

Z Fit's

Meal Guide, Grocery List & Food Log

(This is a guide not a tailored meal plan. Please consult with your doctor before following this guide or starting this program)

<p><u>Meats:</u></p> <p>Beef Chicken Fish Salmon Steak Tuna Turkey</p>	<p><u>Carbs:</u></p> <p>Brown Rice Jasmine Rice Quinoa Carrots Sweet Potatoes Squash</p>	<p><u>Veggies:</u></p> <p>Spinach Kale Asparagus Broccoli Green Beans Bell Pepper Zucchini</p> <p><i>(If any of the vegetables above cause bloating, stop consuming.)</i></p>
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<p><u>Grains:</u></p> <p>Brown Rice Whole Wheat Bread Whole Wheat Pasta Whole Wheat Tortilla Shells Oats Granola Quinoa</p>	<p><u>Fruits:</u></p> <p>Banana, Pineapple (Eat Occasionally and in the earlier part of your day. Very high in sugar.) Granny Smith Apple Grapefruit Mango Orange Watermelon (hydration) Etc.</p> <p><u>Mixed Berries:</u> Strawberries Blueberries Blackberries Raspberries (Fresh/Frozen)</p> <p><i>If you are making a smoothie, measure out a cup of fruit. It can be a mixture, but only a cup.</i></p>	<p><u>Liquids:</u></p> <p>Water Protein Smoothie (Plant Based/Whey) Green Tea Almond Milk Oat Milk Tea (Regular/Decaffeinated) Coffee (Regular/Decaffeinated) Diet Soda Wine (No More Than 3 (4-6 oz) Glasses a Week) Liquor (Straight liquor/Shots No More Than 3 a Week. Stay away from fruity mixed drinks. If you have one, just have one.)</p> <p><i>(You can add fruits and veggies to your water if you'd like such as mint, lemon, fruit, cucumbers, etc. for flavor and to create a detox)</i></p>
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<p><u>Breakfast Choices:</u></p> <ul style="list-style-type: none"> Scrambled eggs or 2 boiled eggs & ½ avocado or fruit Oatmeal with fresh fruit Slice of whole wheat toast with peanut butter/cream cheese & fruit Plain Greek yogurt parfait Omelet with spinach and peppers with a side of fruit Protein Shake (Plant Based Protein) Avocado Toast with a side of fruit Protein/Regular Waffle(s) with fruit & a side of eggs (Drizzle of syrup, honey, or sugar free syrup.) <p>(If you're losing weight, stay away from peanut butter or an excess of it. It sticks)</p>	<p><u>Snack Choices:</u></p> <ul style="list-style-type: none"> Palm full of almonds & fruit Celery sticks with peanut butter & almonds or fruit Plain Greek yogurt & fruit or mixed nuts Carrots, fruit, & almonds or mixed nuts Protein Fruit Smoothie Apple slices with a drizzle of peanut butter or caramel Mini meals, salad, etc. get creative <p>(If you're losing weight, stay away from peanut butter or an excess of it. It sticks)</p>	<p><u>Lunch/Dinner Choices:</u></p> <ul style="list-style-type: none"> Meats: Chicken, turkey, salmon or fish Carbs: brown rice, sweet potatoes, whole wheat pasta, squash, etc. Veggies: broccoli, spinach, asparagus, brussels sprouts, zucchini, etc. Fresh Green Salad (Mixed Greens and/or spinach base) Whole Wheat Pasta with grilled chicken, spinach/broccoli (can be a side or mixed it) Tacos on whole wheat, spinach or white tortilla shell (light toppings and cheese. If you can do without cheese do so. Light sour cream and avocado. You want to taste all of your ingredients.
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Healthy Fats

- Olive Oil
- Coconut Oil
- Almonds, Cashews, Walnuts
- Avocado
- Peanut Butter
- Flaxseed

Instructions for Day to Day Eating:

1st Meal of the Day! Breakfast. Eat breakfast within 1 hour of waking up. This is the first meal of that day. It will set the tone for how you eat throughout the day and breaks the overnight fast.

DO NOT SKIP ANY MEALS! Always prepare for the day ahead. We suggest that you **MEAL PREP** and pack healthy snacks. Meal prepping will help keep down the temptation of making terrible selections. Place snacks in your snack cabinet at work, in your purse or car, etc. **STAY READY!**

If you fail to plan, you plan to fail.

We suggest that you eat every 2-3 hours, consuming 3-4 meals a day. Bake, steam, sauté & grill your foods. **PORTION CONTROL IS KEY! DON'T PILE YOUR PLATE.** You should have a healthy balance of food from all food groups. Half of your plate should consist of vegetables. The other half protein and carbs. Make your plate as sexy as you. Make your plate attractive with color.

Need Help with Practicing Portion Control? There are portion control plates & meal prep bowls and measuring cups that you can purchase to help measure and control your portions.

Preparing your food! Cook your food with nonfat cooking spray.

Hydrate! You are to drink 4-6 (16oz) bottles of water daily or half of your body weight in ounces. Water helps to flush out the toxins in your body and fight off illnesses. Your body requires an adequate amount of water to help burn calories, lose, gain and maintain weight. If you were to get dehydrated, it will slow down your fat burning rate.

Combine this guide with cardio & exercise to maximize results. The key is to burn fat. Train your body to do what you want. You can eat salads if you'd like. Watch your dressings and the amount you apply to your salad. Try oils, vinaigrettes and homemade dressings.

Don't under season your food & don't over season your food.

No junk food. Don't consume a lot of bread & pastas. If you must have either, eat whole wheat/multigrain bread & pastas.

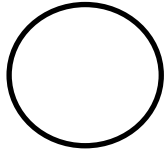
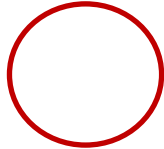
Rest and Recover! Get the adequate amount of sleep and don't overthink your journey. Stretch and schedule massages.

You're entitled to one **pleasure meal** a week, but still be wise in your choice. (Ex: If you want a burger, get a lean turkey/beef burger with light condiments on whole wheat bread. Get your condiments on the side so you can control how much you put on your burger. Instead of lettuce, see if they have spinach. Order fries with no salt. Add your own salt. Allow the condiments to season your food. If you must have a drink, just have one with water on the side.) Eating clean requires extreme discipline, but you can do this. Move On Purpose

When you get tired of your food, get creative. Make wrap. Build a salad. Create a protein bowl. Rearrange the way your food looks. Add a sauce. Get Creative and enjoy the process.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast:	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
Snack:	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
Lunch:	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
Snack:	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
Dinner:	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
Snack:	Time: _____ _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
Water:	How many?__  © Study.com	How many?__  © Study.com	How many?__  © Study.com	How many?__  © Study.com	How many?__  © Study.com	How many?__  © Study.com	How many?__  © Study.com
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Exercise:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardo:	Cardio:
	How long? _____	How long? _____	How long? _____	How long? _____	How long? _____	How long? _____	How long? _____
Pleasure Meal:	What day? _____ What time? _____ Meal: _____ _____ _____ _____ Beverage: _____ Dessert: _____			Weigh-In:	Last Week: 	This Week: 	

Thoughts and Feelings:

What was the most challenging thing about this week's dieting and training?

Did you want to give up? Why or why didn't you want to give up?

What's your motivation?

What's your goal for next week?

Client's Signature: _____

Date: ____/____/____