

7 Day Slim Down Meal Plan

OVERVIEW

For the next 7-days you won't be eating the most flavorful food you've ever had. This is an intense program to achieve quick results.

If it's not on the plan you don't do it or you don't eat it!!!

Follow it EXACTLY and it will work!

This is NOT a lifestyle plan.

This IS a quick, 7-day plan that's a perfect way to prepare for an event, jump start your diet plan, slim down quickly or give your system and body a good old 'detox' if you've been slacking off.

It's the perfect plan to help you stay focused and on track to achieving impressive results at the end of your transformation challenge.

It's not going to be easy; if it were easy everyone would be walking around with a six pack abs!!!

Expect your will power to be tested, but those of you who are REALLY commitment will triumph in the end.

Phase IV RULES

RULE #1. Always stay hydrated with a minimum of 80 ounces of water, which equals ten, 8oz glasses. Measure it! Don't just assume you are drinking that much.

RULE #2. Of the 80oz of water required each day, drink 16oz upon rise every morning and add freshly squeezed lemon.

RULE #3. For every 8oz coffee or caffeinate beverage you drink only 4oz contributes to your daily water intake.

RULE #4. Drink three-four, 8oz cups of green tea per day. Green tea speeds up your metabolism by 40%, helping you to burn fat faster. To super charge your belly fat burning potential, MAKE SURE to drink one cup with your morning grapefruit.

RULE #5. Eat 5-6 small meals per day consisting of mostly vegetables and raw food. Meals should be every 3 hours. Set your alarm if you have too. This habit is critical to maintaining your energy levels.

RULE #6: Have your last meal at least 2 hours before bedtime. No ifs, ands or buts!

RULE #7: Cut out 'starchy' carbs (breads, pasta, rice, quinoa, yam, sweet potatoes, oatmeal, etc.)

RULE #8: Receive sugar from fruit only as your mid-morning snack, or Meal 6 on Days 1 & 2 – no additives in food or in drinks. Keep your sugar intake as low as possible. Berries, grapefruit, apple and pears are the best choices.

RULE #9: Take two krill oil caps with Meal 1 and two caps before bed.

RULE #10: 5 Days Out - Temporarily cut out dairy products from your diet.

RULE #11: 2 Days Out - For the last two days eat asparagus with your dinner. Asparagus is a natural diuretic, taking excess water out of your skin.

RULE #12: 2 Days Out - Cut sodium between 500 & 800mg per day to prevent bloating. Continue to the last day. Having too little sodium is dangerous, so do not drop lower than 500mg! (This equals $\frac{1}{4}$ of a teaspoon).

RULE #13: 2 Days Out - Decrease your TOTAL water intake for the finally two days to 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water and green tea.

RULE #14: Maximize your results by starting your day with a 20min High Intensity Interval Cardio Session (HIIT) upon rise; before Meal 1. PLUS, complete 5 strength based LYL Workouts over seven days to ensure you are feeling toned from head to toe!

Let's see some IMPRESSIVE Holiday Hottie Slim Down results!

7 Day Slim Down Plan

Day 1

*** Wake up - 16oz of warm lemon water

Meal 1:

One slice of LYL Frittata, or Mini Salmon Quiche

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado, chopped + 1 cup green tea

Meal 4:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. of olive oil and Mrs. Dash.

Meal 6:

1/2 cup plain, Greek yogurt w/ handful of mixed berries + 8oz of Cinnamon tea (or your choice of caffeine-free tea)

7 Day Slim Down Plan

Day 2

*** Wake up - 16oz of warm lemon water

Meal 1:

One slice of LYL Frittata, or Mini Salmon Quiche

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado, chopped. + 1 cup green tea

Meal 4:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

Meal 6:

1/2 cup plain, Greek yogurt w/ handful of mixed berries + 8oz of Cinnamon tea (or your choice of caffeine-free tea)

7 Day Slim Down Plan

Day 3 – No dairy

*** Wake up - 16oz of warm lemon water

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice.

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado sliced. + 1 cup green tea

Meal 4:

¼ cup hummus & 2 cup chopped raw veggies (no bell peppers or carrots) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

7 Day Slim Down Plan

Day 4 – No dairy, increase salt!

*** Wake up - 16oz of lemon water & 30 minutes of steady state cardio.

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. Add sea-salt!

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3: Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil + 1 cup green tea

Meal 4:

¼ cup hummus + cup chopped raw veggies (no bell peppers or carrots) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be (more) a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea) – no dairy

7 Day Slim Down Plan

Day 5 – No Dairy, No Poultry or Red Meat - lower salt!

*** Wake up - 16oz of warm lemon water

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. No salt!

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

Meal 3: Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of seafood (NO chicken, turkey or red meat). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. (NO sunflower seeds or avocado) + 1 cup green tea

Meal 4:

10 cold almonds + 1 cup green tea

Meal 5:

4oz. of seafood (NO chicken, turkey or red meat) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning with Mrs. Dash, (no salt, NO olive oil)

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

7 Day Slim Down Plan

*** For these last 2 days, drink water between your meals instead of with your meals. Water can be stored with certain foods. This is just a 'Trick of the Trade' for the last 2 days :). Consume a TOTAL of 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water, green tea and cinnamon tea.

Day 6 – No Dairy, No Poultry or Red Meat - lower salt!

*** Wake up - 16oz of warm lemon water. Complete day off from resistance training and cardio.

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. No salt! **If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited green veggies with 4oz of seafood (NO chicken, turkey or red meat). Salad dressing can be made with balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash Salad. (No salt! No sunflower seeds or avocado) + 1 cup green tea

Meal 4:

10 cold almonds + 1 cup green tea

Meal 5:

4 oz. of seafood (NO chicken, turkey, or red meat) with 1 cup green vegetables (asparagus). Season with Mrs. Dash (no salt or olive oil).

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

7 Day Slim Down Plan

*** For this last day drink water between your meals instead of with your meals. Water can be stored with certain foods. This is just a 'Trick of the Trade' for the last 2 days :). Consume a TOTAL of 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water, green tea and cinnamon tea

Day 7 - No Dairy, lower salt! You made it!!!

*** Wake up - 16oz of warm lemon water.

Meal 1:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, and 1 tsp. cinnamon) NO Almond Butter! **If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies NO PROTEIN. Salad dressing can be Balsamic Vinegar- plain with fresh squeeze lemon. (NO olive oil, no sunflower seeds, no avocado) + 1 cup green tea

Meal 4:

10 cold almonds + 1 cup green tea

Meal 5:

4 oz. of seafood (NO chicken, turkey or red meat) with 1 cup green vegetables (asparagus). Season with Mrs. Dash (no salt or olive oil).

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)