

7-DAY MEAL PLAN MAGIC!

This plan is appropriate for most to lose 1 pound per day. However, if you gain or lose too much weight, adjust it to fit you needs. As always, we suggest taking Daily Power Shot and Pure Omega 3 daily, especially those who hate fish and veggies.

	Metabolic Boosting Monday	Torture Your Fat Cells Tuesday	Whittle Your Waist Wednesday
Breakfast Boost	Low-carb Caramel Latte (see attached protein shake recipe page) with black coffee or tea	Fat Burning Flat White Protein Shake (see attached protein shake recipe page) with black coffee or tea	Low-carb Smores Latte (see attached protein shake recipe page) with black coffee or tea
Hydration Boost	Green tea with lemon	Green tea with pomegranate	Hot green tea with lemon
Lean Lunch	Melt Fat Mochaccino (see attached protein shake recipe page) *with a small tossed salad with vinegar or 1 cup green veggies <i>*Optional</i>	Chocolate Covered Strawberry (fruit-free) Smoothie (see attached protein shake recipe page) with hot tea	Slimming Cinnamon Smoothie (see attached protein shake recipe page) with hot black tea or coffee or large glass of hot water with lemon
Slim Snack	Tahitian Vanilla Lean Bar with large hot tea (hot tea makes you feel fuller longer)	Black tea or decaf coffee with Peanut Butter Lean Bar	Green apple with hot tea or water with lemon
Slimmer Dinner	Slimming Shrimp and Broccoli Stir Fry on a bed of spinach (5 oz. shrimp + 1 cup of broccoli + spray oil + seasoning) with hot water with lemon or hot tea	3 oz. Salmon + 5 Asparagus Spears on a bed of Romaine lettuce with clear broth to drink	Zucchini Spaghetti and Turkey Meatballs (3-4 oz. of turkey meatballs + zucchini spaghetti + 2 tbsp. marinara sauce) with a small tossed salad with balsamic vinegar
Extras	Dumdum Lollipop (less than 25 calories)	25 Tic Tacs® (25 calories)	Chocolate Cloud Protein Shake (see attached protein shake recipe page)

SEE MEALS FOR THE REST OF THE WEEK



	Low-Low Thursday	Fat Loss Friday	Slimming Saturday (Wait until later to eat)	Fun Day Sunday
Breakfast Boost	Low-Carb Slimming Cinnamon Roll Shake (see attached protein shake recipe page) with black coffee or tea	Black & White Cookie Mochaccino (see attached protein shake recipe page) with black coffee or tea	Slimming Cinnamazing Pancakes (see attached protein shake recipe page) with black coffee or tea	Make your favorite smoothie! (see attached protein shake recipe page)
Hydration Boost	Green tea, hot tea, or black coffee	Chai Tea (calorie-free)	Hot black coffee or tea	Hot black coffee or tea
Lean Lunch	Lisa's Favorite! (1) Chocolate Almond Lean Bar with black coffee or tea	Small Tossed Vegetable-Only Salad with apple cider vinegar & a Be Lean Banana Cream Fruit-Free Smoothie (see attached protein shake recipe page) with hot tea or warm water with lemon	Melt Fat Mochaccino Shake (see attached protein shake recipe page)	Salmon and egg whites with greens after church and black coffee or tea
Slim Snack	Clean Cappuccino see attached protein shake recipe page)	Small green apple	Pecan Praline Lean Bar with hot vanilla tea	Green tea with lemon
Slimmer Dinner	Any Sheet Pan recipe (LynFit.com > Metabolic Boosting Recipes) placed on a bed of spinach or green with warm water with lemon	Shed Fat Sheet Pan Fish Parmesan (LynFit.com > Metabolic Boosting Recipes) on a bed of shredded romaine lettuce with warm water with lemon	Seafood Stew/Cioppino with a small tossed garden salad with Balsamic vinegar and hot black coffee or tea	Upzig Meal! Eat out, choose your favorite, but don't go too crazy... you'll only have to lose it later! Plan ahead and think first, making sure it's worth it and you can portion control it
Extras	Strawberry Fluff (see attached protein shake recipe page)	Protein Powered Vanilla Ice Cream (see attached protein shake recipe page)	Blended Banana & Chocolate Ice Cream (see attached protein shake recipe page)	

- Don't forget to take your supplements
- Weigh and measure your food; it matters more than you think
- Choose only foods from the Metabolic Boosting Meal Plan; if you don't like fish, skip the protein or eat less chicken
- Don't like veggies? Find one that you love... it's imperative!
- Feel free to interchange your days or meals, but this plan is laid out to prepare your metabolism for upzig meals



<p>Low-Carb Caramel Latte</p> <ul style="list-style-type: none"> • (1 scoop) Pure Vanilla Egg White Protein • (½ cup) Water • (1 oz.) Calorie & sugar-free caramel syrup • Handful of ice (optional) <p>Blend ingredients in blender</p>	<p>Fat Burning Flat White Protein Shake</p> <ul style="list-style-type: none"> • (2 scoops) Vanilla Protein • (½–1 cup) Black coffee or warm water <p>Blend ingredients in blender</p>	<p>Low-Carb Smores Latte</p> <ul style="list-style-type: none"> • 1 scoop Pure Vanilla Egg White Protein • (½ cup) Black coffee • (1 oz.) Calorie & sugar-free Smores syrup <p>Blend ingredients in blender</p>	<p>Melt Fat Mochaccino</p> <ul style="list-style-type: none"> • (2 scoops) Chocolate Protein • (½–1 tsp.) Granulated coffee • (½–cup water) • Handful of ice (optional) <p>Blend ingredients in blender</p>
<p>Chocolate Covered Strawberry (fruit-free) Smoothie</p> <ul style="list-style-type: none"> • (1 scoop) Chocolate Protein • (1 scoop) Strawberry Banana Protein or 1 tsp. sugar-free strawberry Jell-O®) • (1 cup) Strawberries (to dip or dunk in shake) <p>Blend ingredients in blender</p>	<p>Slimming Cinnamon Smoothie</p> <ul style="list-style-type: none"> • (2 scoops) Vanilla Protein • (½ cup) Black coffee • (1 tsp.) Cinnamon • Handful of ice (optional) <p>Blend ingredients in blender</p>	<p>Chocolate Cloud Protein Shake</p> <ul style="list-style-type: none"> • (1 scoop) Chocolate Whey Advanced Protein • (¼ cup) Water <p>Froth in blender until thick enough to eat with a spoon. Sprinkle a little Chocolate Protein Shake and Stevia® on top and MANGIA!</p>	<p>Low-Carb Slimming Cinnamon Roll Shake</p> <ul style="list-style-type: none"> • (1 scoop) Vanilla Egg White Protein • (½ cup) Black coffee • (1 tsp.) Cinnamon <p>Blend ingredients in blender</p>
<p>Black & White Cookie Mochaccino</p> <ul style="list-style-type: none"> • (1 scoop) Vanilla Protein • (1 scoop) Chocolate Protein • (½ cup) of water <p>Blend ingredients in blender</p>	<p>Slimming Cinnamazing Pancakes</p> <ul style="list-style-type: none"> • (2 scoops) Vanilla Protein • (1 large) Egg white • (1 tbsp.) Cinnamon • (Dash) of water <p>Mix in a bowl, pour into non-stick skillet on medium heat, cook until done</p>	<p>Be Lean Banana Cream Fruit-Free Smoothie</p> <ul style="list-style-type: none"> • (2 scoops) Vanilla Protein • (1 tsp.) Sugar-free banana pudding mix • Handful of ice (optional) <p>Blend ingredients in blender</p>	<p>Clean Cappuccino</p> <ul style="list-style-type: none"> • (1 scoop) Whey Protein • (¼ cup) Espresso or dark roast coffee <p>Blend until frothy</p>
<p>Strawberry Fluff</p> <ul style="list-style-type: none"> • (1 scoop) Strawberry Banana Protein • (¼ cup) Water • Handful of ice (optional) <p>Blended until frothed like whipped cream</p>	<p>Protein Powered Vanilla Ice Cream</p> <ul style="list-style-type: none"> • (2 scoops) Vanilla Protein • (1 cup) Cold water • (5) ice cubes <p>Blend until mixture is smooth, pour into ice tray and freeze, empty frozen mixture into blender and blend until creamy</p>	<p>Blended Banana & Chocolate Ice Cream</p> <ul style="list-style-type: none"> • (¼ cup) Chocolate Protein • (1 cup) Frozen bananas • (½ cup) Cold water <p>Blend until mixture is smooth, pour into ice tray and freeze, empty frozen mixture into blender and blend until creamy</p>	