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The 7 Day Fat Loss Meal Plan—Week 1

Day 1

Meal 1:

Oat bran: ½ cup
Banana: 1
Eggs: 1 yolk
Egg whites, hardboiled: 6

Meal 2:

Yogurt: 1 container
Cottage cheese: 1 cup
Red grapes: 1 cup
Flaxseeds: 1 tbsp

Meal 3:

Spinach: 3 cups
Turkey bacon: 2 strips
Mushrooms: ½ cup
Carrots, chopped: ½ cup
Grilled chicken: 3 oz.
Balsamic vinegar: 1 serving

Meal 4:

Apple: 1
Walnuts: ½ oz.
Protein powder: 1 scoop

Meal 5:

Grilled salmon: 3 oz.
Brown rice: ¼ cup
Chard, steamed: 2 cups

Meal 6:

Cottage cheese: 1 cup
Roasted almonds: 1 oz.
Cherry tomatoes: 1/3 cup
Basil leaves: 1 serving
Balsamic vinegar: 1 serving

Day 2**Meal 1:**

Yogurt: 1 cup
Cottage cheese: 1 cup
Red grapes: 1 cup
Flaxseeds: 1 tbsp

Meal 2:

Chocolate milk: 2 cups

Meal 3:

Oat bran: 1/2 cup
Frozen blueberries: 1 cup
Flaxseeds: 1 tbsp
Walnuts: 1/2 oz.
Protein powder: 1 scoop

Meal 4:

Salmon, canned: 3 oz.
Barley, cooked: 3 oz.
Balsamic vinegar: 1 tsp
Cottage cheese: 1 cup

Meal 5:

Pork: 3oz.
Sweet potato: 1 medium
Broccoli: 1 cup
Orange: 1

Meal 6:

Meal replacement shake: 1
Blackberries: 1 cup
Flaxseeds: 1 tbsp

Day 3**Meal 1:**

Oats: 1 cup

Apple: 1
Cottage cheese: 1 cup
Walnuts: ½ oz.

Meal 2:

Whole-wheat bread: 2 slices
Banana: 1
Peanut butter: 1 tbsp
Protein powder: 1 scoop

Meal 3:

Eggs: 1 yolk
Egg whites: 6
Broccoli: 1 cup
Bell pepper, chopped: ½ cup
Pear: 2

Meal 4:

Spinach: 3 cups
Turkey bacon: 2 strips
Black beans: ½ cup
Mushrooms: ½ cup
Carrots, chopped: ½ cup
Grilled chicken: 4 oz.
Balsamic vinegar: 1 serving

Meal 5:

Turkey burger: 1 (4 oz.) patty
Carrots: 1 cup
Cooked quinoa: ½ cup
Nonfat milk: 1 cup

Meal 6:

Nonfat milk: 1 cup
Cottage cheese: 1 cup
Pineapple: 1 cup
Flaxseeds: 1 tbsp

Day 4

Meal 1:

Rolled oats: ½ cup
Cottage cheese: 1 cup
Blueberries: 1 cup
Flaxseeds: 1 tbsp
Cinnamon: to taste

Meal 2:

Eggs: 2 yolks
Egg whites: 6
Spinach: 3 cups
Garlic: 1 cup
Squash, chopped: 1 cup
Grapefruit: 1

Meal 3:

Orange: 1
Apple: 1
Almonds: 1 oz.
Yogurt w/ vanilla extract: 1 cup

Meal 4:

Tuna: 1 can
Black beans: ½ cup
Balsamic vinegar: 1 tbsp
Banana: 1

Meal 5:

Bell pepper: 1 whole
Steak, lean: 5 oz.
Barley, cooked: 1 cup
Mushrooms: ½ cup
Marinara sauce: ½ cup

Meal 6:

Meal replacement shake: 1
Frozen blueberries: 1 cup
Flaxseeds: 1 tbsp

Note: Cook red meat, add mushrooms and sauce. Remove stem from bell pepper, stuff mixture into cavity and bake at 425 for 40 minutes.

Day 5**Meal 1:**

Egg whites: 9
Turkey bacon: 2 strips
Spinach: 1 cup
Garlic: 1 cup
Grapefruit: 1
Apple: 1

Meal 2:

Yogurt: 1 cup
Cottage cheese: 1 cup
Red grapes: 1 cup
Flaxseeds: 1 tbsp
Tea: 1 cup

Meal 3:

Walnuts: 1 oz.
Banana: 1
Nonfat milk: 1 cup
Protein powder: 1 scoop

Meal 4:

Whole-wheat tortilla: 1
Hummus: ½ cup
Spinach: 1 handful
Grilled chicken: 3 oz.
Carrots, shredded: ½ cup

Meal 5:

Pork: 3 oz.
Sweet potato: 1
Asparagus: 1 cup
Nonfat milk: 1 cup

Meal 6:

Nonfat milk: 1 cup
Pineapple: 1 cup
Wheat germ: 2 tbsp
Almonds: 1 oz.

Day 6**Meal 1:**

English muffins: 1
Eggs: 1 yolk
Egg whites: 6
Turkey bacon: 2 strips
Grapefruit: 1

Meal 2:

Meal replacement shake: 1
Frozen blueberries: 1 cup
Flaxseeds: 1 tbsp

Meal 3:

Spinach: 3 cups
Turkey bacon: 2 strips
Black beans: ½ cup
Mushrooms: ½ cup
Carrots, shredded: 1 cup
Grilled chicken: 4 oz.
Balsamic vinegar: 1 serving

Meal 4:

Apple: 1
Peanut butter: 1 ½ tbsp.
Nonfat milk: 1 cup
Protein powder: 1 scoop

Meal 5:

Whole-wheat tortilla: 1
Grilled chicken: 4 oz.
Bell pepper, chopped: 1 cup
Guacamole: 2 tbsp

Meal 6:

Yogurt: 1 cup
Cottage cheese: 1 cup
Red grapes: 1 cup
Flaxseeds: 1 tbsp

Day 7**Meal 1:**

Oat bran: ½ cup
Frozen blueberries: 1 cup
Flaxseeds: 1 tbsp
Walnuts: ½ oz.
Protein powder: 1 scoop

Meal 2:

Yogurt: 1 cup
Egg whites, hardboiled: 6
Dried cranberries: 1 tbsp
Flaxseeds: 1 tbsp

Meal 3:

Whole-wheat bread: 2 slices
Grilled chicken: 4 oz.
Orange: 1

Lettuce, sliced: 1 serving
Tomato, sliced: 1 serving
Almonds: 1 oz.
Mustard: to taste

Meal 4:

Tuna: 1 can
Garlic: 1 cup
Eggs, beaten: 1
Mustard: 2 tbsp
Quinoa, cooked: ½ cup
Orange: 1

Meal 5:

Spinach: 3 cups
Turkey bacon: 2 strips
Black beans: ½ cup
Mushrooms: ½ cup
Carrots, chopped: 1 cup
Grilled chicken: 3 oz.
Balsamic vinegar: 1 serving
Tea: 1 cup

Meal 6:

Egg whites: 6
Canadian bacon: 1 slice
Cheese: 1 oz.
Apple: 1
Pear: 1