



EXCUSE *My* FIT

Meal PLAN

Antania BRYANT

DETOX WEEK *Meal Plan*

During the first week you will be detoxing and training your body to crave less sweets.

REMEMBER, ABS ARE MADE IN THE KITCHEN

Do not forget to drink at least a gallon of water everyday.

You may not use salt or any type of seasoning that contains salt.

Your proteins and veggies are to be cooked any way you choose EXCEPT fried.

Only use olive oil or coconut oil when preparing food.

Be sure to eat all of your meals EVERY THREE HOURS.

If you cannot eat all of your meals, eat as much as you can.

MEAL 1	MEAL 2	MEAL 3
1 cup of detox tea 4 egg whites 1/4 cup almonds	5oz fish or chicken 1/2 avocado 6 spears of asparagus	4oz fish or chicken Any choice of green veggies (asparagus, spinach, kale, etc.) 1/2 avocado
MEAL 4	MEAL 5	MEAL 6
1 cup small spinach or kale salad (balsamic vinaigrette dressing) 4oz fish or chicken	1/4 cup almonds 4oz fish or chicken	Protein shake

NEW LIFESTYLE *Meal Plan*

Once you have completed your detox week, you will follow this next meal plan and incorporate these eating habits into your new lifestyle.

Keep up the good work. And remember, ABS ARE MADE IN THE KITCHEN

You should still be drinking at least a gallon of water daily.

Continue to use salt-free seasonings and spices.

Only use olive oil or coconut oil when preparing food.

Be sure to eat all of your meals EVERY THREE HOURS.

If you cannot eat all of your meals, eat as much as you can.

MEAL 1	MEAL 2	MEAL 3
4 egg whites (you may add any veggies you want) 1 cup oats (use cinnamon for flavoring. No butter or sugar)	4oz salmon or chicken 4oz sweet potato or rice 2 cups spinach salad (add any veggies. Cucumber, avocado, tomatoes, bell peppers, carrots, etc. Use only balsamic vinaigrette for dressing)	2 cups spinach or kale salad (add avocado and balsamic vinaigrette) 5oz fish or chicken
MEAL 4	MEAL 5	MEAL 6
2 cups ground turkey (add sautéed veggies. Zucchini, green beans, squash, spinach, bell peppers, onion, mushrooms) You may get creative and make turkey burgers or stuffed bell peppers.	2 cups spinach or kale salad (add avocado and balsamic vinaigrette) 4oz fish or chicken (cut up meat and add into the salad)	Protein shake 1/4 cup almonds



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