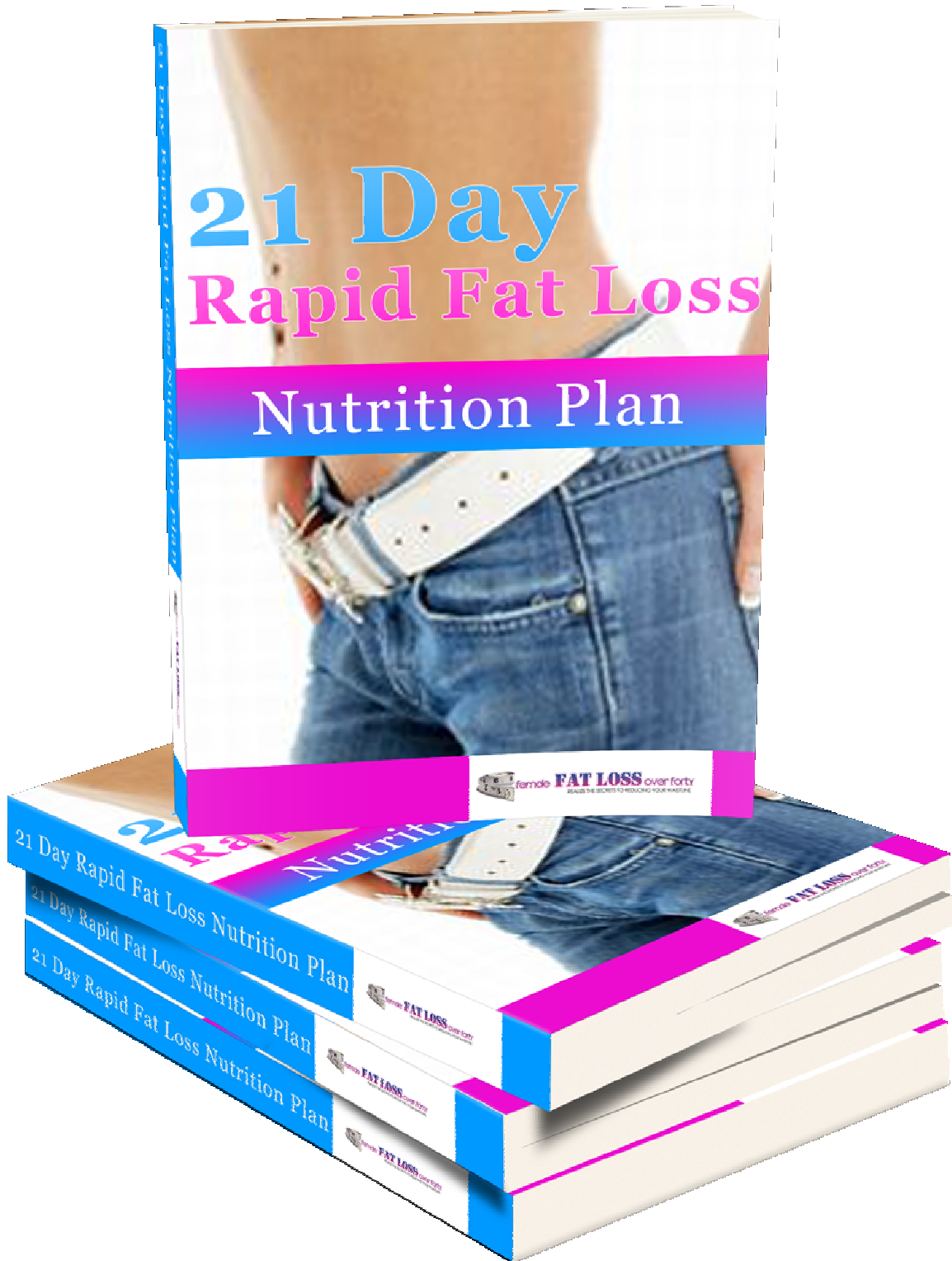


Female Fat Loss Over 40 – Rapid Fat Loss Program



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21 Day Rapid Fat Loss Nutrition

How do you feel about dragging those extra pounds around? Are you motivated enough to take action? If losing that extra weight was easy, then everyone would have the body of their dreams. You're going to have to make some extra effort with your nutritional plan in order to see those extra pounds fall off to reveal your beautifully developed muscles underneath.

Remember: You *cannot* out train poor nutrition. So if you're planning on doing the intense workouts that go with this program, be sure to follow up with supportive eating.

In short, to **achieve** something that you've never done before, you have to **do** something that you've never done before. You'll have to stick to the plan that is laid out in the program. By the way, this is a compliment to the Female Fat Loss Over Forty Hard and Fast Nutrition Bonus. For additional support, you need to review the nutritional principals laid out there. Understanding the reasons why you should be eating certain foods and avoiding others is very helpful in motivating you to 'stay the course'.

This is a seven day plan. Each day is laid out for you into 3 meals and 2 snacks. If you prefer, you can mix and match meals and snacks or repeat the same day plan. This is a short program and you won't be nutritionally challenged if you do this. After all, consider the things you may have been eating prior to this: was everything nutritionally balanced and supportive? I doubt it. This is a solid plan of real food: high protein, low glycemic carbohydrates and healthy fats. The key is to keep portion sizes as stated and avoid junk foods and liquid calories.

Sweet relief: Once a week, whenever it works for your schedule, plan a 'cheat meal'. Ensure that it is *only one meal*, that is, don't eat until you need to undo your pants. Just enjoy a meal that of your favourite food without measuring or counting calories. Remember that it's **ONLY ONE MEAL** and not the whole day of cheating. You can quickly un-do any progress that you've made by over doing this. But by sticking to a one meal a week cheat schedule you can actually increase your success in weight loss.

The reasons for this cheat meal are:

- It provides a mental break from measuring foods.
- It gives you something to look forward to so that adherence to the program is easier for the rest of the week.
- It helps to keep leptin levels high so that the metabolism doesn't fall off. It can take about a week of severe dieting to lower leptin levels (thus lowering metabolism), but it only takes one meal of higher calorie eating for leptin levels to recover to baseline levels. (Leptin is a hormone that goes to the satiety center of the brain to make you feel full and satisfied.)

If you're in a calorie deficit for any length of time, your body will think it's in survival mode and will choose to use muscle tissue for energy. Often your body will 'save' the fat as it has more energy and when it comes to survival it's more valuable.

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By adding resistance training and weekly cheat meals, your body will maintain its lean muscle mass and will reset the leptin levels so that the body will believe it's in a 'normal' state and not resort to muscle catabolism.

Muscle is your ticket to a higher metabolism, so your goal is to preserve and build muscle. Muscle is metabolically active and will help you burn more calories even at rest. Fat is 'dead weight' and requires little to maintain it. So let's strip the fat and replace it with calorie burning sexy muscle.

There are a few principles that you should take note of when reading this plan and apply even if you can't stick to this exact plan.

- There are three meals and two snacks spaced out through out the day.
- Planning is required to ensure that meals are balanced.
- There are no *empty* calories, that is everything food item packs a nutritional punch.
- There is a higher protein ratio. Protein helps stabilize blood sugar and reduces cravings.
- Carbohydrates are never eaten alone, they are almost always accompanied by fat and protein to reduce the spike in blood sugar and rise in insulin.
- All carbohydrates are complex, or lower on the glycemic index.
- There are no liquid calories.

Now this is a fairly strict regime, but if you are serious about looking your best in 21 days, if you follow it to the letter, then you'll not be disappointed. Remember to put all your energy into the short video workouts and high intensity interval workouts for maximum results.

Experts say that it takes 21 days to develop a habit. It is my hope that over the course of the next 21 days, that you will begin to change your eating habits so that even after your 21 Day Rapid Fat Loss program, you will continue to re-composition your body, slowly losing fat and replacing it with muscle. This is just the start of a lifestyle change that will see to it that your health and wellness improves as well as how you look in your jeans.

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Day 1

Breakfast

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Egg, whole, cooked, scrambled	1.00	1 large	101.28	6.76	1.34	7.45
Melons, cantaloupe, raw	0.75	1 cup, balls	45.14	1.12	10.83	0.25
Milk - skim, no fat	1.00	cup	86.00	8.40	11.90	0.40
Totals for Meal			232.40	16.28	24.07	8.10

Snack 1

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cottage Cheese - 1% fat	1.00	cup	164.00	28.00	6.20	2.30
Peaches, raw	0.50	1 cup, slices	33.15	0.77	8.11	0.21
Totals for Meal			197.15	28.77	14.31	2.51

Lunch

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Chicken roll, light meat	2.00	2 slices	175.56	22.26	2.78	8.41
Italian - fat free, KRAFT Free	2.00	tablespoon	12.00	0.00	2.00	0.00
KRAFT 2% Cheddar Cheese, Reduced Fat	1.25	ounce(s)	112.50	8.75	0.63	7.50
Lettuce, iceberg (includes crisphead types), raw	0.25	1 cup, shredded or chopped	1.38	0.11	0.29	0.02
Tomatoes, red, ripe, raw, year round average	4.00	1 slice, medium (1/4" thick)	14.40	0.70	3.14	0.16
Tortilla - flour, soft, 7" diam.	1.00	each	80.00	2.00	14.00	2.00
Totals for Meal			395.84	33.83	22.83	18.09

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Snack 2

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
HEALTHY CHOICE Mozzarella String Cheese	2.00	ounce(s)	100.00	16.00	2.00	3.00
Totals for Meal			100.00	16.00	2.00	3.00

Dinner

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cheese, mozzarella, part skim milk	1.00	1 oz	71.12	6.79	0.78	4.46
Chicken Breast / White Meat	4.00	ounce(s)	124.00	26.00	0.00	1.60
Italian - fat free, KRAFT Free	1.00	tablespoon	6.00	0.00	1.00	0.00
Salad - sm. garden w/tomato, onion	1.00	small	49.00	1.30	9.50	0.40
Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.25	cup	55.00	1.00	7.50	1.00
Spaghetti, cooked, enriched, without added salt	0.50	1 cup	98.70	3.34	19.84	0.47
Totals for Meal			403.82	38.43	38.61	7.93

Totals for day 1:

Calories: 1329

Protein: 133

Carbs: 102

Fat: 40

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Day 2

Breakfast

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Egg, whole, cooked, hard-boiled	1.00	1 large	77.50	6.29	0.56	5.30
Grapefruit - pink or red 4" diam.	1.00	each	92.00	1.20	23.80	0.20
Milk - skim, no fat	1.00	cup	86.00	8.40	11.90	0.40
Tea, brewed, prepared with tap water, decaffeinated	1.00	1 cup (8 fl oz)	2.37	0.00	0.71	0.00
Totals for Meal			257.87	15.89	36.97	5.90

Snack 1

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cottage Cheese - 1% fat	0.25	cup	41.00	7.00	1.55	0.57
Strawberries	1.00	cup	60.00	1.00	9.00	0.00
Totals for Meal			101.00	8.00	10.55	0.57

Lunch

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Bread, pumpernickel	1.00	1 slice, regular	65.00	2.26	12.35	0.81
Celery - raw stalk trimmed	3.00	each	30.00	1.50	6.00	0.00
Ham, sliced, extra lean, (approximately 5% fat)	3.00	1 slice (6-1/4" x 4" x 1/16")	110.04	16.25	0.81	4.17
Kraft American Cheese 2% Milk	1.00	slice	50.00	4.00	1.00	3.00
Pepper - sweet bell, all colors, chopped,	0.50	cup	19.00	0.60	4.60	0.10
Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon	50.10	0.09	1.28	4.94
Totals for Meal			324.14	24.71	26.04	13.01

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Snack 2

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cottage Cheese - 1% fat	1.00	cup	164.00	28.00	6.20	2.30
Peaches, raw	0.50	1 cup, slices	33.15	0.77	8.11	0.21
Totals for Meal			197.15	28.77	14.31	2.51

Dinner

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)	28.52	2.28	5.10	0.56
Cucumber - raw, slices	7.50	cup	105.00	6.00	21.00	0.00
Green salad w/ raw vegetables	2.00	cup	44.00	3.45	8.89	0.19
Oil & vinegar - Wish-Bone, Lite Classic	1.00	tablespoon	20.00	0.00	2.00	2.00
Salmon - broiled	5.00	ounce(s)	290.00	31.35	0.00	17.50
Totals for Meal			487.52	43.08	36.98	20.25

Totals for day 2:

Calories: 1367

Protein: 120

Carbs: 125

Fat: 42

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Day 3

Breakfast

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Coffee - w/caffeine	6.00	ounce(s)	6.00	0.20	0.70	0.00
Egg Whites - scrambled/boiled	6.00	each	102.00	21.00	1.80	0.00
Mushrooms, cooked, boiled, drained, without salt	1.00	0.5 cup pieces	21.84	1.69	4.13	0.37
Oatmeal - quick, measure uncooked	0.50	cup	148.50	6.60	27.90	3.00
Tomato - sm. w/peel, 2.5" diam.	1.00	small	26.00	1.00	5.70	0.40
Totals for Meal			304.34	30.49	40.23	3.77

Snack 1

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Pepper - sweet bell, all colors, chopped,	0.50	cup	19.00	0.60	4.60	0.10
Pinto bean - boiled	0.50	cup	116.00	7.00	21.80	0.40
Tortilla - corn, soft, 7" diam.	3.00	each	135.00	3.00	27.00	3.00
Totals for Meal			270.00	10.60	53.40	3.50

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Lunch

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Carrots, raw	0.50	1 cup, grated	22.55	0.51	5.27	0.13
Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)	160.00	16.00	2.00	10.00
Egg, whole, cooked, hard-boiled	2.00	1 large	155.00	12.58	1.12	10.61
Italian - fat free, KRAFT Free	2.00	tablespoon	12.00	0.00	2.00	0.00
Seeds, sunflower seed kernels, toasted, without salt	0.50	1 oz	86.66	2.41	2.88	7.95
Spinach, raw	3.00	1 cup	20.70	2.57	3.27	0.35
Totals for Meal			456.91	34.07	16.54	29.04

Snack 2

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Blueberries, raw	0.50	1 cup	41.33	0.54	10.51	0.24
Cottage Cheese - 1% fat	1.00	cup	164.00	28.00	6.20	2.30
Totals for Meal			205.33	28.54	16.71	2.54

Dinner

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped	27.30	1.86	5.60	0.32
Chicken Breast / White Meat	5.00	ounce(s)	155.00	32.50	0.00	2.00
Sweetpotato, cooked, baked in skin, without salt	0.50	1 cup	90.00	2.01	20.71	0.15
Tea, brewed, prepared with tap water	2.00	1 cup (8 fl oz)	4.74	0.00	1.42	0.00
Totals for Meal			277.04	36.37	27.73	2.47

Totals for day 3:

Calories: 1512

Protein: 139

Carbs: 154

Fat: 41

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Day 4

Breakfast

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cheerios Oat & Wheat, Gen. Mills	1.00	cup	111.00	4.30	19.60	1.80
Coffee - w/caffeine	8.00	ounce(s)	8.00	0.27	0.93	0.00
Egg Whites - scrambled/boiled	6.00	each	102.00	21.00	1.80	0.00
Egg whole w/ yolk	1.00	each	100.00	6.70	1.30	7.30
Milk - skim, no fat	1.00	cup	86.00	8.40	11.90	0.40
Totals for Meal			407.00	40.67	35.53	9.50

Snack 1

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Apple - medium with peel	0.50	each	40.50	0.15	10.55	0.00
Nuts, walnuts, english	0.50	1 oz (14 halves)	91.56	2.13	1.92	9.13
Tea, brewed, prepared with tap water, decaffeinated	1.00	1 cup (8 fl oz)	2.37	0.00	0.71	0.00
Totals for Meal			134.43	2.28	13.18	9.13

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Lunch

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Bread, pita, whole-wheat	0.50	1 pita, large (6-1/2" dia)	85.12	3.14	17.60	0.83
Celery - raw stalk trimmed	10.00	each	100.00	5.00	20.00	0.00
Hellman's Light Mayo	0.50	tablespoon	22.50	0.00	0.50	2.25
Tea, brewed, prepared with tap water	2.00	1 cup (8 fl oz)	4.74	0.00	1.42	0.00
Tomato - sm. w/peel, 2.5" diam.	1.50	small	39.00	1.50	8.55	0.60
Turkey Breast / White Meat	5.00	ounce(s)	190.00	42.50	0.00	1.00
Totals for Meal			441.36	52.14	48.07	4.68

Snack 2

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
100% Whey Protein	1.00	scoop	120.00	23.00	3.00	2.00
Totals for Meal			120.00	23.00	3.00	2.00

Dinner

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Oil & vinegar - Wish-Bone, Lite Classic	2.00	tablespoon	40.00	0.00	4.00	4.00
Potato - white medium	4.00	ounce(s)	120.00	2.80	27.40	0.12
Salad - med. garden w/tomato, onion	1.00	medium	74.00	1.95	14.25	0.60
Salmon - broiled	4.00	ounce(s)	232.00	25.08	0.00	14.00
Salsa - Chunky medium, Pace	4.00	tablespoon	8.00	0.00	0.00	0.00
Tea, brewed, prepared with tap water	2.00	1 cup (8 fl oz)	4.74	0.00	1.42	0.00
Totals for Meal			478.74	29.83	47.07	18.72

Totals for day 4:

Calories: 1580

Protein: 148

Carbs: 147

Fat: 45

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Day 5

Breakfast

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Blueberries, raw	0.50	1 cup	41.33	0.54	10.51	0.24
Coffee - w/caffeine	6.00	ounce(s)	6.00	0.20	0.70	0.00
Cottage Cheese - 1% fat	1.00	cup	164.00	28.00	6.20	2.30
Oatmeal - quick, measure uncooked	0.50	cup	148.50	6.60	27.90	3.00
Totals for Meal			359.83	35.34	45.31	5.54

Snack 1

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
100% Whey Protein	1.00	scoop	120.00	23.00	3.00	2.00
Totals for Meal			120.00	23.00	3.00	2.00

Lunch

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Apple - medium with peel	0.50	each	40.50	0.15	10.50	0.25
Bread, pita, whole-wheat	0.50	1 pita, large (8-1/2" dia)	85.12	3.14	17.60	0.83
Cheese - KRAFT Free slice	1.00	each	30.00	5.00	3.00	0.00
Mayonnaise - KRAFT Free, fat free	4.00	tablespoon	32.00	0.00	12.00	0.00
Tea, brewed, prepared with tap water	2.00	1 cup (8 fl oz)	4.74	0.00	1.42	0.00
Tuna Solid White in water	0.50	cup	140.00	30.00	0.00	2.00
Totals for Meal			332.36	38.29	44.52	3.08

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Snack 2

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cottage Cheese - 1% fat	1.00	cup	164.00	28.00	6.20	2.30
Plums, raw	2.00	1 fruit (2-1/8" dia)	60.72	0.92	15.07	0.37
Totals for Meal			224.72	28.92	21.27	2.67

Dinner

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Chicken Breast / White Meat	6.00	ounce(s)	186.00	39.00	0.00	2.40
Green beans - string, boiled & drained	4.00	ounce(s)	40.00	2.10	8.90	0.30
Green salad w/ raw vegetables	3.00	cup	66.00	5.18	13.33	0.29
Oil & vinegar - Wish-Bone, Lite Classic	2.00	tablespoon	40.00	0.00	4.00	4.00
Spinach, cooked, boiled, drained, without salt	1.00	1 cup	41.40	5.35	6.75	0.47
Yam, cooked, boiled, drained, or baked, without salt	0.50	0.5 cup, cubes	39.44	0.51	9.38	0.05
Totals for Meal			412.84	52.13	42.36	7.51

Totals for day 5:

Calories: 1447

Protein: 176

Carbs: 156

Fat: 21

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Day 6

Breakfast

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Egg substitute, liquid	0.75	1 cup	158.13	22.59	1.20	6.23
KRAFT 2% Cheddar Cheese, Reduced Fat	1.00	ounce(s)	90.00	7.00	0.50	6.00
Melons, cantaloupe, raw	1.00	1 cup, balls	60.18	1.49	14.44	0.34
Totals for Meal			308.31	31.08	16.15	12.57

Snack 1

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Milk - skim, no fat	0.50	cup	43.00	4.20	5.95	0.20
Shredded Wheat, Nabisco	2.00	biscuit	160.00	4.00	38.00	2.00
Strawberry - fresh, 1 medium	4.00	ounce(s)	36.00	0.80	8.00	0.40
Totals for Meal			239.00	9.00	51.95	2.60

Lunch

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Bread, pita, whole-wheat	0.50	1 pita, large (6-1/2" dia)	85.12	3.14	17.60	0.83
Catsup - tomato	2.00	tablespoon	32.00	0.40	8.20	0.20
Cheese - KRAFT Free slice	1.00	each	30.00	5.00	3.00	0.00
Chicken Breast / White Meat	6.00	ounce(s)	186.00	39.00	0.00	2.40
Orange - medium	0.50	each	31.00	0.60	7.70	0.10
Tea, brewed, prepared with tap water	2.00	1 cup (8 fl oz)	4.74	0.00	1.42	0.00
Totals for Meal			368.86	48.14	37.92	3.53

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Snack 2

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
HEALTHY CHOICE Mozzarella String Cheese	2.00	ounce(s)	100.00	16.00	2.00	3.00
Melba Toast, Wheat, Unsalted	3.00	each	50.00	2.00	11.00	0.00
Totals for Meal			150.00	18.00	13.00	3.00

Dinner

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Chicken Breast / White Meat	5.00	ounce(s)	155.00	32.50	0.00	2.00
Green salad w/ raw vegetables	2.00	cup	44.00	3.45	8.89	0.19
Oil & vinegar - Wish-Bone, Lite Classic	1.00	tablespoon	20.00	0.00	2.00	2.00
Pepper - sweet bell, all colors, chopped,	0.50	cup	19.00	0.60	4.60	0.10
Yam, cooked, boiled, drained, or baked, without salt	0.50	0.5 cup, cubes	39.44	0.51	9.38	0.05
Totals for Meal			277.44	37.06	24.87	4.34

Totals for day 6:

Calories: 1342

Protein: 143

Carbs: 144

Fat: 26

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Day 7

Breakfast

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Coffee - w/caffeine	6.00	ounce(s)	6.00	0.20	0.70	0.00
Egg Whites - scrambled/boiled	6.00	each	102.00	21.00	1.80	0.00
Mushrooms, cooked, boiled, drained, without salt	1.00	0.5 cup pieces	21.84	1.69	4.13	0.37
Oatmeal - quick, measure uncooked	0.50	cup	148.50	6.60	27.90	3.00
Tomato - sm. w/peel, 2.5" diam.	1.00	small	26.00	1.00	5.70	0.40
Totals for Meal			304.34	30.49	40.23	3.77

Snack 1

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cottage Cheese - 1% fat	1.00	cup	164.00	28.00	6.20	2.30
Plums, raw	2.00	1 fruit (2-1/8" dia)	60.72	0.92	15.07	0.37
Totals for Meal			224.72	28.92	21.27	2.67

Lunch

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Bread, mixed-grain (includes whole-grain, 7-grain)	1.00	1 oz	70.88	2.84	13.15	1.08
Cheese - KRAFT Free slice	1.00	each	30.00	5.00	3.00	0.00
Mayonnaise - KRAFT Free, fat free	4.00	tablespoon	32.00	0.00	12.00	0.00
Orange - medium	0.50	each	31.00	0.60	7.70	0.10
Salmon - broiled	2.50	ounce(s)	145.00	15.67	0.00	8.75
Tea, brewed, prepared with tap water	2.00	1 cup (8 fl oz)	4.74	0.00	1.42	0.00
Totals for Meal			313.62	24.11	37.28	9.93

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Snack 2

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
100% Whey Protein	1.00	scoop	120.00	23.00	3.00	2.00
Totals for Meal			120.00	23.00	3.00	2.00

Dinner

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats
Cheese, mozzarella, part skim milk	1.00	1 oz	71.12	6.79	0.78	4.46
Chicken Breast / White Meat	4.00	ounce(s)	124.00	26.00	0.00	1.60
Italian - fat free, KRAFT Free	1.00	tablespoon	6.00	0.00	1.00	0.00
Salad - sm. garden w/tomato, onion	1.00	small	49.00	1.30	9.50	0.40
Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.25	cup	55.00	1.00	7.50	1.00
Spaghetti, cooked, enriched, without added salt	0.50	1 cup	98.70	3.34	19.84	0.47
Totals for Meal			403.82	38.43	38.61	7.93

Totals for day 7:

Calories: 1365

Protein: 144

Carbs: 140

Fat: 27