

# 4 Week **Home** FAT LOSS PROGRAM



**FITRANX**

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## Instructions

First off I want to thank you for taking action and allowing me to help you through your weight loss journey.

There are a lot of options available to you, but I'm glad you decided to trust me to help you.

Now lets talk a little about this 4 week program.

You are first going to see that I have your workouts written out for you on pages 3 – 6 of this eBook.

I ONLY want to you to be working out 3 times a week for the next 4 weeks.

Really, that is all you need and the workouts are only 30 minutes long. Yes....that is all you need to start shredding fat and dropping weight over the next 4 weeks.

Just in case you don't know what some of the exercises are, I have provided you a link next to each exercise that will take you to a YouTube video showing you exactly how it should be performed.

But working out 3 days a week is only half of the program. Your meal plan is the second half. You have to be eating healthier during this 4 week program for it to work.

I have provided two different meal plans for you. One is a 1200 calorie plan if you are a female and a 1600 calorie plan if you are a male.

I have also provided you with a grocery list so you know exactly what to buy when you hit the grocery store before you start this 4 week program.

For each Meal Plan, I provide you with a 7 day plan. That means after each week, all you have to do is start back at the top and follow the same 7 day plan each week.

That's it, sounds simple enough right:-)

Just remember...this isn't going to be easy, you are going to want to quit and go back to doing what you were doing and all I ask is that you focus and stay the course for just 4 weeks.

The first 4 weeks is the hardest but I promise you if you get through this, it gets a lot easier from here!

# Week 1

## Workout #1

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Overhead Squats [Click Here To Watch Video](#)
2. Jumping Jacks [Click Here To Watch Video](#)
3. Leg Thrusts [Click Here To Watch Video](#)
4. Kneeling Push Ups or Push Ups [Click Here To Watch Video](#)
5. Run In Place [Click Here To Watch Video](#)
6. Bowing Crunches [Click Here To Watch Video](#)

## Workout #2

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Stationary Lunges [Click Here To Watch Video](#)
2. Mountain Climbers [Click Here To Watch Video](#)
3. Plank [Click Here To Watch Video](#)
4. Seal Jacks [Click Here To Watch Video](#)
5. Burpee [Click Here To Watch Video](#)
6. Leg Lifts [Click Here To Watch Video](#)

## Workout #3

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Chair Step Up [Click Here To Watch Video](#)
2. Side to Side Jumps [Click Here To Watch Video](#)
3. Penguin Crunch [Click Here To Watch Video](#)
4. Bear Crawl [Click Here To Watch Video](#)
5. Split Shuffle [Click Here To Watch Video](#)
6. Bicycle Crunches [Click Here To Watch Video](#)

# Week 2

## Workout #1

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Prisoner Squat [Click Here To Watch Video](#)
2. Total Body Extension [Click Here To Watch Video](#)
3. Side Plank on knees [Click Here To Watch Video](#)
4. Body Weight Dips [Click Here To Watch Video](#)
5. X-Mountain Climbers [Click Here To Watch Video](#)
6. Flutter Kicks [Click Here To Watch Video](#)

## Workout #2

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Knuckle Draggers [Click Here To Watch Video](#)
2. Jumping Jacks [Click Here To Watch Video](#)
3. Lying Knee Tucks [Click Here To Watch Video](#)
4. Fireflies [Click Here To Watch Video](#)
5. Jump Rope (imaginary) [Click Here To Watch Video](#)
6. Crunches w/Leg Lift [Click Here To Watch Video](#)

## Workout #3

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Reaching Lunges [Click Here To Watch Video](#)
2. Line Jumps [Click Here To Watch Video](#)
3. Kneeling Heel Touch [Click Here To Watch Video](#)
4. Body Weight Tricep Extensions [Click Here To Watch Video](#)
5. Wall Sit [Click Here To Watch Video](#)
6. Leg Thrust [Click Here To Watch Video](#)

# Week 3

## Workout #1

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Single Leg Bridge [Click Here To Watch Video](#)
2. Skater Hops [Click Here To Watch Video](#)
3. Side Plank [Click Here To Watch Video](#)
4. Mountain Climbers [Click Here To Watch Video](#)
5. Burpee [Click Here To Watch Video](#)
6. Cross Body Crunch [Click Here To Watch Video](#)

## Workout #2

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Walking Lunges [Click Here To Watch Video](#)
2. Run in Place w/ High Knees [Click Here To Watch Video](#)
3. Flutter Kicks [Click Here To Watch Video](#)
4. Seal Jacks [Click Here To Watch Video](#)
5. Frog Leap [Click Here To Watch Video](#)
6. Plank Walk Up [Click Here To Watch Video](#)

## Workout #3

30 min TABATA (30 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Single Leg Deadlift [Click Here To Watch Video](#)
2. Bear Crawl [Click Here To Watch Video](#)
3. Crunch w/ Leg Lift [Click Here To Watch Video](#)
4. Spiderman Push Ups or Push Ups [Click Here To Watch Video](#)
5. Reverse Lunges [Click Here To Watch Video](#)
6. Body Saw [Click Here To Watch Video](#)

# Week 4

## Workout #1

30 min TABATA (30 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Side Lunges [Click Here To Watch Video](#)
2. Inchworm [Click Here To Watch Video](#)
3. Sit-Ups [Click Here To Watch Video](#)
4. Sun Gods [Click Here To Watch Video](#)
5. Jump Squat [Click Here To Watch Video](#)
6. Russian Twist [Click Here To Watch Video](#)

## Workout #2

30 min TABATA (30 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Sumo Squat [Click Here To Watch Video](#)
2. Single Leg Burpee [Click Here To Watch Video](#)
3. Supermans [Click Here To Watch Video](#)
4. Fireflies w/ Push-Ups [Click Here To Watch Video](#)
5. Skater Hops [Click Here To Watch Video](#)
6. V-Abs [Click Here To Watch Video](#)

## Workout #3

30 min TABATA (30 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Jumping Lunges [Click Here To Watch Video](#)
2. Split Shuffle [Click Here To Watch Video](#)
3. Lying Hip Raises [Click Here To Watch Video](#)
4. Gator Crawl [Click Here To Watch Video](#)
5. Frog Leap & Squat Thrust [Click Here To Watch Video](#)
6. Alternating Rolling T's [Click Here To Watch Video](#)



# Portion Sizes

**HELPING HANDS**

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

	<b>Palm = 3-4 ounces</b> (meat, fish, & poultry)
	<b>Thumbnail = 1 Teaspoon</b> (butter, margarine, mayonnaise, & oils)
	<b>Thumb = 1-2 Tablespoons</b> (salad dressing, sour cream, cream cheese, peanut butter & hard cheeses)
	<b>Fist = 1 cup</b> (cereal, soup, casseroles, fresh fruit, raw vegetables or salads)
	<b>One cupped hand = 1/2 cup</b> (pasta, rice, beans, potatoes, cooked vegetables, pudding, & ice cream)
	<b>Two cupped hands = 1 ounce</b> (chips, crackers & pretzels)

Try the leader in perfectly portioned meals created for healthy living.

**Healthy Choice**

\* Indicates approximate size of serving.

**HELPING HANDS**

Two cupped hands = 1 ounce

Thumbnail = 1 teaspoon

One cupped hand = 1/2 cup

Palm = 3-4 ounces

Thumb = 1-2 tablespoons

Fist = 1 cup





# 4 Week Home FAT LOSS PROGRAM

## Women Grocery List

Category	Food	Qty	Measure
Beverages	Water, tap, drinking	560.00	1 fl oz
Cereals	Oatmeal-quick, measured uncooked	2.50	cup
	Oatmeal-quick, measured uncooked	0.50	cup
Fats & Oils	Flaxseed Oil (linseed)	0.25	tablespoon
Fibrous Carbohydrates (Healthy)	Broccoli	1.00	spear
Meal Substitutes	Protein Powder	23.00	scoop
Performance Carbohydrates	Sweetpotato, cooked, baked in skin, without salt	2.25	1 cup
	Rice - white cook steamed	1.25	cup
	Rice/White Steamed - Cooked	1.25	cup
	Potato/White - Baked	15.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	3.00	each
	Swordfish - cooked dry heat	4.00	ounce(s)
	Salmon - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	21.00	ounce(s)
	Chicken Breast / White Meat	23.00	ounce(s)
	Sirloin Top - fat trimmed off	16.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
Seasonings	Vinegar, balsamic	6.00	1 tablespoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Spinach, raw	3.00	1 cup
	Lettuce, iceberg (includes crisphead types), raw	3.50	1 cup, shared or chopped

# 4 Week Home FAT LOSS PROGRAM

## Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Extreme Fat Loss - Day 01</b>							
<b>Breakfast</b>							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>41.10</b>	<b>32.40</b>	<b>6.75</b>	<b>343.50</b>
<b>Snack 1</b>							
10	0.3	cup	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1	4.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>21.45</b>	<b>21.45</b>	<b>1.29</b>	<b>186.00</b>
<b>Lunch</b>							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>35.13</b>	<b>10.13</b>	<b>0.80</b>	<b>197.00</b>
<b>Snack 2</b>							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>34.50</b>	<b>4.50</b>	<b>3.75</b>	<b>195.00</b>
<b>Dinner</b>							
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>28.75</b>	<b>24.52</b>	<b>6.06</b>	<b>272.98</b>
<b>Totals For 1200 Calories Extreme Fat Loss - Day 01</b>				<b>160.93</b>	<b>93</b>	<b>18.65</b>	<b>1194.48</b>

# 4 Week Home FAT LOSS PROGRAM

## Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Extreme Fat Loss - Day 02</b>							
<b>Breakfast</b>							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>41.10</b>	<b>32.40</b>	<b>6.75</b>	<b>343.50</b>
<b>Snack 1</b>							
10	3.0	ounces(s)	Potato / White - Baked	19.50	21.45	0.09	93.00
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>20.76</b>	<b>21.45</b>	<b>10.59</b>	<b>267.00</b>
<b>Lunch</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>27.13</b>	<b>10.13</b>	<b>1.60</b>	<b>169.00</b>
<b>Snack 2</b>							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>34.50</b>	<b>4.50</b>	<b>3.75</b>	<b>195.00</b>
<b>Dinner</b>							
6	1.0	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.49	1.63	0.08	7.70
10	0.3	1 cup	Sweetpotato, cooked, baked in skin, without salt	1.00	10.35	0.08	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>35.57</b>	<b>14.70</b>	<b>0.96</b>	<b>218.78</b>
<b>Totals For 1200 Calories Extreme Fat Loss - Day 02</b>				<b>159.06</b>	<b>83.18</b>	<b>23.65</b>	<b>1193.28</b>

# 4 Week Home FAT LOSS PROGRAM

## Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Extreme Fat Loss - Day 03</b>							
<b>Breakfast</b>							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.50</b>
<b>Snack 1</b>							
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>28.02</b>	<b>22.39</b>	<b>1.48</b>	<b>222.23</b>
<b>Lunch</b>							
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
1	4.0	ounce(s)	Sirloin Top - fat trimmed off	34.40	0.00	7.72	216.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>27.13</b>	<b>10.13</b>	<b>1.60</b>	<b>169.00</b>
<b>Snack 2</b>							
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>23.00</b>	<b>3.00</b>	<b>2.50</b>	<b>130.00</b>
<b>Dinner</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.8	cup	Rice / White Steamed - Cooked	3.38	30.38	0.00	135.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>29.38</b>	<b>30.38</b>	<b>1.60</b>	<b>259.00</b>
<b>Totals For 1200 Calories Extreme Fat Loss - Day 03</b>				<b>163.69</b>	<b>87.03</b>	<b>18.51</b>	<b>1201.21</b>



# 4 Week Home FAT LOSS PROGRAM

## Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Extreme Fat Loss - Day 04</b>							
<b>Breakfast</b>							
1	3.0	each	Egg Whites - scrambled / boiled	10.50	0.90	0.00	51.00
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	27.90	148.50
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>17.10</b>	<b>28.80</b>	<b>6.75</b>	<b>199.50</b>
<b>Snack 1</b>							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>34.50</b>	<b>4.50</b>	<b>3.75</b>	<b>195.00</b>
<b>Lunch</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.5	cup	Rice / White Steamed - Cooked	2.25	20.25	0.00	90.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>28.25</b>	<b>20.25</b>	<b>1.60</b>	<b>214.00</b>
<b>Snack 2</b>							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>							
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
1	4.0	ounce(s)	Swordfish - cooked dry heat	28.80	0.00	5.84	176.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>37.46</b>	<b>28.94</b>	<b>8.00</b>	<b>338.49</b>
<b>Totals For 1200 Calories Extreme Fat Loss - Day 04</b>				<b>163.31</b>	<b>88.49</b>	<b>21.35</b>	<b>1206.99</b>

# 4 Week Home FAT LOSS PROGRAM

## Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Extreme Fat Loss - Day 05</b>							
<b>Breakfast</b>							
15	0.5	cup	Egg Whites - scrambled / boiled	6.60	27.90	0.00	148.50
0	1.5	scoop	Oatmeal-quick, measured uncooked	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>41.10</b>	<b>32.40</b>	<b>6.75</b>	<b>343.50</b>
<b>Snack 1</b>							
23	0.0	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>46.00</b>	<b>6.00</b>	<b>8.50</b>	<b>290.00</b>
<b>Lunch</b>							
10	0.3	cup	Rice / White cook steamed	1.13	10.13	0.00	45.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>26.63</b>	<b>10.13</b>	<b>0.60</b>	<b>159.00</b>
<b>Snack 2</b>							
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>23.00</b>	<b>3.00</b>	<b>2.50</b>	<b>130.00</b>
<b>Dinner</b>							
6	1.0	1 cup shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.49	1.63	0.08	7.70
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>28.38</b>	<b>25.06</b>	<b>6.02</b>	<b>273.78</b>
<b>Totals For 1200 Calories Extreme Fat Loss - Day 05</b>				<b>165.11</b>	<b>76.59</b>	<b>24.37</b>	<b>1196.28</b>

# 4 Week Home FAT LOSS PROGRAM

## Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Extreme Fat Loss - Day 06</b>							
<b>Breakfast</b>							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>29.60</b>	<b>30.90</b>	<b>5.50</b>	<b>278.00</b>
<b>Snack 1</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.20	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>27.95</b>	<b>21.45</b>	<b>1.69</b>	<b>217.00</b>
<b>Lunch</b>							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>35.13</b>	<b>10.13</b>	<b>0.80</b>	<b>197.00</b>
<b>Snack 2</b>							
0	1.5	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>							
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>28.75</b>	<b>24.52</b>	<b>6.06</b>	<b>272.98</b>
<b>Totals For 1200 Calories Extreme Fat Loss - Day 06</b>				<b>167.43</b>	<b>93.00</b>	<b>19.05</b>	<b>1225.48</b>

# 4 Week Home FAT LOSS PROGRAM

## Women Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Extreme Fat Loss - Day 07</b>							
<b>Breakfast</b>							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>29.60</b>	<b>30.90</b>	<b>5.50</b>	<b>278.50</b>
<b>Snack 1</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>27.95</b>	<b>21.45</b>	<b>1.69</b>	<b>217.00</b>
<b>Lunch</b>							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>26.63</b>	<b>10.13</b>	<b>0.60</b>	<b>159.00</b>
<b>Snack 2</b>							
0	1.5	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>							
6	1.5	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.74	2.45	0.12	11.55
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>28.63</b>	<b>24.88</b>	<b>6.06</b>	<b>277.63</b>
<b>Totals For 1200 Calories Extreme Fat Loss - Day 07</b>				<b>158.81</b>	<b>94.36</b>	<b>18.85</b>	<b>1192.13</b>



# 4 Week Home FAT LOSS PROGRAM

## Men Grocery List

Category	Food	Qty	Measure
Beverages	Water, tap, drinking	560.00	1 fl oz
Cereals	Oatmeal-quick, measured uncooked	3.75	cup
	Oatmeal-quick, measured uncooked	1.00	cup
Fats & Oils	Flaxseed Oil (linseed)	0.25	tablespoon
Fibrous Carbohydrates (Healthy)	Broccoli	2.00	spear
Meal Substitutes	Protein Powder	30.00	scoop
Performance Carbohydrates	Sweetpotato, cooked, baked in skin, without salt	2.25	1 cup
	Rice - white cook steamed	2.50	cup
	Rice/White Steamed - Cooked	1.50	cup
	Potato/White - Baked	17.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	5.00	each
	Swordfish - cooked dry heat	5.00	ounce(s)
	Salmon - broiled	4.00	ounce(s)
	Turkey Breast / White Meat	24.00	ounce(s)
	Chicken Breast / White Meat	29.00	ounce(s)
	Sirloin Top - fat trimmed off	23.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.25	1 cup
Seasonings	Vinegar, balsamic	8.00	1 tablespoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Spinach, raw	4.50	1 cup
	Lettuce, iceberg (includes crisphead types), raw	4.00	1 cup, shared or chopped

# 4 Week Home FAT LOSS PROGRAM

## Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 Calories Extreme Fat Loss - Day 01</b>							
<b>Breakfast</b>							
15	0.8	cup	Oatmeal-quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>55.90</b>	<b>47.85</b>	<b>9.50</b>	<b>482.75</b>
<b>Snack 1</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>27.95</b>	<b>21.45</b>	<b>1.69</b>	<b>217.00</b>
<b>Lunch</b>							
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>36.25</b>	<b>20.25</b>	<b>0.80</b>	<b>242.00</b>
<b>Snack 2</b>							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>							
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>46.38</b>	<b>25.06</b>	<b>9.98</b>	<b>384.43</b>
<b>Totals For 1600 Calories Extreme Fat Loss - Day 01</b>				<b>212.48</b>	<b>120.61</b>	<b>26.97</b>	<b>1586.18</b>

# 4 Week Home FAT LOSS PROGRAM

## Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 Calories Extreme Fat Loss - Day 02</b>							
<b>Breakfast</b>							
15	0.8	cup	Oatmeal-quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>55.90</b>	<b>47.85</b>	<b>9.50</b>	<b>482.75</b>
<b>Snack 1</b>							
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>27.03</b>	<b>21.45</b>	<b>14.09</b>	<b>325.00</b>
<b>Lunch</b>							
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>41.25</b>	<b>20.25</b>	<b>2.40</b>	<b>276.00</b>
<b>Snack 2</b>							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>							
6	1.5	1 cup, shredded or chopped	Sirloin Top - fat trimmed off	0.74	2.45	0.12	11.55
10	0.3	1 cup	Spinach, raw	1.00	10.35	0.08	45.00
1	5.0	ounce(s)	Sweetpotato, cooked, backed in skin, without salt	42.50	0.00	1.00	190.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>44.32</b>	<b>15.52</b>	<b>1.20</b>	<b>260.60</b>
<b>Totals For 1600 Calories Extreme Fat Loss - Day 02</b>				<b>214.50</b>	<b>111.07</b>	<b>32.19</b>	<b>1604.38</b>

# 4 Week Home FAT LOSS PROGRAM

## Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 Calories Extreme Fat Loss - Day 03</b>							
<b>Breakfast</b>							
0	2.5	scoop	Protein Powder	57.50	7.50	6.25	325.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>57.50</b>	<b>7.50</b>	<b>6.25</b>	<b>325.00</b>
<b>Snack 1</b>							
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.06	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>29.27</b>	<b>33.58</b>	<b>1.92</b>	<b>276.34</b>
<b>Lunch</b>							
10	5.0	ounce(s)	Potato / White -Backed	3.25	35.75	0.15	155.00
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
0	2.0	1 tablespoon	Vinegar, balsamic	0.16	5.45	0.00	28.16
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>47.70</b>	<b>42.83</b>	<b>9.98</b>	<b>463.51</b>
<b>Snack 2</b>							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>34.50</b>	<b>4.50</b>	<b>3.75</b>	<b>195.00</b>
<b>Dinner</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	1.0	cup	Rice / White Steamed - Cooked	4.50	40.50	0.00	180.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>30.50</b>	<b>40.50</b>	<b>1.60</b>	<b>304.00</b>
<b>Totals For 1600 Calories Extreme Fat Loss - Day 03</b>				<b>199.47</b>	<b>128.91</b>	<b>23.50</b>	<b>1563.85</b>



# 4 Week Home FAT LOSS PROGRAM

## Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
<b>1600 Calories Extreme Fat Loss - Day 04</b>								
<b>Breakfast</b>								
	1	5.0	each	Egg Whites - scrambled / boiled	17.50	1.50	0.00	85.00
	15	1.0	cup	Oatmeal-quick, measured uncooked	13.20	55.80	6.00	297.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>					<b>30.70</b>	<b>57.30</b>	<b>6.00</b>	<b>382.00</b>
<b>Snack 1</b>								
	0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>					<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Lunch</b>								
	1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
	10	0.5	cup	Rice / White Steamed - Cooked	2.25	20.25	0.00	90.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>					<b>41.25</b>	<b>20.25</b>	<b>2.40</b>	<b>276.00</b>
<b>Snack 2</b>								
	0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>					<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>								
	3	2.0	spear	Sirloin Top - fat trimmed off	10.00	8.00	2.00	80.00
	6	2.0	0.5 cup (1" pieces)	Spinach, raw	2.28	5.10	0.56	28.52
	17	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.52	22.39	0.88	108.23
	1	5.0	ounce(s)	Vinegar, balsamic	36.00	0.00	7.30	220.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>					<b>50.80</b>	<b>35.49</b>	<b>10.74</b>	<b>436.75</b>
<b>Totals For 1600 Calories Extreme Fat Loss - Day 04</b>					<b>214.75</b>	<b>125.04</b>	<b>29.14</b>	<b>1614.75</b>

# 4 Week Home FAT LOSS PROGRAM

## Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
<b>1600 Calories Extreme Fat Loss - Day 05</b>								
<b>Breakfast</b>								
	15	1.0	cup	Oatmeal-quick, measured uncooked	13.20	55.80	6.00	297.00
	0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>					<b>59.20</b>	<b>61.80</b>	<b>11.00</b>	<b>557.00</b>
<b>Snack 1</b>								
	23	0.3	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
	0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>					<b>46.00</b>	<b>6.00</b>	<b>8.50</b>	<b>290.00</b>
<b>Lunch</b>								
	10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
	1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>					<b>35.13</b>	<b>10.13</b>	<b>0.80</b>	<b>197.00</b>
<b>Snack 2</b>								
	0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>					<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>								
	6	1.0	1 cup, shredded or chopped	Sirloin Top - fat trimmed off	0.49	1.63	0.08	7.70
	1	3.0	ounce(s)	Spinach, raw	25.80	0.00	5.79	162.00
	10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
	0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
	0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>					<b>28.38</b>	<b>25.06</b>	<b>6.02</b>	<b>273.78</b>
<b>Totals For 1600 Calories Extreme Fat Loss - Day 05</b>					<b>214.71</b>	<b>108.99</b>	<b>31.32</b>	<b>1577.78</b>

# 4 Week Home FAT LOSS PROGRAM

## Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 Calories Extreme Fat Loss - Day 06</b>							
<b>Breakfast</b>							
15	0.5	cup	Oatmeal-quick, measured uncooked	6.60	27.90	3.00	148.50
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>52.60</b>	<b>33.90</b>	<b>8.00</b>	<b>408.50</b>
<b>Snack 1</b>							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>34.45</b>	<b>21.45</b>	<b>2.09</b>	<b>248.00</b>
<b>Lunch</b>							
10	0.8	cup	Rice - white cook steamed	3.38	30.38	0.00	135.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>37.38</b>	<b>30.38</b>	<b>0.80</b>	<b>287.00</b>
<b>Snack 2</b>							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>							
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	2.0	1 tablespoon	Vinegar, balsamic	0.16	5.45	0.00	28.16
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>46.46</b>	<b>27.79</b>	<b>9.98</b>	<b>398.51</b>
<b>Totals For 1600 Calories Extreme Fat Loss - Day 06</b>				<b>216.89</b>	<b>119.52</b>	<b>25.87</b>	<b>1602.01</b>

# 4 Week Home FAT LOSS PROGRAM

## Men Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 Calories Extreme Fat Loss - Day 07</b>							
<b>Breakfast</b>							
15	0.8	cup	Oatmeal-quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>55.90</b>	<b>47.85</b>	<b>9.50</b>	<b>482.75</b>
<b>Snack 1</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato / White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>27.95</b>	<b>21.45</b>	<b>1.69</b>	<b>217.00</b>
<b>Lunch</b>							
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>36.25</b>	<b>20.25</b>	<b>0.80</b>	<b>242.00</b>
<b>Snack 2</b>							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>46.00</b>	<b>6.00</b>	<b>5.00</b>	<b>260.00</b>
<b>Dinner</b>							
6	1.5	1 cup, shredded or chopped	Sirloin Top - fat trimmed off	0.74	2.45	0.12	11.55
1	5.0	ounce(s)	Spinach, raw	43.00	0.00	9.65	270.00
10	0.5	1 cup	Sweetpotato, cooked, backed in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>45.83</b>	<b>25.88</b>	<b>9.92</b>	<b>385.63</b>
<b>Totals For 1600 Calories Extreme Fat Loss - Day 07</b>				<b>211.93</b>	<b>121.43</b>	<b>26.91</b>	<b>1587.38</b>