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P R E S E N T S

12

# Fat Blasting Meal Plans



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# **Fat-Blasting Meal Plans**

by

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# Fat-Blasting Meal Plans

by

Jayson Hunter, RD, CSCS

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!

For even more great FREE information to help you melt fat and have boundless energy, please be sure to visit the Prograde blog regularly:

[www.GetPrograde.com/blog](http://www.GetPrograde.com/blog)

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**For more FREE tips visit**

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**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**

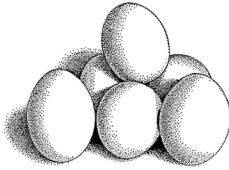
Chicken breast  
Carrot sticks  
Orange

**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**

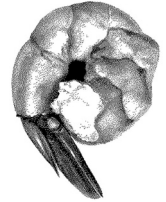
Non-fat cottage cheese  
Carrot sticks  
Prograde Workout Drink

**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**

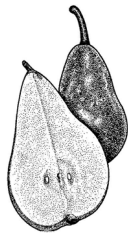
Tuna with low fat mayonnaise  
Green pepper sticks  
Raspberries

**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**

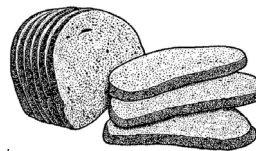
Apple  
Prograde Workout Drink

**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**

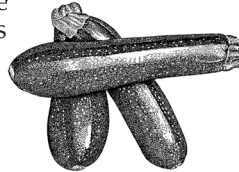
Hard boiled egg  
Apple

**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**

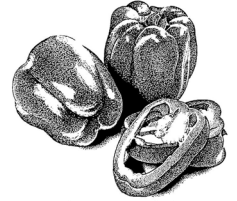
Hard boiled egg  
Carrot sticks  
Strawberries

**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**

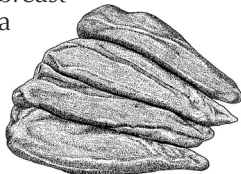
2 eggs w/ mozzarella cheese  
Whole grain toast & Jelly or peanut butter  
Blackberries  
VGf 25+ for Men & Women  
EFA Icon

**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**

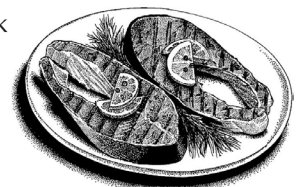
Hard boiled egg  
Green pepper sticks

**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.

As I mentioned earlier, you can find even more of my great rapid fat loss and healthy living tips on our blog at: <http://GetPrograde.com/blog>



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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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.