



Your 17/ 7 Meal Guide What and How Much You'll Eat

We detailed your daily schedule- *When you eat*- in the Blueprint PDF Now. What and how much will you eat? This short outline will detail everything, so *you'll be crystal clear*.

Your eating plan is simple and flexible because you'll eat healthful, satisfying and delicious meals and snacks. You'll eat protein, carbs and fat. Regular foods. Nothing crazy or difficult. All the foods on the program are found at Trader Joe's or (similar items) at your local grocery store.

Your two daily meals will center around a main protein source (hamburger, chicken, turkey, eggs, fish, etc.), WITH vegetables, cheese, potatoes, sweet potatoes and whole grain bread.

You'll snack on apples, bananas, blueberries, dark chocolate, nuts and peanut and almond butter.

You'll avoid sugar, cookies, candy and other processed food crap. However, a cookie now and then won't hurt you. You have to enjoy life! Just watch it.

Take a look at these meal variations. You'll get the idea.

Limit your approximate caloric intake to about 10-12 calories/ lb. of your target weight. For example:

200 lbs.:	2,000- 2,400 total calories/ day.
190 lbs.:	1,900- 2,280 total calories/ day.
180 lbs.:	1,800- 2,160 total calories/ day.
170 lbs.:	1,700- 2040 total calories/ day.
160 lbs.:	1,600- 1,920 total calories/ day.

As you can see, you're going to be eating two pretty big meals. And you can eat a couple of healthy snacks. You can do this... easily.

Egg Meal Variations. Who doesn't love eggs- right? Healthy, delicious and easy to cook.

1. 4 egg omelet. Cheese, veggies and potatoes.
500- 600 calories- 33 grams protein
2. 4 Scrambled Eggs, cheese, salad, slice of toast with 1tbsp peanut butter
500- 600 calories, 40 grams protein
3. 4 scrambled eggs and *Amy's Tortilla Bowl*
700 calories, 48 grams protein
4. 4 scrambled eggs and *Amy's Cheddar Cheese Burrito*
600 calories, 40 grams protein

Hamburger Meals. Hamburgers might be the perfect, all American meal. Most people love them. Easy to cook/ grill, taste great and lots of protein.

For your purposes, **a hamburger is BIG. It's an 8oz (uncooked) 85% lean patty.** Of course, you can add cheese to it and make it a cheeseburger.

8oz = 570 calories and 59 grams protein.

If you choose a 4oz hamburger, you figure 285 calories and about 29 grams of protein.

5. 8 oz Hamburger with bun and Sweet Potato Frites.
About 1,000 calories- 64 grams protein.
6. 4oz Hamburger (no bun) + Trader Joe's Lamb Vindaloo (or similar) + Sweet Potato frites.
About 875 calories- 49 grams protein.
7. Hamburger + Roasted Potatoes + Veggies
8. Hamburger + Palak Paneer

Steak Meals:

9. Grilled steak
10. Steak and eggs
11. Steak sandwich

Chicken Breast Meals:

12. 8 oz Chicken Breasts
Veggies
Potatoes
13. Chicken breasts with Chicken Tikka Masala
14. Chicken Breasts with Palak Paneer
15. Can of Chicken with Palak Paneer & Sweet Potato Frites

Turkey Breast Meals:

- 16. Turkey and potatoes
- 17. Turkey and ____
- 18. Turkey and _____

Fish Meals

Tuna

- 19. Sandwich

Sardines

- 20. Sardine sandwich

Salmon

- 21. Salmon and Rice
- 22. Salmon and Veggies

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BodyFitFast.com

June 2, 2019

Version 1.0

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