

FITNutrition

Weight Loss

PROTEINS All Day	FRUITS Until 3pm	VEGETABLES All Day/Night
EGG WHITES W/1 YOLK	GREEN APPLES	BROCCOLI / CAULIFLOWER
EGG SUBSTITUTES	ORANGES	ASPARAGUS
LOW-FAT COTTAGE CHEESE	PEAR	SALAD (LETTUCE / TOMATO)
CHICKEN BREAST	GRAPEFRUIT	CARROTS
TURKEY BREAST	KIWI	SQUASH
LEAN GROUND TURKEY	MANGOS	GREEN BEANS
SALMON	PEACHES	GREEN / RED PEPPERS
NUTS / SEEDS	STRAWBERRIES	SPINACH/GREENS
CHICKPEAS	GRAPES	BRUSSELS SPROUTS
TUNA	NECTARINES	ONIONS
ORANGE ROUGHY	PLUMS	CABBAGE
RED SNAPPER	MIXED BERRIES	CELERY
NATURAL PEANUT BUTTER	GREEN BANANA	ZUCCHINI
PROTEIN SUPPLEMENT	RASPBERRIES	CUCUMBER

SNACK SUGGESTIONS:

YOGURT (Low sugar / low fat--morning only)

RAW WALNUTS (Small handful!)

RAW ALMONDS (Small handful!)

FRUIT (Example: apple with peanut butter)

SUPPLEMENT SUGGESTIONS:

Multi-Vitamins

Protein Shakes

BCAA's

Probiotic

Fat Burner

L-Carntine

APPROVED DRINKS:

WATER

COCONUT MILK

ALMOND MILK

TEA (UNSWEETENED, GREEN)

FLAVORED WATER (NON-CARBONATED)

COFFEE

ALKALINE WATER

GREEN DRINK

DIRECTIONS:

EAT 4 TO 5 TIMES PER DAY (2-3 MEALS & 1-2 SNACKS). MEALS SHOULD CONSIST OF 1 PROTEIN WITH 2 SIDE DISHES FROM THE OTHER CATEGORIES. EXAMPLE: 3 EGG WHITES W/1 EGG YOLK, 1/2 CUP BERRIES, 1/2 CUP OATMEAL.

SELECT FRUITS EARLIER IN THE DAY (BEFORE 3PM).

1 Free Day per week: You may eat anything you like that day!

Please check with your doctor before beginning any weight loss or exercise program.