall glass (8 to 12 ounces) Banana Split Smoothie; make extra for later

Banana Split Smoothie

1 banana
½ cup low-fat vanilla yogurt
1/8 cup frozen orange juice concentrate
½ cup 1% milk
2 teaspoons whey powder
6 ice cubes, crushed

Makes 2 8-ounce servings

Per serving: 171 calories, 8 g protein, 33 g carbohydrates, 2 g fat (1 g saturated), 2 g fiber,

Friday - Snack #1

1 ounce almonds, 4 ounces cantaloupe

Friday - Lunch

Hot Tuna

½ cup chopped celery
1 onion, chopped
½ cup shredded, reduced-fat mozzarella cheese
½ cup reduced-fat cottage cheese
1 can (6 ounces) water-packed tuna, drained and flaked
¼ cup reduced-fat mayonnaise
1 tablespoon lemon juice
3 whole-wheat English muffins, split in half

1. Preheat your oven to 350°F. In a large nonstick skillet over low heat, cook the celery and onion until softened. Add the cheeses, tuna, mayo, and lemon juice to the skillet, and cook the mixture just long enough to warm it up.

2. Spread one-sixth of the mixture on each English muffin half. Put the muffin halves on a baking sheet, and bake for 10 minutes.

Makes 2 servings

Per serving: 628 calories, 50 g protein, 54 g carbohydrates, 24 g fat (6 g saturated), 8 g fiber, 1,300 mg sodium

Friday - Snack #2

3 slices deli roast beef, 1 large orange

Friday - Dinner

Chili Con Turkey

1 pound ground turkey

1 can (14 ounces) Mexican-style diced tomatoes

1 can (15 ounces) black beans, rinsed and drained

1 can (14 ounces) whole-kernel sweet corn, drained

1 package (1 ½ ounces) dried chili mix

1 tablespoon ground flaxseed

¼ cup water

1 cup cooked rice

1. In a large nonstick skillet over medium-high heat, brown the turkey.

2. Add everything else but the rice, and cook over low heat for 10 minutes. Serve over rice.

Makes 4 servings

Per serving: 407 calories, 30 g protein, 52 g carbohydrates, 11 g fat (3 g saturated), 9 g fiber, 1,578 mg sodium

Friday - Snack #3

8 to 12 ounces Banana Split Smoothie

Saturday

Saturday - Breakfast

One tall glass (8 to 12 ounces) Halle Berries Smoothie; make extra for later

Halle Berries Smoothie

$\frac{3}{4}$ cup instant oatmeal, nuked in water or fat-free milk

$\frac{3}{4}$ cup fat-free milk

$\frac{3}{4}$ cup mixed frozen blueberries, strawberries, and raspberries

2 teaspoons whey powder

3 ice cubes, crushed

Makes 2 8-ounce servings

Per serving: 144 calories, 7 g protein, 27 g carbohydrates, 1 g fat (0 g saturated), 4 g fiber, 109 mg sodium

Saturday - Snack #1

1 bowl high-fiber cereal, 1 cup low-fat yogurt

Saturday - Lunch

Leftover Chili Con Turkey

Saturday - Snack #2

2 teaspoons peanut butter, 1 or 2 slices whole-grain bread

Saturday - Dinner

Cheat meal! Have whatever you've been craving this week: beer and wings, beer and pizza, beer and bratwurst -- anything you can dream of.

Saturday - Snack #3

8 to 12 ounces Halle Berries Smoothie

Sunday

Sunday - Breakfast

The I-Haven't-Had-My-Coffee-Yet Sandwich

- 1 ½ teaspoons low-fat cream cheese
- 1 whole-wheat pita, halved to make 2 pockets
- 2 slices turkey or ham
- Lettuce or green vegetable

1. Spread cream cheese in the pockets of the pita.
2. Stuff with meat and vegetables.
3. Put in mouth. Chew and swallow.

Makes 1 serving

Per serving: 225 calories, 10 g protein, 42 g carbohydrates, 3 g fat (1 g saturated), 6 g fiber, 430 mg sodium

Sunday - Snack #1

2 teaspoons peanut butter, 1 can low-sodium V8 juice

Sunday - Brunch (Relax -- it's Sunday)

2 scrambled eggs, 2 slices whole-grain toast, 1 banana, 1 cup 1% or fat-free milk

Sunday - Snack #2

3 slices deli roast beef, 1 slice fat-free cheese

Sunday - Dinner

BBQ King

- 5 ounces smoked turkey kielbasa, diced
- 1 small onion, chopped
- 1 can (3 ounces) sliced mushrooms
- 1 clove garlic, minced
- 1 can (16 ounces) baked beans

- 1 can (8 ounces) navy beans, drained
- 1 can (14 ½ ounces) puréed tomatoes
- ¼ cup seasoned bread crumbs
- ¾ tablespoon ground flaxseed
- ¾ tablespoon olive oil

1. Preheat your oven to 350°F. Put the kielbasa in a 2-quart baking dish, and bake until browned (about 5 minutes). Drain the fat and set the dish aside.
2. In a nonstick skillet over medium-high heat, cook the onion, mushrooms, and garlic for 5 to 7 minutes. Transfer to the baking dish, then add the beans and tomatoes, plus salt and pepper to taste.
3. Bake for 20 minutes or until the edges bubble.
4. In a small bowl, mix the bread crumbs and flaxseed with the oil. Sprinkle over the sausage mixture, and broil 4 to 5 inches from the heat until the top is golden (about 3 minutes).

Makes 4 servings

Per serving: 348 calories, 20 g protein, 53 g carbohydrates, 8.5 g fat (2 g saturated), 13 g fiber, 1,463 mg sodium

Sunday - Snack #3

1 ounce almonds, 1 cup low-fat ice cream