



FitLife

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# Male Meal Guide

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## Instructions for Utilizing Your New Meal Guide

1. If you have any medical conditions, allergies or special needs, consult your physician prior to use of this Meal Guide.
2. Use the **Menu Items** page to fill in your ingredients from schedules 1 – 4.  
At this point you will need to make a grocery list and collect the items you will need.
3. You will need a **Food Scale. Don't eyeball it!**
4. You will need **small, plastic, sealable meal containers**. These can usually be found in the grocery store section where the foils, plastic wraps and sandwich bags are. Often 3 to 5 of them are under \$6 bucks.
5. **Prepping your meals** is of vital importance to your success. Once you have the items needed, you can prepare for the next day or up to 3 days in advance depending on your preference. If preparing for more than one day you can freeze your meals and then take out to thaw each evening for the following day. (*note: if you have time, we suggest preparing Meal 1 fresh each morning*)
6. **Carry your meals with you** if you expect to be away from home for long periods of time.
7. For best results try to stay on your plan 7 days a week. However, on the weekends, **treat yourself in moderation** to a couple of meals off the plan. Not a couple days just a couple of meals. **Maybe one on Saturday and one on Sunday.**



## Daily Meal Plan Designed Just For You

### ***Meal 1: (Eat Upon Waking)***

- 1 Whole Egg with 1/2 Cup Egg Whites
- 1/3 cup Oatmeal (Preferably Old Fashioned Oats)
- 1/4 cup Blueberries or Strawberries

### ***Meal 2: (Eat 3.5 to 4 hours after Meal 1)***

- 5 oz Protein From Schedule 1
- 3 oz Vegetable From Schedule 3
- 3.5 oz Starch/Carb From Schedule 4

### ***Meal 3: (Eat 3.5 to 4 hours after Meal 2)***

- 1 Scoop Protein Shake (Ranging from 110 - 140 calories)
- 1 Whole Banana
- 20 pcs Almonds or Walnuts

### ***Meal 4: (Eat 3.5 to 4 hours after Meal 3) (\*\*This Meal's Protein is from Schedule 2)***

- 5 oz Protein From Schedule 2\*\*
- 3 oz Vegetable From Schedule 3
- 3.5 oz Starch/Carb From Schedule 4

### ***Meal 5: (Eat 3.5 to 4 hours after Meal 4)***

- 5 oz Protein From Schedule 1
- 3 oz Vegetable From Schedule 3
- 1 Whole Banana

***\*\*\* Consume 90 to 110 oz of Water Throughout Each Day \*\*\****



## Menu Items List by Schedule

### **Schedule 1**

Chicken Breast  
Turkey Breast  
Tilapia  
Cod  
Whiting  
Grouper

### **Schedule 2**

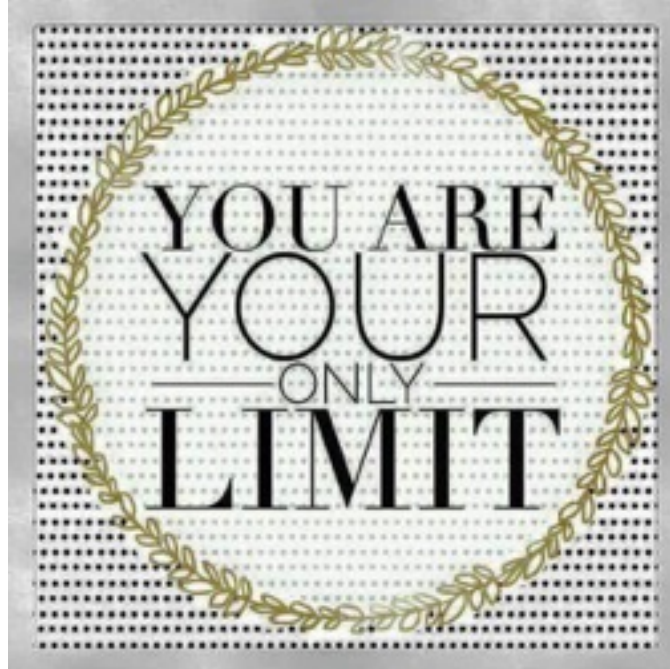
Sirloin Steak  
Ground Turkey  
85/15 or Better Ground Beef  
Salmon

### **Schedule 3**

Green Beans  
Broccoli  
10 Medium Asparagus Spears (*Use 10 pcs instead of measurement on your Plan*)  
Cauliflower  
Peas  
Snow Peas

### **Schedule 4**

Sweet Potato  
Quinoa (*use 1/3 cup instead of measurement on your Plan*)  
1/3 cup Crooked Brown Rice (*use 1/3 cup instead of measurement on your Plan*)



## 5 Things you need to know to maintain a “**Happy** and **Healthy**” you

1. You might find it surprising that the most frequently identified problem for people who can't seem to lose weight and body fat, is that they are **UNDER EATING**. Yes, that's right. **UNDER EATING**. Your body is a survival machine. Meaning that when your body is unsure if the next meal is coming, or is not getting enough of the right nutrients, it will store up what you do eat. This slows down digestion and leaves your metabolism functioning improperly. Your body needs to trust that you are going to continue to feed it so that it has no need for this storage of fats.
2. **Water** plays a very important role in the overall health of the human body. Since nearly 2/3 of your body is made up of water, it is important to keep yourself hydrated. Keeping your water intake at a healthy level helps with digestion and flushes your body of **harmful toxins**. Your digestive system needs to stay at a functioning, consistent operating level which helps to further your weight loss efforts.
3. **Mindset** is something you hardly ever hear in relation to weight loss and overall health. Your mind is the empowering mechanism which activates your brain to fire electrical signals to your muscles causing action. A thought is the Genesis, or initiative, for every physical action you make. Therefore you want to maintain a clear image of the “Perfect You” in your mind. Always see yourself improving and moving toward your goal. What is thought in the mind will manifest itself in the physical world. This means, see yourself achieving your goal and you will inevitably achieve it.
4. **The number one way to lose body fat is to build muscle!** Proper nutrition and exercise is the only way to sustain a fit body.
5. **Rest** plays a vital role in maintaining a healthy lifestyle. The body repairs itself and builds muscle at rest. Remember this and try to get **8 hours** of rest each night.





## Basic Home Cardio Program

Incorporating this home cardio program with your Meal Plan will help maximize your results. If you have any medical or physical conditions please seek advice of a medical professional before performing any of these exercises.

### First 2 Weeks:

Perform the cardio routine below 3 times per week. A good example would be once each day – Monday, Wednesday, and Saturday

### After 2 Weeks:

Perform this cardio routine 5 times per week. A good example would be once each day – Monday, Tuesday, Thursday, Friday and Saturday

### Cardio Routine: x 5 sets

**Do these exercises in order one after the other then rest\* and repeat a total of 5 times. \*\*Start off at your own pace and increase only as you feel safe to do so.**

**20 Jumping Jacks**

**40 Mountain Climbers**

**50 Standing High Knees (Running in place)**

**40 Mountain Climbers**

**20 Squat Jumps**

**50 Bicycles (Lying on back)**

**\*Rest 2.5 to 3 minutes then repeat**