

# Toned In 20 Meal Plan

By FitwitBritt



<i>Tips to Remember</i>	<i>Page 2</i>
<i>Meal Plan</i>	<i>Page 3-4</i>
<i>Vegan Alternatives</i>	<i>Page 5</i>
<b><i>Recommended Supplements &amp; Needed equipment</i></b>	<b><i>Page 6</i></b>

**BREAKFAST**



595 CALORIES
15G FAT
75G CARBS
40G PROTEIN

**1<sup>ST</sup> SNACK**



376 CALORIES
4G FAT
35G CARBS
50G PROTEIN

**LUNCH**



419 CALORIES
6.5 FAT
45G CARBS
45G PROTEIN

**2<sup>ND</sup> SNACK**



476 CALORIES
4G FAT
64G CARBS
46G PROTEIN

**DINNER**



676 CALORIES
28G FAT
46G CARBS
60G PROTEIN

---

## Tips to Remember / No-No List

- Drink 1 gallon (128oz) of water each day!!!
  - Eat Every 3 hours. Never skip a meal or snack!
  - Use a kitchen scale to measure protein or just pick small portions
  - **Protein Options:** Chicken, Tuna, Fish, or Turkey. **No shrimp, lobster, or catfish**
  - Protein should not be processed (from package). Can have canned tuna in water.
  - Eat Frozen or Fresh Veggies/Produce. Not canned
  - No Ketchup, Mayo, Or BBQ sauce. Mustard is OK
  - Use low sodium or salt free spices to flavor your foods. Watch sugar content
  - Use Olive Oil & Vinegar for added flavor
  - Salad Dressings should be clear, no cream/dairy based
  - Spray butter is ok
  - No carrots, corn, or mushrooms
  - No fried foods, refined sugars, white or wheat starches/bread
  - No dairy
  - No alcohol (One glass of red wine is fine for a special occasion)
  - No soda or juice
  - When in doubt – please email [Fitwitbritt@yahoo.com](mailto:Fitwitbritt@yahoo.com) for questions.
  - ITS JUST 20 DAYS – NOT A LIFETIME – YOU CAN DO THIS
-

---

# Meal Plan

(Recommendation - optional) - Before breakfast take 1 cup of slimming coffee or detox tea from Fitwitbritt.com (use promo code under recommendations)

## 1. Breakfast (choose one option) – **Take probiotic pill & your choice of fat burner**

- $\frac{3}{4}$ c Egg Whites or Egg Beaters **with**  $\frac{1}{2}$ c dry measure Old Fashioned Quick Oats  
(oats can be sweetened with Stevia and Cinnamon)
- Meal Replacement Shake with 2 lightly salted rice cakes  
(can put almond butter on rice cake)  
(use Whey protein powder in shaker cup (**add a form of berry for fruit or banana**), if buying an already made protein shake try Premier or Muscle Milk) if buying at Smoothie king try the Lean 1 or Gladiator 20oz only add mango, blueberries, or banana as fruits
- Protein bar – (Brands: Kind Strong, Luna, GoMacro, ThinkThin, GoRaw, or Clif Bar.

## 2. Mid- Morning Snack (2 $\frac{1}{2}$ - 3 hours later) **choose 2 options**

- $\frac{1}{4}$ c of natural almonds/nuts
  - 2 Tbsp. of Almond Butter
  - $\frac{1}{2}$  c of Cottage Cheese (low sugar)
  - $\frac{1}{2}$  cup of blueberries or strawberries
-

---

3. Lunch (3 hours later) – **take multi- vitamin**

- 4-5 oz of Protein (meat) & 1 cup of any green vegetable.  
Protein should only be: Chicken, Fish, Turkey, or Tuna  
(grilled or baked)

**-Every 4<sup>th</sup> day add ½ cup of Brown Rice or ½ sweet potato to your lunch for a carb choice**

- **Salad** – Add protein. No cheese. Salad Dressings should be clear, no cream/dairy based
- **Meal Replacement Shake**

4. Afternoon snack (3 hours later) choose 1 option

- ½ c nuts
- 2 Tbsp. of Almond Butter
- 1 protein bar
- **NO FRUIT**

5. Dinner (3 hours later) Choose 1

- 4-5 oz of Protein & 1 cup of any green vegetable.  
Protein should only be: Chicken, Fish, Turkey, or Tuna  
(grilled or baked) **NO CARBS EVER AT DINNER!!!**
  - Meal Replacement Shake
-

---

## Vegan Replacements Options for Meal Plan

### Breakfast – Chose 2

- 2/3 Cup of Granola
- 1 Orange
- Chia pudding topped with Fruit & Almonds
- Tahini spread over grain cinnamon raisin bread
- Berries with non-dairy yogurt
- Vegan protein shake with banana & 2 Tbsp. of natural almond butter

### Snacks – choose 1

- Dried fruit such as dried apricots, dates, figs, or raisins
- A green juice
- Protein bar
- Handful of Strawberries
- Plant-based protein shake

### Lunch - choose 1

- Large Salad with mixed greens
- Mixed beans with artichokes and sprouts
- Vegan protein shake (16-20oz)
- Black bean wraps with tomatoes, avocado, and other veggies of choice

### Dinner

- Greek Salad
  - Grilled Eggplant
  - Veggie Chili
  - Veggie burrito with quinoa, beans, and avocado
-

---

## Recommendations & Supplements

- Heavy Resistant Band needed for workouts –  
<https://www.amazon.com/Power-Systems-Versa-Loop-Resistance/dp/B076DYBKFV>
  - Slimming Coffee or Detox Tea from Fitwitbritt.com use promo code “**Toned**” at checkout for 15% off
  - You can drink your own coffee just black or 2 Stevias can be added, or your own detox tea
  - Probiotic is optional but recommended. I’m using Nature’s Bounty brand can be purchased at your local drugstore, I got mine from CVS, here is the link on Amazon.  
[https://www.amazon.com/Natures-Bounty-Probiotic-Supplement-Intestinal/dp/B0072F88WS/ref=sr\\_1\\_4\\_a\\_it?ie=UTF8&qid=1523745290&sr=8-4&keywords=natures%2Bbounty%2Bprobiotics&th=1](https://www.amazon.com/Natures-Bounty-Probiotic-Supplement-Intestinal/dp/B0072F88WS/ref=sr_1_4_a_it?ie=UTF8&qid=1523745290&sr=8-4&keywords=natures%2Bbounty%2Bprobiotics&th=1)
  - Multi Vitamin can be any brand. I use Nature Made Complete can be purchased at any store, here’s the link  
[https://www.amazon.com/Nature-Made-Complete-Softgels-Nutrients/dp/B010RRSZ8Y/ref=sr\\_1\\_6\\_s\\_it?ie=UTF8&qid=1523745550&sr=1-6&keywords=nature+made+complete](https://www.amazon.com/Nature-Made-Complete-Softgels-Nutrients/dp/B010RRSZ8Y/ref=sr_1_6_s_it?ie=UTF8&qid=1523745550&sr=1-6&keywords=nature+made+complete)
  - Fat Burners are optional: **ONLY TAKE ON WORKOUT DAYS**
  - I use Fina Flex PX, it is very strong so if you’d never taken a fat burner I wouldn’t recommend starting with this on. Ask a GNC rep for their recommendation according to your fitness level. Here’s the link for Fina Flex  
[https://www.amazon.com/Xanthine-Appetite-Suppressant-Concentration-Enhancement/dp/B006PG0YR2/ref=sr\\_1\\_3\\_a\\_it?ie=UTF8&qid=1523745680&sr=8-3&keywords=finaflex+px](https://www.amazon.com/Xanthine-Appetite-Suppressant-Concentration-Enhancement/dp/B006PG0YR2/ref=sr_1_3_a_it?ie=UTF8&qid=1523745680&sr=8-3&keywords=finaflex+px)
-