



The Rapid Fat Loss Nutrition Blueprint

For Females

Notice

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

WEEK#1 OVERVIEW

Meal#	M	T	W	TH	F	SAT	SUN
Breakfast	Fried Eggs, Greens, and Turkey Bacon	Spanish Omelette	Scrambled Eggs, Greens, and Turkey Sausage or Bacon	The Get Sexy MRP Shake	The Wonder Bowl	The Protein Waffle House	Steak and Eggs
Mid-Morning Snack	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option
Lunch	Beef, Chicken, Shrimp, or Salmon Stir-Fry	Naked Turkey, Ham, Chicken, or Roast Beef Sandwich	Steak, Chicken, Salmon, or Shrimp Caesar Salad	Naked Chicken or Beef Taco Salad	Yogurt Chicken	Cobb Salad	Get Sexy Bison, Turkey, or Sirloin Burger
Mid-Afternoon Snack	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option
Dinner	Steak and Garlic Green Beans	Chick Parm	Turkey or Beef Meatballs and Spaghetti Squash	Fiesta Chicken	Cajun Shrimp w/ Cauliflower Rice	Seafood Piccata	Turkey Meatloaf and Garlic Mashed Potatoes
Dessert	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option

Daily Supplementation: Take [Super Chi Life Minerals and Vitamins](#) and [Prograde EFA Icon](#), a krill oil supplement immediately upon waking with breakfast, known as [The Health+ Package](#). Consume 1 Tbsp. of **Organic Extra Virgin Coconut Oil** (Nutiva brand is best) by adding to breakfast meal.

Workout Nutrition: Drink Low-Carb Protein Workout Drink using [ProGrade Workout](#) (**Men-** 2 scoops for main workouts, 1 scoop for mini-workouts, **Women-** 1 scoop for main workouts, 1/2 scoop for mini-workout). Drink shake before, during, and/or after workouts based on individual preference

Hydration Guidelines:

- Drink 16-32 oz (2-4 cups) of cold water immediately upon waking
- Drink 8-16 oz (1-2 cups) of water before AND between every meal or snack
- Drink 8-16 oz (1-2 cups) of water for every 10-15 minutes of activity
- Drink 2-3 cups of green, black, or white tea per day

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Day#1, Monday

Meal#	Female Recipe
Breakfast	<p>Fried Eggs, Greens and Turkey Bacon</p> <p>2 Whole Omega-3 Eggs Fresh Spinach (and/or other green veggies) 2 Slices Canadian or Turkey Bacon 1 Tbsp of grated cheese (cheddar, mozzarella, or Colby Jack works well)</p> <p>Directions:</p> <p>Spray large skillet with non-stick Olive Oil spray and place on medium heat. On one side, place your slices of Canadian bacon (this can be substituted with a good quality turkey bacon). On the other side, crack your two eggs. Allow them both to cook. Flip the bacon once it is browning on one side and sprinkle the cheese on it. Fry the eggs to your desired level of doneness.</p> <p>Remove the eggs from the skillet and place them on a plate, side-by-side. Add fresh spinach on top of both eggs. Remove the bacon once the cheese has melted and place each one on top of the egg. Enjoy!</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Beef, Chicken, or Shrimp Stir Fry</p> <p>I like to do this recipe a little differently than a typical stir fry.</p> <p>3-4 oz. of thinly sliced chicken breast, sirloin or shrimp (or mixture) 1 Cup of broccoli 1 Cup of sliced bell peppers (red, green and yellow) ½ Cup of mushrooms ½ cup of bean sprouts ¼ cup of water chestnuts ½ Tbsp of sesame oil</p> <p>Asian Sauce:</p> <p>1 tbsp low sodium soy sauce 1 green onion, diced 1 tsp white wine fresh grated ginger to taste (you can buy this in the spice aisle pre-grated, but it is not the same) 1 mashed garlic clove</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
Dinner	<p>Juicy Steak and Garlic Green Beans</p> <p>For Steak:</p> <p>3-4 oz. of extra lean steak (Sirloin or Filet) 1-2 cloves of fresh garlic 1/2 tsp salt Pepper to taste</p> <p>Garlic Green Beans:</p> <p>4-5 Cloves of garlic One bag of frozen green beans (fresh ones work too) Non-stick olive oil cooking spray Salt to taste</p> <p>Directions:</p> <p>For steak:</p> <p>Preheat the oven on broiler setting. Mince garlic and rub onto both sides of the steak. Season with salt and pepper. Place on a broiler pan and into the oven. Check on the steak after 10 minutes. Once it is brown on one side, flip the steak. Check on the steak again after 5-10 minutes. Once it is brown and slightly crispy on that side, it is ready to serve. If you are particular about the level of doneness, you can check by cutting a little into the steak. This steak can also be cooked on a grill.</p> <p>For garlic green beans:</p> <p>Spray a skillet on high heat with the non-stick spray. Throw on the garlic cloves. Allow them to cook until they become golden brown and fragrant (do not char). Throw in the green beans and stir them quickly. They should cook for about 10 minutes. Make sure to move them around every 2 minutes or so to cook the beans evenly. Once they are hot to the touch, they are done. Dash on some salt to taste.</p>
Dessert	Choose your favorite dessert option

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Day#2, Tuesday

Meal#	Female Recipe
Breakfast	<p>Spanish Omelet</p> <p>2 Whole Omega-3 Eggs and 5 Egg whites, beaten</p> <p>or</p> <p>2 Whole Omega-3 Eggs and a 1/2 cup of pre-purchased liquid egg whites</p> <p>½ Cup No sugar added Salsa or Homemade Pico de Gallo (recipe provided below)</p> <p>Non-stick olive oil cooking spray</p> <p>Directions:</p> <p>Heat skillet on medium heat. Pour egg mixture into the skillet and cook until almost completely firm. Flip the omelet. Place the salsa or pico on one side of the omelet, flip the other side on top, and slide onto a plate to enjoy.</p> <p>Homemade Pico de Gallo:</p> <p>This is something great to make early in the week, save in a Tupperware and have it readily available as a snack or ingredient for recipes.</p> <p>3-4 Vine Ripened Tomatoes, diced 1 large red onion, diced 3-4 Tablespoons of fresh grated Cilantro Half a lemon or lime Salt to taste</p> <p>Directions:</p> <p>Mix all the ingredients except the lemon in a bowl. Squeeze just a little lemon or lime for a tart flavor and add salt to taste. Store in the refrigerator for later use.</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Naked Sandwich</p> <p>1 large romaine lettuce leaf or Boston lettuce leaf</p> <p>3-4 oz. oven roasted deli turkey breast, ham, roast beef, or chicken breast (no added sugar, low in salt, no nitrates)</p> <p>1 slice of cheese OR 1 Tbsp canola mayo (omit if using roast beef)</p> <p>Optional: pickles, sliced onions, olives, tomatoes, etc.</p> <p>Directions:</p> <p>Take ingredients and insert into clean lettuce leaf. Wrap the leaf around the ingredients and enjoy. You can also stick a toothpick in it to keep it closed.</p>

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Meal#	Female Recipe
Mid-Afternoon Snack	Choose your favorite snack option
Dinner	<p>Chick Parm</p> <p>3-4 oz. of chicken breasts 1/2 cup of no sugar added marinara sauce 1/8 cup of mozzarella cheese Spaghetti squash</p> <p>Directions:</p> <p>Preheat the oven to 325 degrees. Beat the chicken breast with a tenderizer or anything heavy enough until the chicken has become widened and flat. On a skillet sprayed with non-stick spray, over medium heat, cook the chicken until both sides are golden brown. Place the chicken in a baking dish, pour the sauce over it and finally sprinkle the cheese. Place it in the oven and remove once the cheese and sauce begin to bubble.</p> <p>Squash: Poke holes into the spaghetti squash and microwave according to size (directions are usually on the squash). When is done, cut open and remove the seeds. Take a fork and scrape the flesh of the squash and it will come out stringy. Serve as a side to your chick parm.</p>
Dessert	Choose your favorite dessert option

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Day#3, Wednesday

Meal#	Female Recipe
Breakfast	<p>Scrambled Eggs, Greens and Turkey Bacon or Sausage</p> <p>2 Whole Omega-3 Eggs, beaten 2 Large Slices of Turkey Bacon, sliced OR 2 Links of a high-quality, nitrate-free Turkey Sausage, diced Greens of Choice (spinach, broccoli, green beans, asparagus, etc.) Non-Stick Olive Oil Cooking Spray Salt and Pepper, to taste</p> <p>Optional: ¼ Red bell pepper, diced ¼ Green bell pepper, diced ¼ red onion, diced</p> <p>Directions:</p> <p>Heat a skillet over medium heat and spray with the non-stick spray. Add in the turkey bacon or sausage. Cook until it reaches the desired level of doneness.</p> <p>If using the optional ingredients, place them into the skillet and stir around with a spoon until they begin to sweat. Add the eggs and scramble all the ingredients together.</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Steak, Chicken, Salmon, or Shrimp Caesar Salad</p> <p>3-4 oz. Steak, Chicken, Shrimp, or Salmon Large bowl of Romaine Lettuce 1 oz. of grated Parmesan cheese (omit if using steak or salmon) Dip fork lightly in Litehouse Caesar dressing on side (or another all natural, low sugar Caesar dressing) Salt and Pepper to taste</p> <p>Directions:</p> <p>Season the protein with salt and pepper. Grill, steam or broil the protein. Prepare the salad in a bowl by mixing the parmesan and romaine. Keep the dressing on the side for dipping as it goes a longer way when it is dipped. Once the protein is complete, slice and place on top of salad. Can be enjoyed warm or saved to be eaten later by storing in the fridge.</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
Dinner	<p>Turkey or Beef Meatballs and Spaghetti Squash</p> <p>1 pound of Lean Ground Turkey or EXTRA Lean Ground Sirloin, Buffalo or Bison 3 Omega-3 Eggs 1 jar of marinara sauce (no sugar added) Italian Seasonings 2 Tbsp of Grated Parmesan cheese Salt and Pepper to taste 3 cloves of crushed garlic ½ Cup of water</p> <p>Directions:</p> <p>Mix all ingredients together besides the marinara sauce and water. Create meatballs by portioning out 2 oz. of meat. Heat up a jar of marinara sauce and a ½ cup of water in a pot. Drop the meatballs into the pot and cover. Allow it to cook over medium heat until meatballs are thoroughly cooked, about 20 minutes.</p> <p>Makes 2 FEMALE servings</p>
Dessert	Choose your favorite dessert option

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Day#4, Thursday

Meal#	Female Recipe
Breakfast	<p>The Get Sexy Meal Replacement Shake</p> <p>1/2 Cup of Ice 1/2 Cup of Cold Water 1 Scoop ProGrade Lean 3 Tbsp Flax Meal 1 Tbsp Coconut Flour Optional- 1 serving Nutra Greens + Fruit (or other greens supplement)</p> <p>Directions:</p> <p>Mix in a blender and enjoy with a dollop of Redi-Whip Whipped Cream</p> <p>Note- See Master Shake List for a bunch of different and tasty shake recipes!</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Naked Chicken or Beef Taco Salad</p> <p>3-4 oz Chicken Breast or Extra Lean Ground Beef or Steak ½ tsp salt Black pepper to taste ¼ tsp cayenne pepper to taste ½ tsp chili powder to taste 1 clove of fresh garlic, minced OR 1 tsp garlic powder Bowl of Romaine Lettuce or any other leafy, dark lettuce 1-2 Cups of chopped peppers 1-2 oz Cholula Brand Hot Sauce (optional) 1/8 cup total shredded cheddar, Colby, and/or Monterey jack cheese (omit if using beef)</p> <p>Directions:</p> <p>Add salt, black pepper, garlic, cayenne pepper, chili powder to chicken and then grill on medium high heat until the center is no longer pink. Add chopped peppers and continue to cook until peppers becomes bright and are still firm. Once chicken is done, place to the side.</p> <p>Add the other ingredients into the salad bowl. Dice chicken and add to the salad. Top with cheese, toss and enjoy!</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
<i>Dinner</i>	<p>Fiesta Chicken or Shrimp</p> <p>3-4 oz. chicken breast, cut into thin strips or 3-4 oz. shrimp 3 Tbsp fresh cilantro 1 cup of spotlight bell peppers, cut into strips ½ Cup of Onion, sliced 1 Clove of garlic 2 Tbsp Lime Juice ½ tsp low sodium soy sauce Dash of cayenne pepper Dash of black pepper 1/2 Tbsp Extra Virgin Olive Oil</p> <p>Directions:</p> <p>Mix all of the ingredients, except for the olive oil. Allow to marinade for several hours.</p> <p>Heat a skillet over medium-high heat and add the olive oil once the skillet is hot. Throw the meat onto the skillet and move around as it cooks over the high heat. Once the meat is almost done, take the remaining contents of the marinade and throw them into the skillet. Allow them to cook for a few minutes until hot, but not soggy. Serve on a platter, and enjoy. Goes well with cauliflower rice (see Cajun Shrimp recipe).</p>
<i>Dessert</i>	Choose your favorite dessert option

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Day#5, Friday

Meal#	Female Recipe
Breakfast	The Wonder Bowl 1/2 Cup of Full Fat Cottage Cheese 1/2 Scoop of ProGrade Protein 2 Tbsp Flax Meal Small dollop of Redi-Whip whipped cream on top Directions: Mix ingredients into a bowl and enjoy!
Mid-Morning Snack	Choose your favorite snack option
Lunch	Yogurt Chicken 3-4 oz. of chicken breast 1 cup of Stonyfield Farm's Organic Plain Full-Fat Yogurt (for marinade) 1/2 lemon 1 Tbsp oregano Salt and pepper to taste Cucumber Greek Dressing: 1/2 Tbsp Extra Virgin Olive Oil 1/4 Tbsp of Vinegar 1 tsp of Oregano Squeeze of half a lemon Directions: Take all the ingredients, except the chicken and lemon and stir in a bowl. Squeeze the lemon juice into the mix. Marinade the chicken in the mixture and let it sit at least 8 hours in the marinade. The longer the better, 24 hours is best. Grill the chicken until thoroughly cooked. Add Greek dressing and enjoy!
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
Dinner	<p>Cajun Shrimp w/ Cauliflower Rice</p> <p>Cajun Shrimp:</p> <p>3-4 oz. of shrimp 1/2 Tbsp Extra Virgin Olive Oil Cajun seasoning mix or (1 tsp salt, 1/2 tsp black pepper, 1/2 tsp cayenne pepper, 1/2 tsp onion powder, 1/2 tsp garlic powder, 1/2 tsp chili powder) Salt to taste Non-stick spray</p> <p>Cauliflower Rice:</p> <p>1 head of fresh cauliflower Salt to taste</p> <p>Directions:</p> <p>Shrimp:</p> <p>Place the skillet over medium heat and spray with the non-stick spray (if they shrimp is frozen, I recommend steaming it for a few minutes so it defrosts). Throw the shrimp in and add olive oil and the Cajun seasoning. The more Cajun seasoning you add, the spicier it is, so proceed with caution. Cook for until shrimp are hot to the touch, it should only be about 5 minutes give or take as shrimp cooks very quickly.</p> <p>Cauliflower rice:</p> <p>Grate the fresh cauliflower. If you do not have a grater you can chop it, but it will take a lot longer, so go ahead and buy one. It helps to cut the cauliflower into 3-4 large chunks so you can easily hold it as you grate.</p> <p>Take grated cauliflower and place in the microwave for 2-3 minutes depending on microwave. Do not add water as cauliflower retains plenty of it and will release moisture as it heats up. Once cooked, add salt to taste. This dish makes a great substitute for rice.</p>
Dessert	Choose your favorite dessert option

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Day#6, Saturday

Meal#	Female Recipe
Breakfast	<p>The Protein Waffle House</p> <p>1/2 Scoop ProGrade Protein 1/2 Cup of Full Fat Cottage Cheese 1 Tbsp Flax Meal 1 Tbsp Coconut Flour 1 tsp Baking Soda Water to desired consistency</p> <p>Topping: Dollop of whipped cream</p> <p>And</p> <p>Walden Farms Sugar Free Syrup</p> <p>Or</p> <p>1 Tbsp of Mixed Berries 1 Tbsp Stevia</p> <p>Directions:</p> <p>Preheat the waffle maker and season it with non-stick olive oil spray, if necessary. Beat the ingredients in a bowl. If too thick, add water to achieve desired consistency. Pour in a circular motion on the waffle maker (amount to pour depends on size of waffles maker). This usually makes me two fluffy waffles on our \$20 waffle maker we purchased at Target. Cook according to your waffle maker directions and watch them expand into fluffy waffles.</p> <p>To make the berry syrup, place the berries in a microwave-safe small dish. Microwave for about 30 seconds or until berries are warm and have secreted their juices. Add the sweetener. Add water to achieve desired volume. Pour on the waffles.</p>
Mid-Morning Snack	Choose your favorite snack option

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Meal#	Female Recipe
Lunch	<p>Cobb Salad</p> <p>3-4 oz. Grilled Chicken, sliced 1/2 Tbsp Blue Cheese Crumbles 4 Scallions/Green Onions 1 tomato, chopped 1 Whole Omega-3 Egg, hard-boiled, sliced 1 Slice of Extra-Lean Turkey Bacon Unlimited Mixed Greens 1 Tbsp Sherry Vinegar 1/2 Tbsp Extra Virgin Olive Oil Salt and pepper to taste</p> <p>Directions:</p> <p>Grilled Chicken:</p> <p>Season chicken breast with salt and pepper. Place on a grill or on a pan with medium heat. Cook until there is no pink in the center. Allow to cool and then slice into very thin pieces.</p> <p>Salad:</p> <p>Microwave or pan-fry the turkey bacon using no additional oils. Once bacon is done, place it on a paper towel and allow it to cool. Place greens, shallots, eggs, tomato, crumbles and chicken into a bowl. Return to the turkey bacon, roll it up tightly and then mince it. Add the bacon into the mixture. Toss the ingredients in the bowl.</p> <p>You may then mix the olive oil and sherry vinegar in a small separate container and add it to salad and toss again.</p>
Mid-Afternoon Snack	<p>Choose your favorite snack option</p>

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Meal#	Female Recipe
Dinner	<p>Seafood Piccata</p> <p>3-4 oz. of Tilapia, thinly sliced (or any White fish or seafood of choice) 1/8 cup of ground flax meal (coconut flour or nut meal may be substituted) Salt to taste 1 Tbsp Italian seasonings Non-stick cooking spray 1 fresh lemon or 3 Tbsp of pure lemon juice 1 cup of white cooking wine 2 Tbsp of jarred capers with juice 3 sprigs of parsley 1/2 Tbsp of Extra Virgin Olive Oil</p> <p><u>Directions:</u></p> <p>Line a baking sheet with non-stick spray and preheat the oven at 325 degrees. Place egg whites in a small bowl. Take ground flax meal and place in a Ziploc bag. Place fish in it and lightly coat it with the flax. Remove the fish and sprinkle salt and Italian seasonings. Place the olive oil in a pan and place over medium heat. Cook the tilapia until flaky to the touch and remove.</p> <p>For the sauce, use the same pan over medium heat. Spoon the capers making sure to use as much of the juice as possible. Place them into the pan. Pour the white wine into the pan and stir. Finally cut the lemon in half and pit it and squeeze one half of the lemon into the mixture or pour the 3 tbsps of pure lemon juice. Stir until little bubbles form and then place on very low heat to keep warm.</p> <p>Take the tilapia and place into the sauce. Serve by placing the fish on a plate and pouring the remaining sauce on top. For an extra kick, you can grate and sprinkle a little lemon zest and parsley on top of the dish. You may garnish by slicing the other lemon half and/or by using a few sprigs of parsley.</p>
Dessert	Choose your favorite dessert option

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Day#7, Sunday

Meal#	Female Recipe
Breakfast	<p>Steak and Eggs</p> <p>2 oz. of Extra Lean Sirloin Steak 2 Whole Omega-3 Eggs, cracked and beaten in a bowl Veggies of Choice (Spinach, Spotlight Peppers, Onions, Mushrooms) 2 cloves of fresh garlic Salt and Pepper to taste Non-stick olive oil spray</p> <p>Directions:</p> <p>Turn your oven on the broiler setting. As it heats up, mash the garlic cloves with a knife or spoon and spread on piece of steak, add salt and pepper to taste. Place the steak in the broiler. While the steak cooks, spray a pan with the non-stick spray and apply to medium-high heat. Throw in any veggies that you would like in your scrambled eggs. Allow the vegetables to sizzle in the heat, moving them around with a spatula to cook evenly.</p> <p>Quickly check on the steak, it is browned on one side, flip over and close the oven. If not check periodically until it is browned and flip.</p> <p>After the veggies have been cooking for about 1-2 minutes, lower the heat to medium and pour the beaten eggs in and scramble until evenly cooked.</p> <p>Place the eggs on a plate and add salt and pepper to taste. When the steak has browned on the other side, add it to the plate. Enjoy the hearty breakfast!</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Get Sexy Bison, Turkey, or Sirloin Burger</p> <p>3-4 oz. of Extra Lean Ground Sirloin, Lean Ground Turkey, Buffalo or Bison 2 leaves of Boston butter lettuce (rinsed and dried) Sliced onions Sliced of tomato 1 pickle Mustard ½ tsp paprika 1 clove of minced garlic salt and pepper to taste 1 Tbsp dried onions Note- I also like Whole Foods Steak and Chop seasoning in the butcher area</p> <p>Directions:</p> <p>Heat grill or pan on medium-high. Mix the ground beef with the seasonings. Place the patty on the grill, as soon as the patty is completely grilled on one side, flip over. Once grilled to your liking, place atop a clean leaf of lettuce, add the tomato, onion and mustard. Top with the other leaf and enjoy.</p>

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Meal#	Female Recipe
Mid- Afternoon Snack	Choose your favorite snack option
Dinner	<p>Turkey Italian Meatloaf and Garlic Mashed Cauliflower</p> <p>1 pound of Lean Ground Turkey 3 Whole Omega-3 Eggs 3 Tbsp Grated Parmesan Cheese Italian Seasonings 3 Tbsp Almond Meal Salt and pepper to taste 1 Jar of marinara sauce</p> <p>Directions:</p> <p>Preheat the oven to 325 degrees. Mix all ingredients except the marinara sauce and create a loaf pour marinara sauce over it. Place it in the oven. Allow it to cook for about 1 hour or until cooked through the center.</p> <p>Makes 4 FEMALE servings</p>
Dessert	Choose your favorite dessert option

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Rapid Fat Loss Snacks	Rapid Fat Loss Desserts
<p><i>Seek to rotate your snack selections as much as possible for best results:</i></p> <p>Half of Any Leftover Meal (optimal convenience)</p> <p style="padding-left: 40px;">2 Pieces of String Cheese</p> <p style="padding-left: 40px;">2 oz Cheese Jerky from The Snack Patrol[®]</p> <p style="padding-left: 40px;">2 oz of Any Cheese</p> <p>2 oz Any Deli Meat (no sugar added, low in salt, no nitrates)</p> <p style="padding-left: 40px;">2 Hard Boiled Omega-3 Eggs</p> <p style="padding-left: 40px;">Side Salad with 2 oz Cheese or 2 oz Meat</p> <p>See Rapid Fat Loss Snack Recipes for more ideas</p> <p style="text-align: center;">Limit to Once/Day:</p> <p style="padding-left: 40px;">1/4 cup or small handful of Mixed Nuts (unroasted, no sugar added, low in salt)</p> <p style="padding-left: 40px;">2 Tbsp Nut Butter (unroasted, no sugar added, low in salt) on Celery Sticks</p> <p>Note- Though not mandatory, please try to add green veggies (or any other veggies BESIDES corn, peas, carrots, potatoes, and beets) to these snacks if at all possible to help neutralize dietary acids and to provide added fiber and micronutrients. Strive to add lettuce wrap to meats and cheese snacks to make a mini naked sandwich.</p>	<p><i>Seek to rotate your dessert selections as much as possible for best results:</i></p> <p style="padding-left: 40px;">Any Snack Replacement Shake (SRP)</p>

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Rapid Fat Loss Snack Recipes

For all snacks where there is a serving size range, women should choose the lower end and men should choose the upper end.

Shrimp Cocktail

2-4 oz. shrimp

Cocktail sauce:

¼ cup of chili sauce
1/8 cup of lemon juice
½ tsp horseradish
¼ tsp onion powder
2 drops of Tobasco sauce (for more kick)
Salt to taste

Directions: Mix cocktail ingredients and enjoy.

Mini Naked Meat Sandwich

2-4 oz. of deli meat
Romaine or Boston Lettuce for wrapping
Tomato, onions, olives, etc
Canola mayo or ½ a slice of cheese

Directions: Wrap ingredients in the lettuce.

Mini Naked Cheese Sandwich

2-4 oz. of cheese
Romaine or Boston Lettuce for wrapping
Tomato, onions, olives, etc

Directions: Wrap ingredients in the lettuce.

Beef on a Stick

2-4 oz. of extra lean beef, thinly sliced
1-2 Skewers
1 Tbsp soy sauce
1 clove crushed garlic

Directions: Marinade beef in garlic and soy mixture for at least 10 minutes. Place on a wet skewer and grill or bake.

Egg White and Tomato

2-4 egg whites or 1/4-1/2 cup of liquid egg white
Once slice of tomato
1-2 slices of cheese

Directions: Cook egg white, place cheese on top until it melts. Serve over slice of tomato.

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Tuna Salad or Chicken Salad on Celery

Take half of the chicken or tuna salad recipe, and place on celery sticks

3-4 oz. of tuna in water, drained
1 stalk of chopped celery
1 Tbsp Grapeseed Mayo
½ tsp mustard
Salt and Pepper to taste

Side Salad with Cheese

2-4 oz. of cheese
Cup of romaine lettuce
¼ cup of chopped tomatoes
10 slices of cucumbers
1/8 cup of chopped onion
¼ chopped peppers of any color
All natural salad dressing that is very low in sugar (3g or less)

Directions: Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

Side Salad with Meat

2-4 oz. of any grilled protein source (steak, chicken, fish, etc.)
Cup of romaine lettuce
¼ cup of chopped tomatoes
10 slices of cucumbers
1/8 cup of chopped onion
¼ chopped peppers of any color
All natural salad dressing that is very low in sugar (3g or less)

Directions: Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

Buffalo Chicken Bites

2-4 oz. cooked chicken, cubed
2 Tbsp Whole Food's Buffalo Sauce (found in the butcher's section)
1 Tbsp Litehouse Blue Cheese Dressing OR any other all natural blue cheese

Directions: Mix the warm chicken in the buffalo sauce and dip in the blue cheese. Enjoy with celery on the side.

Caprese Salad

1 tomato
2-4 ounces of fresh mozzarella
1/4 Tbsp olive oil
1 Tbsp balsamic vinegar
Dash of Italian Seasonings
Salt and Pepper to taste
Optional: Fresh basil

Directions: Slice the tomato into 1/4 " slices. Slice the mozzarella to match the amount of tomato slices you come up with. Place the slices of mozzarella on top of the tomato slices. Top each one with a basil leaf. Mix the other ingredients and pour over the tomatoes.

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Cheesy Greens

Broccoli, green beans, or any other green
2-4 oz. of cheese

Directions: Boil the veggies and drain. Place back in the pot with the cheese and melt and mash together.

Mozzarella Marinara

2-4 pieces of string cheese
1 cup of warm marinara sauce (no sugar added)
Ziploc bag with 1/8-1/4 cup of almond meal
Non-stick spray

Directions:

Spray a pan with non-stick spray and put it over medium-low heat. As the pan heats remove the cheese from its wrapper and throw them in the Ziploc bag. Toss them around so that there is a very thin layer of almond meal coating them.

Add them to the pan. Keep an eye on them and rotate them carefully so that they are brown on each side. Do not turn on the heat too high, as it will become a gooey mess. Keep it at a medium-low heat until all sides are crispy golden brown and the entire stick is cooked.

Remove and enjoy with your warm marinara sauce.

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Master Meal Replacement Shakes (MRP's) List

To convert these Meal Replacement Shakes (MRP's) into Snack Replacement Shakes (SRP's), simply reduce all ingredients in half.

Chocolate Chocolate Mint Shake

- ½ Cup of Ice
- ½ Cup of water
- 1 Scoop [ProGrade Complete Meal Replacement](#)
- 3 Tbsp of Unsweetened Cocoa Powder
- 2 Tsp of natural or organic peppermint extract
- 3 Tbsp Flax Meal
- 1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Vanilla Crème Smoothie

- ½ Cup of Ice
- ½ Cup of water
- 1 Scoop [ProGrade Protein](#)
- 1 Vanilla Bean
- 1 Tbsp Vanilla Extract
- 1 Tbsp Cinnamon
- 1 Tsp Nutmeg
- 2 Tbsp Flax Meal
- 1 Tbsp Coconut Flour

Directions:

Slice the vanilla bean “longways” and using a dull knife (like a butterknife) and scrape out the insides. Add into a blender with all the other ingredients, blend and enjoy.

Double Chocolate Smoothie

- ½ Cup of Ice
- ½ Cup of water
- 1 Scoop [ProGrade Complete Meal Replacement](#)
- 3 Tbsp of Unsweetened Cocoa Powder
- 3 Tbsp Flax Meal
- 1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Choco-Java Shake-Female

Ingredients:

½ Cup of Ice
½ Cup of water
1 Scoop [ProGrade Complete Meal Replacement](#)
½ Cup of coffee or 3 Tbsp of Coffee extract
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Strawberry Banana Smoothie

Ingredients:

½ Cup of Ice
½ Cup of water
½ Scoop [ProGrade Protein](#)
½ Banana
2 Strawberries
3 Tbsp Flax Meal

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Choco-Banana Shake

½ Cup of Ice
½ Cup of water
½ Scoop [ProGrade Complete Meal Replacement](#)
½ Banana
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Orangesicle Shake

½ Cup of Ice
½ Cup of water
1 [ProGrade Protein](#)
2 Tbsp Orange Extract
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#1

Vanilla-Java Shake

½ Cup of Ice
½ Cup of water
1 Scoop [ProGrade Protein](#)
½ Cup of coffee or 3 Tbsp of Coffee extract
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Strawberries n' Cream

½ Cup of Ice
½ Cup of water
½ Scoop [ProGrade Protein](#)
2 Strawberries
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Every time you eat, ask yourself "Will this help me burn ugly, unwanted body fat as fast as possible?" If YES, do it! If NO, don't!