

Meal Plan  
Fat Loss Extreme

Prepared By: Vinsanity Diet Plans

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Day 1

Day 1						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	113	90 grams Avocado (half) 150 grams Eggs Whole 1 tablespoons Grass-fed Butter			
		210				
		100				
Notes:						
Meal Totals:		Calories: 423	Carbs: 0g (0%)	Protein: 19g (18%)	Fat: 39g (82%)	Fluid: 0oz
10:00 am	Snack	6	1 teaspoons Cinnamon, ground 1 cups 2% Plain Greek Yogurt			
		170				
Notes:						
Meal Totals:		Calories: 176	Carbs: 10g (23%)	Protein: 23g (52%)	Fat: 5g (25%)	Fluid: 0oz
12:00 pm	Lunch	270	6 oz Chicken Breast (cooked) 1 cups Mixed Salad Greens 100 grams Asparagus (grilled,steamed or boiled). 20 ml balsamic dressing 100% fat free (praise)			
		40				
		25				
		13				
Notes:						
Meal Totals:		Calories: 348	Carbs: 14g (16%)	Protein: 59g (68%)	Fat: 6g (16%)	Fluid: 0oz
03:00 pm	Snack	200	1 oz MACADAMIAS, CHOPPED			
Notes:						
Meal Totals:		Calories: 200	Carbs: 4g (7%)	Protein: 3g (6%)	Fat: 21g (87%)	Fluid: 0oz
06:00 pm	Dinner	45	1 cups Broccoli - Steamed 6 oz 96% Ground Beef 2 cups Lettuce romaine			
		414				
		18				
Notes:						
Meal Totals:		Calories: 477	Carbs: 9g (8%)	Protein: 47g (40%)	Fat: 27g (52%)	Fluid: 0oz
08:00 pm	Snack	95	1 tablespoons All natural almond butter 1 serving Protein Shake/Scoop			
		160				
Notes:						
Meal Totals:		Calories: 255	Carbs: 8g (12%)	Protein: 34g (51%)	Fat: 11g (37%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		1879	45g (9%)	185g (39%)	109g (52%)	0oz

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Day 2

Day 2						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	140 150	112 grams Applegate Naturals Turkey Bacon 1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
Notes:						
Meal Totals:		Calories: 290	Carbs: 27g (35%)	Protein: 29g (38%)	Fat: 9g (27%)	Fluid: 0oz
10:00 am	Snack	190	1 serving Quest protein bar (flavor of your choice)			
Notes:						
Meal Totals:		Calories: 190	Carbs: 20g (33%)	Protein: 21g (34%)	Fat: 9g (33%)	Fluid: 0oz
12:00 pm	Lunch	45 225 327	1 cups Broccoli - Steamed 5 oz Chicken Breast (cooked) 1 1/2 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 597	Carbs: 74g (50%)	Protein: 55g (37%)	Fat: 8g (12%)	Fluid: 0oz
03:00 pm	Snack	174	1 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 174	Carbs: 6g (14%)	Protein: 6g (14%)	Fat: 14g (72%)	Fluid: 0oz
06:00 pm	Dinner	221 189 9 80	6 oz POTATO, BAKED 4 oz ATLANTIC COD, COOKED 1 cups Lettuce romaine 2 tablespoons Olive Oil & Balsamic Organic Vinaigrette - Organicville			
Notes:						
Meal Totals:		Calories: 499	Carbs: 31g (24%)	Protein: 46g (35%)	Fat: 24g (41%)	Fluid: 10oz
08:00 pm	Snack	234	1 cups 2% Cottage Cheese			
Notes:						
Meal Totals:		Calories: 234	Carbs: 8g (14%)	Protein: 37g (63%)	Fat: 6g (23%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 2 Totals:		1984	166g (32%)	194g (37%)	70g (30%)	10oz

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Day 3

Day 3						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	88 50 225 84	1 cups blueberries (fresh) 1/2 tablespoons Grass-fed Butter 3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 6 fl oz 100% Egg Whites			
Notes:						
Meal Totals:		Calories: 447	Carbs: 64g (54%)	Protein: 29g (25%)	Fat: 11g (21%)	Fluid: 6oz
10:00 am	Snack	192 45	60 grams Plain Rice Cakes (Organic) 1 cups Fresh strawberries			
Notes:						
Meal Totals:		Calories: 237	Carbs: 59g (95%)	Protein: 1g (2%)	Fat: 1g (4%)	Fluid: 0oz
12:00 pm	Lunch	240 15 270	10 oz Red Potatoes 1 1/2 cups Spring Mix, Organic, Earthbound 6 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 525	Carbs: 60g (45%)	Protein: 60g (45%)	Fat: 6g (10%)	Fluid: 0oz
03:00 pm	Snack	105 160	118 grams 1 Banana 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 265	Carbs: 31g (45%)	Protein: 31g (45%)	Fat: 3g (10%)	Fluid: 0oz
06:00 pm	Dinner	164 10 164	180 grams Sweet Potato 1 cups Baby Spinach 4 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 338	Carbs: 39g (46%)	Protein: 37g (44%)	Fat: 4g (11%)	Fluid: 0oz
08:00 pm	Snack	174 120	1 oz Almonds raw 32 grams Casein			
Notes:						
Meal Totals:		Calories: 294	Carbs: 9g (12%)	Protein: 30g (41%)	Fat: 15g (46%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 3 Totals:</b>		<b>2106</b>	<b>262g (49%)</b>	<b>188g (35%)</b>	<b>40g (17%)</b>	<b>6oz</b>

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Day 4

Day 4						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	210 100 113	150 grams Eggs Whole 1 tablespoons Grass-fed Butter 90 grams Avocado (half)			
Notes:						
Meal Totals:		Calories: 423	Carbs: 0g (0%)	Protein: 19g (18%)	Fat: 39g (82%)	Fluid: 0oz
10:00 am	Snack	170 6	1 cups 2% Plain Greek Yogurt 1 teaspoons Cinnamon, ground			
Notes:						
Meal Totals:		Calories: 176	Carbs: 10g (23%)	Protein: 23g (52%)	Fat: 5g (25%)	Fluid: 0oz
12:00 pm	Lunch	13 25 270 40	20 ml balsamic dressing 100% fat free (praise) 100 grams Asparagus (grilled,steamed or boiled). 6 oz Chicken Breast (cooked) 1 cups Mixed Salad Greens			
Notes:						
Meal Totals:		Calories: 348	Carbs: 14g (16%)	Protein: 59g (68%)	Fat: 6g (16%)	Fluid: 0oz
03:00 pm	Snack	200	1 oz MACADAMIAS, CHOPPED			
Notes:						
Meal Totals:		Calories: 200	Carbs: 4g (7%)	Protein: 3g (6%)	Fat: 21g (87%)	Fluid: 0oz
06:00 pm	Dinner	45 414 18	1 cups Broccoli - Steamed 6 oz 96% Ground Beef 2 cups Lettuce romaine			
Notes:						
Meal Totals:		Calories: 477	Carbs: 9g (8%)	Protein: 47g (40%)	Fat: 27g (52%)	Fluid: 0oz
08:00 pm	Snack	160 95	1 serving Protein Shake/Scoop 1 tablespoons All natural almond butter			
Notes:						
Meal Totals:		Calories: 255	Carbs: 8g (12%)	Protein: 34g (51%)	Fat: 11g (37%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 4 Totals:		1879	45g (9%)	185g (39%)	109g (52%)	0oz

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Day 5

Day 5						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	113 210 100	90 grams Avocado (half) 150 grams Eggs Whole 1 tablespoons Grass-fed Butter			
Notes:						
Meal Totals:		Calories: 423	Carbs: 0g (0%)	Protein: 19g (18%)	Fat: 39g (82%)	Fluid: 0oz
10:00 am	Snack	170 6	1 cups 2% Plain Greek Yogurt 1 teaspoons Cinnamon, ground			
Notes:						
Meal Totals:		Calories: 176	Carbs: 10g (23%)	Protein: 23g (52%)	Fat: 5g (25%)	Fluid: 0oz
12:00 pm	Lunch	25 270 40 13	100 grams Asparagus (grilled,steamed or boiled). 6 oz Chicken Breast (cooked) 1 cups Mixed Salad Greens 20 ml balsamic dressing 100% fat free (praise)			
Notes:						
Meal Totals:		Calories: 348	Carbs: 14g (16%)	Protein: 59g (68%)	Fat: 6g (16%)	Fluid: 0oz
03:00 pm	Snack	200	1 oz MACADAMIAS, CHOPPED			
Notes:						
Meal Totals:		Calories: 200	Carbs: 4g (7%)	Protein: 3g (6%)	Fat: 21g (87%)	Fluid: 0oz
06:00 pm	Dinner	414 18 45	6 oz 96% Ground Beef 2 cups Lettuce romaine 1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 477	Carbs: 9g (8%)	Protein: 47g (40%)	Fat: 27g (52%)	Fluid: 0oz
08:00 pm	Snack	160 95	1 serving Protein Shake/Scoop 1 tablespoons All natural almond butter			
Notes:						
Meal Totals:		Calories: 255	Carbs: 8g (12%)	Protein: 34g (51%)	Fat: 11g (37%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 5 Totals:</b>		<b>1879</b>	<b>45g (9%)</b>	<b>185g (39%)</b>	<b>109g (52%)</b>	<b>0oz</b>

## Meal Plan

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**Day 6**

Day 6						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	150 140	1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 112 grams Applegate Naturals Turkey Bacon			
Notes:						
Meal Totals:		Calories: 290	Carbs: 27g (35%)	Protein: 29g (38%)	Fat: 9g (27%)	Fluid: 0oz
10:00 am	Snack	190	1 serving Quest protein bar (flavor of your choice)			
Notes:						
Meal Totals:		Calories: 190	Carbs: 20g (33%)	Protein: 21g (34%)	Fat: 9g (33%)	Fluid: 0oz
12:00 pm	Lunch	327 225 45	1 1/2 cups Brown Rice (medium-grain, cooked) 5 oz Chicken Breast (cooked) 1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 597	Carbs: 74g (50%)	Protein: 55g (37%)	Fat: 8g (12%)	Fluid: 0oz
03:00 pm	Snack	174	1 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 174	Carbs: 6g (14%)	Protein: 6g (14%)	Fat: 14g (72%)	Fluid: 0oz
06:00 pm	Dinner	80 9 221 189	2 tablespoons Olive Oil & Balsamic Organic Vinaigrette - Organicville 1 cups Lettuce romaine 6 oz POTATO, BAKED 4 oz ATLANTIC COD, COOKED			
Notes:						
Meal Totals:		Calories: 499	Carbs: 31g (24%)	Protein: 46g (35%)	Fat: 24g (41%)	Fluid: 10oz
08:00 pm	Snack	234	1 cups 2% Cottage Cheese			
Notes:						
Meal Totals:		Calories: 234	Carbs: 8g (14%)	Protein: 37g (63%)	Fat: 6g (23%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 6 Totals:</b>		<b>1984</b>	<b>166g (32%)</b>	<b>194g (37%)</b>	<b>70g (30%)</b>	<b>10oz</b>

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Day 7

Day 7						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	225	3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		84	6 fl oz 100% Egg Whites			
		88	1 cups blueberries (fresh)			
		50	1/2 tablespoons Grass-fed Butter			
Notes:						
Meal Totals:		Calories: 447	Carbs: 64g (54%)	Protein: 29g (25%)	Fat: 11g (21%)	Fluid: 6oz
10:00 am	Snack	45	1 cups Fresh strawberries			
		192	60 grams Plain Rice Cakes (Organic)			
Notes:						
Meal Totals:		Calories: 237	Carbs: 59g (95%)	Protein: 1g (2%)	Fat: 1g (4%)	Fluid: 0oz
12:00 pm	Lunch	240	10 oz Red Potatoes			
		15	1 1/2 cups Spring Mix, Organic, Earthbound			
		270	6 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 525	Carbs: 60g (45%)	Protein: 60g (45%)	Fat: 6g (10%)	Fluid: 0oz
03:00 pm	Snack	160	1 serving Protein Shake/Scoop			
		105	118 grams 1 Banana			
Notes:						
Meal Totals:		Calories: 265	Carbs: 31g (45%)	Protein: 31g (45%)	Fat: 3g (10%)	Fluid: 0oz
06:00 pm	Dinner	10	1 cups Baby Spinach			
		164	180 grams Sweet Potato			
		164	4 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 338	Carbs: 39g (46%)	Protein: 37g (44%)	Fat: 4g (11%)	Fluid: 0oz
08:00 pm	Snack	120	32 grams Casein			
		174	1 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 294	Carbs: 9g (12%)	Protein: 30g (41%)	Fat: 15g (46%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 7 Totals:		2106	262g (49%)	188g (35%)	40g (17%)	6oz


















## Meal Plan Shopping List

Category	Quantity	Item
Accompaniments	3 teaspoons	Cinnamon, Ground
	4 tablespoons	Olive Oil & Balsamic Organic Vinaigrette - Organicville
	60 ml	Balsamic Dressing 100% Fat Free (praise)
Beef	18 oz	96% Ground Beef
Cereal and Grain Products	2 1/2 cups	Oats, Rolled, Old Fashioned (oatmeal)   Quaker
	3 cups	Brown Rice (medium-grain, Cooked)
	120 grams	Plain Rice Cakes (organic)
Dairy Products	2 cups	2% Cottage Cheese
	3 cups	2% Plain Greek Yogurt
	450 grams	Eggs Whole
Fats and Oils	3 tablespoons	All Natural Almond Butter
	4 tablespoons	Grass-fed Butter
Finfish and Shellfish Products	8 oz	Atlantic Cod, Cooked
Fruits	2 cups	Blueberries (fresh)
	2 cups	Fresh Strawberries
	236 grams	1 Banana
Nuts and Seeds	3 oz	Macadamias, Chopped   Planters
	4 oz	Almonds Raw
Poultry	8 oz	93% Lean Ground Turkey (cooked)
	40 oz	Chicken Breast (cooked)
	224 grams	Applegate Naturals Turkey Bacon
Restaurant Menu Items, Generic	12 oz	Potato, Baked
Side Dishes	3 cups	Mixed Salad Greens
	360 grams	Sweet Potato
Sport and Diet Nutritionals	2 serving	Quest Protein Bar (flavor Of Your Choice)
	5 serving	Protein Shake/scoop
	12 fl oz	100% Egg Whites
	64 grams	Casein
Vegetables	2 cups	Baby Spinach
	3 cups	Spring Mix, Organic, Earthbound
	5 cups	Broccoli - Steamed
	8 cups	Lettuce Romaine
	20 oz	Red Potatoes
	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>