

## **Notice**

This manual is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment or professional nutrition advice. Do not start any nutritional program, including this one, without a physician or registered dietitian's approval. The use of this program is at the sole risk of the reader. The author is neither responsible or liable for any harm or injury resulting from the use of any of the information in this guide.



## **Rapid Fat Loss Nutrition Made Simple For BUSY People**

Eat immediately upon waking and then every 2-4 hours for a total of 5-6 meals per day as outlined below:

<b><u>Meal#</u></b>	<b><u>Meal Time</u></b>	<b><u>Menu</u></b>
1	6 am	<ul style="list-style-type: none"><li>- Drink 2-4 cups of cold water</li><li>- Take <b>EFA (Fish Oil)</b> and <b>Multi-Vitamin</b> as directed on bottle</li><li>- Choose your <b>Rapid Fat Loss MEAL</b> of choice</li></ul>
2	9 am	<ul style="list-style-type: none"><li>- Drink at least 1-2 cups of cold water</li><li>- Choose your <b>Rapid Fat Loss SNACK</b> of choice</li></ul>
3	NOON	<ul style="list-style-type: none"><li>- Drink at least 1-2 cups of cold water</li><li>- Choose your <b>Rapid Fat Loss MEAL</b> of choice</li></ul>
4	3 pm	<ul style="list-style-type: none"><li>- Drink at least 1-2 cups of cold water</li><li>- Choose your <b>Rapid Fat Loss SNACK</b> of choice</li></ul>
5	6 pm	<ul style="list-style-type: none"><li>- Drink at least 1-2 cups of cold water</li><li>- Choose your <b>Rapid Fat Loss MEAL</b> of choice</li></ul>
6	OPTIONAL IF NEEDED	<ul style="list-style-type: none"><li>- Drink at least 1-2 cups of cold water</li><li>- Choose your <b>Rapid Fat Loss DESSERT</b> of choice</li></ul>

### **Say "NO" To:**

Anything NOT Recommended In The Above Menu, Alcohol, Starches, Refined Sugars, Packaged Goods, Liquid Calories



**Rapid Fat Loss MEALS**

<b><u>Options</u></b>	<b><u>Female Servings</u></b>	<b><u>Male Servings</u></b>
1	<ul style="list-style-type: none"> <li>- 3 Omega-3 Eggs</li> <li>- UNLIMITED Greens (at least 2 cups = 2 clenched fists)</li> </ul>	<ul style="list-style-type: none"> <li>- 6 Omega-3 Eggs</li> <li>- UNLIMITED Greens (at least 2 cups = 2 clenched fists)</li> </ul>
2	<ul style="list-style-type: none"> <li>- 3-4 oz Extra Lean Meat, Fish, OR Seafood (size of 1 clenched fist)</li> <li>- 1.5 Tsp. Extra Virgin Olive Oil OR 1/8 cup mixed nuts OR 1 oz. full-fat cheese OR 1.5-2 oz. Avocado</li> <li>- UNLIMITED Greens (at least 2 cups = 2 clenched fists)</li> </ul>	<ul style="list-style-type: none"> <li>- 6-8 oz Extra Lean Meat, Fish, OR Seafood (size of 2 clenched fists)</li> <li>- 1 TBSP. Extra Virgin Olive Oil OR 1/4 cup mixed nuts OR 2 oz. full-fat cheese OR 3-4 oz. Avocado</li> <li>- UNLIMITED Greens (at least 2 cups = 2 clenched fists)</li> </ul>
3	<ul style="list-style-type: none"> <li>- 3-4 oz Extra Lean Beef OR Salmon (size of 1 clenched fist)</li> <li>- UNLIMITED Greens (at least 2 cups = 2 clenched fists)</li> </ul>	<ul style="list-style-type: none"> <li>- 6-8 oz Extra Lean Beef OR Salmon (size of 2 clenched fists)</li> <li>- UNLIMITED Greens (at least 2 cups = 2 clenched fists)</li> </ul>

**UNLIMITED GREENS =**  
 Green Beans, Broccoli, Asparagus, Spinach, Romaine Lettuce, Brussels Sprouts,  
 Any Dark Green Leaf Lettuce, Cauliflower, AND UNLIMITED Veggies BESIDES  
 Corn, Peas, Carrots, Potatoes, and Beets!



## **Rapid Fat Loss SNACKS**

<b><u>Options</u></b>	<b><u>Item and Serving Size</u></b>
*	1-2 cups of Unlimited Greens
1	1/4-1/2 cup mixed nuts (about 20-40 nuts) or 2-4 Tbsp. nut butter (no added sugar, low in salt)
2	2-4 pieces of string cheese
3	2-4 slices Boar's Head Deli Meat (no added sugar, low in salt)
4	1-2 Servings BEVERLY Ultimate Muscle Protein
5	1-2 Cups Yogurt or Kefir

## **Rapid Fat Loss DESSERTS**

<b><u>Options</u></b>	<b><u>Item and Serving Size</u></b>
1	1 cup mixed berries with low-carb whipped cream OR 1 cup or 1 serving of any fruit
2	1 LARABAR



## **The Eternal Eating → Grocery List**

For those who are interested in keeping costs very low, we have included helpful price brackets on the side. However, if you are interested in more variety, you can definitely ignore the price brackets and shop on!

### **Produce Section- Fruits and Vegetables\* (\$10-20)**

- ✓ Green Veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- ✓ Unlimited Veggies of choice (besides corn, peas, carrots, beets, and potatoes)
- ✓ Low GI/Fibrous Fruits: mixed berries, cherries, apples, oranges, pears, and grapefruit (frozen is most convenient)
- ✓ Mixed Nuts: Cashews, Walnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted or raw)
- ✓ Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

### **Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood (\$30-\$60)**

4-5/8-12 lbs\* total of a healthy mix of the following:

- ✓ Extra Lean Meat (extra lean sirloin cuts or 93% or higher extra lean ground beef)
- ✓ Extra Lean Deli Cuts (unsweetened, low in salt)
- ✓ Extra Lean Skinless, Boneless Chicken Breasts
- ✓ Extra Lean Turkey or Extra Lean Ground Turkey
- ✓ Extra Lean Pork
- ✓ Fish: Salmon, Tuna, Tilapia, etc.
- ✓ Seafood: Shrimp, Mussels, Squid, Scallops, etc.

**\* 4-5 lbs for women (assuming 9-12 oz. consumed per day), 8-10 lbs for men (assuming 18-24 oz. consumed per day)**

### **Dairy Section (\$10-20)**

- ✓ 2-4 Cartons of eggs (preferably omega-3 eggs for yolks: Eggland's Best Brand)
- ✓ Part-skim string cheese, part-skim mozzarella cheese, or full fat cheeses of choice

### **Miscellaneous (\$10-20)**

- ✓ 100% Natural Peanut Butter/Nut Butter (no sugar added, unroasted, low in salt)
- ✓ Non-Fat cooking spray (extra virgin olive oil spray) and calorie free spray butter
- ✓ Extra Virgin Olive Oil
- ✓ Salad Dressings: Maple Grove Fat Free Balsamic Vinaigrette or Walden Farms calorie free dressings.
- ✓ Vinegars: apple cider or red wine (great for salads)
- ✓ 1 package of organic ground flax meal (contains added fiber/omega 3's to throw in meal replacement shakes)
- ✓ Low Calorie/Carb Condiments: Mustard, No Sugar-Added Tomato Sauce, etc.