



WEIGHT LOSS

Meal Plan/ Success Manual

Transform You Fitness

Welcome to Transform You Fitness,

This manual has EVERYTHING mapped out for your success! **You don't have to think about it, you just need to DO it.**

I truly love what I do, and I am grateful for the opportunity to share my passion and knowledge with you through this program.

I'm excited to be a part of your journey and look forward to an AMAZING journey with you!

Committed to Your Success,

Rod FFW

STOP



How To Use This Guide

- For the best results, You should follow it exactly as it has been written to achieve your goals. If a food is not listed on the approved foods list or approved carbohydrate list YOU CANT HAVE IT. If you are not sure what category a food falls under, please see the included list or do a google search
- If you are allergic to a particular food then swap the item out or remove it completely.
- Please refer to the list of approved foods on the next page to add variations to your meal plans
URGENT INFO: Please make sure you replace the listed item with a food item that is similar (for example: exchange a carb for another carb, a vegetable for a different vegetable) For some, a meal plan that requires you to eat the same foods each day makes it simple for them, takes out the guesswork in what to prepare. But for others, eating the same meals daily will cause them to get bored -thus, tempting them to cheat or stray from the plan. I encourage you to refer to the list of approved foods, on the next page to add variety to your meals.
- Try to stick to consuming only very lean protein, such as chicken, turkey, or seafood. When preparing your protein selection, bake, grill, or cook on the stovetop with olive oil. Feel free to add any spices and seasonings to your liking.
- Please only consume the recommended amount listed next to each food item. **All food items listed on the List of Approved Foods and Drinks are acceptable options for every meal plan unless otherwise notated.**



After following this meal plan every day for 14 days each and every Saturday thereafter, you can indulge in anything you want on your **LAST Meal Of The Day.**

It's called a cheat meal, not a cheat day!!!

It's important that you have your cheat meal late in the day. This will prevent you from continuing to cheat or eat foods not approved on this meal plan throughout the day. For your cheat meal, eat your favorite food.

DON'T feel guilty.

You deserve it! But remember, Sunday morning resume your meal plan

APPROVED FOOD LIST

Poultry

- Chicken
- Turkey
- Cornish Hens

Beef

- Sirloin
- Flank Steak
- Roast
- T-Bone
- Ground Round
- Tenderloin
- Ground Beef

BEEF/POULTRY

Fish

- Salmon
- Snapper
- Flounder
- Halibut
- Tuna
- Grouper
- Cod
- Trout
- Haddock
- Catfish
- Oysters
- Herring

Shellfish

- Shrimp
- Lobster
- Crab
- Scallops

SEAFOOD

Pork

- Bacon
- Tenderloin
- Lean Ham
- Pork Roast
- Pork Chops

Lamb

- Lamb Chop
- Lamb Roast

PORK/LAMB

Vegetables

- Asparagus
- Artichoke
- Bell Peppers
- Onions
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Collard Greens
- Edamame
- EggPlant
- Green Beans
- Lettuce
- Mushrooms
- Spinach
- Turnip Greens

VEGGIES

Hydration

- Water
 - Calorie free flavored waters
 - Diet Sodas
 - Decaf Coffee and Tea
 - Regular Coffee (limited)
 - Crystal Light
- NO milk, fruit juices, creamers or caffeinated sodas

• **IMPORTANT:** Only during your cheat meal (discussed on the next page), and within reason, may you drink any highly caffeinated beverages, energy drinks, or alcohol

- **This list may not include a vegetable you love to eat. Any green leafy vegetable is acceptable.**

IMPORTANT INFO

Complex Carbohydrates

Acorn Squash

Barley

Black Beans

Kidney Beans

Lentils

Lima Beans

Millet

Navy Beans

Oatmeal

Parsnips

Pinto Beans

Potatoes

Quinoa

Rice (brown, colored and wild)

Rye

Split Peas

Sweet Potato

Whole-Grain (breads, cereals, and flours)

Fruit (1 piece/1 cup)

Weeks 1 and 2

Only 1 carbohydrate is allowed per day for the first 2- weeks. You can choose to have it for meal 1 or meal 3, NEVER meal 5

Meal 1

- 3 Hard-boiled eggs or 3 scrambled eggs (cheese and veggies are permitted)
- **1 cup of oatmeal, or 1 cup of grits, or 1 slice of wheat toast, or 1 piece of fruit (1 piece/ 1 cup)**

Meal 2

- Any protein shake you prefer that has less than 6 g of carbohydrates and sugar
- 1 tbsp. of all-natural peanut butter/almond butter or 1 handful of peanuts/almonds (**read nutrition label; ingredients should not include sugar**)

Meal 3

- 6oz of lean protein (see List of Approved Foods and Drinks)
- **1/2 of a sweet potato or 1 cup of brown rice (OR ANY OTHER COMPLEX CARB FROM LIST), or 1 piece of fruit (1 piece/ 1 cup)**
- Salad or any green vegetable (see List of Approved Foods and Drinks)

Meal 4

- Any protein shake you prefer that has less than 6 g of carbohydrates and sugar
- 1 tbsp. of all-natural peanut butter/almond butter or 1 handful of peanuts/almonds (**read nutrition label; ingredients should not include sugar**)

Meal 5 (No carbs during this meal)

6oz of lean protein (see List of Approved Foods and Drinks) **TIP:** Meat portion = to size of fist
Salad or any green vegetable (see List of Approved Foods and Drinks)

Meal 6 (if still hungry)

- 3 Hard boiled eggs or protein drink or salad

Frequently Asked Questions

1. **What if I Don't Like Eggs?**- Replace with chicken, fish turkey, or omit completely
2. **What Protein Drink Should I drink?** Any protein drink that has less than 6-grams of carbs.
3. **I'm Full And Can't Eat All This Food-** Dont force feed. Stop eating when you're full.

Weeks 3-6 (or until you reach your desired weight)

THE MOST IMPORTANT MEAL PLAN OF THE ENTIRE PROGRAM

***Alternate between the two plans each day**

Meal Plan

- 4 Eggs (Prepared any way)
- Turkey, beef, pork, sausage allowed; one serving

Meal 2

- Any protein shake you prefer that has less than 6 g of carbohydrates and sugar

Meal 3

- 6oz of lean protein (see List of Approved Foods and Drinks) **TIP:** Meat portion = to size of fist
- Salad or any green vegetable (see List of Approved Foods and Drinks)

Meal 4

- 6oz of lean protein (see List of Approved Foods and Drinks) **TIP:** Meat portion = to size of fist
- Salad or any green vegetable (see List of Approved Foods and Drinks)

Meal 5

- Any protein shake you prefer that has less than 6 g of carbohydrates and sugar

Meal Plan 2

Meal 1

- 2 whole eggs w/ 2 Egg Whites (Prepared any way)

Meal 2

- Any protein shake you prefer that has less than 6 g of carbohydrates and sugar
- 1 tbsp. of all-natural peanut butter/almond butter or 1 handful of peanuts/almonds
(read nutrition label; ingredients should not include sugar)

Meal 3

- 6oz of lean protein (see List of Approved Foods and Drinks) **TIP:** Meat portion = to size of fist
- Salad or any green vegetable (see List of Approved Foods and Drinks)

Meal 4

- 6oz of lean protein (see List of Approved Foods and Drinks) **TIP:** Meat portion = to size of fist
- Salad or any green vegetable (see List of Approved Foods and Drinks)

Meal 5

- Any protein shake you prefer that has less than 6 g of carbohydrates and sugar