

Meal Plan  
Fat Loss Extreme

Prepared By: Vinsanity Diet Plans

## Fat Loss Extreme

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Day 1

Day 1						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	4	1/8 cups Green Onions Chopped			
		56	4 fl oz 100% Egg Whites			
		140	100 grams Eggs Whole			
		80	34 grams 1 slice Ezekiel Bread			
Notes:						
Meal Totals:		Calories: 280	Carbs: 17g (25%)	Protein: 29g (42%)	Fat: 10g (33%)	Fluid: 4oz
10:00 am	Snack	130	1 tablespoons Coconut Oil			
		45	1 cups Broccoli - Steamed			
		135	3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 310	Carbs: 6g (8%)	Protein: 30g (39%)	Fat: 18g (53%)	Fluid: 0oz
12:00 pm	Lunch	21	1/2 cups Raw Kale			
		10	1 cups Baby Spinach			
		276	4 oz 96% Ground Beef			
Notes:						
Meal Totals:		Calories: 307	Carbs: 5g (7%)	Protein: 31g (42%)	Fat: 17g (52%)	Fluid: 0oz
03:00 pm	Snack	160	1 serving Protein Shake/Scoop			
		174	1 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
06:00 pm	Dinner	25	100 grams Asparagus (grilled,steamed or boiled).			
		113	90 grams Avocado (half)			
		285	5 oz Salmon Fish (Cooked)			
Notes:						
Meal Totals:		Calories: 423	Carbs: 4g (4%)	Protein: 33g (31%)	Fat: 31g (65%)	Fluid: 0oz
08:00 pm	Snack	45	1 cups Broccoli - Steamed			
		123	3 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 168	Carbs: 6g (14%)	Protein: 27g (64%)	Fat: 4g (21%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		1822	48g (11%)	186g (41%)	97g (48%)	4oz

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**Day 2**

Day 2						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	225 70 70	3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 50 grams Eggs Whole 5 fl oz 100% Egg Whites			
Notes:						
Meal Totals:		Calories: 365	Carbs: 42g (44%)	Protein: 30g (32%)	Fat: 10g (24%)	Fluid: 5oz
10:00 am	Snack	135 155	3 oz Chicken Breast (cooked) 6 oz Sweet Potato			
Notes:						
Meal Totals:		Calories: 290	Carbs: 35g (48%)	Protein: 31g (43%)	Fat: 3g (9%)	Fluid: 0oz
12:00 pm	Lunch	164 45 231	4 oz 93% Lean Ground Turkey (Cooked) 1 cups Broccoli - Steamed 1 cups Quinoa - Cooked			
Notes:						
Meal Totals:		Calories: 440	Carbs: 48g (43%)	Protein: 43g (39%)	Fat: 9g (18%)	Fluid: 0oz
03:00 pm	Snack	160 174	1 serving Protein Shake/Scoop 1 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
06:00 pm	Dinner	276 9 184	4 oz 96% Ground Beef 1 cups Lettuce romaine 5 oz POTATO, BAKED			
Notes:						
Meal Totals:		Calories: 469	Carbs: 25g (21%)	Protein: 33g (28%)	Fat: 27g (51%)	Fluid: 4oz
08:00 pm	Snack	82 20	2 oz 93% Lean Ground Turkey (Cooked) 2 cups Baby Spinach			
Notes:						
Meal Totals:		Calories: 102	Carbs: 3g (12%)	Protein: 18g (71%)	Fat: 2g (18%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 2 Totals:</b>		<b>2000</b>	<b>163g (32%)</b>	<b>191g (38%)</b>	<b>68g (30%)</b>	<b>9oz</b>

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Day 3

Day 3						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	105 80 150 56	118 grams 1 Banana 34 grams 1 slice Ezekiel Bread 1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 4 fl oz 100% Egg Whites			
Notes:						
Meal Totals:		Calories: 391	Carbs: 70g (70%)	Protein: 23g (23%)	Fat: 3g (7%)	Fluid: 4oz
10:00 am	Snack	135 181	3 oz Chicken Breast (cooked) 7 oz Sweet Potato			
Notes:						
Meal Totals:		Calories: 316	Carbs: 41g (52%)	Protein: 31g (39%)	Fat: 3g (9%)	Fluid: 0oz
12:00 pm	Lunch	180 231 41	4 oz Chicken Breast (cooked) 1 cups Quinoa - Cooked 1 cups Raw Kale			
Notes:						
Meal Totals:		Calories: 452	Carbs: 48g (42%)	Protein: 47g (41%)	Fat: 9g (18%)	Fluid: 0oz
03:00 pm	Snack	160 218	1 serving Protein Shake/Scoop 1 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 378	Carbs: 49g (51%)	Protein: 35g (37%)	Fat: 5g (12%)	Fluid: 0oz
06:00 pm	Dinner	327 164	1 1/2 cups Brown Rice (medium-grain, cooked) 4 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 491	Carbs: 68g (56%)	Protein: 39g (32%)	Fat: 6g (11%)	Fluid: 0oz
08:00 pm	Snack	45 82	1 cups Broccoli - Steamed 2 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 127	Carbs: 6g (19%)	Protein: 19g (60%)	Fat: 3g (21%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 3 Totals:</b>		<b>2155</b>	<b>282g (52%)</b>	<b>194g (36%)</b>	<b>29g (12%)</b>	<b>4oz</b>

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Day 4

Day 4						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	140 80 56 4	100 grams Eggs Whole 34 grams 1 slice Ezekiel Bread 4 fl oz 100% Egg Whites 1/8 cups Green Onions Chopped			
Notes:						
Meal Totals:		Calories: 280	Carbs: 17g (25%)	Protein: 29g (42%)	Fat: 10g (33%)	Fluid: 4oz
10:00 am	Snack	45 135 130	1 cups Broccoli - Steamed 3 oz Chicken Breast (cooked) 1 tablespoons Coconut Oil			
Notes:						
Meal Totals:		Calories: 310	Carbs: 6g (8%)	Protein: 30g (39%)	Fat: 18g (53%)	Fluid: 0oz
12:00 pm	Lunch	10 276 21	1 cups Baby Spinach 4 oz 96% Ground Beef 1/2 cups Raw Kale			
Notes:						
Meal Totals:		Calories: 307	Carbs: 5g (7%)	Protein: 31g (42%)	Fat: 17g (52%)	Fluid: 0oz
03:00 pm	Snack	174 160	1 oz Almonds raw 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
06:00 pm	Dinner	113 25 285	90 grams Avocado (half) 100 grams Asparagus (grilled,steamed or boiled). 5 oz Salmon Fish (Cooked)			
Notes:						
Meal Totals:		Calories: 423	Carbs: 4g (4%)	Protein: 33g (31%)	Fat: 31g (65%)	Fluid: 0oz
08:00 pm	Snack	45 123	1 cups Broccoli - Steamed 3 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 168	Carbs: 6g (14%)	Protein: 27g (64%)	Fat: 4g (21%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 4 Totals:		1822	48g (11%)	186g (41%)	97g (48%)	4oz

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Day 5

Day 5						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	140 80 56 4	100 grams Eggs Whole 34 grams 1 slice Ezekiel Bread 4 fl oz 100% Egg Whites 1/8 cups Green Onions Chopped			
Notes:						
Meal Totals:		Calories: 280	Carbs: 17g (25%)	Protein: 29g (42%)	Fat: 10g (33%)	Fluid: 4oz
10:00 am	Snack	45 135 130	1 cups Broccoli - Steamed 3 oz Chicken Breast (cooked) 1 tablespoons Coconut Oil			
Notes:						
Meal Totals:		Calories: 310	Carbs: 6g (8%)	Protein: 30g (39%)	Fat: 18g (53%)	Fluid: 0oz
12:00 pm	Lunch	276 10 21	4 oz 96% Ground Beef 1 cups Baby Spinach 1/2 cups Raw Kale			
Notes:						
Meal Totals:		Calories: 307	Carbs: 5g (7%)	Protein: 31g (42%)	Fat: 17g (52%)	Fluid: 0oz
03:00 pm	Snack	174 160	1 oz Almonds raw 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
06:00 pm	Dinner	285 25 113	5 oz Salmon Fish (Cooked) 100 grams Asparagus (grilled,steamed or boiled). 90 grams Avocado (half)			
Notes:						
Meal Totals:		Calories: 423	Carbs: 4g (4%)	Protein: 33g (31%)	Fat: 31g (65%)	Fluid: 0oz
08:00 pm	Snack	45 123	1 cups Broccoli - Steamed 3 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 168	Carbs: 6g (14%)	Protein: 27g (64%)	Fat: 4g (21%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 5 Totals:		1822	48g (11%)	186g (41%)	97g (48%)	4oz

## Meal Plan

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**Day 6**

Day 6						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	70 70 225	5 fl oz 100% Egg Whites 50 grams Eggs Whole 3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
Notes:						
Meal Totals:		Calories: 365	Carbs: 42g (44%)	Protein: 30g (32%)	Fat: 10g (24%)	Fluid: 5oz
10:00 am	Snack	135 155	3 oz Chicken Breast (cooked) 6 oz Sweet Potato			
Notes:						
Meal Totals:		Calories: 290	Carbs: 35g (48%)	Protein: 31g (43%)	Fat: 3g (9%)	Fluid: 0oz
12:00 pm	Lunch	45 164 231	1 cups Broccoli - Steamed 4 oz 93% Lean Ground Turkey (Cooked) 1 cups Quinoa - Cooked			
Notes:						
Meal Totals:		Calories: 440	Carbs: 48g (43%)	Protein: 43g (39%)	Fat: 9g (18%)	Fluid: 0oz
03:00 pm	Snack	174 160	1 oz Almonds raw 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
06:00 pm	Dinner	184 276 9	5 oz POTATO, BAKED 4 oz 96% Ground Beef 1 cups Lettuce romaine			
Notes:						
Meal Totals:		Calories: 469	Carbs: 25g (21%)	Protein: 33g (28%)	Fat: 27g (51%)	Fluid: 4oz
08:00 pm	Snack	20 82	2 cups Baby Spinach 2 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 102	Carbs: 3g (12%)	Protein: 18g (71%)	Fat: 2g (18%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 6 Totals:</b>		<b>2000</b>	<b>163g (32%)</b>	<b>191g (38%)</b>	<b>68g (30%)</b>	<b>9oz</b>

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Day 7

Day 7						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	56	4 fl oz 100% Egg Whites			
		150	1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		80	34 grams 1 slice Ezekiel Bread			
		105	118 grams 1 Banana			
Notes:						
Meal Totals:		Calories: 391	Carbs: 70g (70%)	Protein: 23g (23%)	Fat: 3g (7%)	Fluid: 4oz
10:00 am	Snack	181	7 oz Sweet Potato			
		135	3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 316	Carbs: 41g (52%)	Protein: 31g (39%)	Fat: 3g (9%)	Fluid: 0oz
12:00 pm	Lunch	41	1 cups Raw Kale			
		231	1 cups Quinoa - Cooked			
		180	4 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 452	Carbs: 48g (42%)	Protein: 47g (41%)	Fat: 9g (18%)	Fluid: 0oz
03:00 pm	Snack	160	1 serving Protein Shake/Scoop			
		218	1 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 378	Carbs: 49g (51%)	Protein: 35g (37%)	Fat: 5g (12%)	Fluid: 0oz
06:00 pm	Dinner	164	4 oz 93% Lean Ground Turkey (Cooked)			
		327	1 1/2 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 491	Carbs: 68g (56%)	Protein: 39g (32%)	Fat: 6g (11%)	Fluid: 0oz
08:00 pm	Snack	45	1 cups Broccoli - Steamed			
		82	2 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 127	Carbs: 6g (19%)	Protein: 19g (60%)	Fat: 3g (21%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 7 Totals:		2155	282g (52%)	194g (36%)	29g (12%)	4oz


















## Meal Plan Shopping List

Category	Quantity	Item
Beef	20 oz	96% Ground Beef
Cereal and Grain Products	2 1/2 cups	Oats, Rolled, Old Fashioned (oatmeal)   Quaker
	4 cups	Quinoa - Cooked
	5 cups	Brown Rice (medium-grain, Cooked)
Dairy Products	400 grams	Eggs Whole
Fats and Oils	3 tablespoons	Coconut Oil
Finfish and Shellfish Products	15 oz	Salmon Fish (cooked)
Fruits	236 grams	1 Banana
Nuts and Seeds	5 oz	Almonds Raw
Poultry	29 oz	Chicken Breast (cooked)
	33 oz	93% Lean Ground Turkey (cooked)
Restaurant Menu Items, Generic	10 oz	Potato, Baked
Side Dishes	26 oz	Sweet Potato
Snacks	170 grams	1 Slice Ezekiel Bread
Sport and Diet Nutritionals	7 serving	Protein Shake/scoop
	30 fl oz	100% Egg Whites
Vegetables	3/8 cups	Green Onions Chopped
	2 cups	Lettuce Romaine
	3 1/2 cups	Raw Kale
	7 cups	Baby Spinach
	10 cups	Broccoli - Steamed
	270 grams	Avocado (half)
	300 grams	Asparagus (grilled,steamed Or Boiled).







## Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

### Basic Guidelines

 Golf Ball <b>¼ cup</b> <b>1 oz</b> <b>2 tbsp</b>	 Tennis Ball <b>1/3 cup</b>	 Computer Mouse <b>½ cup</b>	 Baseball <b>1 cup</b>	 Rounded Handful <b>½ cup</b> <b>1 oz dried goods</b>
 Hockey Puck <b>3 oz muffin or biscuit</b>	 Matchbox <b>1 oz serving of meat</b>	 Deck of Cards <b>3 oz of chicken, meat, or fish</b>	 Thin Paperback Book <b>8 oz serving of meat</b>	 Thumb <b>1 tsp</b>
 Poker Chip <b>1 tbsp</b>	 Shot Glass <b>1 oz</b> <b>2 tbsp</b>	 CD <b>1 slice of bread</b> <b>1 oz lunch meat</b>	 3 Dice <b>1 ½ oz cheese</b>	 Kids' School Milk Carton <b>8 oz drink</b>

### Useful Examples

 Bread & Grains <b>1 cup of cereal = 1 baseball</b> <b>½ cup cooked rice = computer mouse</b> <b>½ cup cooked paste = computer mouse</b> <b>1 slice of bread = CD</b> <b>3 cups of popcorn = 3 baseballs</b>	 Fruits & Vegetables <b>½ cup grapes = about 16 grapes</b> <b>1 cup of strawberries = about 12 berries</b> <b>1 cup of salad greens = 1 baseball</b> <b>1 cup cooked vegetables = 1 baseball</b> <b>1 baked potato = computer mouse</b>	 Meats, Fish & Nuts <b>3 oz lean meat or poultry = deck of cards</b> <b>3 oz tofu = deck of cards</b> <b>2 tbsp peanut butter = golf ball</b> <b>¼ cup almonds = about 23 almonds</b> <b>¼ cup pistachios = about 24 pistachios</b>
 Dairy & Cheese <b>1 ½ oz cheese = stacked dice</b> <b>1 cup yogurt = baseball</b> <b>½ cup ice cream = computer mouse</b>	 Fats & Oils <b>1 tbsp butter or spread = poker chip</b> <b>1 tbsp salad dressing = poker chip</b> <b>1 tbsp oil or mayonnaise = poker chip</b>	 Sweets & Treats <b>1 slice cake = deck of cards</b> <b>1 cookie = about 2 poker chips</b> <b>1 piece of chocolate = matchbox</b>