

21 DAY

BODY SCULPT SOLUTION

MEAL PLANS



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Fat loss = rocket science

NOT!

You'd be surprised at how a little knowledge and common sense can go a long way to reducing your waistline. It's NOT rocket science or brain surgery. It's consistently applying these simple tips that will help you meet your fat loss goals. Remember that you likely didn't gain those extra pounds over night, so they won't magically disappear over night either.



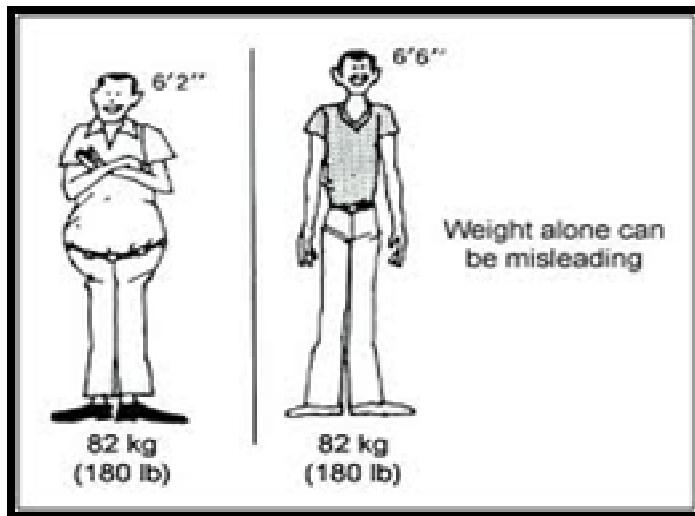
Anyone who tries to sell you anything that will vaporize your fat will only be vaporizing your pocket book. Sadly, in an effort to fit into your skinny jeans, many are willing to explore desperate measures that will do nothing but disappoint. Don't make that mistake.



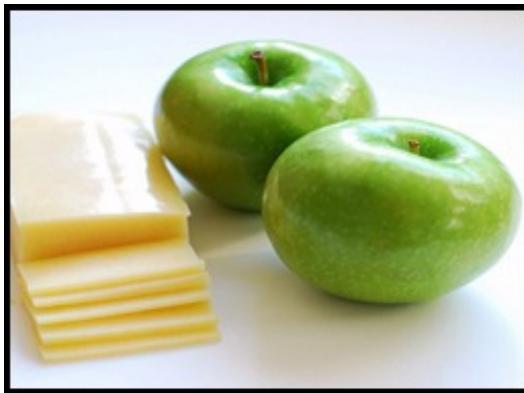
Take a look at these simple tips. Print them off, put them on your fridge or somewhere that you'll be continually reminded of them. You may not be able apply all ten tips right away, but even if over the next ten weeks you apply one tip a week, by the end of ten weeks you'll have transformed your eating.

Here we go:

1. **Where are you now?** Take your measurements! Weigh yourself, but more importantly, take measurements at your chest, arms, waist, abdomen, hips and thighs. If you're exercising at the same time as changing your nutrition plan, you may be losing inches but this will not necessarily show up on the scale. You may be replacing a little fat loss with a little muscle gain and break even on the scale. This is SO discouraging. By quantifying with tangible evidence in the form of measurements, you can compare and not just 'eye ball' your physique.



2. **Train train train!** Dieting alone will only give you a smaller version of your current self. This is probably not what you had in mind. Build shapely muscle with resistance training while boosting your metabolism. Include HIIT (high intensity interval training) to burn calories while you're training and up to 38 hours after to torch fat. Include the 5 workouts for 3 week 21 Day Body Sculpt Solution to kick start your fat loss.
3. **Eat six meals a day.** Your body goes into famine mode to conserve calories when food isn't supplied on a regular basis. So do your body a favor, let it know to keep the fire of metabolism going with meals and snacks spaced 2-3 hours apart.

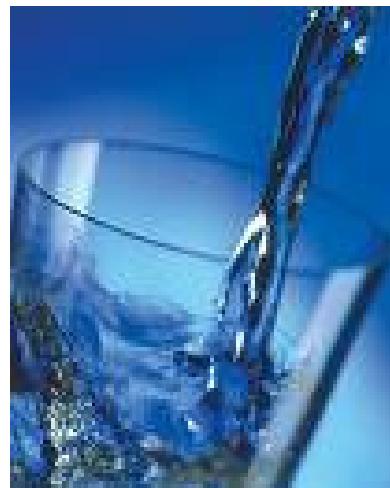


4. **Pack a lunch (or snack).** Never go anywhere empty handed. Always have a healthy snack at hand: almonds, protein bar, a green apple. It's easier NOT to succumb to junk food when a healthy choice is close at hand.
5. **Reduce simple sugars.** Read labels and keep sugar consumption, especially high fructose corn syrup type sugars, to a minimum. Naturally occurring sugars in fruits are not the culprit here. Where ever 'sugar' or any of its derivatives are tops on the label, put it down! (Check this post to see all the various names sugar hides behind.) Try to keep sugar consumption to below 30 g/day.
6. **Eat protein at every meal.** Protein not only helps to repair and rebuild tissue, it also stabilizes blood sugar. If you have a little protein with every meal, you won't experience the highs and lows associated with an insulin rush when you eat carbohydrates alone. Protein helps to moderate insulin so that you won't feel starved and run down. It helps keep energy levels more stable.



7. **Pass the fat!** The good fat that is! Don't skimp on good fats such as olive oil, nuts, avocado, salmon and fish oils. AVOID at all costs trans fats, vegetable shortening and hard stick margarines. Too much fat will result in weight gain, however good fats help with nutrient absorption, nerve and cell membrane integrity. And eating good fats will help keep you satiated so that you don't feel like you need to eat the kitchen sink.

8. **Drink up!** Replace sugary drinks, diet drinks, fruit juices and even caffeinated beverages with water and more water. Surprisingly, water has a thermogenic effect so that it helps to keep metabolism boosted while it hydrates you.



9. **Cut it out!** The junk that is. It seems like a no brainer, but just don't bring tempting unhealthy junky food into your house. If its not there, you won't eat it. Period. NO excuses. Just walk by that aisle in the grocery store and don't allow that crap into your cart.
10. **Treat yourself!** If you've done #9, then you deserve to do this. Once a week, give yourself a treat meal where you can enjoy any of your favorite foods, within moderation. Life isn't worth living without some of your favorite treats at some point. Remind yourself of your goals and set a date with Miss Vicki's chips or a glass of wine for a special occasion when you'll really enjoy it.



And speaking of fat...vaporize it with my program [here](#). You have nothing to lose but some ugly pounds.

If you prefer a 'done for you plan', here's a basic plan for you to print off and use:

Day 1 - Meal Plan

Breakfast:

Oatmeal, cooked, regular, fat not added in cooking: 1/3 cup, cooked : 48 cal

Strawberries, raw: 6 medium: 22 cal

Sugar Substitute, aspartame-based, dry powder, 2 individual packs: 7 cal

Milk, cows fluid 2%: 1cup: 121 cal

Snack 1

Almonds: 1/4 cup: 208 cal

Raisins: 1/4 cup: 109 cal

Lunch:

Bread, whole wheat, 100% - 1 regular slice: 69cal

Mixed salad greens, raw: 3 cup shredded or chopped: 27 cal

Peanut butter: 1 tablespoon: 95 cal

Salad dressing, low- calorie: 1 Tbs : 21 cal

Snack 2

Wheat germ, plain 8 g : 31 cal

Yogurt, plain, lowfat milk: 170.1g: 108 cal

Apricot, dried, uncooked: 6 halves: 50 cal

Dinner:

Chicken breast, with or without bone, broiled, skin off: 2 oz: 92 Cal

Shrimp, baked or broiled: 30 g: 45 cal

Spinach cooked, from fresh fat not added to cooking: 1 cup fresh: 41 cal

Carrots, raw: 10 baby carrots: 43 cal

Celery, raw: 4 large stalk: 41 cal

Snack 3

Walnuts: 10g ; 64 cal

Apple raw: 1 med. 81 cal

Day 2 - Meal Plan

Breakfast:

Coffee NS as to type 1 cup: 4 cal

Milk, cows fluid 2%: 1cup: 121 cal

Cherrios: 1 cup 102 cal

Snack 1

Almonds: 1/4 cup: 208 cal

Apple: 1/3 cup: 277 cal

Lunch:

Carrots, raw: 2 baby carrots: 12 cal

Mixed salad greens, raw: 6 cup shredded: 55 cal

Salad dressing, low cal: 41 val

Turkey, light meat, cooked, skin not eaten: 2 med slice: 88 cal

Tomatoes, raw: 1 1/3 : 25 cal

Snack 2

Banana raw, 1 med: 109 cal

Yogurt, plain, lowfat milk: 170.1g: 108 cal

Dinner:

Chicken breast, with or without bone, broiled, skin off: 2 oz: 92 Cal

Broccoli, cooked, NS as to form, 1 cup: 27 cal

Lettuce, salad w/ assorted vegetables including tomatoes, : 52 cal

Salad dressing, low cal: 1 TBS: 21 cal

Snack 3

Strawberries, raw: 6 med: 22 cal

Day 3 – Meal Plan

Breakfast

Yogurt plain, 8 oz cont.: 169 cal

Banana, raw: ½ small: 46 cal

Egg white only cooked, 4 white: 66 cal

Snack

Almonds ¼ cup: 208 cal

Raisins: ¼ cup: 109 cal

Lunch

Lettuce, salad with assort. Veggies including tomatoes/carrots: 4 cups: 52 cal

Yogurt, fruit variety, nonfat milk 4.4oz cont: 118 cal

Italian dressing: 1 TBS: 69 cal

Pretzel, hard, multigrain: 9 pretzels: 107 cal

Snack

Carrots raw: 2 large: 87 cal

Dinner

Tomatoes raw: 1 small: 25 cal

Chicken breast, with or without bone, stewed skin not eaten: 170g: 255 cal

Mixed salad greens raw: 1 cup: 9 cal

Broccoli, cooked: ½ cup fresh: 22 cal

Snack

Puffed rice cake: 1 cake: 35 cal

Low fat cheese string: 80 cal

Day 4 – Meal Plan

Breakfast

Coffee, NS as to type: 1 coffee cup(6oz): 4 cal

Milk, cows fluid, skim: $\frac{3}{4}$ cup: 65 cal

Wheat Germ palin: 28 g: 108 cal

Strawberries, raw: 8 med: 29 cal

Special K: 1 cup: 85 cal

Snack

Celery, raw, 4 large stalks: 41 cal

Lunch

Tomatoes, raw: $\frac{1}{2}$ medium whole: 13 cal

Milk, skim $\frac{3}{4}$ cup: 65 cal

Broccoli, raw: $\frac{1}{4}$ cup, chopped: 6 cal

Almonds: 1 typical serving: 165 cal

Mixed salad greens, raw: 2 cup, chopped: 18 cal

Snack

Peanut butter: 1 TBS : 95 cal

Banana raw: 1 Med: 109 cal

Dinner

Milk, skim: $\frac{3}{4}$ cup: 65 cal

Salmon, baked or broiled: 141 g.: 243 cal

Vinegar: 1/8 cup: 4 cal

Spinach, cooled from fresh: 1 cup fresh: 41 cal

Lemon Juice: 2 juice of 1 wedge or slice: 3 cal

Snack

Blackberries raw: 1 $\frac{1}{2}$ cup: 112 cal

Day 5 – Meal Plan

Breakfast:

**Multi grain cheerios: 1 cup: 99 cal
Milk, cows fluid 2%: 1cup: 121 cal
Blueberries: raw: ½ cup, 41 cal**

Snack 1

**Almonds: ¼ cup: 208 cal
Banana raw, 1 small: 93 cal**

Lunch:

**Turkey light meat, cooked, skin not eaten: 2 med slice: 88 cal
Mixed salad greens, raw: 6 cup shredded or chopped: 55 cal
Salad dressing, low- calorie: 1 Tbs : 21 cal**

Snack 2

**Popcorn, dry, air popped: 2 cups 61 cal
Strawberries raw: ½ cup sliced: 25 cal**

Dinner:

**Chicken breast, with or without bone, broiled, skin off: 2 oz: 92 Cal
Milk skim, 1 cup: 86 cup
Salad dressing: 1 tbs.: 21 cal
Broccoli, cooked: 1 cup: 27 cal
Lettuce, salad w/ assorted veggies, : 4 cups: 52 cal**

Snack 3

Yogurt, plain: 8 oz container: 127 cal

Day 6 – Meal Plan

Breakfast:

**Strawberries, raw: 1 cup: 50 cal
Milk, cows fluid 2%: 1cup: 121 cal
Special K: ½ cup: 43 cal**

Snack 1

**Raisins: 1 miniature box: 42 cal
Wheat germ, plain: ½ cup: 216 cal
Tea leaf, unsweetened: 1 mug: 2 cal**

Lunch:

**Turkey light meat, cooked, skin not eaten: 6 med slice: 134cal
Mixed salad greens, raw: 1 cup shredded or chopped: 9 cal
Spinach, cooked, fresh: 1 ¼ cup: 51 cal**

Snack 2

Almonds: 1/5 cup: 165 cal

Dinner:

**Chicken breast, with or without bone, broiled, skin off: 2 oz: 92 Cal
Carrots, raw: 20 baby carrots, 85cal
White potatoe: 1 med: 109 cal**

Snack 3

**Milk skim: 1 cup: 86 cal
Apple, raw: 1 medium: 81 cal**

Day 7 - Meal Plan

** Since today is your cheat day, you can replace one of your preset meal plans with something of your choice. Remember to keep Moderation in mind when having your cheat meal & keep up the great work.

Breakfast:

Coffee, 1 cup: 4 cal

Milk, cows fluid 2%: 1cup: 121 cal

Banana, raw: 93 cal

Egg White, 2 whites: 33 cal

Snack 1

Apricot dried, 6 halfs: 50 cal

Carrots, raw: 5 baby carrots: 22 cal

Celery raw: 3 large stalks: 31 cal

Lunch:

Tuna canned, water packed: 99 cal

Mixed salad greens, raw: 1 ½ cup shredded: 14 cal

Creamy dressing, made w/ sour cream & oil. 1 Tbs.: 71 cal

Snack 2

Blueberries: 1 typ. Serving: 41 cal

Yogurt plain, lowfat milk: 1 cup: 155 cal

Dinner:

Chicken breast, with or without bone, broiled, skin off: 2 oz: 92 Cal

Rice, white cooked, 2/3 cup: 107 cal

Asparagus cooked from fresh: 6 med spears: 21 cal

Spinach, cooked: ½ cup: 26 cal

Snack 3

Almonds: 1/5 cup: 155 cal

Apple, raw: 1 medium: 81 cal