

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	170 160 88	1/4 cups Oats, steel cut 1 serving Protein Shake/Scoop 1 cups blueberries (fresh)			
Notes:						
Meal Totals:		Calories: 418	Carbs: 54g (51%)	Protein: 38g (36%)	Fat: 6g (13%)	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	175 13 40 25 180	7 oz Sweet potato (without skin) * 20 ml balsamic dressing 100% fat free (praise) 1 cups Mixed Salad Greens 100 grams Asparagus (grilled,steamed or boiled). 4 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 433	Carbs: 56g (51%)	Protein: 44g (40%)	Fat: 4g (8%)	Fluid: 0oz
03:00 pm	Snack	123 200	3 oz 93% Lean Ground Turkey (Cooked) 1 cups Rice, White - Cooked			
Notes:						
Meal Totals:		Calories: 323	Carbs: 45g (56%)	Protein: 28g (35%)	Fat: 3g (8%)	Fluid: 0oz
06:00 pm	Dinner	45 18 276	1 cups Broccoli - Steamed 2 cups Lettuce romaine 4 oz 96% Ground Beef			
Notes:						
Meal Totals:		Calories: 339	Carbs: 9g (11%)	Protein: 33g (40%)	Fat: 18g (49%)	Fluid: 0oz
08:00 pm	Snack	20 190	4 oz Celery - Raw 2 tablespoons All natural almond butter			
Notes:						
Meal Totals:		Calories: 210	Carbs: 11g (20%)	Protein: 9g (16%)	Fat: 16g (64%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		1899	185g (39%)	175g (37%)	52g (25%)	0oz

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Day 2

Day 2						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	70 225	56 grams Applegate Naturals Turkey Bacon 3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
Notes:						
Meal Totals:		Calories: 295	Carbs: 41g (52%)	Protein: 20g (25%)	Fat: 8g (23%)	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	45 180 327	1 cups Broccoli - Steamed 4 oz Chicken Breast (cooked) 1 1/2 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 552	Carbs: 74g (55%)	Protein: 46g (34%)	Fat: 7g (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:		1944	180g (35%)	176g (35%)	68g (30%)	10oz

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Day 3

Day 3						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	70 56 90 269	56 grams Applegate Naturals Turkey Bacon 4 fl oz 100% Egg Whites 2 tablespoons CREAM CHEESE, PLAIN, SOFT 100 grams Bagel			
Notes:						
Meal Totals:		Calories: 485	Carbs: 56g (45%)	Protein: 38g (30%)	Fat: 14g (25%)	Fluid: 4oz
10:00 am	Snack	45 192	1 cups Fresh strawberries 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	120 270 15	5 oz Red Potatoes 6 oz Chicken Breast (cooked) 1 1/2 cups Spring Mix, Organic, Earthbound			
Notes:						
Meal Totals:		Calories: 405	Carbs: 32g (31%)	Protein: 58g (56%)	Fat: 6g (13%)	Fluid: 0oz
03:00 pm	Snack	105	118 grams 1 Banana			
Notes:						
Meal Totals:		Calories: 105	Carbs: 27g (96%)	Protein: 1g (4%)	Fat: 0g (0%)	Fluid: 0oz
06:00 pm	Dinner	246 10	6 oz 93% Lean Ground Turkey (Cooked) 1 cups Baby Spinach			
Notes:						
Meal Totals:		Calories: 256	Carbs: 2g (3%)	Protein: 49g (76%)	Fat: 6g (21%)	Fluid: 0oz
08:00 pm	Snack	261 120	1 1/2 oz Almonds raw 32 grams Casein			
Notes:						
Meal Totals:		Calories: 381	Carbs: 12g (13%)	Protein: 33g (35%)	Fat: 22g (52%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 3 Totals:</b>		<b>1869</b>	<b>188g (39%)</b>	<b>180g (38%)</b>	<b>49g (23%)</b>	<b>4oz</b>

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**Fat Loss Extreme**

**Day 4**

Day 4						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	225 70	3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 56 grams Applegate Naturals Turkey Bacon			
Notes:						
Meal Totals:		Calories: 295	Carbs: 41g (52%)	Protein: 20g (25%)	Fat: 8g (23%)	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 45 180	1 1/2 cups Brown Rice (medium-grain, cooked) 1 cups Broccoli - Steamed 4 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 552	Carbs: 74g (55%)	Protein: 46g (34%)	Fat: 7g (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	189 9 80 221	4 oz ATLANTIC COD, COOKED 1 cups Lettuce romaine 2 tablespoons Olive Oil & Balsamic Organic Vinaigrette - Organicville 6 oz POTATO, BAKED			
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 4 Totals:</b>		<b>1944</b>	<b>180g (35%)</b>	<b>176g (35%)</b>	<b>68g (30%)</b>	<b>10oz</b>

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Day 5

Day 5						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	88	1 cups blueberries (fresh) 1 serving Protein Shake/Scoop 1/4 cups Oats, steel cut			
		160				
		170				
Notes:						
Meal Totals:		Calories: 418	Carbs: 54g (51%)	Protein: 38g (36%)	Fat: 6g (13%)	Fluid: 0oz
10:00 am	Snack	170	1 cups 2% Plain Greek Yogurt 1 teaspoons Cinnamon, ground			
		6				
Notes:						
Meal Totals:		Calories: 176	Carbs: 10g (23%)	Protein: 23g (52%)	Fat: 5g (25%)	Fluid: 0oz
12:00 pm	Lunch	25	100 grams Asparagus (grilled,steamed or boiled). 4 oz Chicken Breast (cooked) 7 oz Sweet potato (without skin) * 20 ml balsamic dressing 100% fat free (praise) 1 cups Mixed Salad Greens			
		180				
		175				
		13				
		40				
Notes:						
Meal Totals:		Calories: 433	Carbs: 56g (51%)	Protein: 44g (40%)	Fat: 4g (8%)	Fluid: 0oz
03:00 pm	Snack	200	1 cups Rice, White - Cooked 3 oz 93% Lean Ground Turkey (Cooked)			
		123				
Notes:						
Meal Totals:		Calories: 323	Carbs: 45g (56%)	Protein: 28g (35%)	Fat: 3g (8%)	Fluid: 0oz
06:00 pm	Dinner	276	4 oz 96% Ground Beef 2 cups Lettuce romaine 1 cups Broccoli - Steamed			
		18				
		45				
Notes:						
Meal Totals:		Calories: 339	Carbs: 9g (11%)	Protein: 33g (40%)	Fat: 18g (49%)	Fluid: 0oz
08:00 pm	Snack	20	4 oz Celery - Raw 2 tablespoons All natural almond butter			
		190				
Notes:						
Meal Totals:		Calories: 210	Carbs: 11g (20%)	Protein: 9g (16%)	Fat: 16g (64%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 5 Totals:		1899	185g (39%)	175g (37%)	52g (25%)	0oz

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Day 6

Day 6						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	70 225	56 grams Applegate Naturals Turkey Bacon 3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
Notes:						
Meal Totals:		Calories: 295	Carbs: 41g (52%)	Protein: 20g (25%)	Fat: 8g (23%)	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	45 180 327	1 cups Broccoli - Steamed 4 oz Chicken Breast (cooked) 1 1/2 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 552	Carbs: 74g (55%)	Protein: 46g (34%)	Fat: 7g (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 80 189 9	6 oz POTATO, BAKED 2 tablespoons Olive Oil & Balsamic Organic Vinaigrette - Organicville 4 oz ATLANTIC COD, COOKED 1 cups Lettuce romaine			
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 6 Totals:		1944	180g (35%)	176g (35%)	68g (30%)	10oz

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Day 7

Day 7						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	70	56 grams Applegate Naturals Turkey Bacon 100 grams Bagel 4 fl oz 100% Egg Whites 2 tablespoons CREAM CHEESE, PLAIN, SOFT			
		269				
		56				
		90				
Notes:						
Meal Totals:		Calories: 485	Carbs: 56g (45%)	Protein: 38g (30%)	Fat: 14g (25%)	Fluid: 4oz
10:00 am	Snack	45	1 cups Fresh strawberries 60 grams Plain Rice Cakes (Organic)			
		192				
Notes:						
Meal Totals:		Calories: 237	Carbs: 59g (95%)	Protein: 1g (2%)	Fat: 1g (4%)	Fluid: 0oz
12:00 pm	Lunch	120	5 oz Red Potatoes 1 1/2 cups Spring Mix, Organic, Earthbound 6 oz Chicken Breast (cooked)			
		15				
		270				
Notes:						
Meal Totals:		Calories: 405	Carbs: 32g (31%)	Protein: 58g (56%)	Fat: 6g (13%)	Fluid: 0oz
03:00 pm	Snack	105	118 grams 1 Banana			
Notes:						
Meal Totals:		Calories: 105	Carbs: 27g (96%)	Protein: 1g (4%)	Fat: 0g (0%)	Fluid: 0oz
06:00 pm	Dinner	246	6 oz 93% Lean Ground Turkey (Cooked) 1 cups Baby Spinach			
		10				
Notes:						
Meal Totals:		Calories: 256	Carbs: 2g (3%)	Protein: 49g (76%)	Fat: 6g (21%)	Fluid: 0oz
08:00 pm	Snack	261	1 1/2 oz Almonds raw 32 grams Casein			
		120				
Notes:						
Meal Totals:		Calories: 381	Carbs: 12g (13%)	Protein: 33g (35%)	Fat: 22g (52%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 7 Totals:</b>		<b>1869</b>	<b>188g (39%)</b>	<b>180g (38%)</b>	<b>49g (23%)</b>	<b>4oz</b>


















## Meal Plan Shopping List

Category	Quantity	Item
Accompaniments	2 teaspoons	Cinnamon, Ground
	6 tablespoons	Olive Oil & Balsamic Organic Vinaigrette - Organicville
	40 ml	Balsamic Dressing 100% Fat Free (praise)
Beef	8 oz	96% Ground Beef
Bread	200 grams	Bagel
Cereal and Grain Products	1/2 cups	Oats, Steel Cut
	2 1/4 cups	Oats, Rolled, Old Fashioned (oatmeal)   Quaker
	2 cups	Rice, White - Cooked
	4 1/2 cups	Brown Rice (medium-grain, Cooked)
	14 oz	Sweet Potato (without Skin) *
Dairy Products	120 grams	Plain Rice Cakes (organic)
	2 cups	2% Plain Greek Yogurt
	3 cups	2% Cottage Cheese
Fats and Oils	4 tablespoons	Cream Cheese, Plain, Soft   Philadelphia Brand
	4 tablespoons	All Natural Almond Butter
Finfish and Shellfish Products	12 oz	Atlantic Cod, Cooked
Fruits	2 cups	Blueberries (fresh)
	2 cups	Fresh Strawberries
	236 grams	1 Banana
Nuts and Seeds	6 oz	Almonds Raw
Poultry	18 oz	93% Lean Ground Turkey (cooked)
	32 oz	Chicken Breast (cooked)
	280 grams	Applegate Naturals Turkey Bacon
Restaurant Menu Items, Generic	18 oz	Potato, Baked
Side Dishes	2 cups	Mixed Salad Greens
Sport and Diet Nutritionals	2 serving	Protein Shake/scoop
	3 serving	Quest Protein Bar (flavor Of Your Choice)
	8 fl oz	100% Egg Whites
	64 grams	Casein
Vegetables	2 cups	Baby Spinach
	3 cups	Spring Mix, Organic, Earthbound
	5 cups	Broccoli - Steamed
	7 cups	Lettuce Romaine
	8 oz	Celery - Raw
	10 oz	Red Potatoes
	200 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>