

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	84 4 130	6 fl oz 100% Egg Whites 1/8 cups Green Onions Chopped 1 slice BROWN RICE BREAD			
Notes:						
Meal Totals:		Calories: 218	Carbs: 21g (38%)	Protein: 21g (38%)	Fat: 6g (24%)	Fluid: 6oz
10:00 am	Snack	45 175 135	1 cups Broccoli - Steamed 7 oz Sweet potato (without skin) * 3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 355	Carbs: 48g (53%)	Protein: 33g (37%)	Fat: 4g (10%)	Fluid: 0oz
12:00 pm	Lunch	327 276 10 21	1 1/2 cups Brown Rice (medium-grain, cooked) 4 oz 96% Ground Beef 1 cups Baby Spinach 1/2 cups Raw Kale			
Notes:						
Meal Totals:		Calories: 634	Carbs: 73g (47%)	Protein: 38g (25%)	Fat: 19g (28%)	Fluid: 0oz
03:00 pm	Snack	160	1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 160	Carbs: 4g (10%)	Protein: 30g (74%)	Fat: 3g (17%)	Fluid: 0oz
06:00 pm	Dinner	113 25 228	90 grams Avocado (half) 100 grams Asparagus (grilled,steamed or boiled). 4 oz Salmon Fish (Cooked)			
Notes:						
Meal Totals:		Calories: 366	Carbs: 4g (4%)	Protein: 27g (29%)	Fat: 27g (66%)	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 1 Totals:		1901	156g (33%)	176g (37%)	63g (30%)	6oz

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Day 2

Day 2						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	105	118 grams 1 Banana			
		194	2 tablespoons All Natural Peanut Butter			
		170	1/4 cups Oats, steel cut			
		160	1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 629	Carbs: 71g (44%)	Protein: 44g (28%)	Fat: 20g (28%)	Fluid: 0oz
10:00 am	Snack	135	3 oz Chicken Breast (cooked)			
		14	1 1/2 cups Lettuce romaine			
Notes:						
Meal Totals:		Calories: 149	Carbs: 2g (5%)	Protein: 28g (76%)	Fat: 3g (18%)	Fluid: 0oz
12:00 pm	Lunch	231	1 cups Quinoa - Cooked			
		45	1 cups Broccoli - Steamed			
		164	4 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 440	Carbs: 48g (43%)	Protein: 43g (39%)	Fat: 9g (18%)	Fluid: 0oz
03:00 pm	Snack	169	1 oz Cashews, Dry Roasted, Sea Salted			
Notes:						
Meal Totals:		Calories: 169	Carbs: 9g (21%)	Protein: 4g (9%)	Fat: 13g (69%)	Fluid: 0oz
06:00 pm	Dinner	9	1 cups Lettuce romaine			
		184	5 oz POTATO, BAKED			
		120	4 oz Ahi Tuna Steaks			
Notes:						
Meal Totals:		Calories: 313	Carbs: 25g (31%)	Protein: 30g (38%)	Fat: 11g (31%)	Fluid: 4oz
08:00 pm	Snack	20	2 cups Baby Spinach			
		123	3 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 143	Carbs: 3g (8%)	Protein: 26g (73%)	Fat: 3g (19%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 2 Totals:		1843	158g (34%)	175g (38%)	59g (29%)	4oz

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Day 3

Day 3						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	56	4 fl oz 100% Egg Whites 1 cups blueberries (fresh) 34 grams 1 slice Ezekiel Bread 1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		88				
		80				
		150				
Notes:						
Meal Totals:		Calories: 374	Carbs: 64g (68%)	Protein: 23g (25%)	Fat: 3g (7%)	Fluid: 4oz
10:00 am	Snack	36	3 oz Carrots - Raw 3 oz Chicken Breast (cooked) 100 grams Brussels Sprouts (grilled,steamed or boiled).			
		135				
		32				
Notes:						
Meal Totals:		Calories: 203	Carbs: 13g (25%)	Protein: 31g (58%)	Fat: 4g (17%)	Fluid: 0oz
12:00 pm	Lunch	25	100 grams Asparagus (grilled,steamed or boiled). 1 cups Quinoa - Cooked 4 oz Chicken Breast (cooked)			
		231				
		180				
Notes:						
Meal Totals:		Calories: 436	Carbs: 46g (42%)	Protein: 46g (42%)	Fat: 8g (16%)	Fluid: 0oz
03:00 pm	Snack	160	1 serving Protein Shake/Scoop 1 cups Brown Rice (medium-grain, cooked)			
		218				
Notes:						
Meal Totals:		Calories: 378	Carbs: 49g (51%)	Protein: 35g (37%)	Fat: 5g (12%)	Fluid: 0oz
06:00 pm	Dinner	113	90 grams Avocado (half) 2 cups Spring Mix, Organic, Earthbound 4 oz 93% Lean Ground Turkey (Cooked)			
		20				
		164				
Notes:						
Meal Totals:		Calories: 297	Carbs: 4g (5%)	Protein: 34g (46%)	Fat: 16g (49%)	Fluid: 0oz
08:00 pm	Snack	82	2 oz 93% Lean Ground Turkey (Cooked) 1 cups Broccoli - Steamed			
		45				
Notes:						
Meal Totals:		Calories: 127	Carbs: 6g (19%)	Protein: 19g (60%)	Fat: 3g (21%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 3 Totals:		1815	182g (40%)	188g (41%)	39g (19%)	4oz

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Day 4

Day 4						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	160	1 serving Protein Shake/Scoop			
		170	1/4 cups Oats, steel cut			
		105	118 grams 1 Banana			
		194	2 tablespoons All Natural Peanut Butter			
Notes:						
Meal Totals:		Calories: 629	Carbs: 71g (44%)	Protein: 44g (28%)	Fat: 20g (28%)	Fluid: 0oz
10:00 am	Snack	14	1 1/2 cups Lettuce romaine			
		135	3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 149	Carbs: 2g (5%)	Protein: 28g (76%)	Fat: 3g (18%)	Fluid: 0oz
12:00 pm	Lunch	164	4 oz 93% Lean Ground Turkey (Cooked)			
		45	1 cups Broccoli - Steamed			
		231	1 cups Quinoa - Cooked			
Notes:						
Meal Totals:		Calories: 440	Carbs: 48g (43%)	Protein: 43g (39%)	Fat: 9g (18%)	Fluid: 0oz
03:00 pm	Snack	169	1 oz Cashews, Dry Roasted, Sea Salted			
Notes:						
Meal Totals:		Calories: 169	Carbs: 9g (21%)	Protein: 4g (9%)	Fat: 13g (69%)	Fluid: 0oz
06:00 pm	Dinner	184	5 oz POTATO, BAKED			
		120	4 oz Ahi Tuna Steaks			
		9	1 cups Lettuce romaine			
Notes:						
Meal Totals:		Calories: 313	Carbs: 25g (31%)	Protein: 30g (38%)	Fat: 11g (31%)	Fluid: 4oz
08:00 pm	Snack	123	3 oz 93% Lean Ground Turkey (Cooked)			
		20	2 cups Baby Spinach			
Notes:						
Meal Totals:		Calories: 143	Carbs: 3g (8%)	Protein: 26g (73%)	Fat: 3g (19%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 4 Totals:		1843	158g (34%)	175g (38%)	59g (29%)	4oz

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Day 5

Day 5						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	130 4 84	1 slice BROWN RICE BREAD 1/8 cups Green Onions Chopped 6 fl oz 100% Egg Whites			
Notes:						
Meal Totals:		Calories: 218	Carbs: 21g (38%)	Protein: 21g (38%)	Fat: 6g (24%)	Fluid: 6oz
10:00 am	Snack	175 45 135	7 oz Sweet potato (without skin) * 1 cups Broccoli - Steamed 3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 355	Carbs: 48g (53%)	Protein: 33g (37%)	Fat: 4g (10%)	Fluid: 0oz
12:00 pm	Lunch	10 21 276 327	1 cups Baby Spinach 1/2 cups Raw Kale 4 oz 96% Ground Beef 1 1/2 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 634	Carbs: 73g (47%)	Protein: 38g (25%)	Fat: 19g (28%)	Fluid: 0oz
03:00 pm	Snack	160	1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 160	Carbs: 4g (10%)	Protein: 30g (74%)	Fat: 3g (17%)	Fluid: 0oz
06:00 pm	Dinner	228 25 113	4 oz Salmon Fish (Cooked) 100 grams Asparagus (grilled,steamed or boiled). 90 grams Avocado (half)			
Notes:						
Meal Totals:		Calories: 366	Carbs: 4g (4%)	Protein: 27g (29%)	Fat: 27g (66%)	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:		1901	156g (33%)	176g (37%)	63g (30%)	6oz

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Day 6

Day 6						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	160	1 serving Protein Shake/Scoop			
		170	1/4 cups Oats, steel cut			
		194	2 tablespoons All Natural Peanut Butter			
		105	118 grams 1 Banana			
Notes:						
Meal Totals:		Calories: 629	Carbs: 71g (44%)	Protein: 44g (28%)	Fat: 20g (28%)	Fluid: 0oz
10:00 am	Snack	135	3 oz Chicken Breast (cooked)			
		14	1 1/2 cups Lettuce romaine			
Notes:						
Meal Totals:		Calories: 149	Carbs: 2g (5%)	Protein: 28g (76%)	Fat: 3g (18%)	Fluid: 0oz
12:00 pm	Lunch	45	1 cups Broccoli - Steamed			
		164	4 oz 93% Lean Ground Turkey (Cooked)			
		231	1 cups Quinoa - Cooked			
Notes:						
Meal Totals:		Calories: 440	Carbs: 48g (43%)	Protein: 43g (39%)	Fat: 9g (18%)	Fluid: 0oz
03:00 pm	Snack	169	1 oz Cashews, Dry Roasted, Sea Salted			
Notes:						
Meal Totals:		Calories: 169	Carbs: 9g (21%)	Protein: 4g (9%)	Fat: 13g (69%)	Fluid: 0oz
06:00 pm	Dinner	184	5 oz POTATO, BAKED			
		9	1 cups Lettuce romaine			
		120	4 oz Ahi Tuna Steaks			
Notes:						
Meal Totals:		Calories: 313	Carbs: 25g (31%)	Protein: 30g (38%)	Fat: 11g (31%)	Fluid: 4oz
08:00 pm	Snack	123	3 oz 93% Lean Ground Turkey (Cooked)			
		20	2 cups Baby Spinach			
Notes:						
Meal Totals:		Calories: 143	Carbs: 3g (8%)	Protein: 26g (73%)	Fat: 3g (19%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 6 Totals:		1843	158g (34%)	175g (38%)	59g (29%)	4oz

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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			
		88	1 cups blueberries (fresh)			
Notes:						
Meal Totals:		Calories: 374	Carbs: 64g (68%)	Protein: 23g (25%)	Fat: 3g (7%)	Fluid: 4oz
10:00 am	Snack	32	100 grams Brussels Sprouts (grilled,steamed or boiled).			
		135	3 oz Chicken Breast (cooked)			
		36	3 oz Carrots - Raw			
Notes:						
Meal Totals:		Calories: 203	Carbs: 13g (25%)	Protein: 31g (58%)	Fat: 4g (17%)	Fluid: 0oz
12:00 pm	Lunch	180	4 oz Chicken Breast (cooked)			
		231	1 cups Quinoa - Cooked			
		25	100 grams Asparagus (grilled,steamed or boiled).			
Notes:						
Meal Totals:		Calories: 436	Carbs: 46g (42%)	Protein: 46g (42%)	Fat: 8g (16%)	Fluid: 0oz
03:00 pm	Snack	218	1 cups Brown Rice (medium-grain, cooked)			
		160	1 serving Protein Shake/Scoop			
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)			
		113	90 grams Avocado (half)			
		20	2 cups Spring Mix, Organic, Earthbound			
Notes:						
Meal Totals:		Calories: 297	Carbs: 4g (5%)	Protein: 34g (46%)	Fat: 16g (49%)	Fluid: 0oz
08:00 pm	Snack	82	2 oz 93% Lean Ground Turkey (Cooked)			
		45	1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 127	Carbs: 6g (19%)	Protein: 19g (60%)	Fat: 3g (21%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 7 Totals:		1815	182g (40%)	188g (41%)	39g (19%)	4oz
















Meal Plan Shopping List

Category	Quantity	Item
Beef	8 oz	96% Ground Beef
Bread	2 slice	Brown Rice Bread Ener-G Foods
Cereal and Grain Products	3/4 cups	Oats, Steel Cut
	1 cups	Oats, Rolled, Old Fashioned (oatmeal) Quaker
	5 cups	Brown Rice (medium-grain, Cooked)
	5 cups	Quinoa - Cooked
	14 oz	Sweet Potato (without Skin) *
Fats and Oils	6 tablespoons	All Natural Peanut Butter
Finfish and Shellfish Products	8 oz	Salmon Fish (cooked)
	12 oz	Ahi Tuna Steaks
Fruits	2 cups	Blueberries (fresh)
	354 grams	1 Banana
Nuts and Seeds	3 oz	Cashews, Dry Roasted, Sea Salted
Poultry	29 oz	Chicken Breast (cooked)
	39 oz	93% Lean Ground Turkey (cooked)
Restaurant Menu Items, Generic	15 oz	Potato, Baked
Snacks	68 grams	1 Slice Ezekiel Bread
Sport and Diet Nutritionals	7 serving	Protein Shake/scoop
	20 fl oz	100% Egg Whites
Vegetables	1/4 cups	Green Onions Chopped
	1 cups	Raw Kale
	4 cups	Spring Mix, Organic, Earthbound
	6 oz	Carrots - Raw
	7 1/2 cups	Lettuce Romaine
	8 cups	Baby Spinach
	9 cups	Broccoli - Steamed
	200 grams	Brussels Sprouts (grilled,steamed Or Boiled).
	360 grams	Avocado (half)
	400 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 ¼ cup 1 oz 2 tbsp	 Tennis Ball 1/3 cup	 Computer Mouse ½ cup	 Baseball 1 cup	 Rounded Handful ½ cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 Thin Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 ½ oz cheese	 Kids' School Milk Carton 8 oz drink

Useful Examples

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