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## GS NUTRITION GUIDE

Welcome to the *Ignite90 Nutrition!* Nutrition program, a realistic, healthy and easy to follow eating plan. Learn ways to lower your weight without the denial of food. The *Ignite90 Nutrition! Nutrition Program* is designed to work in combination with your Ignite90 Nutrition! workouts to reduce your waistline, help you lose excess body weight, increase overall energy, improve your health and designed to get you looking and feeling great! We share the appropriate *Ignite90 Nutrition!* food choices and strategies. You'll flush away toxins you accumulate and store in your body over the years, eliminate bloating and get you simply feeling better in your own skin.

Changing eating habits can be difficult, but with the correct simple to follow information, the *Ignite90 Nutrition! Nutrition Program* makes it easier for you to fit into your life. You will conquer stubborn cravings without sacrificing flavor and taste. Simple to prepare, delicious recipes that fit into a busy schedule. You will be learning which foods and ingredients to include, and which to eliminate from your diet and homes. The goal assist you to evolve into a new nutritional, lifestyle. One step at a time for lasting results.

The Ignite90 Nutrition! nutrition guide provides you with a 12-week meal plan and walks you through the important steps for guaranteed weight loss and improved health:

- Eat 6 small meals daily
- Use portion control.
- Replace simple carbs with complex carbs
- Choose whole grains instead of refined, processed grains
- Choose lean protein
- Increase fruit and vegetable intake
- Eliminate added sugars and artificial sweeteners
- Drink a minimum of 64 ounces of water daily
  - Easily done. Not as much water as you think. 8 tumblers or 4 tall glasses

(for my reference – and yours if you like)

<http://www.shapefit.com/diet-questions-best-proteins.html>

[http://www.ehow.com/about\\_5033297\\_considered-lean-protein-foods.html](http://www.ehow.com/about_5033297_considered-lean-protein-foods.html)

<http://www.fitbuff.com/foods-high-in-protein-top-10-healthy-choices/>

*Eat more often and Don't skip meals!:*

For your daily *Ignite90 Nutrition!* Meal Plan has you will optimally be eating six mini meals versus the standard three. Eating more often naturally elevates your metabolism, a major component for successful weight loss. Your six meals will consist of 3 main meals and 3 snacks comprised of "sexy" foods in the the correct sized portion.

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Why 6 meals a day? When we eat, we actually burn calories digesting our food and in turn raises your metabolism. By eating small, portion controlled meals and snacks you will keep your metabolism running high more consistently to more successfully burn calories.

Having the correct foods throughout the day also prevents sugar cravings that can lead to overeating. Try never to skip meals, approximately every 4 hours is the goal. Snacks can be a good thing, and also boost your energy. Snacks are basically smaller versions of meals, the Ignite90 Nutrition! snacks and meals contain heart healthy fats, proteins, carbohydrates and vegetables.

*Portion control:* Your Ignite90 Nutrition! plan provides specific portion sizes for each food to simplify the correct amount to eat. Instead of weighing or wondering, the simple list below shows how to visually determine portion sizes.

Each Ignite90 Nutrition! meal may appear small, but the nutrient density will satisfy your hunger. Eating throughout the day will keep you from feeling deprived. Here's a simple 'cheat sheet' to help measure your food quickly and easily:

- 1 thumb tip = 1 teaspoon of peanut butter, butter or sugar
- 1 fist = 1 cup cereal, pasta, vegetables
- 1 small handful - 1 oz. of nuts
- 1 finger = 1 oz. of cheese
- 1 deck of cards = 3 oz. of meat, fish, or poultry
- 1 palm of hand = 4 oz. of meat, fish, or poultry
- 1 ping pong ball = 1 tbsp. fat (salad dressing, butter, peanut butter)
- 1 tennis ball = medium sized fruit
- 1 light bulb = 1 cup vegetables
- 1 hockey puck = 1/2 cup cooked pasta, rice, cereal, or a small bagel
- 1 computer mouse = medium baked potato
- 1 coffee mug = 8 fl. Oz water:

*“Complex” carbohydrates vs. “Simple” carbohydrates:*

<http://www.google.com/search?client=safari&rls=en&q=complex+carbs&ie=UTF-8&oe=UTF-8>

“Simple” carbs are highly processed and made mostly of white flour (ex. white bread, white rice, pasta). This spikes your blood sugar, causing you to feel hungry, sooner.

“Complex” carbs are high in fiber, which aids in digestion and keeps you feeling fuller, longer. We will be introducing complex carbs in phase 2 of your nutrition plan. (WHAT ABOUT SIMPLE CARBS AND STARCHES BALLING UP IN THE STOMACH CAUSING DIFFICULTY IN DIGESTION?)

*Whole grains vs. refined grains:* Grains include any food made from wheat, rice, oats, barley or other cereal grains. Oatmeal, breakfast cereals, crackers, bread, and pasta are all good examples of grains. A “whole” grain contains the entire grain kernel or “outer shell” which houses all the fiber, B-vitamins, antioxidants, trace minerals, and vitamin E. Some examples include quinoa, brown rice, oatmeal, whole rye, whole wheat, and wild rice. A “refined” grain has this “outer shell” removed which in turn removes most of the

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important nutrients. Examples include white rice, white bread, noodles, pasta, and pretzels. Most refined grains are “enriched” and have the vitamins added back, but not the fiber. Therefore, it is best to opt for whole grains because the natural fiber in the whole grain has several benefits. The fiber prevents a fast spike and then drop in blood sugar; it keeps us fuller longer, can help prevent constipation and may reduce risk for cardiovascular disease, cancer, and diabetes.

### *Lean Protein:*

Protein is very important for building a healthy body. It helps build up, maintain, and replace the tissues in your body, especially during a *Ignite90 Nutrition!* workout. The best protein sources to choose from include lean beef, poultry, fish, eggs, nuts, seeds, beans, and legumes like split peas and lentils. The protein sources you get to choose from are labeled “lean” because they are low in fat.

*Fruits and vegetables:* Your *Ignite90 Nutrition!* program is loaded with produce! You will be eating a fruit and/or vegetable with almost every meal. This provides your body with:

- antioxidants
- fiber
- water

By eating more fruits and vegetables you’re flushing out the toxins that slow you down and decrease your energy level. An added bonus is the high fiber levels that will help fill you up!

*Water, water, water!* Water is a key ingredient to any weight loss plan.. All of our metabolic functions are improved when properly hydrated including digestion.

Dehydration slows down your metabolism and can make you feel fatigued.

A good goal is 64 ounces of water per day. Other acceptable beverages are unsweetened green tea or a caffeine-free herbal tea. For a twist, add a slice of lemon, lime or orange to your water for refreshing flavor.

Coffee lovers!! We have some great news for you, research revealed that consuming a cup of black coffee (no milk, cream or sugar ladies) can actually help you burn fat and reduce risk for certain diseases. \*Per Todd’s request-(CAN YOU CITE THIS RESEARCH?)

... Yup, a cup of coffee can actually be good for you. However, limit your daily intake to just 1 cup. Too much coffee can decrease levels of essential vitamins and minerals like biotin, vitamin K, zinc and calcium. (web-site with more info on coffee and vitamin depletion)

By the end of this program you will be feeling lighter, slimmer, and a whole lot healthier! Ready? Let’s *Ignite90 Nutrition!*

There are four phases that coincide with the *Ignite90 Nutrition! Workout Plan*.

Phase	Workout Plan	Nutrition Plan
1	Learn & Burn	Cleansing (Eliminate & Replace)
2	Trim & Tone	Fat Burning
3	Sculpt Spectacular	Muscle Building

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4 Refine & Define Sexy Maintenance

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### Phase 1 – Cleansing

We are excited to help you begin your journey to a healthier and sexier you! This cleansing week prepares your body for optimal fat burning by helping clean out the digestive system and to begin weaning your body off high calorie, processed foods for an improved more efficient digestive system.

You will eliminate fattening, frumpy foods and replace them with healthy, sexy foods. This week you can expect to eliminate toxins from the body, help improve your digestion and weight loss, as well as improve energy levels and your overall health. Phase 1 foods are free of chemicals and processing. When possible the ingredients should be 100% all natural and organic.

learn to create your own simple meals by choosing from a list of "sexy" foods, and introducing healthier, more nutritious foods into diet.

We are here to help you every step of the way. Refer to this nutrition guide often to help keep you on track. Time to get started!

- Eliminate dairy (replace regular milk with unsweetened almond, oat, soy or rice milk) except plain, unsweetened yogurt for healthy bacteria (\*maybe an explanation of why losing milk since there is a huge marketing campaign declaring milk's benefits)
- Eliminate wheat (hidden source of indigestion and allergies) Surprisingly found in soy sauce (combination of wheat and soybeans (is that in soy? Major allergen – how do allergies contribute to weight loss or is this just to help allergies? Swollen body?))
- Eliminate all added sugar, including artificial and sugar substitutes (replace with stevia or agave nectar). This includes all gum as well. (You can sweeten your breath in healthier ways)
- 
- Eliminate coffee (replace with herbal teas) (I hear the groans)
- Eliminate all unhealthy fats like partially hydrogenated oils (aka “trans fats”) and reduce saturated fats that may raise bad cholesterol like fatty cuts of meat, and whole milk dairy products (replace with flaxseed oil, extra virgin organic coconut oil, extra virgin olive oil, avocados, nuts, seeds)
- Eliminate all processed carbohydrates such as white bread, rice, pasta, cakes, cookies, sweetened cereals, baked goods, sauces, dressings (unless homemade) etc in order to maintain stable blood sugar levels (replace with unprocessed carbohydrates such as quinoa, oatmeal, beans, lentils, chickpeas (maybe short explanation on how this blocks and clogs the intestines thereby keeping waste inside the body – is it true that the better the digestive and elimination system, the less time the food stays in the body so less fat is drawn from it?))

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- Eliminate “fat free” foods b/c sugar replaces the lost fat (hidden facts – people should be careful of the marketing tricks)
- Eliminate added salt such as smoked and pickled foods and foods containing MSG and nitrites. Look for “low-sodium” or ”sodium-free” foods (replace with more spices and herbs which have multiple health benefits) (? These salts cause water retention and extra weight gain?)
- Eliminate artificial juices, sodas (replace with filtered water and freshly made organic veggie/fruit juices)
- Eliminate yeast (hidden cause of much fatigue, weakness, stomach upset and irritation and allergies) (please list some foods that yeast surprisingly appears in)
- Eliminate all vitamins/supplements that contain hidden wheat, dairy, sugar, yeast & fillers (read the labels?)
- Herbal teas like chamomile, peppermint & green tea may be sipped throughout the day
- Consume a minimum of 6-8 fluid oz filtered (when possible) water consumed each day, especially when engaging in exercise. Don't be afraid of drinking that much. 8 oz is like a large coffee mug, not a tall glass.

### Shopping Guide

**You want to find the foods that will improve your body and appearance.**

**Foods to avoid:**

**DO NOT** buy foods containing the following ingredients:

The following names are actually disguises for sugar, salt and dangerous fat that may sabotage your goals of becoming the sexy woman you want to look and feel: Reading food labels is a good habit to learn. Knowing what's in your food is important to keeping a healthy eating guide.

**partially hydrogenated oil, shortening, lard, high fructose corn syrup, cane sugar, sugar, dehydrated cane crystals, cane juice crystals, caramel, corn syrup solids, dextrose, diastase, fructose(except from natural fruit), fruit juice, fruit juice concentrates, invert sugar, malt syrup, maltodextrin, maltose, sorghum syrup, raw sugar, turbinado sugar, brown sugar ,monosodium glutamate ,nitrites**

The following lists the names of ingredients that are sugar substitutes and may cause bloating, stomach upset and flatulence. They will not make you look or feel sexy either: **Sorbitol, mannitol, xylitol, erythritol, isomalt,lactitol,maltitol,maltitol syrup, hydrogenated starch hydrolysates (HSH)**

**Ingredients & Condiments to Restrict**

Ketchup, potato starch, cornstarch, mayonnaise, floury sauces, palm oil, paraffin oil, modified starches. Sure they're tasty, but they're also (????? Fatty? Full of sugar?)

**Healthy Foods**

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Vegetables and fruits like berries can be purchased frozen and still retain their nutrients. They are very convenient for cooking, particularly when time restraint is important. If buying canned vegetables make sure they are low in salt and fruit isn't packaged in syrup. Look for whole grains like oats, brown rice, quinoa, buckwheat and corn. They have more fiber and vitamins and provide energy for your body.

### **Preparation (needs revision)**

Unless you have a 'free' day, it's best to prepare tomorrow's lunch and snacks the evening before. You may be rushing to work or pushing the kids out the door to school and you lose track of time. Suddenly you're skipping breakfast or leaving without lunch leading you to be either hungry or eating something frumpy you shouldn't. (Buy containers? Plastic bags? Let's lead them as though paint by numbers.)

Below you will find two lists. The first "sexy" list provides you with a variety of tasty and healthy treats/foods. Your body will have the proper tools it needs to detox eliminating excess fat, toxins and water weight.

Think of vitamins, minerals, fiber, antioxidants and lean protein as scavengers cleaning their way through your body. Your meals will consist of foods from this "sexy" list. The second "frumpy" list includes foods and beverages that you want to eliminate in order to get you closer to your sexy bikini body.

**THESE enriching FOODS WILL allow your metabolism to perform at peak levels and curb the cravings OF the "NO"/frumpy foods we've eliminated from your diet**

The second "frumpy" list includes foods and beverages that you want to eliminate in order to get you closer to your sexy bikini body

**SEXY FOODS TO SELECT FROM (REFERRING TO BELOW'S MEAL SUGGESTIONS) – PICK FROM THESE CATEGORIES –**

### **FABULOUS FRUITS:**

cranberries, grapefruit (preferably ruby red), oranges, lemons, limes, apples, strawberries, blueberries, raspberries, blackberries, grapes

### **VOLUPTUOUS VEGETABLES:**

asparagus, cucumbers, tomatoes, green beans, romaine lettuce, spinach, bell peppers, chili peppers, zucchini, kale, eggplant, collard greens, celery, broccoli, cauliflower, mushrooms Note: starchy vegetables may be incorporated in later phases: carrots, sweet potatoes, corn, peas

### **POWERFUL PROTEINS:**

4 oz. lean skinless chicken, turkey, salmon, tuna, eggs, 10-20 almonds, 5 walnuts, 1 Tbs pumpkin seeds, 1 Tbs sunflower seeds, 10-20 pistachios

**HEALING HERBS & SENSUAL SPICES:** ginger, cinnamon, garlic, cayenne,



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mustard, anise, fennel, parsley, cilantro

### **FANTASTIC FATS:**

olive oil, flaxseed oil, avocado- 1 tsp-1 Tbs per meal for 2 daily meals

### **BEAUTIFUL BEVERAGES:**

Filtered water (bottled is acceptable), green tea, chamomile tea, herbal teas, unsweetened almond/rice

### **FRUMPY FOODS AND BEVERAGES TO ELIMINATE:**

salt

refined grains like bagels, white breads, white rice, muffins, baked goods, added sugar

artificial sweeteners and sugar substitutes

alcohol

soda

commercial juices

ketchup

mayonnaise

butter

lard

shortening

margarine

fried foods

dairy products (only for cleansing phase: some dairy will be reintroduced in later phases)

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**“Frumpy!” Foods and beverages to eliminate**

salt- ***SEA SALT IN SMALLER PORTIONS***

refined grains including bagels, white breads, white rice, muffins, baked goods,  
added sugar

sugar & artificial sweeteners

alcohol

soda

commercial juices

ketchup -***CAN REPLACE WITH ORGANIC AND SMALL PORTIONS***

***mayonnaise***

butter

lard

shortening

margarine

fried foods

dairy products (only for cleansing phase: some dairy like yogurt and cheese will  
be reintroduced in later phases)

## MEAL PLANNING

Although we provide you with a detailed daily and weekly meal plan we also included a list of all meals and snacks from which you have the option of choosing your preferred breakfasts, snacks, lunches and dinners. The meals we provide you can serve as guidelines to creating your own meals in the future with the ability to replace ingredients with other desired ingredients. Use the list of categories as a guideline if you would like to make exchanges. Please note that exchanges should be made within the category of the foods in which they belong. For example, if the meal calls for chicken as the protein you may exchange the chicken with fish, tofu or nuts. If the meal includes peppers and you would like a different, non-starchy vegetable you may choose another option. Remember to also follow the portioning guidelines.

### **Body Beautiful Breakfasts:**

1. 2 scrambled egg whites & 1 scrambled egg (use olive oil cooking spray)  
½ large grapefruit
2. 2 egg white & 1 egg omelet (use olive oil cooking spray)  
  
½ cup blueberries sprinkled with cinnamon  
  
1 cup decaffeinated green tea
3. 1 scrambled egg (use cooking spray)  
½ cup grapes  
1 cup decaffeinated green tea
4. 20 raw unsalted almonds  
2 Tbs dried cranberries  
1 cup almond/rice/soy milk (choice)
5. 1 orange  
20 Almonds  
1 cup decaffeinated green tea

### **Light n' Lovely Lunches:**

1. 2 cups romaine lettuce

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- ½ cup slices mushrooms
- ¼ cup chopped celery
- 1 Tbs red wine vinegar
- 4 oz. lean meat of your choice

### 2. 4 oz. light canned tuna fish

- 1 chopped cucumber
- 1 chopped tomato
- 1 bell pepper sliced in half
- 2 Tbs chopped cilantro

Mix tuna, cucumber and cilantro and scoop into pepper for a light n' crunchy meal.

### 3. 5 oz baked salmon (see recipe)

- 2 cups mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice
- 1 cup decaffeinated green tea

### 4. Portobello Mushroom Veggie Burger

#### 2 Portobello mushrooms

- 1 Tbs avocado
- 1 tsp sunflower seeds
- 2 slices large tomato
- 2 pieces romaine lettuce

Spray pan with olive oil cooking spray & sauté mushrooms for about 2 minutes on each side. Remove from heat & let cool. Place mushroom on top of one romaine lettuce. Spread avocado on one mushroom. Sprinkle sunflower seeds on top. Place tomato slices on top of mushrooms. Add the remaining lettuce and cover with last mushroom. Bon Appétit

### 5. 2 tablespoons sunflower seeds

- 1 cup romaine lettuce, 1 cup chopped tomatoes, 1 cup chopped cucumbers, 1 tablespoon olive oil, lemon juice to taste for dressing

### **Divine Dinners:**

#### 1. 4 oz. protein of your choice

- ½ zucchini, 1 bell pepper, ½ onion sliced, skillet with olive oil, sauté vegetables until tender

#### 2. 4 oz. boneless, skinless chicken breast

- Olive oil cooking spray
- 2 gloves garlic
- 1 tsp rosemary (fresh or dried)
- 2 cups broccoli

Preheat oven to 375 degrees. Spray a piece of aluminum foil with cooking

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spray. Place chicken and garlic on foil and wrap up tightly into a pouch. Cook for 20 minutes or until completely cooked. Meat should not appear pink but rather white.

3. 1 hardboiled egg, 2 hardboiled egg whites  
1 chopped cucumber  
1 chopped tomato  
1 bell pepper sliced in half  
2 Tbs chopped cilantro  
Mix tuna, cucumber and cilantro and scoop into pepper for a light n' crunchy meal
4. 4 oz. boneless, skinless chicken breast  
Olive oil cooking spray  
2 gloves garlic  
1 tsp rosemary (fresh or dried)  
2 cups broccoli  
Preheat oven to 375 degrees. Spray a piece of aluminum foil with cooking spray. Place chicken and garlic on foil and wrap up tightly into a pouch.
5. 1 bell pepper  
1 cup chopped raw kale drizzled with 1 tsp olive oil & fresh lemon juice  
4 oz. chicken breast (leftovers)

### **Sultry AM/Noon/PM Snacks:**

1. serving of raw nuts
2. 15 green grapes or other fruit serving of choice
3. ½ cup strawberries sprinkled with cinnamon  
1 Tbs walnuts  
8 oz. almond/rice/soy milk (choice)
4. 1 cup raspberries  
1 cup chamomile tea
5. 10 steamed asparagus spears  
1 cup chamomile tea

END OF LIST

Here is a sample list of a week's meals. You can follow exactly or create your own menu from the chart. Remember, this phase is to help clean out your body, retrain your body to accept healthier foods with proper portioning resulting in more efficient absorption and digestion and a body that works better, looks better and

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feels better.

### Day 1

#### AM Fat Burning Cocktail

##### *Breakfast:*

: 2 scrambled egg whites & 1 scrambled egg (use olive oil cooking spray)  
½ large grapefruit

##### *Snack **Sultry Snack***

: 20 raw, unsalted almonds

##### *Lunch*

: 2 cups romaine lettuce  
½ cup slices mushrooms  
¼ cup chopped celery  
1 Tbs red wine vinegar  
4 oz. lean meat of your choice

##### *Snack*

: 15 green grapes

##### *Dinner*

: 4 oz. boneless, skinless chicken breast  
Olive oil cooking spray  
2 gloves garlic  
1 tsp rosemary (fresh or dried)  
2 cups broccoli

Preheat oven to 375 degrees. Spray a piece of aluminum foil with cooking spray. Place chicken and garlic on foil and wrap up tightly into a pouch. Cook for 20 minutes or until completely cooked. Meat should not appear pink but rather white.

##### *Snack*

1 cup strawberries

##### *After Dinner*

: a cup of caffeine free herbal tea, add lemon or orange wedge for flavor if you chose.

QUICK TIP: A warm cup of chamomile herbal tea can be very soothing and calming before bedtime. Adding fresh mint to hot water or sipping on peppermint can aid in digestion. Green tea is full of antioxidants which may help increase

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metabolism

### **Sample Day 2**

AM Fat Burning Cocktail

8 oz. water with lemon slices.

*Breakfast **Beauty Breakfast***

2 egg white & 1 egg omelet (use olive oil cooking spray)

½ cup blueberries sprinkled with cinnamon

1 cup decaffeinated green tea

*Snack*

½ cup strawberries sprinkled with cinnamon

1 Tbs walnuts

8 oz. almond/rice/soy milk (choice)

*Lunch*

4 oz. light canned tuna fish

1 chopped cucumber

1 chopped tomato

1 bell pepper sliced in half

2 Tbs chopped cilantro

Mix tuna, cucumber and cilantro and scoop into pepper for a light n' crunchy meal.

*Snack*

Apple

*Dinner*

Portobello Mushroom Veggie Burger

2 Portobello mushrooms

1 Tbs avocado

1 tsp sunflower seeds

2 slices large tomato

2 pieces romaine lettuce

Spray pan with olive oil cooking spray & sauté mushrooms for about 2 minutes on

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each side. Remove from heat & let cool. Place mushroom on top of one romaine lettuce. Spread avocado on one mushroom. Sprinkle sunflower seeds on top. Place tomato slices on top of mushrooms. Add the remaining lettuce and cover with last mushroom. Bon Appétit

### Snack

10 steamed asparagus spears  
1 cup chamomile tea

## Sample Day 3

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### Breakfast

1 scrambled egg (use cooking spray)  
½ cup grapes  
1 cup decaffeinated green tea

### Snack

Grapefruit  
1 cup almond/rice/soy milk (choice)

### Lunch

5 oz baked salmon (see recipe)  
2 cups mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice  
1 cup decaffeinated green tea

### Snack

10 raw pistachios

### Dinner *Divine Dinner*

1 bell pepper  
1 cup chopped raw kale drizzled with 1 tsp olive oil & fresh lemon juice  
4 oz. chicken breast (leftovers)

### Snack

1 cup blueberries  
1 cup almond/soy/rice milk (choice)

## Sample Day 4

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices



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### **Breakfast**

20 raw unsalted almonds  
2 Tbs dried cranberries  
1 cup almond/rice/soy milk (choice)

### **Snack**

1 Tbs pumpkin seeds  
1 cup decaffeinated green tea

### **Lunch** *Lite n' Lovely Lunch*

4 oz roasted chicken breast (see recipe)  
1 cup salad: mixed greens, lettuce, cucumber with 1tsp olive oil & 2 Tbs lemon juice  
½ cup cooked spinach

### **Snack**

1 cup cooked string beans  
1 Tbs sunflower seeds  
1 tsp olive oil  
toss string beans with olive oil and sunflower seeds for a crunchy & delicious snack!

### **Dinner**

1 hard boiled egg  
1 cup cherry tomatoes

### **Snack**

1 cup raspberries  
1 cup chamomile tea

### **Sample Day 5**

AM Fat Burning Cocktail

8 oz. water with fresh lemon slices

### *Breakfast*

: 2 scrambled egg whites & 1 scrambled egg (use olive oil cooking spray)  
1 cup strawberries

### *Snack*

: 20 raw, unsalted almonds

### *Lunch Protein Punch Lunch*

: 2 cups romaine lettuce  
½ cup slices mushrooms  
¼ cup chopped celery  
1 Tbs red wine vinegar

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4 oz. Salmon

### *Snack*

: ½ grapefruit

### *Dinner*

: 4 oz. boneless, skinless chicken breast

Olive oil cooking spray

2 gloves garlic

1 tsp rosemary (fresh or dried)

2 cups broccoli

Preheat oven to 375 degrees. Spray a piece of aluminum foil with cooking spray. Place chicken and garlic on foil and wrap up tightly into a pouch. Cook for 20 minutes or until completely cooked. Meat should not appear pink but rather white.

### *Snack*

1 cup strawberries

### *After Dinner*

: a cup of caffeine free herbal tea, add lemon or orange wedge for flavor if you chose.

## **Sample Day 6**

### AM Fat Burning Cocktail

8 oz. water with lemon slices.

### *Breakfast*

2 egg white & 1 egg omelet (use olive oil cooking spray)

½ cup blueberries sprinkled with cinnamon

1 cup decaffeinated green tea

### *Snack*

1 apple

1 Tbs walnuts

8 oz. almond/rice/soy milk (choice)

### *Lunch*

Portobello Mushroom Veggie Burger

2 Portobello mushrooms

1 Tbs avocado

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1 tsp sunflower seeds

2 slices large tomato

2 pieces romaine lettuce

Spray pan with olive oil cooking spray & sauté mushrooms for about 2 minutes on each side. Remove from heat & let cool. Place mushroom on top of one romaine lettuce. Spread avocado on one mushroom. Sprinkle sunflower seeds on top. Place tomato slices on top of mushrooms. Add the remaining lettuce and cover with last mushroom. Bon Appétit

### *Snack*

15 grapes

### *Dinner*

1 hardboiled egg, 2 hardboiled egg whites

1 chopped cucumber

1 chopped tomato

1 bell pepper sliced in half

2 Tbs chopped cilantro

Mix tuna, cucumber and cilantro and scoop into pepper for a light n' crunchy meal

### Snack *Goddess Greens*

10 steamed asparagus spears

1 cup green tea

## **Sample Day 7**

### AM Fat Burning Cocktail

8 oz. water with lemon slices.

### Breakfast

1 orange

20 Almonds

1 cup decaffeinated green tea

### Snack

½ cup blueberries

### Lunch

2 tablespoons sunflower seeds

1 cup romaine lettuce, 1 cup chopped tomatoes, 1 cup chopped cucumbers, 1 tablespoon olive oil, lemon juice to taste for dressing

### Snack

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½ grapefruit

### Dinner

4 oz. protein of your choice

½ zucchini, 1 bell pepper, ½ onion sliced, skillet with olive oil, sauté vegetables until tender

### Snack *Dine n' Unwind Snack*

1 cucumber sliced

1 cup chamomile tea

## Phase 2 Fat Burning:

**NOW THAT YOU'VE PREPARED YOUR BODY FOR MORE EFFICIENT USE OF NUTRIENTS, Time for to burn fat...**

**We are going to share how to use special fat-burning foods, herbs, and spices that kick-start your metabolism and get the caloric fire burning. Just like diesel fuel powers up engines these “thermogenic” or fat-burning foods and beverages will melt away that stubborn fat. And keeping it simple, all you need to do is stick to the list we mentioned in Phase 1 to help guide you on your fat-burning journey!**

*Just like in phase 1, we provide you with a comprehensive daily and weekly meal plan. However, we also include a list of all meals and snacks from which you have the option of choosing your preferred breakfasts, snacks, lunches and dinners.*

### Beach Body Breakfasts:

1. 2 scrambled eggs with ½ cup steamed asparagus drizzled with 1 tsp olive oil.

1 cup decaffeinated green tea

2. 1 Tbs peanut butter

1 apple

1 cup decaffeinated green tea

3. 1 cup plain low fat yogurt

10 raw almonds

1 cup decaffeinated green tea

4. 1 cup oatmeal

4 walnuts

1 tbs dried cranberries

1 cup decaffeinated green tea

5. 1 cup quinoa

1 cup almond/rice/oat/soy milk (choice)

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### **Lean n Lovely Lunches:**

1. 5 oz baked salmon (see recipe)  
1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice  
1 cup decaffeinated green tea
2. 5 oz. roasted chicken breast (see recipe)  
2 cups mixed greens with 1 tsp flaxseed oil & 2 Tbs lemon juice
3. 4 oz. canned light tuna fish packed in water & drained with 1 tsp flaxseed oil Tbs lemon juice  
1 cup mixed chopped celery, cucumbers, bell peppers  
½ cup quinoa
4. 5 oz. baked tilapia (see recipe)  
1 cup mixed cooked cauliflower and spinach  
1 cup decaffeinated green tea
5. 5 oz grilled tofu (see recipe)  
1 cup cooked broccoli drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice  
1 cup decaffeinated green tea

**Sumptuous Snacks (Interchangeable as AM or PM snack):** Snacks are mini meals to reduce cravings and keep the metabolism going.

1. Raw nuts
2. 1 cup plain low fat yogurt  
½ cup strawberries
3. Grapefruit or fruit of choice
4. 1 celery stalk or 6 baby carrots with  
2 Tbs hummus
5. Apple with 1Tbs peanut butter
6. Hard boiled egg

### **Devine Dinners**

1. 1/2 cup chick peas  
1 tsp sunflower seeds  
1 cup mixed salad greens

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cucumber, lettuce, tomato

1 tsp olive oil & 2 Tbs lemon juice

2. 1 cup split pea soup (see recipe)

1 cup mixed cooked spinach and mushrooms

3. 5 oz baked salmon (see recipe)

1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice

1 cup decaffeinated green tea

4. 5 oz. roasted chicken breast (see recipe)

1 cup quinoa

1 cup mixed cooked string beans and peppers

5. 5 oz grilled tofu (see recipe)

1 cup cooked spinach drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice

½ cup brown rice

1 cup decaffeinated green tea

**Week 2 (of Ignite90 Nutrition! Program):** To boost metabolism further we encourage you to flavor your meals with the list of herbs and spices mentioned in the introduction to Phase 1.

### **Day 1**

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

2 scrambled eggs with 1 fresh bell pepper

1 cup decaffeinated green tea

### **Snack**

Grapefruit

### **Lunch**

5 oz baked salmon (see recipe)

1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice

1 cup decaffeinated green tea

### **Snack**

1 celery stalk

1 Tbs avocado

### **Dinner**

1 cup split pea soup (see recipe)

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1 Tbs sunflower seeds  
1 cup cooked spinach

### **Meal 6 Sumptuous Snack**

1 cup plain low fat yogurt  
½ cup strawberries

### **Day 2**

AM Fat Burning Cocktail:

8 oz. Water & fresh lemon slices

### **Breakfast**

1 Tbs peanut butter  
1 apple  
1 cup decaffeinated green tea

### **Snack**

Orange

### **Lunch Dine Divine**

5 oz. roasted chicken breast (see recipe)  
2 cups mixed greens with 1 tsp flaxseed oil & 2 Tbs lemon juice  
1 Tbs pumpkin seeds

### **Snack**

10 asparagus spears  
1 cup decaffeinated green tea

### **Dinner**

1 cup chick peas  
½ cup quinoa  
1 cup cooked mushrooms sautéed with 2 garlic cloves

### **Snack**

10 raw almonds  
1 cup plain low fat yogurt

### **Day 3:**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

1 cup plain low fat yogurt  
10 raw almonds  
1 cup decaffeinated green tea

### **Snack**

Grapefruit

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1 cup decaffeinated green tea

### **Lunch**

5 oz. baked salmon (see recipe)

1 cup cooked broccoli

½ cup quinoa

### **Snack Goddess Greens**

1 green bell pepper

1 tsp avocado

### **Dinner**

1 cup lentil soup (see recipe)

1 cup fresh cucumber and tomato salad drizzled with 1 tsp flaxseed oil and fresh lemon juice

### **Snack**

½ cup strawberries

4 walnuts

## **Day 4**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast AM Antioxidants**

1 cup oatmeal

½ cup blueberries

10 almonds

### **Snack**

1 cup plain low fat yogurt

1 cup decaffeinated green tea

### **Lunch**

5 oz roasted chicken breast (see recipe)

1 cup salad: mixed greens, lettuce, cucumber with 1 tsp olive oil & 2 Tbs lemon juice

1 whole grain cracker

### **Snack**

1 celery stalk

2 Tbs hummus

### **Dinner**

1 cup split pea soup

½ cup quinoa



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1 chopped bell pepper

### **Snack**

Orange

10 raw almonds

## **Day 5**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

2 scrambled eggs

1 cup mixed mushrooms and zucchini

1 cup decaffeinated green tea

### **Snack**

Grapefruit

1 cup decaffeinated green tea

### **Lunch**

4 oz. canned light tuna fish packed in water & drained with 1 tsp flaxseed oil Tbs lemon juice

1 cup mixed chopped celery, cucumbers, bell peppers

½ cup quinoa

### **Snack**

1 apple

## **Dinner Delightful Dinner**

### **Snack**

15 raw unsalted pistachios

1 cup plain low fat yogurt

## **Day 6**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

1 Tbs peanut butter

1 apple

1 cup decaffeinated green tea

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### **Snack**

Pear

### **Lunch Lean n' Lovely Lunch**

5 oz. baked tilapia (see recipe)

1 cup mixed cooked cauliflower and spinach

1 cup decaffeinated green tea

### **Snack**

¼ cup baby carrots

2 Tbs hummus

### **Dinner**

### **Snack**

½ cup blueberries

### **Day 7**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

2 scrambled eggs

1 cup sliced tomato & cucumber

1 cup decaffeinated green tea

### **Snack**

6 baby carrots

2 Tbs hummus

### **Lunch**

5 oz. baked salmon (see recipe)

10 asparagus spears drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice

### **Snack**

10 raw almonds

1 cup decaffeinated green tea

### **Dinner**

### **Snack Fat Burning Snack**

Grapefruit

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### Week 3

#### Day 1

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

#### Breakfast

1 cup quinoa

1 cup almond/rice/oat/soy milk (choice)

#### Snack

Grapefruit

1 cup decaffeinated green tea

#### Lunch

5 oz. roasted chicken breast (see recipe)

1 cup mixed cucumber and tomato slices drizzled with 1 tsp olive oil

1 cup decaffeinated green tea

#### Snack

1 bell pepper

10 raw almonds

#### Dinner **Sultry Soup**

1 cup split pea soup (see recipe)

#### Snack

Apple

#### Day 2:

AM Fat Burning Cocktail:

8 oz. Water & fresh orange slices

#### Breakfast **Quick start Breakfast**

1 cup plain low fat yogurt

10 raw almonds

½ cup strawberries

Decaffeinated green tea

#### Snack

orange

Decaffeinated green tea

#### Lunch

5 oz. roasted chicken breast (see recipe)

1 cup cooked broccoli

#### Snack

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1 tomato  
1 tsp avocado

### **Dinner**

1 cup lentil soup (see recipe)  
½ cup broccoli  
½ cup quinoa

### **Snack**

10 raw almonds

### **Day 3:**

AM Fat Burning Cocktail:  
8 oz. Water & fresh lemon slices

### **Breakfast**

1 hard boiled egg  
1 cucumber drizzled with 1 tsp flaxseed oil  
1 cup decaffeinated green tea

### **Snack Fat Burning Snack**

Grapefruit  
1 cup decaffeinated green tea

### **Lunch**

5 oz. baked tilapia (see recipe)  
1 cup cooked string beans  
½ cup quinoa

### **Snack**

15 unsalted raw pistachios

### **Dinner**

1 cup chickpeas  
1 cup mixed cucumber and cherry tomatoes drizzled with 1 tsp olive oil & 2 Tbs lemon juice  
1 cup plain low fat yogurt

### **Snack**

Apple

### **Day 4:**

AM Fat Burning Cocktail:  
8 oz. Water & fresh lemon slices

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### **Breakfast**

1 cup plain low fat yogurt  
1 grapefruit  
1 cup decaffeinated green tea

### **Snack**

1 Tbs peanut butter  
1 celery stalk

### **Lunch *Sophisticated Lunch***

5 oz. baked salmon (see recipe)  
½ cup quinoa  
1 cup cooked kale with 1 tsp olive oil, 2 Tbs lemon juice & 2 sliced garlic cloves

### **Snack**

1 apple

### **Dinner**

1 cup split pea soup (see recipe)  
1 cup chickpeas  
1 cup mixed salad greens

### **Snack**

10 raw almonds  
1 cucumber

### **Day 5:**

AM Fat Burning Cocktail:  
8 oz. Water & fresh orange slices

### **Breakfast *AM Antioxidants***

½ cup quinoa  
4 walnuts  
1 tbs dried cranberries  
1 cup decaffeinated green tea

### **Snack**

1 cup plain low fat yogurt

### **Lunch**

5 oz roasted chicken breast (see recipe)  
1 cup salad: mixed greens, lettuce, cucumber with 1tsp olive oil & 2 Tbs lemon juice  
½ cup wild rice

### **Snack**

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1 celery stalk  
2 Tbs hummus

### **Dinner**

1 cup lentil soup  
1 cup cooked spinach and mushrooms

### **Snack**

Grapefruit  
10 raw almonds

### **Day 6:**

AM Fat Burning Cocktail:  
8 oz. Water & fresh orange slices

### **Breakfast**

½ cup oatmeal  
1 cup almond/rice/soy/oat milk (choice)  
1 cup decaffeinated green tea

### **Snack**

1 peach

### **Lunch **Light n' Lovely Lunch****

5 oz grilled tofu (see recipe)  
1 cup cooked broccoli drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice  
1 cup decaffeinated green tea

### **Snack**

Apple

### **Dinner**

4 oz. light canned tuna fish in water  
1 cup mixed chopped celery, cucumber & tomatoes with 1 tsp olive oil & 2 Tbs lemon juice

### **Snack**

10 raw almonds

### **Day 7:**

AM Fat Burning Cocktail:  
8 oz. Water & fresh orange/lemon slices

### **Breakfast**

2 scrambled eggs  
1 cup mixed cooked mushrooms and spinach cooked in 1 tsp olive oil

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1 cup decaffeinated green tea

### **Snack Smart Snackin'**

Orange

1 cup decaffeinated green tea

### **Lunch**

5 oz. roasted chicken breast (see recipe)

½ cup quinoa

1 cup mixed cooked string beans and peppers

### **Snack**

15 unsalted, raw pistachios

### **Dinner**

### **Snack**

Grapefruit

## **Week 4**

### **Day 1:**

AM Fat Burning Cocktail:

8 oz. Water & fresh orange/lemon slices

### **Breakfast**

1 cup plain low fat yogurt

1 tbs dried cranberries

1 cup decaffeinated green tea

### **Snack**

10 raw almonds

1 cup decaffeinated green tea

### **Lunch**

2 hard boiled egg

1 tsp avocado

1 cup mixed fresh cucumber and tomatoes

### **Snack**

Apple

### **Dinner**

#### **Sophisticated Supper**

1 cup lentil soup (see recipe)

½ cup quinoa

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1 cup cooked spinach

### **Snack**

½ cup strawberries

### **Day 2:**

AM Fat Burning Cocktail:

8 oz. Water & fresh orange slices

### **Breakfast**

Apple

1 Tbs peanut butter

1 cup decaffeinated green tea

### **Snack Goddess Greens**

2 celery stalks

1 Tbs avocado

1 cup decaffeinated green tea

### **Lunch**

5 oz. baked salmon (see recipe)

2 cups mixed salad greens with 1 tsp flaxseed oil & tbs lemon juice

½ cup quinoa

### **Snack**

Grapefruit

### **Dinner**

Lentil soup (see recipe)

2 cups cooked mixed spinach, broccoli, string beans

1 cup plain low fat yogurt

### **Snack**

15 raw unsalted pistachios

### **Day 3:**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

1 cup plain low fat yogurt



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½ cup blueberries  
1 cup decaffeinated green tea

### **Snack**

10 raw almonds  
1 cup decaffeinated green tea

### **Lunch Magazine Shoot Meal**

5 oz. grilled tofu (see recipe)  
1 cup cooked string beans drizzled with 1 tsp olive oil  
½ cup quinoa

### **Snack**

Apple

### **Dinner**

### **Snack**

½ cup quinoa  
10 asparagus spears

## **Day 4**

AM Fat Burning Cocktail:  
8 oz. Water & fresh lime slices

### **Breakfast**

2 scrambled egg  
1 cup mixed mushrooms and zucchini  
1 cup decaffeinated green tea

### **Snack**

Grapefruit  
1 cup decaffeinated green tea

### **Lunch**

4 oz. canned light tuna fish in water with 1 tsp flaxseed oil Tbs lemon juice  
1 cup mixed chopped celery, cucumbers, bell peppers  
½ cup quinoa

### **Snack**

1 apple

### **Dinner Super Sexy Salad**

1/2 cup chick peas

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1 tsp sunflower seeds  
1 cup mixed salad greens  
cucumber, lettuce, tomato  
1 tsp olive oil & 2 Tbs lemon juice

### **Snack**

10 raw almonds

## **Day 5**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

1 Tbs peanut butter  
1 apple  
1 cup decaffeinated green tea

### **Snack**

Pear

### **Lunch Seaside Lunch**

5 oz. baked tilapia (see recipe)  
10 asparagus spears drizzled with 1 tsp flaxseed oil  
1 cup decaffeinated green tea

### **Snack**

10 raw almonds  
1 cup plain low fat yogurt

### **Dinner**

1 cup quinoa  
1 cup mixed string beans & zucchini  
½ cup mushrooms sautéed with 2 cloves garlic

### **Snack**

½ cup blueberries

## **Day 6**

AM Fat Burning Cocktail:

8 oz. Water & fresh

### **AM Fat Burning Cocktail:**

8 fluid oz filtered water w/fresh mint & lemon slices (mint optional)

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### **Breakfast**

1 cup oatmeal  
4 walnuts  
1 tbs dried cranberries  
1 cup decaffeinated green tea

### **Snack**

10 unsalted pistachios  
1 plum

### **Lunch**

1 cup salad greens with 1 tsp olive oil & 2 Tbs lemon juice  
5oz turkey breast slices  
1 cup decaffeinated green tea

### **Snack**

½ cup raspberries

### **Dinner Sultry Soup**

### **Snack**

Grapefruit

## **Day 7**

### **AM Fat Burning Cocktail**

8 fluid oz filtered water w/fresh mint & lemon slices (mint optional)

### **Breakfast**

2 scrambled eggs  
½ cup asparagus in 1 tsp olive oil.  
1 cup decaffeinated green tea

### **Snack**

Grapefruit

### **Lunch**

5oz baked salmon (see recipe)  
1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice  
1 cup decaffeinated green tea

### **Snack Sumptuous Snack**

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1 cup plain low fat yogurt  
½ cup strawberries

### **Dinner**

5 oz. baked tilapia (see recipe)  
1 cup mixed cooked zucchini and spinach drizzled with 1 tsp flaxseed oil  
½ cup quinoa

### **Snack**

Apple

## **Week 5**

### **Day 1**

AM Fat Burning Cocktail:  
8 oz. Water & fresh lime slices

### **Breakfast **Body Beautiful Breakfast****

½ cup quinoa  
1 cup almond/rice/oat/soy milk (choice)

### **Snack**

Grapefruit  
1 cup decaffeinated green tea

### **Lunch**

5 oz. roasted chicken breast (see recipe)  
1 cup mixed cucumber and tomato slices drizzled with 1 tsp olive oil  
1 cup decaffeinated green tea

### **Snack**

1 bell pepper  
10 raw almonds

### **Dinner**

1 cup split pea soup (see recipe)  
1 cup mixed cooked spinach and mushrooms

### **Snack**

Apple

### **Day 2**

AM Fat Burning Cocktail:  
8 oz. Water & fresh orange slices

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### **Breakfast**

1 cup plain low fat yogurt  
10 raw almonds  
½ cup blueberries  
Decaffeinated green tea

### **Snack *Snackin' Sexy***

orange  
Decaffeinated green tea

### **Lunch**

5 oz. roasted chicken breast (see recipe)  
1 cup cooked broccoli  
½ cup wild rice

### **Snack**

Grapefruit

### **Dinner**

1 cup lentil soup (see recipe)  
1 cup cooked broccoli  
½ cup chickpeas

### **Snack**

½ cup strawberries  
1 cup plain low fat yogurt

## **Day 3**

AM Fat Burning Cocktail:  
8 oz. Water & fresh lemon slices

### **Breakfast**

1 cup oatmeal  
1 cup almond/rice/soy/oat milk (choice)  
1 cup decaffeinated green tea

### **Snack**

1 pear

### **Lunch *Light n' Sexy Lunch***

5 oz grilled tofu (see recipe)  
1 cup cooked broccoli drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice  
1 cup decaffeinated green tea

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### **Snack**

Apple

### **Dinner**

4 oz. light canned tuna fish in water

1 cup mixed chopped celery, cucumber & tomatoes with 1 tsp olive oil & 2 Tbs lemon juice

1 cup quinoa

### **Snack**

10 raw almonds

## **Day 4**

AM Fat Burning Cocktail:

8 oz. Water with fresh lemon slices

### **Breakfast**

1 cup quinoa

½ cup almond/rice/soy/oat milk (choice)

1 cup decaffeinated green tea

### **Snack**

1 grapefruit

1 cup decaffeinated green tea

### **Lunch**

5 oz roasted chicken (see recipe)

10 asparagus spears drizzled with 1 tsp flaxseed oil

½ cup quinoa

### **Snack Walkin' Snack**

1 bell pepper

2 Tbs hummus

### **Dinner**

1 cup split pea soup (see recipe)

1 cup mixed cooked spinach and mushrooms

½ cup wild rice

### **Snack**

15 unsalted raw pistachios

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### **Day 5**

AM Fat Burning Cocktail:

8 oz. Water & fresh orange slices

### **Breakfast**

1 cup plain low fat yogurt

1 tbs dried cranberries

1 cup decaffeinated green tea

### **Snack**

10 raw almonds

1 cup decaffeinated green tea

### **Lunch**

5 oz. baked tilapia (see recipe)

1 cup mixed cooked zucchini and spinach drizzled with 1 tsp flaxseed oil

½ cup wild rice

### **Snack Fat Burning Snack**

Grapefruit

### **Dinner**

1 cup lentil soup (see recipe)

½ cup chick peas

1 cup plain low fat yogurt

### **Snack**

½ cup strawberries

### **Day 6**

AM Fat Burning Cocktail:

8 oz. Water & fresh orange/lemon slices

### **Breakfast**

1 Tbs peanut butter

1 apple

1 cup decaffeinated green tea

### **Snack**

1 pear

### **Lunch**

5 oz. baked tilapia (see recipe)

10 asparagus spears drizzled with 1 tsp flaxseed oil

1 cup decaffeinated green tea

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### **Snack**

10 raw almonds  
½ cup plain low fat yogurt

### **Meal 6 Dine Divine**

#### **1 cup lentil soup (see recipe)**

½ cup quinoa  
1 cup mixed string beans & zucchini

### **Snack**

Grapefruit

## **Day 7**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast AM Antioxidants**

1 cup oatmeal  
4 walnuts  
1 tbs dried cranberries  
1 cup decaffeinated green tea

### **Snack**

1 cup plain low fat yogurt  
1 cup decaffeinated green tea

### **Lunch**

5 oz roasted chicken breast (see recipe)  
1 cup salad: mixed greens, lettuce, cucumber with 1tsp olive oil & 2 Tbs lemon juice  
½ cup chick peas

### **Snack**

1 celery stalk  
2 Tbs hummus

### **Dinner**

1 cup split pea soup (see recipe)  
½ cup quinoa  
1 cup cooked broccoli

### **Snack**

Orange  
10 raw almonds



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### **Phase 3: Sculpt Spectacular / Muscle Building**

**Congratulations on making it so far! You've been working really hard and kick-started your body into true fat burning mode. Great job!! Now that you've reached this phase for toning your muscles, you enjoy the same foods as in Phase 2 while adding a n additional variety of sexy foods. The Sculpt Spectacular phase is designed for transitional weight loss and getting you closer to your bikini body!!**

*The following is your comprehensive daily and weekly meal plan, as well as a list of all meals and snacks from which you have the option of choosing your preferred breakfasts, snacks, lunches and dinners.*

#### **Beach Body Breakfasts:**

1. egg white omelet with mushrooms and spinach, ½ cup blueberries.  
1 cup decaffeinated green tea

2. Protein smoothie (see recipe)  
1 cup decaffeinated green tea

3. 3 scrambled egg whites (use olive oil cooking spray)  
½ large grapefruit

1 cup decaffeinated green tea

4. 3 egg whites scrambled with 1 cup spinach (use olive oil cooking spray),  
1 apple  
1 cup decaffeinated green tea

5. 1 cup quinoa  
1 cup almond/rice/oat/soy milk (choice)  
1 cup decaffeinated green tea

#### **Lean n Lovely Lunches:**

1. 5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber

#### **2. Super Sexy Salad**

4 oz. grilled chicken  
2 tbsp. unsalted sunflower seeds  
2 cups romaine lettuce with ½ cucumber sliced, 1 carrot sliced  
1 tsp olive oil and 2 tbsp balsamic vinegar for dressing  
1 small mandarin orange

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3. 4 oz. Tuna Fish
  - 2 slices whole grain bread
  - Mustard, lettuce, tomato
  - Side salad: 1 cup spinach
  - ½ cup sliced mushrooms
  - 1 tbsp. red wine vinegar
  
4. 4 oz. Tofu
  - 2 cups baby greens
  - ½ cup broccoli
  - ½ cup carrot
  - 2 tbsp. unsalted sunflower seeds
  - ½ cup garbanzo beans
  - Lemon Juice for dressing
  - 1 small mandarin orange
  
5. 1 cup black beans
  - 2 tbsp. unsalted sunflower seeds
  - 2 cups romaine lettuce
  - ½ cup cucumber
  - ½ cup carrots
  - ½ cup tomato
  - Lemon Juice for dressing

**Sumptuous Snacks (Interchangeable as AM or PM snack):** Remember, snacks are mini meals to reduce cravings and keep the metabolism going. MENTION EARLIER

1. Raw nuts
2. 1 small handful unsalted sunflower seeds
3. Grapefruit or fruit of choice
4. 1 fruit of choice, 1 string cheese
5. Apple with 1Tbs peanut butter
6. 1 cup non-fat greek yogurt with ½ tsp. honey

### **Devine Dinners**

1. Baked Chicken (see recipe)
  - Pair with steamed broccoli and sliced tomatoes
  - ½ cup brown rice
  
2. 5 ounces of baked Tilapia (see recipe),
  - 1 cup steamed broccoli, ½ cup black beans

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3. 5 oz. Grilled tofu (see recipe)  
1 cup cooked string beans drizzled with 1 tsp olive oil  
1 cup quinoa

4. 4 oz. lean protein of your choice  
1 clove garlic  
2 cups spinach  
Sautee asparagus and garlic.  
½ cup brown rice

5. 2 cups romaine lettuce  
½ cup sliced mushrooms  
¼ cup chopped celery  
½ cup carrots  
1 tbsp. red wine vinegar  
4 oz. chicken of your choice

### Week 6

#### Day 1

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

**Beach Body Breakfast** egg white omelet with mushrooms and spinach, ½ cup blueberries

#### **Snack:**

1 apple with 1 tablespoon peanut butter

#### **Lunch:**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber

#### **Snack**

1 small handful unsalted sunflower seeds

#### **Dinner**

5 ounces of baked Tilapia (see recipe), 1 cup steamed broccoli, ½ cup black beans

#### **Snack:**

1 cup cantaloupe

#### Day 2

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

**Breakfast:** 3 scrambled egg whites (use olive oil cooking spray)  
½ large grapefruit

#### **Snack**

20 raw, unsalted almonds

#### **Lunch:**

**Super Sexy Salad**

4 oz. grilled chicken

2 tbsp. unsalted sunflower seeds

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2 cups romaine lettuce with ½ cucumber sliced, 1 carrot sliced  
1 tsp olive oil and 2 tbsp balsamic vinegar for dressing  
1 small mandarin orange

### **Snack**

1 apple, 1 string cheese

### **Dinner**

5 oz. Grilled tofu (see recipe)  
1 cup cooked string beans drizzled with 1 tsp olive oil  
1 cup quinoa

### **Snack**

1 cup non-fat greek yogurt with ½ tsp. honey

## Day 3

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

**Breakfast:** 1 cup quinoa

1 cup almond/rice/oat/soy milk (choice)

### **Snack**

1 cup cantaloupe

### **Lunch:**

4 oz. Tuna Fish  
2 slices whole grain bread  
Mustard, lettuce, tomato  
Side salad: 1 cup spinach  
½ cup sliced mushrooms  
1 tbsp. red wine vinegar

### **Snack**

1 small handful unsalted sunflower seeds

### **Dinner**

Date Night Dinner

Roasted Chicken (See recipe)

1 cup Green Beans, Sliced tomato

### **Snack**

1 apple with 1 tablespoon peanut butter

## Day 4

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

3 egg whites scrambled with 1 cup spinach (use olive oil cooking spray),  
1 apple

### **Snack**

1 string cheese

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### **Lunch:**

4 oz. Tofu  
2 cups baby greens  
½ cup broccoli  
½ cup carrot  
2 tbsp. unsalted sunflower seeds  
½ cup garbanzo beans  
Lemon Juice for dressing  
1 small mandarin orange

### **Snack**

1 cup strawberries

### **Dinner**

4 oz. lean protein of your choice  
1 clove garlic  
2 cups spinach  
Sautee asparagus and garlic.  
½ cup brown rice

### **Snack**

#### **Sweet As Honey Snack**

1 cup non-fat greek yogurt with ½ tsp. honey

### Day 5

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

#### **Midriff Meal**

Protein smoothie (see recipe)

Put all ingredients in blender. Blend until smooth

### **Snack**

1 cup cantaloupe

### **Lunch:**

1 cup black beans  
2 tbsp. unsalted sunflower seeds  
2 cups romaine lettuce  
½ cup cucumber  
½ cup carrots  
½ cup tomato  
Lemon Juice for dressing

### **Snack**

20 raw almonds

### **Dinner**

Baked Fish (See recipe)

Sautee spinach and garlic with a little lemon juice

1 cup quinoa

### **Snack**

1 apple with 1 tablespoon peanut butter

### Day 6

## GS NUTRITION GUIDE

### AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

egg whites scrambled with 1 cup mushrooms (use olive oil cooking spray)    ½ large grapefruit

#### **Snack**

1 cup strawberries

#### **Lunch**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber, 1 mandarin orange

#### **Snack**

##### Snackin' Sexy

1 string cheese, 1 apple

#### **Dinner**

2 cups romaine lettuce

½ cup sliced mushrooms

¼ cup chopped celery

½ cup carrots

1 tbsp. red wine vinegar

4 oz. lean meat of your choice

#### **Snack**

20 raw, unsalted almonds

### Day 7

#### AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

Protein smoothie (see recipe)

#### **Snack**

20 raw, unsalted almonds

#### **Lunch:**

##### Lovin' it Lunch

1 hardboiled egg

2 cups spinach

½ cup garbanzo beans

½ cup sliced mushrooms

½ cup broccoli

1 tbsp. red wine vinegar

#### **Snack**

½ cup cantaloupe

#### **Dinner**

Baked Chicken (see recipe)

Pair with steamed broccoli and sliced tomatoes

½ cup brown rice

#### **Snack**

½ cup blueberries

## GS NUTRITION GUIDE

### Week 7

#### Day 1

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

**Beach Body Breakfast** egg white omelet with mushrooms and spinach, ½ cup blueberries

#### **Snack**

1 cup cantaloupe

#### **Lunch:**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber

#### **Snack**

1 small handful unsalted sunflower seeds

#### **Dinner**

5 ounces of baked Tilapia (see recipe), 1 cup steamed broccoli, ½ cup black beans

#### **Snack**

1 apple with 1 tablespoon peanut butter

#### Day 2

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

3 scrambled egg whites (use olive oil cooking spray)  
½ large grapefruit

#### **Snack**

20 raw, unsalted almonds

#### **Lunch:**

**Super Sexy Salad**

4 oz. grilled chicken

2 tbsp. unsalted sunflower seeds

2 cups romaine lettuce with ½ cucumber sliced, 1 carrot sliced

1 tsp olive oil and 2 tbsp balsamic vinegar for dressing

1 small mandarin orange

#### **Snack**

1 apple, 1 string cheese

#### **Dinner**

5 oz. Grilled tofu

1 cup cooked string beans drizzled with 1 tsp olive oil

1 cup quinoa

#### **Snack**

1 cup non-fat greek yogurt with ½ tsp. honey

#### Day 3

## GS NUTRITION GUIDE

### AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

1 cup quinoa

1 cup almond/rice/oat/soy milk (choice)

#### **Snack**

1 apple with 1 tablespoon peanut butter

#### **Lunch:**

4 oz. Tuna Fish

2 slices whole grain bread

Mustard, lettuce, tomato

Side salad: 1 cup spinach

½ cup sliced mushrooms

1 tbsp. red wine vinegar

#### **Snack**

1 small handful unsalted sunflower seeds

#### **Dinner**

##### Date Night Dinner

Roasted Chicken (See recipe)

1 cup Green Beans, Sliced tomato

#### **Snack**

1 cup cantaloupe

### Day 4

#### AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

3 egg whites scrambled with 1 cup spinach (use olive oil cooking spray),

1 apple

#### **Snack**

1 string cheese

#### **Lunch:**

4 oz. Tofu

2 cups baby greens

½ cup broccoli

½ cup carrot

2 tbsp. unsalted sunflower seeds

½ cup garbanzo beans

Lemon Juice for dressing

1 small mandarin orange

#### **Snack**

1 cup strawberries

#### **Dinner**

4 oz. lean protein of your choice

1 clove garlic

2 cups spinach



## GS NUTRITION GUIDE

Sautee asparagus and garlic.

½ cup brown rice

### **Snack**

Sweet As Honey Snack

1 cup non-fat greek yogurt with ½ tsp. honey

### Day 5

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

Midriff Meal

Protein smoothie (see recipe)

Put all ingredients in blender. Blend until smooth

### **Snack**

1 apple with 1 tablespoon peanut butter

### **Lunch:**

1 cup black beans

2 tbsp. unsalted sunflower seeds

2 cups romaine lettuce

½ cup cucumber

½ cup carrots

½ cup tomato

Lemon Juice for dressing

### **Snack**

20 raw almonds

### **Dinner**

Baked Fish (See recipe)

Sautee spinach and garlic with a little lemon juice

1 cup quinoa

### **Snack**

1 cup cantaloupe

### Day 6

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

egg whites scrambled with 1 cup mushrooms (use olive oil cooking spray) ½ large grapefruit

### **Snack**

20 raw, unsalted almonds

### **Lunch:**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber, 1 mandarin orange

### **Snack**

1 cup strawberries

### **Dinner**

2 cups romaine lettuce

## GS NUTRITION GUIDE

½ cup sliced mushrooms  
¼ cup chopped celery  
½ cup carrots  
1 tbsp. red wine vinegar  
4 oz. lean meat of your choice

### **Snack**

#### **Snackin Sexy**

1 string cheese, 1 apple

### Day 7

#### AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

Protein smoothie (see recipe)

### **Snack**

½ cup cantaloupe

### **Lunch:**

#### **Lovin' it Lunch**

1 hardboiled egg

2 cups spinach

½ cup garbanzo beans

½ cup sliced mushrooms

½ cup broccoli

1 tbsp. red wine vinegar

### **Snack**

20 raw, unsalted almonds

### **Dinner**

Baked Chicken (see recipe)

Pair with steamed broccoli and sliced tomatoes

½ cup brown rice

### **Snack**

½ cup blueberries

## **Week 8**

### Day 1

#### AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

**Beach Body Breakfast** egg white omelet with mushrooms and spinach, ½ cup blueberries

### **Snack**

1 cup cantaloupe

### **Lunch:**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber

### **Snack**

1 small handful unsalted sunflower seeds

## GS NUTRITION GUIDE

### **Dinner**

5 ounces of baked Tilapia (see recipe), 1 cup steamed broccoli, ½ cup black beans

### **Snack**

1 apple with 1 tablespoon peanut butter

### Day 2

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

3 scrambled egg whites (use olive oil cooking spray)  
½ large grapefruit

### **Snack**

20 raw, unsalted almonds

### **Lunch:**

Super Sexy Salad

4 oz. grilled chicken

2 tbsp. unsalted sunflower seeds

2 cups romaine lettuce with ½ cucumber sliced, 1 carrot sliced

1 tsp olive oil and 2 tbsp balsamic vinegar for dressing

1 small mandarin orange

### **Snack**

1 apple, 1 string cheese

### **Dinner**

5 oz. Grilled tofu

1 cup cooked string beans drizzled with 1 tsp olive oil

1 cup quinoa

### **Snack**

1 cup non-fat greek yogurt with ½ tsp. honey

### Day 3

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

1 cup quinoa

1 cup almond/rice/oat/soy milk (choice)

### **Snack**

1 apple with 1 tablespoon peanut butter

### **Lunch:**

4 oz. Tuna Fish

2 slices whole grain bread

Mustard, lettuce, tomato

Side salad: 1 cup spinach

½ cup sliced mushrooms

1 tbsp. red wine vinegar

## GS NUTRITION GUIDE

### **Snack**

1 small handful unsalted sunflower seeds

### **Dinner**

#### **Date Night Dinner**

Roasted Chicken (See recipe)

1 cup Green Beans, Sliced tomato

### **Snack**

1 cup cantaloupe

### Day 4

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

3 egg whites scrambled with 1 cup spinach (use olive oil cooking spray),  
1 apple

### **Snack**

1 string cheese

### **Lunch:**

4 oz. Tofu

2 cups baby greens

½ cup broccoli

½ cup carrot

2 tbsp. unsalted sunflower seeds

½ cup garbanzo beans

Lemon Juice for dressing

1 small mandarin orange

### **Snack**

1 cup strawberries

### **Dinner**

4 oz. lean protein of your choice

1 clove garlic

2 cups spinach

Sautee asparagus and garlic.

½ cup brown rice

### **Snack**

#### **Sweet As Honey Snack**

1 cup non-fat greek yogurt with ½ tsp. honey

### Day 5

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

#### **Midriff Meal**

Protein smoothie (see recipe)

Put all ingredients in blender. Blend until smooth

### **Snack**

1 apple with 1 tablespoon peanut butter

## GS NUTRITION GUIDE

### **Lunch:**

1 cup black beans  
2 tbsp. unsalted sunflower seeds  
2 cups romaine lettuce  
½ cup cucumber  
½ cup carrots  
½ cup tomato  
Lemon Juice for dressing

### **Snack**

20 raw almonds

### **Dinner**

Baked Fish (See recipe)  
Sauté spinach and garlic with a little lemon juice  
1 cup quinoa

### **Snack**

1 cup cantaloupe

## Day 6

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

egg whites scrambled with 1 cup mushrooms (use olive oil cooking spray) ½ large  
grapefruit

### **Snack**

20 raw, unsalted almonds

### **Lunch:**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and  
tomato, side of sliced cucumber, 1 mandarin orange

### **Snack**

Snackin Sexy

1 string cheese, 1 apple

### **Dinner**

2 cups romaine lettuce  
½ cup sliced mushrooms  
¼ cup chopped celery  
½ cup carrots  
1 tbsp. red wine vinegar  
4 oz. lean meat of your choice

### **Snack**

1 cup strawberries

## Day 7

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

Protein smoothie (see recipe)

## GS NUTRITION GUIDE

### **Snack**

½ cup cantaloupe

### **Lunch:**

Lovin' it Lunch

1 hardboiled egg

2 cups spinach

½ cup garbanzo beans

½ cup sliced mushrooms

½ cup broccoli

1 tbsp. red wine vinegar

### **Snack**

½ cup blueberries

### **Dinner**

Baked Chicken (see recipe)

Pair with steamed broccoli and sliced tomatoes

½ cup brown rice

### **Snack**

20 raw, unsalted almonds

## **Week 9**

### Day 1

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

Beach Body Breakfast egg white omelet with mushrooms and spinach, ½ cup blueberries

### **Snack**

1 apple with 1 tablespoon peanut butter

### **Lunch:**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber

### **Snack**

1 small handful unsalted sunflower seeds

### **Dinner**

5 ounces of baked Tilapia (see recipe), 1 cup steamed broccoli, ½ cup black beans

### **Snack**

1 cup cantaloupe

### Day 2

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

3 scrambled egg whites (use olive oil cooking spray)

½ large grapefruit

### **Snack**

20 raw, unsalted almonds

### **Lunch:**

Super Sexy Salad

## GS NUTRITION GUIDE

4 oz. grilled chicken

2 tbsp. unsalted sunflower seeds

2 cups romaine lettuce with ½ cucumber sliced, 1 carrot sliced

1 tsp olive oil and 2 tbsp balsamic vinegar for dressing

1 small mandarin orange

### **Snack**

1 apple, 1 string cheese

### **Dinner**

5 oz. Grilled tofu

1 cup cooked string beans drizzled with 1 tsp olive oil

1 cup quinoa

### **Snack**

1 cup non-fat greek yogurt with ½ tsp. honey

## Day 3

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

1 cup quinoa

1 cup almond/rice/oat/soy milk (choice)

### **Snack**

1 apple with 1 tablespoon peanut butter

### **Lunch:**

4 oz. Tuna Fish

2 slices whole grain bread

Mustard, lettuce, tomato

Side salad: 1 cup spinach

½ cup sliced mushrooms

1 tbsp. red wine vinegar

### **Snack**

1 small handful unsalted sunflower seeds

### **Dinner**

Date Night Dinner

Roasted Chicken (See recipe)

1 cup Green Beans, Sliced tomato

### **Snack**

1 cup cantaloupe

## Day 4

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

3 egg whites scrambled with 1 cup spinach (use olive oil cooking spray),

1 apple

## GS NUTRITION GUIDE

### **Snack**

1 string cheese

### **Lunch:**

4 oz. Tofu

2 cups baby greens

½ cup broccoli

½ cup carrot

2 tbsp. unsalted sunflower seeds

½ cup garbanzo beans

Lemon Juice for dressing

1 small mandarin orange

### **Snack**

1 cup strawberries

### **Dinner**

4 oz. lean protein of your choice

1 clove garlic

2 cups spinach

Sautee asparagus and garlic.

½ cup brown rice

### **Snack**

[Sweet As Honey Snack](#)

1 cup non-fat greek yogurt with ½ tsp. honey

## Day 5

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

[Midriff Meal](#)

Protein smoothie (see recipe)

Put all ingredients in blender. Blend until smooth

### **Snack**

1 apple with 1 tablespoon peanut butter

### **Lunch:**

1 cup black beans

2 tbsp. unsalted sunflower seeds

2 cups romaine lettuce

½ cup cucumber

½ cup carrots

½ cup tomato

Lemon Juice for dressing

### **Snack**

20 raw almonds

### **Dinner**

Baked Fish (See recipe)

Sautee spinach and garlic with a little lemon juice

1 cup quinoa

### **Snack**

1 cup cantaloupe



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### Day 6

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

egg whites scrambled with 1 cup mushrooms (use olive oil cooking spray)    ½ large grapefruit

#### **Snack**

20 raw, unsalted almonds

#### **Lunch:**

5 ounces of turkey breast on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber, 1 mandarin orange

#### **Snack**

Snackin Sexy

1 string cheese, 1 apple

#### **Dinner**

2 cups romaine lettuce

½ cup sliced mushrooms

¼ cup chopped celery

½ cup carrots

1 tbsp. red wine vinegar

4 oz. lean meat of your choice

#### **Snack**

1 cup strawberries

### Day 7

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

Protein smoothie (see recipe)

#### **Snack**

½ cup cantaloupe

#### **Lunch:**

Lovin it Lunch

1 hardboiled egg

2 cups spinach

½ cup garbanzo beans

½ cup sliced mushrooms

½ cup broccoli

1 tbsp. red wine vinegar

#### **Snack**

20 raw, unsalted almonds

#### **Dinner**

Baked Chicken (see recipe)

Pair with steamed broccoli and sliced tomatoes

½ cup brown rice

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### **Snack**

½ cup blueberries

## GS NUTRITION GUIDE

### Phase 4: Refine & Define / Sexy Maintenance

**You should be very proud for making it this far, and for all of your hard work!!! We know how challenging making lifestyle changes can be but don't worry! Now you're living healthier and this phase is designed to help you maintain your sexy body help you to always stay fit. With a faster metabolism you can also begin adding back some of your favorite foods in moderation and enjoy special occasion splurges such as dark chocolate. 1 ounce please ;)**

*We will continue to provide you with a comprehensive daily and weekly meal plan, as well as a list of all meals and snacks from which you have the option of choosing your preferred breakfasts, snacks, lunches and dinners.*

#### **Beach Body Breakfasts:**

1. 1 cup plain low fat yogurt  
1 tbs dried cranberries  
20 raw almonds  
1 cup decaffeinated green tea

2. 1 cup oatmeal  
1 cup almond/rice/soy/oat milk (choice)  
1 cup blueberries  
1 cup decaffeinated green tea

3. 3 scrambled egg whites (use olive oil cooking spray)  
½ large grapefruit

1 cup decaffeinated green tea

4. 2 scrambled eggs  
1 cup mixed mushrooms and zucchini  
1 slice (1 oz.) fresh mozzarella cheese  
1 slice whole grain toast  
1 cup decaffeinated green tea

5. 1 cup quinoa  
1 cup almond/rice/oat/soy milk (choice)  
1 banana

#### **Lean n Lovely Lunches:**

1. 2 cups romaine lettuce  
½ cup sliced mushrooms  
¼ cup chopped celery  
½ cup carrots

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- 1. 1 tbsp. red wine vinegar  
4 oz. lean meat of your choice
  
- 2. 1 cup split pea soup  
2 whole grain crackers
  
- 3. 4 oz. Tuna Fish  
1 slice whole grain bread  
Mustard, lettuce, tomato  
Side salad: 1 cup spinach  
½ cup sliced mushrooms  
1 tbsp. red wine vinegar
  
- 4. 1 cup chick peas  
1 Tbs sunflower seeds  
½ cup quinoa  
1 cup mixed salad greens  
cucumber, lettuce, tomato  
1 tsp olive oil & 2 Tbs lemon juice
  
- 5. 5 ounces of turkey breast slices on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber, 1 mandarin orange

**Sumptuous Snacks (Interchangeable as AM or PM snack):** Snacks are mini meals to reduce cravings and keep the metabolism going.

- 1. Raw nuts
  
- 2. 1 small handful unsalted sunflower seeds
- 3. Grapefruit or fruit of choice
  
- 4. 1 fruit of choice, 1 string cheese
  
- 5. Apple with 1Tbs peanut butter
  
- 6. 1 cup non-fat greek yogurt with ½ tsp. honey
  
- 7. 1 hard boiled egg

## Devine Dinners

- 1. 5 oz. baked tilapia (see recipe)  
1 cup mixed cooked zucchini and spinach drizzled with 1 tsp flaxseed oil  
1 cup cooked sliced carrots  
½ cup brown rice

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2. 5 oz baked chicken (see recipe)

1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice

½ cup quinoa

3. 5 oz grilled tofu (see recipe)

1 cup cooked broccoli drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice

½ cup brown rice

4. 4 oz. lean protein of your choice

1 clove garlic

2 cups spinach

Sautee asparagus and garlic.

½ cup brown rice

5. 2 cups romaine lettuce

½ cup sliced mushrooms

¼ cup chopped celery

½ cup carrots

1 tbs. red wine vinegar

4 oz. chicken of your choice

### Week 1

#### Day 1

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

#### Breakfast

##### **Bikini Body Breakfast**

1 cup plain low fat yogurt

1 tbs dried cranberries

20 raw almonds

1 cup decaffeinated green tea

#### Snack

1 hard boiled egg

1 cucumber

#### Lunch

2 cups romaine lettuce

½ cup sliced mushrooms

¼ cup chopped celery

½ cup carrots

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1 tbsp. red wine vinegar  
4 oz. lean meat of your choice

### **Snack**

1 cup cantaloupe

### **Dinner**

5 oz. baked tilapia (see recipe)  
1 cup mixed cooked zucchini and spinach drizzled with 1 tsp flaxseed oil  
1 cup cooked sliced carrots  
½ cup brown rice

### **Snack**

1 cup strawberries  
1 string cheese

## **Day 2**

AM Fat Burning Cocktail

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

1 cup plain low fat yogurt  
½ cup strawberries  
1 slice whole grain toast

### **Snack**

1 string cheese

### **Lunch**

5 ounces of turkey breast slices on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber, 1 mandarin orange

### **Snack**

1 banana

### **Dinner**

5 oz baked chicken (see recipe)  
1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice  
½ cup quinoa  
1 cup decaffeinated green tea

### **Snack**

**Snackin Sexy**

1 cup cantaloupe  
10 raw almonds

## **Day 3**

## GS NUTRITION GUIDE

AM Fat Burning Cocktail:

8 oz. Water & fresh orange/lemon slices

### **Breakfast**

1 cup oatmeal

1 cup almond/rice/soy/oat milk (choice)

1 cup blueberries

1 cup decaffeinated green tea

### **Snack**

1 apple

1 tablespoon peanut butter

### **Lunch**

#### Seaside Lunch

4 oz. light canned tuna fish in water

1 cup mixed chopped celery, cucumber & tomatoes with 1 tsp olive oil & 2 Tbs lemon juice

1 slice whole grain toast

### **Snack**

20 raw almonds

### **Dinner**

5 oz grilled tofu (see recipe)

1 cup cooked broccoli drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice

½ cup brown rice

1 cup decaffeinated green tea

### **Snack**

1 cup non-fat Greek yogurt with ½ tsp. honey

1 small ½ “square dark chocolate

## **Day 4**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

1 cup oatmeal

10 walnuts

2 Tbs dried cranberries

1 cup decaffeinated green tea

### **Snack**

20 Almonds

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### **Lunch**

#### **Sultry Soup**

1 cup split pea soup  
2 whole grain crackers

### **Snack**

1 string cheese

### **Dinner**

5 oz roasted chicken breast (see recipe)  
2 cups salad: mixed greens, lettuce, cucumber with 1 tsp olive oil & 2 Tbs lemon juice  
½ cup brown rice

### **Snack**

½ cup blueberries  
1 cup non-fat Greek yogurt with ½ tsp. honey

## **Day 5**

### **AM Fat Burning Cocktail:**

8 oz. Water & fresh lime slices

### **Breakfast**

2 scrambled eggs  
1 cup mixed mushrooms and zucchini  
1 slice (1 oz.) fresh mozzarella cheese  
1 slice whole grain toast  
1 cup decaffeinated green tea

### **Snack**

Banana  
15 raw almonds

### **Lunch**

1 cup chick peas  
1 Tbs sunflower seeds  
½ cup quinoa  
1 cup mixed salad greens  
cucumber, lettuce, tomato  
1 tsp olive oil & 2 Tbs lemon juice

### **Snack**

1 cup cantaloupe

### **Dinner**

#### **Date Night Dinner**

Baked Chicken (see recipe)



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Pair with steamed broccoli and sliced tomatoes

### **Snack**

1 apple

1 tablespoon peanut butter

## **Day 6**

### **AM Fat Burning Cocktail:**

8 fluid oz filtered water w/fresh mint & lemon slices

### **Breakfast**

#### **Body Beautiful Brunch**

1 cup cooked oatmeal

1 cup raspberries

1 cup decaffeinated green tea

### **Snack**

20 unsalted pistachios

2 plums

### **Lunch**

1/2 cup black beans

1/2 cup brown rice

1 Tbs avocado

### **Snack**

1 apple

### **Dinner**

2 cups romaine lettuce

1/2 cup sliced mushrooms

1/4 cup chopped celery

1/2 cup carrots

1 tbsp. red wine vinegar

4 oz. lean meat of your choice

### **Snack**

1 cup strawberries

1 cup nonfat greek yogurt

## **Day 7**

### **AM Fat Burning Cocktail**

8 fluid oz filtered water w/fresh mint & orange slices

### **Breakfast**

1 cup plain low fat yogurt

1/2 cup strawberries

## GS NUTRITION GUIDE

1 slice whole grain toast

### **Snack**

1 bell pepper

10 raw almonds

### **Lunch**

1 cup black beans

2 tbsp. unsalted sunflower seeds

2 cups romaine lettuce

½ cup cucumber

½ cup carrots

½ cup tomato

Lemon Juice for dressing

### **Snack**

1 string cheese

### **Dinner**

5 oz grilled tofu (see recipe)

1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice

½ cup quinoa

1 cup decaffeinated green tea

### **Snack**

Lite n Sexy Snack

1 apple

1 tablespoon peanut butter

## **Week 2**

### **Day 1**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

1 cup quinoa

1 cup almond/rice/oat/soy milk (choice)

1 banana

### **Snack**

1 string cheese,

½ cup cantaloupe

### **Lunch**

## GS NUTRITION GUIDE

### Lean and Luscious Lunch

5 ounces of turkey breast slices on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber, 1 mandarin orange

### Dinner

5 oz. Baked chicken (see recipe)  
1 cup mixed cucumber and tomato slices drizzled with 1 tsp olive oil  
3 small boiled red potatoes  
1 cup decaffeinated green tea

### Snack

Apple  
1 Tbs peanut butter  
1 small ½” square dark chocolate

## Day 2

AM Fat Burning Cocktail:  
8 oz. Water & fresh lemon slices

### Breakfast

1 cup plain low fat yogurt  
15 raw almonds  
1 slice whole grain toast  
Decaffeinated green tea

### Snack

1 sliced tomato  
1 Tbs avocado  
1 whole grain cracker

### Lunch

#### Sultry Soup

1 cup lentil soup (see recipe)  
1 cup broccoli  
2 whole grain crackers

### Snack

1 apple

### Dinner

5 ounces grilled tofu (see recipe)  
1 cup steamed broccoli  
½ cup brown rice

### Snack

cup non-fat Greek yogurt with ½ tsp. honey

## Day 3

## GS NUTRITION GUIDE

AM Fat Burning Cocktail:

8 oz. Water & fresh lemon slices

### **Breakfast**

#### **Bikini Body Breakfast**

Protein smoothie (see recipe)

Put all ingredients in blender. Blend until smooth

### **Snack**

Grapefruit

20 raw unsalted pistachios

1 cup decaffeinated green tea

### **Lunch**

2 hard boiled eggs

2 cucumbers drizzled with 1 Tbs flaxseed oil

1 sliced tomato

1 slice whole grain toast

1 cup decaffeinated green tea

### **Snack**

2 whole grain crackers

1 string cheese

### **Dinner**

5 oz. baked tilapia (see recipe)

1/2 cup cooked string beans

1/2 cup cooked mushrooms

1 cup quinoa

### **Snack**

1 cup Strawberries

## **Day 4**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

1 cup oatmeal

2 Tbs dried cranberries

1 banana

1 cup decaffeinated green tea

### **Snack**

1 Tbs peanut butter

1 slice whole grain toast

## GS NUTRITION GUIDE

### **Lunch**

#### **Date Night Dinner**

4 oz. Tuna Fish (from can)  
2 slices whole grain bread  
Mustard, lettuce, tomato  
Side salad: 1 cup spinach  
½ cup sliced mushrooms  
1 tbsp. red wine vinegar

### **Snack**

1 cup strawberries

### **Dinner**

5 oz roasted chicken breast (see recipe)  
1 cup salad: mixed greens, lettuce, cucumber with 1 tsp olive oil & 2 Tbs lemon juice  
½ cup brown rice

### **Snack**

1 apple  
1 string cheese

## **Day 5**

AM Fat Burning Cocktail:

8 oz. Water & fresh lemon slices

### **Breakfast**

3 egg whites scrambled with 1 cup spinach (use olive oil cooking spray),  
1 apple

### **Snack**

4 oz. roasted chicken breast (see recipe)  
2 tbsp. unsalted sunflower seeds  
2 cups romaine lettuce with ½ cucumber sliced, 1 carrot sliced  
1 tsp olive oil and 2 tbsp balsamic vinegar for dressing  
1 small mandarin orange

### **Lunch**

Grapefruit  
20 raw almonds

### **Dinner**

5 oz. baked chicken (see recipe)  
1 cup quinoa  
1 cup cooked kale with 1 tsp olive oil, 2 Tbs lemon juice & 2 sliced garlic cloves

### **Snack**

## GS NUTRITION GUIDE

### Sweet As Honey Snack

cup non-fat Greek yogurt with ½ tsp. honey

## Day 6

AM Fat Burning Cocktail:

8 oz. Water & fresh orange slices

### Breakfast

1 cup oatmeal

1 cup almond/rice/soy/oat milk (choice)

1 cup blueberries

1 cup decaffeinated green tea

### Snack

Grapefruit

10 raw almonds

### Lunch

#### Seaside Lunch

4 oz. light canned tuna fish in water

1 cup mixed chopped celery, cucumber & tomatoes with 1 tsp olive oil & 2 Tbs lemon juice

1 slice whole grain toast

### Snack

1 apple

1 small ½” square dark chocolate

### Dinner

5 oz grilled tofu (see recipe)

1 cup cooked broccoli drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice

½ cup brown rice

1 cup decaffeinated green tea

### Snack

1 cup cantaloupe

1 string cheese

## Day 7

AM Fat Burning Cocktail:

8 oz. Water & fresh orange slices

### Breakfast

2 scrambled eggs

1 cup mixed cooked mushrooms and spinach cooked in 1 tsp olive oil

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2 small red sautéed potatoes  
1 cup decaffeinated green tea

### **Snack**

Orange  
1 cup decaffeinated green tea  
20 unsalted, raw pistachios

### **Lunch**

#### Midriff Meal

1 cup black beans  
    2 tbsp. unsalted sunflower seeds  
2 cups romaine lettuce  
    ½ cup cucumber  
    ½ cup carrots  
    ½ cup tomato  
    Lemon Juice for dressing

### **Snack**

2 whole wheat crackers  
1 string cheese

### **Dinner**

5 oz. roasted chicken breast (see recipe)  
1 cup quinoa  
1 cup mixed cooked string beans and peppers

### **Snack**

cup non-fat Greek yogurt with ½ tsp. honey

## **Week 3**

### **Day 1**

AM Fat Burning Cocktail:  
8 oz. Water & fresh lemon slices

### **Breakfast**

#### **Bikini Bottom Breakfast**

1 cup plain low fat yogurt  
1 tbs dried cranberries  
1 cup decaffeinated green tea

### **Snack**

2 hard boiled eggs  
1 Tbs avocado  
1 cucumber

### **Lunch**

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5 ounces of turkey breast slices on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber, 1 mandarin orange

### **Snack**

20 Almonds

### **Dinner**

5 oz. baked tilapia (see recipe)

1 cup mixed cooked zucchini and spinach drizzled with 1 tsp flaxseed oil

1 cup cooked sliced carrots

### **Snack**

1 cup cantaloupe

1 string cheese

## **Day 2**

AM Fat Burning Cocktail:

8 oz. Water & fresh lemon slices

### **Breakfast**

1 cup oatmeal

1 cup almond/rice/soy/oat milk (choice)

1 cup blueberries

1 cup decaffeinated green tea

### **Snack**

#### **Sumptuous Snack**

1 cup non-fat Greek yogurt with ½ tsp. honey

### **Lunch**

1 cup lentil soup

1 cup mixed chopped celery, cucumber & tomatoes with 1 tsp olive oil & 2 Tbs lemon juice

1 slice whole grain toast

### **Snack**

20 raw almonds

### **Dinner**

5 oz grilled tofu (see recipe)

1 cup cooked broccoli drizzled with 1 tsp flaxseed oil & 2 Tbs lemon juice

½ cup brown rice

1 cup decaffeinated green tea

### **Snack**

1 apple

1 tablespoon peanut butter



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### Day 3

AM Fat Burning Cocktail:  
8 oz. Water & fresh lemon slices

#### **Breakfast**

1 cup plain low fat yogurt  
1 cup blueberries  
1 slice whole grain toast  
1 cup decaffeinated green tea

#### **Snack**

1 cup strawberries

#### **Lunch**

##### **Midriff Meal**

5 oz. grilled tofu (see recipe)  
1 cup cooked string beans drizzled with 1 tsp olive oil  
1 cup quinoa

#### **Snack**

20 Almonds

#### **Dinner**

1 cup chickpeas  
1 cup mixed chopped bell pepper, cucumbers, celery drizzled with 1 tsp flaxseed oil & 2  
Tbs lemon juice  
1 whole grain cracker

#### **Snack**

1 hard boiled egg  
1 apple

### Day 4

AM Fat Burning Cocktail:  
8 oz. Water & fresh lime slices

#### **Breakfast**

2 scrambled eggs  
1 cup mixed mushrooms and zucchini  
1 slice fresh mozzarella cheese  
1 whole grain cracker  
1 cup decaffeinated green tea

#### **Snack**

Grapefruit

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20 raw almonds

1 cup decaffeinated green tea

### **Lunch**

4 oz. canned light tuna fish in water with 1 tsp flaxseed oil Tbs lemon juice

1 cup mixed chopped celery, cucumbers, bell peppers

½ cup brown rice

### **Snack**

#### **Walkin' Snack**

String cheese

### **Dinner**

5 oz roasted chicken breast (see recipe)

2 cups salad: mixed greens, lettuce, cucumber with 1 tsp olive oil & 2 Tbs lemon juice

½ cup brown rice

### **Snack**

½ cup blueberries

1 cup non-fat greek yogurt with ½ tsp. honey

## **Day 5**

AM Fat Burning Cocktail:

8 oz. Water & fresh lime slices

### **Breakfast**

Protein smoothie (see recipe)

### **Snack**

1 Tbs peanut butter

1 apple

1 cup decaffeinated green tea

### **Lunch**

5 ounces of turkey breast slices on 2 slices of whole grain bread with mustard, lettuce and tomato, side of sliced cucumber

### **Snack**

1 banana

### **Dinner**

#### **Dine Divine**

5 oz. grilled tofu (see recipe)

10 asparagus spears drizzled with 1 tsp flaxseed oil

1 cup lentil soup

### **Snack**

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1 cup cantaloupe

### Day 6

#### **AM Fat Burning Cocktail:**

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

1 cup cooked oatmeal  
1 cup plain low fat yogurt  
1 cup raspberries  
1 cup decaffeinated green tea

#### **Snack**

2 plums

#### **Lunch**

1/2 cup black beans  
1/2 cup brown rice  
1 Tbs avocado  
1/2 cup chopped tomatoes

#### **Snack**

20 unsalted pistachios

#### **Dinner**

5 oz. grilled tofu (see recipe)  
1 cup cooked string beans drizzled with 1 tsp olive oil  
1 cup quinoa

#### **Snack**

##### **Smart Snackin'**

1 apple  
1 tbsp peanut butter

### Day 7

#### **AM Fat Burning Cocktail**

8 fluid oz filtered water w/fresh mint & lemon slices

#### **Breakfast**

3 scrambled egg whites (use olive oil cooking spray)  
1/2 large grapefruit

#### **Snack**

1 banana

#### **Lunch**

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4 oz. roasted chicken breast (see recipe)

2 tbsp. unsalted sunflower seeds

2 cups romaine lettuce with ½ cucumber sliced, 1 carrot sliced

1 tsp olive oil and 2 tbsp balsamic vinegar for dressing

1 small mandarin orange

### **Snack**

1 bell pepper

20 raw almonds

### **Dinner**

#### **Sultry Supper**

5 oz baked salmon ( see recipe)

1 cup mixed cucumber and tomato slices drizzled with 1 tsp flaxseed oil and 2 Tbs lemon juice

½ cup quinoa

1 cup decaffeinated green tea

### **Snack**

1 cup plain low fat yogurt

½ cup strawberries