



GET LEAN

MA FITNESS 30 DAY FAT MELT

TRAIN MEAN

ACHIEVE RESULTS

GET IT DONE



THREE PHASES FOR FAT LOSS

01 DAYS 1-14

ditching any and all processed foods and heavy carbs.

02 DAYS 15-22

sticking to portioned controlled meals and healthy foods.

03 DAYS 23-30

the final stretch of strict eating and major results.



In this phase, you'll be ditching any and all processed foods. It's only clean eating ingredients from here on out.

CARBS:

sweet potato
whole grain bread
rolled oats
quinoa
white or brown rice
oranges
bananas
berries

FATS:

grapeseed/olive/coconut oil
avocado
no sugar nut butter
nuts
seeds

PROTEIN:

chicken*
turkey*
ground beef*
fish
protein powder
egg white

*must be 85% lean or higher

VEGGIES:

broccoli
tomato
zucchini/squash
asparagus
spinach
kale
peppers
cauliflower



PHASE 1 RULES

LIMIT CARBS AFTER 3PM

if having carbs after 3pm, choose a low-sugar fruit like berries.

DRINK A GALLON OF WATER A DAY

All that talk about hydration? we mean it.

LIMIT DAIRY

Dairy can make you retain water, so if you have it, only have one serving per day.



PHASE 02: DAYS 15 - 22

This phase kicks things up a notch. Stick to your approved foods from phase one., but now we're going to focus on the right portions.

CARBS:

- 1 cup cooked rice or quinoa
- 1 small-medium cooked sweet potato
- 1 slice whole grain bread
- 1 orange
- 1 banana
- 1 cup berries

PROTEIN:

- 3 ounces of cooked animal protein for women
- 5 ounce of cooked animal protein for men
- 1 scoop protein powder
- 1/2 (women) - 1 cup (men) egg whites

FATS:

- 1 tablespoon oil
- 1/2 avocado
- 1/4 cup nuts or seeds

VEGGIES:

no limit. fill your plate with these!



PHASE 2 RULES

ELIMINATE CARBS AFTER 3PM

When the clock strikes 3, carbs become off limits.

HAVE YOUR LAST MEAL 2 HOURS BEFORE BED

Late night snacking is a thing of the past.

ADD 1 MORE WORKOUT TO YOUR WEEK

Let's get an extra sweat session in for phase 2 and 3.



PHASE 03: DAYS 23 - 30

The last week means we have to kick it into high gear. Use the following meals and ONLY the following meals in the final week.

BREAKFAST:

- egg whites + veggies + 1 cup berries OR 1/2 avocado
- protein powder + 1 cup berries + spinach + nut butter smoothie
- banana, protein powder, egg whites blended to make "pancake batter." cooked and topped with nut butter

LUNCH:

- large salad with chicken + 1tbs oil and balsamic vinegar for dressing + 1 apple
- lettuce "tacos" with choice of protein, topped with salsa + 1 cup berries
- 1 can tuna + 1/2 avocado + chopped veggies mixed for "tuna salad" + 1 sweet potato



PHASE 03: DAYS 23 - 30

DINNER:

- protein + stir fry veggies cooked in 1 oil
- lean turkey burger + 1/4 avocado and lettuce for bun
- salmon + roasted asparagus

SNACKS:

- 1 sliced grapefruit with cinnamon
- piece of fruit
- celery + nut butter
- 1 serving nuts + 1 apple
- protein shake



PHASE 3 RULES

CONTINUE FOLLOWING RULES FROM PHASES 1 & 2

Can't stop now!

DRINK GREEN TEA, BLACK COFFEE AND WATER

Caffeine is a beautiful thing at this point, drink 1-2 cups per day.

ELIMINATE DAIRY

We're getting rid of anything that might keep your belly bloated.