



**Heavyweights Training Center**

**Workouts,  
Nutrition and  
Motivation**

**30 DAY AB**

**— Challenge! —**

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**30 DAY AB**  
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# Introduction

Welcome and Congratulations!

Welcome to the 30 Day Ab & Core Challenge.

There is a lot of information contained in this document, please be sure to read it throughly.

Part of the reason our programs work so well, is the community of support we have developed through our Facebook group. Please go to the link below and request to be added so that you too can share the knowledge and encouragement that our Heavyweights family has to offer.

<https://www.facebook.com/groups/243421836253358/>

Included in this pdf, is the following :

## **Your 30 Day Challenge Goals**

This is your commitment to yourself. Choose three goals that are meaningful to you. Remember goals should be smart

S= specific

M= measurable

A= attainable

R= realistic

T= time frame

On your goals sheet, you will also find space to write down the actionable steps you are going to take to make these goals a reality. Put this somewhere you will see it everyday.



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# Introduction

## **Your 30 Day Challenge Getting Started Checklist**

This is a list of things that you should do before you begin to help set you up for success.

## **Your 30 Day Challenge Calendar**

Print this and place it on your refrigerator. For every day that you eat healthy, nutritious meals, you get to mark an /. For every day that you complete your workouts, you get an \. By the end of 30 Days, you should have a calendar full of X's.

## **Your 30 Day Challenge Suggested Nutrition**

This document has some very useful educational information to help you make informed food choices. It also has a sample of a weeks worth of nutrition along with a list of healthy food options that you can substitute in so that you never get bored.

## **Your 30 Day Challenge At Home Morning Workouts**

These are your At home workouts. It will utilize your own bodyweight as resistance or items that can be found around your home. You'll also find three extra conditioning workouts if you case you want to really kickstart fat loss.

Sincerely,

*Rob King & Danielle Rideout*



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# Track Your Progress

Before we get started, Tracking your progress is very important.

Take your starting weight, measurements and picture. I recommend you take one in a bikini or sports bra and shorts. You can have someone take this for you at home where you will be comfortable.

Once a week, take your weight and waist measurement. I also recommend you take a weekly picture wearing the same outfit. Ensure that everything is kept consistent from week to week. This includes the spot where it is taken, the lighting, what you are wearing, everything.

I have done this for every show and it really helps you see how far you've come. Putting the pictures side by side can really show your progress.

On the last day, take your final measurements, weight and picture.

Date	Weight	Chest	Hips	Waist	Leg	Bicep

Take all measurements on the day you start the program. Every week, on the same day and time, weigh yourself and measure your waist. You will remeasure everything at the end of 30 days.

Please note: always measure the same leg and bicep.

If you are unsure of how to measure, here is a link to video demonstrating. It is easier if you have someone help you with this part

<https://www.youtube.com/watch?v=NU-4Nfq65vo>



# Getting Started Checklist

- I have **read** the welcome letter, my introductions to my strength training, and my nutrition plans
- I did my Kitchen Makeover
- I went to the store and purchased my food for the first week
- I started to prep my vegetables and meals
- I looked ahead at this week and made note of my schedule and how to make each meal possible
- I ordered or have my supplements if choosing to do so
- I posted my meal plan on the refrigerator or somewhere in plain sight
- I've posted my goals, so they are easy to read in the AM and PM
- I've hung a piece of clothing I want to fit into in the open where I can see it
- I am committed to the next 30 Days and this Challenge!

If you have checked all of the above, you are ready to get started.



# 30 Day Goals

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Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

List 3 of your Challenge Goals Below:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Action steps I will take to reach my goals:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Your Signature



# 30 Day Goals

**30 DAY AB**  
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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

For every day that you follow your meal plan you write an / in the box, for doing your training you get \. So at the end you should have a calendar full of X's

# 30 Day At Home Workouts

Day	Plank	Side Plank(Time is per side)	Leg Raises	Flutter Kicks	Alphabet
1	30 sec	30 sec	10	10	1
2	35 sec	30 sec	12	12	1
3	40 sec	30 sec	14	14	1
4	45 sec	30 sec	16	16	1
5	50 sec	30 sec	18	18	1
6	55 sec	30 sec	20	20	1
7		Challenge Day			
8	2 sets of 30 sec	2 sets of 30 sec	2 sets of 20	2 sets of 20	2 sets
9	2 sets of 35 sec	2 sets of 30 sec	2 sets of 20	2 sets of 20	2 sets
10	2 sets of 40 sec	2 sets of 30 sec	2 sets of 20	2 sets of 20	2 sets
11	2 sets of 45 sec	2 sets of 30 sec	2 sets of 20	2 sets of 20	2 sets
12	2 sets of 50 sec	2 sets of 30 sec	2 sets of 20	2 sets of 20	2 sets
13	2 sets of 55 sec	2 sets of 30 sec	2 sets of 20	2 sets of 20	2 sets
14		Challenge Day			
15	3 sets of 30 sec	3 sets of 30 sec	3 sets of 20	3 sets of 20	3 sets
16	3 sets of 35 sec	3 sets of 30 sec	3 sets of 20	3 sets of 20	3 sets
17	3 sets of 40 sec	3 sets of 30 sec	3 sets of 20	3 sets of 20	3 sets
18	3 sets of 45 sec	3 sets of 30 sec	3 sets of 20	3 sets of 20	3 sets
19	3 sets of 50 sec	3 sets of 30 sec	3 sets of 20	3 sets of 20	3 sets
20	3 sets of 55 sec	3 sets of 30 sec	3 sets of 20	3 sets of 20	3 sets
21		Challenge Day			
22	4 sets of 30 sec	4 sets of 30 sec	4 sets of 20	4 sets of 20	4 sets
23	4 sets of 35 sec	4 sets of 30 sec	4 sets of 20	4 sets of 20	4 sets
24	4 sets of 40 sec	4 sets of 30 sec	4 sets of 20	4 sets of 20	4 sets
25	4 sets of 45 sec	4 sets of 30 sec	4 sets of 20	4 sets of 20	4 sets
26	4 sets of 50 sec	4 sets of 30 sec	4 sets of 20	4 sets of 20	4 sets
27	4 sets of 55 sec	4 sets of 30 sec	4 sets of 20	4 sets of 20	4 sets
28		Challenge Day			
29	5 sets of 60 sec	5 sets of 30 sec	5 sets of 20	5 sets of 20	5 sets
30	As Long As Possible	As Long As Possible	6 sets of 20	6 sets of 20	5 sets



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# Challenges

## Challenge 1

**Do each exercise for 60 sec resting for 25 sec or needed in between.Repeat twice.**

- 1.Single Leg glute bridge**
- 2.V- Plank hold**
- 3.Single Leg glute bridge**
- 4.Leg raises with curl**
- 5.Bicycle crunches**

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## Challenge 2

**Do each exercise for 60 sec resting for 25 sec or needed in between.Repeat twice.**

- 1.Plank Jacks.**
- 2.Bicycle crunches.**
- 3.Single leg raises.**
- 4.V-Plank.**
- 5.Single leg raises.**



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# Challenges

## Challenge 3

**Do each exercise for 60 sec resting for 25 sec or needed in between. Repeat twice. Keep up the Great work everyone.**

- 1. Mountain Climbers**
- 2. Scissor Kicks.**
- 3. Knee Grab Sit-ups.**
- 4. Toe Touches.**
- 5. Flutter Kicks**

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## Challenge 4

**Do each exercise for 60 sec resting for 25 sec or needed in between. Repeat twice.**

- 1. Individual Leg Raises.**
- 2. Bicycle crunches.**
- 3. Plank with Hip Dip.**
- 4. V-Plank.**
- 5. Heel Touches.**



# Extra Conditioning

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Perform 1 of these 3 options for some optional extra conditioning if necessary:

## Finisher 1: Burpees and Jump Squat Pyramid

Perform 10 reps of the Burpees, immediately followed by 10 reps of the jump squats, then 9 reps of the Burpees, immediately followed by 9 reps of the jump squat, then 8 reps of the Burpees, immediately followed by 8 reps of the jump squats, continuing to count down until you get to 1 rep of the Burpees, immediately followed by 1 rep of the jump squat. Rest only as necessary.

## Finisher 2: Interval Training

Walking lunges  
High knees  
Pike push ups  
Tuck jumps  
V ups

Perform 20 seconds of each exercise with 10 seconds rest in between. Repeat whole circuit 5 times.

## Finisher 3: Sprints 20/10's

Warm-up with a light jog and stretching. Find a hill and sprint up for 20 seconds, rest for 10 seconds and repeat. Do 10 sets of 20 seconds, walk for 5 minutes then repeat.



# Recommended Nutrition

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## *Nutritional Guide*

### **- Drink 4-5 liters of water each day with Lemon slices**

Begin EACH day by drinking minimum 1/2 a litre of water with lemon juice. Water with lemon helps speed up weight loss. Drinking water with lemon for weight loss is also an effective way to help eliminate toxins, clean internal waste, and promote energy boosts. Simply slice up a lemon and squeeze the juice into your water and just to ensure you get every drop, add the slices to your glass.

### **- Take 1 fish oils after meals for the first week, and 2 with every meal for weeks 2-4**

Amongst others, here are just a few of the many benefits:

**Less Pain and Inflammation.** Fish Oil contains Omega 3 fatty acids, particularly EPA, have a very positive effect on your inflammatory response. During the beginning of the program, this is key to help with muscle soreness.

**Cardiovascular Health.** They help to lower cholesterol, triglycerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. This adds years to your life expectancy.

**Protection from Stroke and Heart Attack.** Research shows omega 3 fatty acids break up clots before they can cause any damage.

### **- Drink 2 green tea's before meal 3**

Another powerful way to remove toxins from your system is Green tea. Some studies suggest that drinking green tea or taking green tea extract pills can increase metabolism and help burn fat. It is also chock-full of polyphenols, phytochemicals with potent antioxidant properties that give green tea its bitter flavor. There is also some evidence that green tea can prevent the absorption of heavy metals and toxins into the blood stream. Allow tea to steep for three to five minutes to bring out its catechins. The best way to get the catechins and other flavonoids in tea is to drink it freshly brewed. Decaffeinated, bottled ready-to-drink tea preparations, and instant teas have less of these compounds.

### **- Limit liquids to coffee, tea, water, protein shakes, flavoured water. Carbonated drinks can cause bloating.**

### **- Chew 2000mg of Vitamin C chewables after training.**

This will help lower cortisol levels which in turn will help lean out your midsection.

# Recommended Meal Plan

This meal plan is based on the assumption that you are training daily. There are a few higher carb days which should be used on your most intense training days, for example, if you're doing strength training as well.

You can make substitutions. Please refer to the following page for substitutions and servings sizes.

I have also included a list of Free Foods. These are foods you can eat if you are still hungry.

## Day 1 1377.3 Calories 68.5g Carbs 72g Fat 116.7g Protein

### Breakfast

#### Zucchini Hash Browns

254 Calories 12g Carbs 19g Fat 10g Protein

Scaled to 2 serving, eat one today and you can save one for tomorrow

2 large Egg

6.5 g Garlic powder

4.6 g Onion powder

2 dash Pepper

2 dash Salt

27 g Olive oil

480 g Zucchini, shredded

Heat oil in skillet. Mix together zucchini, slightly beaten eggs, salt, pepper, garlic powder and onion powder. Drop by spoonfuls into the hot skillet. After browning on one side flip and brown the other side.

### Lunch

#### Easy Garlic Chicken and Spinach

450.3 Calories 3.2 g Carbs 23.5g Fat 53.9g Protein

scaled to 2 serving

(eat 1 serving now, save 1 serving for leftovers or freeze)

43 g Butter

2 boneless, skinless Chicken breast

6.2 g Garlic powder

6 g Salt

2.4 g Onion powder

#### Spinach Recipe

scaled to 1 serving

6.8 g Olive oil

3/4 clove Garlic

1/4 dash Salt

1/2 bunch Spinach

Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Sauté about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture. Heat 2 tbsp. olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute or until the garlic is just beginning to brown and become fragrant. Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute. After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.

## Dinner

### Tortellini Southwest

370.0 Calories      45.3g Carbs   13.5g Fat      16.8g Protein

scaled to 2 serving (eat 1 serving now, save 1 serving for leftovers)

0.5 g Fresh cilantro

1/4 can green chillies

56 g Mozzarella cheese

0.2 g Cumin

127.6 g Tortellini

193 g Pasta sauce

56.7 g Peppers

Chop cilantro. In a large pot of salted water boil tortellini until al dente. Drain well. In a 1 1/2 quart saucepan combine sauce, green chilies, cilantro and cumin. Simmer over medium-low heat for 5 minutes. Place tortellini on a serving platter and pour tomato sauce mixture evenly over pasta. Sprinkle cheese over sauce and serve.

## Snack

### Protein Shake

303 Calories   8g Carbs      16 Fat      36 Protein

1 scoop Protein Powder

Water

1 oz Almonds

# Day 2 1416.2 Calories 50.9g Carbs 80g Fat 118.2g Protein

## Breakfast

### Curry Cheddar Scrambled Eggs

471.7 Calories 2.7g Carbs 34.7g Fat 35.1g Protein

Makes to 2 servings

1 g Curry powder  
2 dash Salt  
2 dash Pepper  
4 extra large Egg  
28 g Cheddar cheese

Curry Cheddar Scrambled Eggs: Sprinkle the curry powder, salt and pepper onto the beaten eggs; beat together until well blended. Stir in the Cheddar cheese. Melt the margarine in a skillet over medium heat. Pour in the eggs, and cook, stirring constantly until firmed to desired temperature, 3 to 5 minutes.

## Lunch

### Firecracker Burgers

442.8 Calories 1.4g Carbs 36.9g Fat 24.9g Protein

Makes 4 servings

1 pound ground beef  
1 (4 ounce) can diced green chilies, drained  
4 slices Monterey Jack cheese  
1 teaspoon beef bouillon granules

Preheat grill for high heat. In a medium bowl, mix the beef, diced green chilies, and bouillon. Shape into 4 patties. Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done. Top each patty with cheese about 2 minutes prior to removing from grill.

## Dinner

### Easy Grilled Chicken

406.7 Calories 23.8g Carbs 8.1g Fat 57.7g Protein

2 serving (save 2 serving for leftovers)

2 breast, bone and skin removed Chicken breast  
231 g Italian dressing  
1 large (21/4 per lb., approx. 33/4" long, Green bell pepper  
164 g Red bell pepper  
1 large Zucchini

Place washed chicken breasts in large sealable bag. Add 1 cup fat free Italian dressing and close. Let marinate for 5 to 10 minutes. Cut up peppers into big chunks, and zucchini into big slices. Put into another sealable bag. Coat with leftover dressing. Grill chicken and veggies over medium heat.

## Snack

1 medium apple

95 Calories | 23g Carbs | 0.3g Fat | 0.5g Protein

# Day 3

1381.4 Calories   78.75g Carbs   57.18g Fat   142.44g Protein

## Breakfast

Ham and Eggs

200.35 Calories   14.04g Carbs   7.7 g Fat   18.57g Protein

1 Egg

0.5 Medium Grapefruit

1 cup diced ham

Spray a pan with cooking spray scramble egg and ham together.

## Lunch

Chicken Caesar Salad

527.4 Calories   20.7g Carbs   22.6g Fat   60.8g Protein

Healthy Caesar Salad

scaled to 1 serving

15 g Caesar salad dressing

150 g Spinach

1 boneless, skinless Chicken breast

14 g Olive oil

5 g Parmesan cheese

1 cup chopped Carrots

Spinach already comes in individual leaves, so you don't have to worry about ripping it apart in the morning when you're pressed for time. Grill some chicken over the weekend and freeze it to increase the simplicity of preparing a lunchtime salad. Add chicken to the spinach before going to work. In a separate container, mix the low fat Caesar salad dressing with olive oil.

## Dinner

Grilled Salmon Cakes with Carrots

431.0 Calories   21.0g Carbs   25.4g Fat   32.0g Protein

Grilled Salmon Cakes

Scaled to 3 servings

277 g Pink salmon

1 1/2 jumbo Egg

3/4 small Onions

1.6 g Pepper

32 g Vegetable oil

Carrots with hummus  
scaled to 1 serving  
74 g Hummus  
10 medium Baby carrots

Pick through salmon and remove any bones. In a mixing bowl, beat the eggs and add the diced onion, salmon and pepper. Mix thoroughly. Shape into 2 ounce patties; about 7 or 8 patties. In a large skillet over medium heat, heat the oil. Fry each patty for 5 minutes on each side or until crispy and golden brown. Dip carrots into hummus, eat.

## Snack

Blueberry Protein Shake  
222.65 Calories | 23.01g Carbs | 1.48 g Fat | 31.07 Protein

1 cup Blueberries  
1 scoop Protein Powder  
water

Blend and enjoy.

# Day 4 1437.7 Calories 56.1g Carbs 83.1 Fat 121.8g Protein

## Breakfast

Scrambled Eggs with Spinach and Feta  
472.9 Calories 5.5g Carbs 35.0g Fat 35.2g Protein

Makes 2 servings  
4.5 g Olive oil  
38 g Feta cheese  
60 g Spinach  
4 extra large

Wilt spinach down in a small skillet over low heat with ½ teaspoon of olive oil. Season to taste. Beat the eggs and add to the skillet with the spinach. Stir slowly over medium-low heat until they reach your desired doneness. Sprinkle in the feta cheese and stir to combine and soften the cheese.

## Lunch

Barbecue Chicken  
381.8 Calories 36.4g Carbs 17.3g Fat 19.7g Protein  
scaled to 3 serving  
(eat 1 serving now, save 2 serving for leftovers)  
248 g Barbecue sauce  
21 g Butter  
26 g Worcestershire sauce  
3.1 g Garlic powder  
1 lb uncooked boneless, skinless chicken breast  
1 oz Cheddar cheese

Melt butter in a saucepan over medium heat. Stir barbecue sauce, Worcestershire sauce, and garlic powder together with the melted butter. Stir chicken into the sauce mixture to coat. Place cover on saucepan and simmer until the chicken pieces are cooked through and no longer pink in the middle, 3 to 5 minutes. Remove cover and spoon sauce over chicken pieces; continue cooking until sauce thickens, about 4 minutes more

## Dinner

### Roasted Salmon with Peanut Butter and Celery

453.0 Calories                      11.2g Carbs   29.8g Fat      36.9g Protein

scaled to 3 serving

(eat 1 serving now, save 2 serving for leftovers)

425 g Atlantic salmon

14 g Olive oil

2.7 g Tarragon

4.5 g Chives

### Peanut Butter & Celery

scaled to 1 serving

32 g Peanut butter

2 stalks, large (11 inches long) Celery

### Roasted Salmon

PREPARATION: Chop chives. Preheat oven to 425°F. Rub salmon all over with 1 teaspoon oil and season with salt and pepper. Roast, skin side down, on a foil lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes. Cut salmon in half crosswise, then lift flesh from skin with a metal spatula and transfer to a plate. Discard skin, then drizzle salmon with oil and sprinkle with herbs. Peanut Butter & Celery Spread peanut butter on celery and enjoy!

## Snack

1 Scoop Protein Powder

water

130 Calories                      3g Carbs      1g Fat      30g Protein

# Day 5

1234.74 Calories   93.19g Carbs   71.76 Fat   118.46g Protein

## Breakfast

### California Eggs

153.29 Calories | 5.18g Carbs | 8.24 g Fats | 13.74g Protein

0.1 Avocado

1 Large Egg

1 oz Turkey

1 cup Spinach

1/3 Cup Strawberries

Spray pan with cooking spray, scramble all ingredients except strawberries. Cook until eggs are firm.

## Snack

0.5 TSP Almond Butter

0.5 Apple

91 Calories | 12g Carbs | 4.75g Fats | 1.15 g Protein

## Lunch

Curry Chicken Salad

393.6 Calories | 6.4g Carbs | 15.3g Fat | 54.1g Protein

scaled to 4 serving

(eat 2 serving now, save 2 serving for leftovers)

2 breast, bone and skin removed Chicken breast

2 stalks, large (11 inches long) Celery

80 g Light mayonnaise

2.7 g Curry powder

In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

## Dinner

1 tortilla Black Bean Vegan Quesadillas

374.2 Calories | 46.6g Carbs | 13.2g Fat | 18.4g Protein

scaled to 2 tortilla

(eat 1 tortilla now, save 1 tortilla for leftovers)

1/2 can Canned black beans

56 g Monterey cheese

259 g Salsa

2 tortilla (approx. 78" dia)

Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten. Microwave approximately 45 seconds to 1 minute 15 seconds or more depending on your microwave. Serve the quesadillas with remaining salsa.

## Snack

Blueberry Protein Shake

222.65 Calories | 23.01g Carbs | 1.48 g Fat | 31.07 Protein

1 cup Blueberries

1 scoop Protein Powder

water

Blend and enjoy.

# Day 6 1362.9 Calories 88.4g Carbs 61.5g Fat 120.6 g Protein

## Breakfast

2 cup Ham and Egg Mushroom Cups  
394.1 Calories | 9.3g Carbs | 27.2g Fat | 29.8g Protein

scaled to 2 cup  
2 extra large Egg  
2 piece whole Mushrooms  
71 g Sliced ham  
2.1 g Pepper  
14 g Olive oil

Remove stem and clean out mushroom cups with a damp cloth rub olive oil on the outside of the mushrooms line cup with ham, then crack an egg into each cup sprinkle with black pepper and herbs to taste .Bake for 20-30 min at 375F in Toaster Oven or preheated Oven

## Lunch

Ham Wrapped Asparagus  
468.8 Calories | 30.8g Carbs | 19.8g Fat | 44.0g Protein

scaled to 16 spears  
8 slice Sliced ham  
16 spear, medium (5 1/4" to 7" long) Asparagus  
1 cup chopped Carrots

Wash Asparagus and then remove tough ends tear ham (or Prosciutto) length-wise and then wrap the Asparagus spears Heat oil in a skillet and fry wrapped spears for 23 minutes per side Serve with chopped carrots

## Dinner

Tortellini Southwest  
370.0 Calories | 45.3g Carbs | 13.5g Fat | 16.8g Protein

scaled to 2 serving (eat 1 serving now, save 1 serving for leftovers)  
0.5 g Fresh cilantro  
1/4 can green chillies  
56 g Mozzarella cheese  
0.2 g Cumin  
127.6 g Tortellini  
193 g Pasta sauce  
56.7 g Peppers

Chop cilantro. In a large pot of salted water boil tortellini until al dente. Drain well. In a 1 1/2 quart saucepan combine sauce, green chilies, cilantro and cumin. Simmer over medium-low heat for 5 minutes. Place tortellini on a serving platter and pour tomato sauce mixture evenly over pasta. Sprinkle cheese over sauce and serve.

## Snack

1 Scoop Protein Powder  
water

130 Calories      3g Carbs      1g Fat      30g Protein

# Day 7

 1544.8 Calories   88.46g Carbs   87.02 Fat   110.12g Protein

## Breakfast

527.2 Calories | 40.9g Carbs | 41.4g Fat | 7.2g Protein

76 g Strawberries  
1/2 medium (7" to 7 7/8" long) Banana  
125 g Orange juice  
2 oz (19 halves per) Pecans

Just put all the ingredients in the blender and blend until smooth. Optionally, blend with ice. Then drink and enjoy!

## Lunch

Summer Shrimp  
494.2 Calories | 6.4g Carbs | 23.5g Fat | 61.9g Protein

Makes 4 serving  
(eat 2 serving now, save 2 serving for leftovers)

1.4 g Paprika  
0.3 g Pepper  
7.1 g Basil  
2 g Salt  
2/3 cloves, minced Garlic  
41 g Lemon juice  
36 g Olive oil  
1.2 g Cayenne pepper  
604 g Shrimp

Heat the oil in a large skillet over high heat; cook and stir the garlic in the oil until translucent. Sprinkle the red pepper flakes and paprika into the oil. Add the shrimp and toss to coat. Pour the lemon juice over the shrimp; allow to cook until the shrimp are bright pink on the outside and the meat is no longer transparent in the centre, 1 to 2 minutes more. Reduce heat to medium-low; add the basil and toss lightly. Season with salt and pepper to serve.

## Chicken Salad

432.40 Calories | 29.16g Carbs | 17.37 g Fat | 39.87g Protein

1 oz Cheddar Cheese

4 oz cooked boneless, skinless Chicken breast

0.5 cup cucumber sliced

0.5 cup peppers

1 cup spinach

2 TBSP Italian reduced Fat Dressing

0.5 oz Sunflower seeds

Mix together and enjoy

## Snack

0.5 TSP Almond Butter

0.5 Apple

91 Calories | 12g Carbs | 4.75g Fats | 1.15 g Protein

# Approved Foods

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## **PROTEINS:**

- 100 grams Chicken Breast
- 75 grams Wild fish (Cod, salmon, tuna)
- 1 Egg
- 3 Egg whites
- 125 grams Turkey breast (Not processed)
- 110 grams High quality Ground Turkey
- 100 grams Extra lean ground beef
- 75 grams Extra lean steak
- 3 stripes Turkey Bacon
- 1 scoop Protein Powder
- 120 grams High quality Ground Chicken
- 110 grams Low Fat Cottage Cheese
- 90 grams Pork, Boneless Center, Cut Lean
- 160 grams Shrimp
- 250 grams Greek Yogurt, Plain, 0%

## **Fats:**

- 20 grams Almonds
- 15 grams Almond Butter, Natural
- 2 TSP Extra Virgin Olive Oil
- 18 grams Natural Organic Peanut Butter
- 2 Omega 3 Fish oil
- 13 grams Coconut oil
- 75 grams Avocado
- 30 grams Cheese, Cheddar Full Fat

## **Carbohydrates:**

35 grams Oatmeal  
100 grams Brown rice  
1 slice Ezekiel Bread  
1 Ezekiel Wrap  
130 grams Sweet Potatoes  
300 grams Spaghetti Squash  
93 grams Quinoa  
55 grams of Pasta, whole wheat  
35 grams Beans  
1 small Banana  
1 medium Apple

## **Fibrous Vegetables:**

Artichoke Hearts	Leeks
Arugula	Mushrooms
Asparagus	Onion
Bamboo Shoots	Parsley
Bean Sprouts	Radicchio
Beet Greens	Radishes
Bok Choy	Rhubarb
Broccoli	Romanesco
Brussels Sprouts	Sauerkraut
Cabbage	Scallions
Cauliflower	Snow Pea Pods
Celery	String beans
Chard	Summer Squash
Chives	Tomatillo
Collard Greens	Water Chestnuts
Eggplant	Wax beans
Fennel	Zucchini
Green beans	

## **Free Foods:**

Spinach  
Lettuce  
Kale  
Peppers  
Cucumber  
Strawberries  
Watermelon

## **Others:**

Mrs. Dash spices  
Franks Hot sauce  
No sugar/carb Maple syrup  
Sugar Free BBQ Sauces  
Sugar Free Salad Dressings  
no sugar Jello  
Flavour extracts  
PB2  
Cinnamon

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## Disclaimer

This meal plan is given to you as an example of foods, recipes and portion sizes that will help you to achieve your fitness goals.

This is a meal plan from a personal trainer and is given as guidance only. This is **not** a meal plan delivered by a registered dietician that is made specifically for you and your specific dietary needs.

It is recommended that you consult a registered dietician or a doctor before taking on a new eating plan.