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Instruction

First off I want to thank you for taking action and allowing me to help you through your weight loss journey.

There are a lot of options available to you, but I'm glad you decided to trust me to help you.

Now lets talk a little about this 4 week program.

You are first going to see that I have your workouts written out for you on pages 3 – 6 of this eBook.

I ONLY want to you to be working out 3 times a week for the next 4 weeks.

Really, that is all you need and the workouts are only 30 minutes long. Yes....that is all you need to start shredding fat and dropping weight over the next 4 weeks.

Just in case you don't know what some of the exercises are, I have provided you a link next to each exercise that will take you to a YouTube video showing you exactly how it should be performed.

But working out 3 days a week is only half of the program. Your meal plan is the second half. You have to be eating healthier during this 4 week program for it to work.

I have provided two different meal plans for you. One is a 1200 calorie plan if you are a female and a 1600 calorie plan if you are a male.

I have also provided you with a grocery list so you know exactly what to buy when you hit the grocery store before you start this 4 week program.

For each Meal Plan, I provide you with a 7 day plan. That means after each week, all you have to do is start back at the top and follow the same 7 day plan each week.

That's it, sounds simple enough right:-)

Just remember...this isn't going to be easy, you are going to want to quit and go back to doing what you were doing and all I ask is that you focus and stay the course for just 4 weeks.

The first 4 weeks is the hardest but I promise you if you get through this, it gets a lot easier from here!

Week 1

Workout #1

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Overhead Squats [Click Here To Watch Video](#)
2. Jumping Jacks [Click Here To Watch Video](#)
3. Leg Thrusts [Click Here To Watch Video](#)
4. Kneeling Push Ups or Push Ups [Click Here To Watch Video](#)
5. Run In Place [Click Here To Watch Video](#)
6. Bowing Crunches [Click Here To Watch Video](#)

Workout #2

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Stationary Lunges [Click Here To Watch Video](#)
2. Mountain Climbers [Click Here To Watch Video](#)
3. Plank [Click Here To Watch Video](#)
4. Seal Jacks [Click Here To Watch Video](#)
5. Burpee [Click Here To Watch Video](#)
6. Leg Lifts [Click Here To Watch Video](#)

Workout #3

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Chair Step Up [Click Here To Watch Video](#)
2. Side to Side Jumps [Click Here To Watch Video](#)
3. Penguin Crunch [Click Here To Watch Video](#)
4. Bear Crawl [Click Here To Watch Video](#)
5. Split Shuffle [Click Here To Watch Video](#)
6. Bicycle Crunches [Click Here To Watch Video](#)

Week 2

Workout #1

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Prisoner Squat [Click Here To Watch Video](#)
2. Total Body Extension [Click Here To Watch Video](#)
3. Side Plank on knees [Click Here To Watch Video](#)
4. Body Weight Dips [Click Here To Watch Video](#)
5. X-Mountain Climbers [Click Here To Watch Video](#)
6. Flutter Kicks [Click Here To Watch Video](#)

Workout #2

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Knuckle Draggers [Click Here To Watch Video](#)
2. Jumping Jacks [Click Here To Watch Video](#)
3. Lying Knee Tucks [Click Here To Watch Video](#)
4. Fireflies [Click Here To Watch Video](#)
5. Jump Rope (imaginary) [Click Here To Watch Video](#)
6. Crunches w/Leg Lift [Click Here To Watch Video](#)

Workout #3

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Reaching Lunges [Click Here To Watch Video](#)
2. Line Jumps [Click Here To Watch Video](#)
3. Kneeling Heel Touch [Click Here To Watch Video](#)
4. Body Weight Tricep Extensions [Click Here To Watch Video](#)
5. Wall Sit [Click Here To Watch Video](#)
6. Leg Thrust [Click Here To Watch Video](#)

Week 3

Workout #1

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Single Leg Bridge [Click Here To Watch Video](#)
2. Skater Hops [Click Here To Watch Video](#)
3. Side Plank [Click Here To Watch Video](#)
4. Mountain Climbers [Click Here To Watch Video](#)
5. Burpee [Click Here To Watch Video](#)
6. Cross Body Crunch [Click Here To Watch Video](#)

Workout #2

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Walking Lunges [Click Here To Watch Video](#)
2. Run in Place w/ High Knees [Click Here To Watch Video](#)
3. Flutter Kicks [Click Here To Watch Video](#)
4. Seal Jacks [Click Here To Watch Video](#)
5. Frog Leap [Click Here To Watch Video](#)
6. Plank Walk Up [Click Here To Watch Video](#)

Workout #3

30 min TABATA (30 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Single Leg Deadlift [Click Here To Watch Video](#)
2. Bear Crawl [Click Here To Watch Video](#)
3. Crunch w/ Leg Lift [Click Here To Watch Video](#)
4. Spiderman Push Ups or Push Ups [Click Here To Watch Video](#)
5. Reverse Lunges [Click Here To Watch Video](#)
6. Body Saw [Click Here To Watch Video](#)

Week 4

Workout #1

30 min TABATA (30 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Side Lunges [Click Here To Watch Video](#)
2. Inchworm [Click Here To Watch Video](#)
3. Sit-Ups [Click Here To Watch Video](#)
4. Sun Gods [Click Here To Watch Video](#)
5. Jump Squat [Click Here To Watch Video](#)
6. Russian Twist [Click Here To Watch Video](#)

Workout #2

30 min TABATA (30 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Sumo Squat [Click Here To Watch Video](#)
2. Single Leg Burpee [Click Here To Watch Video](#)
3. Supermans [Click Here To Watch Video](#)
4. Fireflies w/ Push-Ups [Click Here To Watch Video](#)
5. Skater Hops [Click Here To Watch Video](#)
6. V-Abs [Click Here To Watch Video](#)

Workout #3

30 min TABATA (30 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Jumping Lunges [Click Here To Watch Video](#)
2. Split Shuffle [Click Here To Watch Video](#)
3. Lying Hip Raises [Click Here To Watch Video](#)
4. Gator Crawl [Click Here To Watch Video](#)
5. Frog Leap & Squat Thrust [Click Here To Watch Video](#)
6. Alternating Rolling T's [Click Here To Watch Video](#)

4 Week Home FAT LOSS PROGRAM

Women Grocery List

Category	Food	Qty	Measure
Beverages	Water, tap, drinking	560.00	1 fl oz
Cereals	Oatmeal-quick, measured uncooked	2.50	cup
	Oatmeal-quick, measured uncooked	0.50	cup
Fats & Oils	Flaxseed Oil (linseed)	0.25	tablespoon
Fibrous Carbohydrates (Healthy)	Broccoli	1.00	spear
Meal Substitutes	Protein Powder	23.00	scoop
Performance Carbohydrates	Sweetpotato, cooked, baked in skin, without salt	2.25	1 cup
	Rice - white cook steamed	1.25	cup
	Rice/White Steamed - Cooked	1.25	cup
	Potato/White - Baked	15.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	3.00	each
	Swordfish - cooked dry heat	4.00	ounce(s)
	Salmon - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	21.00	ounce(s)
	Chicken Breast / White Meat	23.00	ounce(s)
	Sirloin Top - fat trimmed off	16.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
Seasonings	Vinegar, balsamic	6.00	1 tablespoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Spinach, raw	3.00	1 cup
	Lettuce, iceberg (includes crisphead types), raw	3.50	1 cup, shared or chopped

4 Week Home FAT LOSS PROGRAM

Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Extreme Fat Loss - Day 01							
Breakfast							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				41.10	32.40	6.75	343.50
Snack 1							
10	0.3	cup	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1	4.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				21.45	21.45	1.29	186.00
Lunch							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				35.13	10.13	0.80	197.00
Snack 2							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				34.50	4.50	3.75	195.00
Dinner							
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				28.75	24.52	6.06	272.98
Totals For 1200 Calories Extreme Fat Loss - Day 01				160.93	93	18.65	1194.48

4 Week Home FAT LOSS PROGRAM

Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Extreme Fat Loss - Day 02							
Breakfast							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				41.10	32.40	6.75	343.50
Snack 1							
10	3.0	ounces(s)	Potato / White - Baked	19.50	21.45	0.09	93.00
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				20.76	21.45	10.59	267.00
Lunch							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				27.13	10.13	1.60	169.00
Snack 2							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				34.50	4.50	3.75	195.00
Dinner							
6	1.0	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.49	1.63	0.08	7.70
10	0.3	1 cup	Sweetpotato, cooked, baked in skin, without salt	1.00	10.35	0.08	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				35.57	14.70	0.96	218.78
Totals For 1200 Calories Extreme Fat Loss - Day 02				159.06	83.18	23.65	1193.28

4 Week Home FAT LOSS PROGRAM

Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Extreme Fat Loss - Day 03							
Breakfast							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				46.00	6.00	5.00	260.50
Snack 1							
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				28.02	22.39	1.48	222.23
Lunch							
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
1	4.0	ounce(s)	Sirloin Top - fat trimmed off	34.40	0.00	7.72	216.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				27.13	10.13	1.60	169.00
Snack 2							
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				23.00	3.00	2.50	130.00
Dinner							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.8	cup	Rice / White Steamed - Cooked	3.38	30.38	0.00	135.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				29.38	30.38	1.60	259.00
Totals For 1200 Calories Extreme Fat Loss - Day 03				163.69	87.03	18.51	1201.21

4 Week Home FAT LOSS PROGRAM

Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
1200 Calories Extreme Fat Loss - Day 04								
Breakfast								
	1	3.0	each	Egg Whites - scrambled / boiled	10.50	0.90	0.00	51.00
	15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	27.90	148.50
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast					17.10	28.80	6.75	199.50
Snack 1								
	0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1					34.50	4.50	3.75	195.00
Lunch								
	1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
	10	0.5	cup	Rice / White Steamed - Cooked	2.25	20.25	0.00	90.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch					28.25	20.25	1.60	214.00
Snack 2								
	0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2					46.00	6.00	5.00	260.00
Dinner								
	3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
	6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
	17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
	1	4.0	ounce(s)	Swordfish - cooked dry heat	28.80	0.00	5.84	176.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner					37.46	28.94	8.00	338.49
Totals For 1200 Calories Extreme Fat Loss - Day 04					163.31	88.49	21.35	1206.99

4 Week Home FAT LOSS PROGRAM

Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Extreme Fat Loss - Day 05							
Breakfast							
15	0.5	cup	Egg Whites - scrambled / boiled	6.60	27.90	0.00	148.50
0	1.5	scoop	Oatmeal-quick, measured uncooked	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				41.10	32.40	6.75	343.50
Snack 1							
23	0.0	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				46.00	6.00	8.50	290.00
Lunch							
10	0.3	cup	Rice / White cook steamed	1.13	10.13	0.00	45.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				26.63	10.13	0.60	159.00
Snack 2							
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				23.00	3.00	2.50	130.00
Dinner							
6	1.0	1 cup shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.49	1.63	0.08	7.70
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				28.38	25.06	6.02	273.78
Totals For 1200 Calories Extreme Fat Loss - Day 05				165.11	76.59	24.37	1196.28

4 Week Home FAT LOSS PROGRAM

Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Extreme Fat Loss - Day 06							
Breakfast							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				29.60	30.90	5.50	278.00
Snack 1							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.20	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				27.95	21.45	1.69	217.00
Lunch							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				35.13	10.13	0.80	197.00
Snack 2							
0	1.5	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00
Dinner							
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				28.75	24.52	6.06	272.98
Totals For 1200 Calories Extreme Fat Loss - Day 06				167.43	93.00	19.05	1225.48

4 Week Home FAT LOSS PROGRAM

Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Extreme Fat Loss - Day 07							
Breakfast							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				29.60	30.90	5.50	278.50
Snack 1							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				27.95	21.45	1.69	217.00
Lunch							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				26.63	10.13	0.60	159.00
Snack 2							
0	1.5	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00
Dinner							
6	1.5	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.74	2.45	0.12	11.55
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				28.63	24.88	6.06	277.63
Totals For 1200 Calories Extreme Fat Loss - Day 07				158.81	94.36	18.85	1192.13

4 Week Home FAT LOSS PROGRAM

Men Grocery List

Category	Food	Qty	Measure
Beverages	Water, tap, drinking	560.00	1 fl oz
Cereals	Oatmeal-quick, measured uncooked	3.75	cup
	Oatmeal-quick, measured uncooked	1.00	cup
Fats & Oils	Flaxseed Oil (linseed)	0.25	tablespoon
Fibrous Carbohydrates (Healthy)	Broccoli	2.00	spear
Meal Substitutes	Protein Powder	30.00	scoop
Performance Carbohydrates	Sweetpotato, cooked, baked in skin, without salt	2.25	1 cup
	Rice - white cook steamed	2.50	cup
	Rice/White Steamed - Cooked	1.50	cup
	Potato/White - Baked	17.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	5.00	each
	Swordfish - cooked dry heat	5.00	ounce(s)
	Salmon - broiled	4.00	ounce(s)
	Turkey Breast / White Meat	24.00	ounce(s)
	Chicken Breast / White Meat	29.00	ounce(s)
	Sirloin Top - fat trimmed off	23.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.25	1 cup
Seasonings	Vinegar, balsamic	8.00	1 tablespoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Spinach, raw	4.50	1 cup
	Lettuce, iceberg (includes crisphead types), raw	4.00	1 cup, shared or chopped

4 Week Home FAT LOSS PROGRAM

Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Extreme Fat Loss - Day 01							
Breakfast							
15	0.8	cup	Oatmeal-quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				55.90	47.85	9.50	482.75
Snack 1							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				27.95	21.45	1.69	217.00
Lunch							
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				36.25	20.25	0.80	242.00
Snack 2							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00
Dinner							
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				46.38	25.06	9.98	384.43
Totals For 1600 Calories Extreme Fat Loss - Day 01				212.48	120.61	26.97	1586.18

4 Week Home FAT LOSS PROGRAM

Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
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1600 Calories Extreme Fat Loss - Day 02

Breakfast

15	0.8	cup	Oatmeal-quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				55.90	47.85	9.50	482.75

Snack 1

10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				27.03	21.45	14.09	325.00

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				41.25	20.25	2.40	276.00

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00

Dinner

6	1.5	1 cup, shredded or chopped	Sirloin Top - fat trimmed off	0.74	2.45	0.12	11.55
10	0.3	1 cup	Spinach, raw	1.00	10.35	0.08	45.00
1	5.0	ounce(s)	Sweetpotato, cooked, backed in skin, without salt	42.50	0.00	1.00	190.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				44.32	15.52	1.20	260.60
Totals For 1600 Calories Extreme Fat Loss - Day 02				214.50	111.07	32.19	1604.38

4 Week Home FAT LOSS PROGRAM

Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Extreme Fat Loss - Day 03							
Breakfast							
0	2.5	scoop	Protein Powder	57.50	7.50	6.25	325.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				57.50	7.50	6.25	325.00
Snack 1							
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.06	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				29.27	33.58	1.92	276.34
Lunch							
10	5.0	ounce(s)	Potato / White -Backed	3.25	35.75	0.15	155.00
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
0	2.0	1 tablespoon	Vinegar, balsamic	0.16	5.45	0.00	28.16
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				47.70	42.83	9.98	463.51
Snack 2							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				34.50	4.50	3.75	195.00
Dinner							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	1.0	cup	Rice / White Steamed - Cooked	4.50	40.50	0.00	180.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				30.50	40.50	1.60	304.00
Totals For 1600 Calories Extreme Fat Loss - Day 03				199.47	128.91	23.50	1563.85

4 Week Home FAT LOSS PROGRAM

Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Extreme Fat Loss - Day 04							
Breakfast							
1	5.0	each	Egg Whites - scrambled / boiled	17.50	1.50	0.00	85.00
15	1.0	cup	Oatmeal-quick, measured uncooked	13.20	55.80	6.00	297.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				30.70	57.30	6.00	382.00
Snack 1							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				46.00	6.00	5.00	260.00
Lunch							
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
10	0.5	cup	Rice / White Steamed - Cooked	2.25	20.25	0.00	90.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				41.25	20.25	2.40	276.00
Snack 2							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00
Dinner							
3	2.0	spear	Sirloin Top - fat trimmed off	10.00	8.00	2.00	80.00
6	2.0	0.5 cup (1" pieces)	Spinach, raw	2.28	5.10	0.56	28.52
17	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.52	22.39	0.88	108.23
1	5.0	ounce(s)	Vinegar, balsamic	36.00	0.00	7.30	220.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				50.80	35.49	10.74	436.75
Totals For 1600 Calories Extreme Fat Loss - Day 04				214.75	125.04	29.14	1614.75

4 Week Home FAT LOSS PROGRAM

Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Extreme Fat Loss - Day 05							
Breakfast							
15	1.0	cup	Oatmeal-quick, measured uncooked	13.20	55.80	6.00	297.00
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				59.20	61.80	11.00	557.00
Snack 1							
23	0.3	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				46.00	6.00	8.50	290.00
Lunch							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				35.13	10.13	0.80	197.00
Snack 2							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00
Dinner							
6	1.0	1 cup, shredded or chopped	Sirloin Top - fat trimmed off	0.49	1.63	0.08	7.70
1	3.0	ounce(s)	Spinach, raw	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				28.38	25.06	6.02	273.78
Totals For 1600 Calories Extreme Fat Loss - Day 05				214.71	108.99	31.32	1577.78

4 Week Home FAT LOSS PROGRAM

Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Extreme Fat Loss - Day 06							
Breakfast							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				52.60	33.90	8.00	408.50
Snack 1							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				34.45	21.45	2.09	248.00
Lunch							
10	0.8	cup	Rice - white cook steamed	3.38	30.38	0.00	135.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				37.38	30.38	0.80	287.00
Snack 2							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00
Dinner							
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	2.0	1 tablespoon	Vinegar, balsamic	0.16	5.45	0.00	28.16
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				46.46	27.79	9.98	398.51
Totals For 1600 Calories Extreme Fat Loss - Day 06				216.89	119.52	25.87	1602.01

4 Week Home FAT LOSS PROGRAM

Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Extreme Fat Loss - Day 07							
Breakfast							
15	0.8	cup	Oatmeal-quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				55.90	47.85	9.50	482.75
Snack 1							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				27.95	21.45	1.69	217.00
Lunch							
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				36.25	20.25	0.80	242.00
Snack 2							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00
Dinner							
6	1.5	1 cup, shredded or chopped	Sirloin Top - fat trimmed off	0.74	2.45	0.12	11.55
1	5.0	ounce(s)	Spinach, raw	43.00	0.00	9.65	270.00
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				45.83	25.88	9.92	385.63
Totals For 1600 Calories Extreme Fat Loss - Day 07				211.93	121.43	26.91	1587.38