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P R E S E N T S

12

Fat Blasting Meal Plans



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by

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Feel free to share this 12 day Meal Plan
with your family and friends.

Enjoy!



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The following 12 fat blasting meal plans are the result of over 10 years of experience helping people just like you lose weight fast. The foods are laid out for you and all you have to do is determine the number of grams of protein you are to receive for your bodyweight as well as the number of carbohydrates. You will eat 1 gram of protein per pound of bodyweight divided equally amongst your meals on each day. Your carbohydrate intake on your high carb day is really no limit except you need to eat your protein, vegetables and fruit before you eat other starches. Only eat until satisfied and not full. On your low carb days eat only 1 gram of carbohydrate per pound of bodyweight divided amongst 4 of your 6 meals. Your no carb day is your normal 1 gram of protein per pound of bodyweight and all the vegetables you feel comfortable eating until satisfied for each meal.

You can split your protein and carbohydrate grams up so that you have equal amounts at each meal that allow carbs and protein if you'd like. Feel free to season your meats and fish anyway you'd like as long as it is calorie free. Enhance your meals by adding your favorite spices to your food."

Additionally, as I have mentioned previously, supplementation is a critical component to your success. The meal plan examples include the specific brand and products I recommend.

Prograde Nutrition's EFA Icon is the highest quality essential fatty acid product you can buy.

And Prograde Workout Drink not only maximizes your fitness efforts and accelerates your fat loss, it also tastes great! Prograde Longevity is an extraordinarily powerful anti-aging antioxidant supplement. If you're looking for convenient and powerful nutrition for your busy lifestyle, you want to look into Prograde Lean Meal Replacement Shake and our Organic Dark Chocolate Prograde Cravers bars. Lastly, I have also included their VGF 25+ for Men & Women, which is a whole foods based multi which ensures you are meeting all your body's nutritional demands. It's made from 25 vegetables, fruits and greens and is specifically designed for women. You won't find a higher quality or more pure source of complete nutrition anywhere on the market.

Please feel free to pass these meal plans on to anyone you feel they will help!

DAY 1**HIGH CARB****BREAKFAST**

1 egg/2 egg white omelet with mozzarella cheese & spinach
Whole grain toast, 1 pat butter, 2 tsp jelly
Apple
VGf 25+ for Men & Women
EFA Icon

SNACK

Hard boiled egg, pear

LUNCH

Canned tuna
Whole grain bread
Steamed asparagus
Prune

SNACK

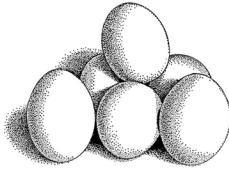
Chicken breast
Carrot sticks
Orange

DINNER

Chicken breast
Sweet potato, 1 TBS sour cream
Broccoli
Raspberries

SNACK

Cottage cheese & strawberries

**DAY 2****LOW CARB****BREAKFAST**

1 egg/2 egg white omelet w/ spinach
Oatmeal
Blackberries
VGf 25+ for Men & Women
EFA Icon

SNACK

Cottage cheese w/ carrot sticks
Pear

LUNCH

Fish
Yam
Asparagus
Orange

SNACK

Chicken breast
Red peppers
Prograde Workout Drink

DINNER

Lean beef
Chickpeas
Green beans
Apple

SNACK

Cottage cheese & strawberries

**DAY 3****NO-CARB****BREAKFAST**

3 eggs (any way you like them)
Spinach & green pepper
VGf 25+ for Men & Women
EFA Icon

SNACK

Cottage cheese
Zucchini sticks

LUNCH

Fish
Broccoli
Cauliflower

SNACK

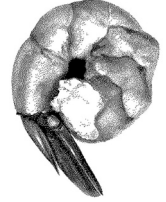
Non-fat cottage cheese
Carrot sticks
Prograde Workout Drink

DINNER

Shellfish
Salad (with mixed vegetables)

SNACK

Cottage cheese
Red pepper sticks

**DAY 4****HIGH CARB****BREAKFAST**

Hard boiled eggs
Oatmeal
Pear
VGf 25+ for Men & Women
EFA Icon

SNACK

Almonds
Apple

LUNCH

Chicken
Black beans
Zucchini sticks
Orange

SNACK

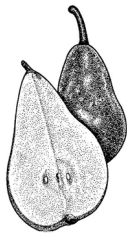
Tuna with low fat mayonnaise
Green pepper sticks
Raspberries

DINNER

Whole grain spaghetti with sauce & ground beef
Broccoli
Blackberries

SNACK

Non-fat cottage cheese & strawberries
Carrot sticks

**DAY 5****LOW CARB****BREAKFAST**

1 egg
Cereal (Fiber One) with skim milk
Blackberries
VGf 25+ for Men & Women
EFA Icon

SNACK

Cottage cheese
Red pepper sticks
Orange

LUNCH

Fish
Whole grain bread
Yellow squash
Pear

SNACK

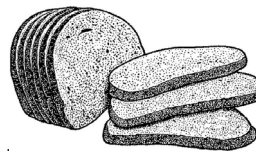
Apple
Prograde Workout Drink

DINNER

Shellfish
Asparagus & brown rice
Raspberries

SNACK

Hard boiled egg
Carrot sticks
Strawberries

**DAY 6****NO-CARB****BREAKFAST**

3 eggs (any way you like them)
Spinach & green pepper
VGf 25+ for Men & Women
EFA Icon

SNACK

Cottage cheese
Zucchini sticks

LUNCH

Lean beef
Spinach salad with mixed vegetables

SNACK

Non-fat cottage cheese
Green pepper sticks
Prograde Workout Drink

DINNER

Steak
Salad with mixed vegetables
Asparagus

SNACK

Hard boiled egg
Carrots



DAY 7**HIGH CARB****BREAKFAST**

4-egg-white-omelet w/ spinach and mozzarella cheese
Whole grain English muffins
Raspberries
VGf 25+ for Men & Women
EFA Icon

SNACK

Turkey wrapped in lettuce Leaves
Pear

LUNCH

Lean beef
Brown rice & broccoli
Almonds
Orange

**SNACK**

Cottage cheese & carrot sticks
Strawberries
Prograde Workout Drink

DINNER

Ground round hamburger
1 whole grain bun
Zucchini & corn
Raspberries

SNACK

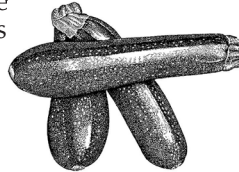
Hard boiled egg
Apple

DAY 8**LOW CARB****BREAKFAST**

2 eggs
Shredded wheat with skim milk
Blackberries
VGf 25+ for Men & Women
EFA Icon

SNACK

Cottage cheese
Zucchini sticks
Pear

**LUNCH**

Lean beef
Black beans
Green beans
Apple

SNACK

Chicken wrapped in lettuce leaves
Prograde Workout Drink

DINNER

Fish
Brown rice
Cauliflower and/or broccoli
Orange

SNACK

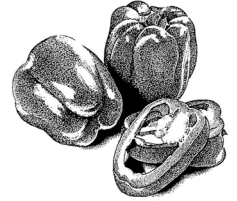
Hard boiled egg
Carrot sticks
Strawberries

DAY 9**NO-CARB****BREAKFAST**

2 egg whites/ 1 egg with spinach and mozzarella cheese
VGf 25+ for Men & Women
EFA Icon

SNACK

Cottage cheese
Red pepper sticks

**LUNCH**

Chicken
Spinach salad with mixed vegetables
Non-fat salad dressing

SNACK

Almonds
Green pepper sticks

DINNER

Beef
Salad with vegetables
Mixed cooked vegetables (from approved list)

SNACK

Hard boiled egg
Zucchini sticks

DAY 10**HIGH CARB****BREAKFAST**

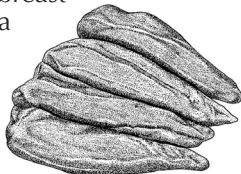
2 eggs w/ mozzarella cheese
Whole grain toast & Jelly or peanut butter
Blackberries
VGf 25+ for Men & Women
EFA Icon

SNACK

Nonfat cottage cheese
Carrot sticks
Pear

LUNCH

Skinless chicken breast
1 whole grain pita
Corn
Green beans
Orange

**SNACK**

Hard boiled egg
Raspberries
Red pepper sticks

DINNER

Fish
Brown rice
Asparagus
Apple

SNACK

Cottage cheese & strawberries

DAY 11**LOW CARB****BREAKFAST**

3 egg white omelet with green pepper
Grape Nuts & blackberries
VGf 25+ for Men & Women
EFA Icon

SNACK

Turkey slices
Red pepper sticks
Almonds
Orange

LUNCH

Lean beef
Black beans
Steamed broccoli

**SNACK**

Cottage cheese and 1 pear
Carrot sticks
Prograde Workout Drink

DINNER

Fish
Brown rice
Broccoli and/or cauliflower
Raspberries

SNACK

Hard boiled egg
Zucchini sticks
Pear

DAY 12**NO-CARB****BREAKFAST**

2 eggs/ 1 egg white with spinach and mozzarella cheese
VGf 25+ for Men & Women
EFA Icon

SNACK

Chicken breast in lettuce leaves
Red pepper sticks

LUNCH

Beef
Mixed vegetables
Non-fat salad dressing

SNACK

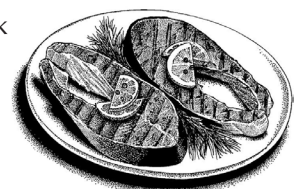
Hard boiled egg
Green pepper sticks

DINNER

Fish
Salad w/ mixed vegetables

SNACK

Cottage cheese
Red pepper stick



Hi,

My name is Jayson Hunter. I'm the author of these Fat Blasting Meal Plans.

As a registered dietitian and personal fitness trainer with over ten years of experience, I've seen just about every gimmick, fad diet and miracle pill people have tried to lose inches fast. And while these "solutions" have worked for the short-term, they've resulted in long-term disaster by wreaking havoc on the metabolism of these unsuspecting people. In fact, not only do they gain the weight back they lost, but they gain a whole lot more!

This isn't some fad diet filled with nonsense. Everything I reveal to you is based on hard science and research. As a registered dietitian I know what works and what doesn't. I'm not some run-of-the-mill "guru" who pretends to have all the answers. I'm not some well meaning person on an internet forum who wants to help you out. No, I'm a highly educated professional with real-world experience. I have all the right answers because I do the research and I spent all the years in school.



Jayson Hunter RD, CSCS is a registered dietitian, weight management expert and personal trainer with over 10 years of experience. His nutritional programs have helped hundreds of clients successfully get in shape and create permanent lifestyle changes.

Jayson's method of eating and nutritional programming gets results with every type of client regardless of their body type and goals. The keys to successful nutrition are understanding your needs and providing the necessary tools to be successful. Society's nutrition problems are not necessarily a result of bad genetics, but rather a result of bad choices and decisions.



Jayson Hunter, RD, CSCS

Disclaimer

This meal plan is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. Programs and diets outlined herein should not be adopted without consultation with your health professional. Use of the nutrition programs and information herein is at the sole choice and risk of the reader and purchaser. The author is neither responsible, nor liable, for any harm or injury resulting from suggested nutrition programs. Use of the Fat Blasting Meal Plan is not intended to replace the advice of a Registered Dietitian or other Health Professional.

This is a sample meal plan created by a registered dietitian; this is not meant to substitute the advice of personal registered dietitian or other health care practitioner.

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Jayson Hunter, RD, CSCS

Meal Plans are for educational purposes only and are not meant to diagnose, treat, or override information from a personal registered dietitian or other health care practitioner.