

The 7-Day Fat Melter Jump-Start aka The “Apples and Oranges” plan

Objective - Lose 3-5 lbs in one week to kick-start your fat burning “snowball effect”. Then return to your regular nutrition plan and food logs.

Portions - Use your fist as a portion of carbs, and the palm of your hand as a portion of protein.

Directions - Go shopping and buy necessary foods. Start with days 1 and 2, and alternate between them for 7 days total. Then, return to your regular nutrition program and food logs.

Day 1 - High Carb

Breakfast

1 egg/2 egg white omelet with mozzarella cheese & spinach
Whole grain toast, 1 pat butter, 2 tsp jelly, Orange slices
Multi-vitamin
Omega-3 supplement

Snack

Hard boiled egg, apple

Lunch

Canned tuna, Whole grain bread, Steamed asparagus, Orange

Snack

Chicken breast, Carrot sticks, Apple

Dinner

Chicken breast or fish, Sweet potato, 1 TBS sour cream, Broccoli

Snack

Cottage cheese & orange slices

Day 2 - “Apples and Oranges Only” Carb

Breakfast

3 eggs (any way you like them) Spinach, onion & green bell pepper
Multi-vitamin
Omega-3 supplement

Snack

Cottage cheese, Zucchini sticks

Lunch

Fish or chicken, Steamed broccoli

Snack

Apple and an Orange w/ hard boiled egg, *40-60 minutes before workout*

OR...a protein/carb shake *20-40 minutes before workout*

Dinner

Chicken, fish or steak w/ steamed veggies

Snack

Cottage cheese, red pepper sticks

Disclaimer: As always, check with your doctor before starting this, or any other, nutrition or exercise program.