



*Invisible Waist
floating Ass*

Blue Print

24 Hour Fat- Burning Cycle

Meal Plan, Success Manual



Transform You Fitness

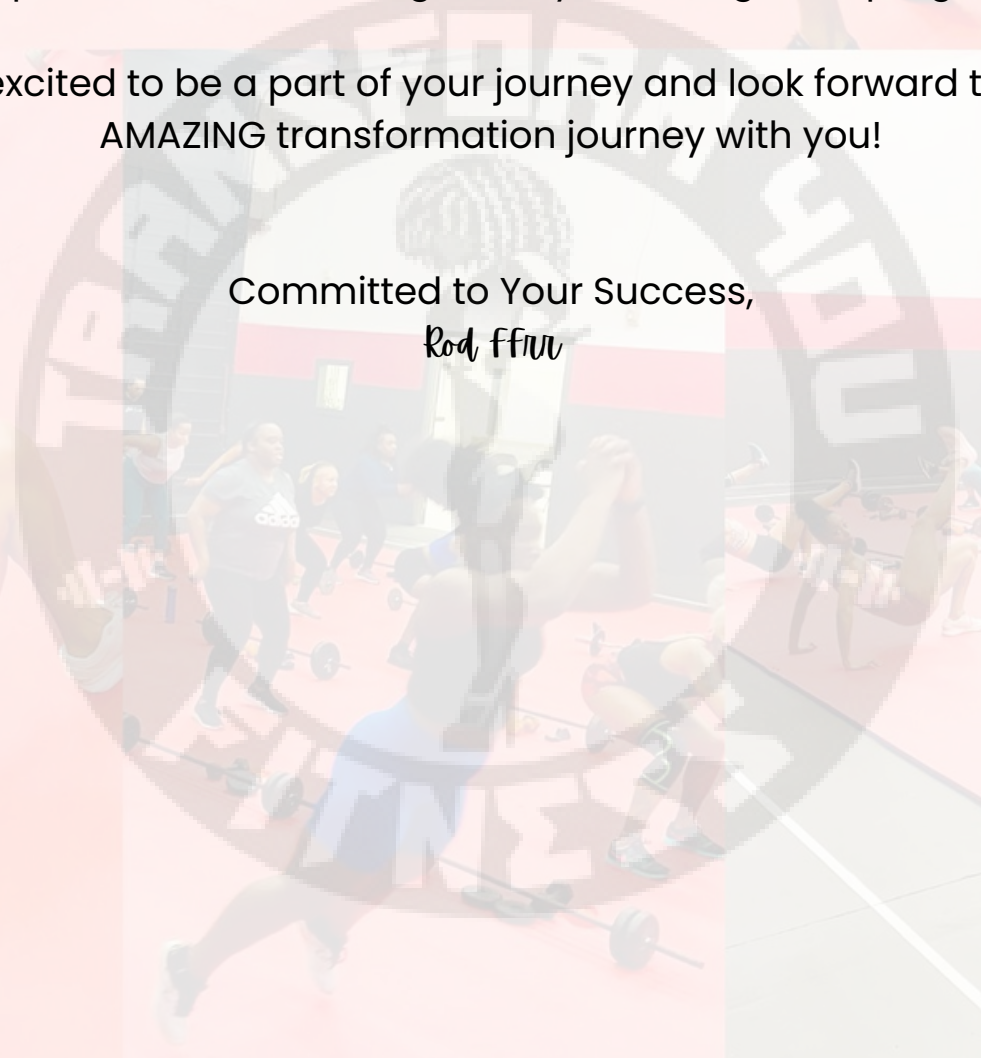
Welcome to Transform You Fitness,

EVERYTHING in this manual is 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 transformation journey with you!

Committed to Your Success,
Rod Ffiri



important!

How To Use This Guide

- For the best results, You should follow it exactly as it has been written to achieve your goals.
- If you are allergic to a particular food then swap the item out or remove it completely.
- For some, a meal plan that requires you to eat the same foods each day makes it simple for them, and takes out the guesswork in what to prepare. But for others, eating the same meals daily will cause them to get bored -thus, thus tempting them to cheat or stray from the plan. Choose what works for you!
- 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.



CHEAT

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

Feeding Window and Sample Schedule

This meal plan revolves around a specific eating pattern that alternates between periods of eating and periods of fat-burning.

Unlike restrictive diets, this plan does not eliminate any of the foods you typically enjoy; instead, it regulates when you can consume them. By strategically timing your meals, you can optimize your body's fat-burning potential. This approach provides a balanced and flexible way to achieve your summer fitness goals without sacrificing your enjoyment of delicious meals. Get ready to embark on a journey towards a leaner and healthier you!

The daily eating schedule allows for consistency in your day, which is one of the most important reasons for success with any health routine. Following a consistent schedule, regardless of which one you pick, can help avoid feeling depleted of energy or feeling like you're riding a rollercoaster. It will also train your body to burn fat while also having enough energy to tackle everyday tasks.

EATING WINDOW

(PICK ONE or CREATE A WINDOW AROUND YOUR SCHEDULE AND STICK WITH IT FOR 14 DAYS)

OPTION 1

- ☒ 8 am to 8 pm eating window
- ☒ **8 pm to 8 am fat-burning period (No Eating)**

Option 2

- ☒ 12 noon to 8 pm eating window
- ☒ **8 pm to 12-noon fat-burning period (No Eating)**

The best eating pattern is the one that works best for you and your schedule and that you can consistently incorporate into your day.

Staying consistent can be a bit tougher for women, especially those with families; since when you have a family, schedules are rarely consistent!

SAMPLE Option 1 Eating Day

The schedule below follows a 12-hour Fat Burning Cycle

6:15 am: wake up. Grab black coffee, get dressed, put black coffee in a to-go cup, and fill up a 24-ounce water cup.

7:00 am – 8:00 am: Drink water

8:00 am: Veggie scramble made with 2 whole eggs, a handful of spinach, diced bell peppers, and onions cooked in olive oil.

Two slices of toast

A small bowl of mixed berries (e.g., strawberries, blueberries, raspberries).

A glass of water or unsweetened tea.

12:00 – 1:00:

Grilled chicken breast (about 4-6 ounces) seasoned with herbs and spices.

Salad with mixed vegetables (e.g., cucumber, cherry tomatoes, red onion)

Steamed broccoli or roasted Brussels sprouts.

A glass of water or unsweetened tea.

3:00 pm – 4:00 pm:

Greek yogurt (about 6 ounces) with a handful of granola and sliced almonds.

A serving of fresh fruit (e.g., sliced apple or a small bunch of grapes).

Water or tea.

6:30 pm – 7:45 pm:

Baked salmon fillet (about 4-6 ounces) topped with fresh herbs and lemon

Brown rice (around 1/2 cup cooked).

Roasted sweet potatoes or grilled asparagus.

Mixed green salad with a vinaigrette dressing.

A glass of water

8:00 pm: cease all meals.

Getting started is simple. Chances are you've already done many fat-burning eating cycles before.

Many of us instinctively eat this way, skipping morning or evening meals -not always on purpose but because we're not hungry, or we are full from eating a larger meal in the afternoon.

I've found that for most women, the 12 to 16-hour fat-burning window is the easiest to implement.

You can start by having unsweetened coffee or tea in the morning and wait until 8 am or noon to eat.

If you finish dinner by 8 pm and avoid snacking in the evening, the fat-burning time increases. If you struggle with late-night snacking, try drinking warm tea instead. Consider your wake-up time, family schedule, hunger cues, and exercise routine when finding the best Fat Burning Cycle schedule for you.

SAMPLE Option 2 Eating Day

Below is a *sample* schedule, on a weekday, where I juggle the kids-work-life routine daily. The schedule below follows a 16-hour Fat Burning Cycle schedule with, an 8-hour eating window.

6:15 am: wake up. Grab black coffee, get dressed, put black coffee in a to-go cup, and fill up a 24-ounce water cup.

6:45 am – 7:45 am: school drop-off loop and head straight to workout.

7:45 am – 8:45 am: early morning workout. I drink water during the workout.

8:45 am – 9:00 am: head to the office. [Drink water](#)

9:00 am: I make a Bulletproof coffee at the office

12:00 – 1:00: Lunch: **1 large or 2 small chicken breasts, 1 cup of brown rice, unlimited veggies**

3:00 pm – 4:00 pm: grab an afternoon snack. Usually consists of a smoothie with peanut butter, non-dairy milk, chocolate protein, chia seeds, and ice.

6:30 pm – 7:45 pm: Dinner: **Salmon, sweet potato, unlimited veggies**

8:00 pm: cease all meals.

By the time I drink coffee around 9 am, I've already completed a minimum of a 12-hour fast.

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Many of us instinctively eat this way, skipping morning or evening meals -not always on purpose but because we're not hungry, or we are full from eating a larger meal in the afternoon.

WHAT TO EAT AND DRINK

If you're new to the fat-burning eating cycle and want to make sure your efforts yield the results you're looking for, you're probably wondering: what can I eat or drink while in the fat-burning state?

By now, hopefully, you understand that you need to avoid solid foods during your fat-burning period. Research suggests that the cutoff for consuming calories is around 40 calories. Anything over 40 calories can disrupt your body's fat-burning state.

One reason coffee and tea are recommended is that they contain only about 5 calories per cup in their pure forms (black coffee and unsweetened tea). However, it's important to note that some products, like "bulletproof" coffee, do have calories and are not considered calorie-free.

While there is research showing the benefits of consuming healthy fats alongside the fat-burning eating cycle, such as having a cup of bulletproof coffee after 12 hours of Fat Burning Cycle to extend the fat-burning period, it's important to understand that each person's body may respond differently. It's best to experiment and see how your body reacts to different options

WHAT CAN YOU DRINK?

During the fat-burning state, you can drink non-caloric beverages like water, tea, zero-calorie drinks (although some artificial sweeteners may cause insulin spikes), and black coffee. If you find it difficult to resist eating and need to extend your fat-burning period, hot drinks can help create a feeling of fullness.

IS DRINKING ALCOHOL ALLOWED?

It's important to note that consuming alcohol is not allowed during the fat-burning state. However, during your designated eating window, you can enjoy foods and drinks that align with your dietary plan.

SKIPPING BREAKFAST

When it comes to skipping breakfast during the fat-burning eating cycle, it's important to understand the difference between completely skipping breakfast and simply delaying your first meal. If breakfast typically consists of sugary cereals, bagels, or high-calorie foods, it's a good idea to skip it. With the fat-burning eating cycle, you're adjusting the timing of your first meal. So, even if you eat at noon, you can still enjoy breakfast-inspired foods like eggs at that time.

Remember, the fat-burning eating cycle involves consuming all your meals and calories within a specific time window. The goal is to provide your body with the necessary fuel and nutrition during that eating window. Rest assured that delaying breakfast to a later time is not harmful, especially if you ensure that the foods you consume are nutritious and beneficial.

FOODS TO EAT DURING THE FAT-BURNING PERIOD

During the fat-burning period, you refrain from eating solid foods. However, once the fat-burning period is over, you can consume food within your designated eating window. Below are some of my favorite drink options to enjoy during your fat-burning period.

WHAT LIQUIDS CAN I DRINK DURING THE FAT-BURNING PERIOD?

It's essential to stay hydrated and you can drink certain beverages that won't interrupt the fat-burning process. Here are some top options:

Water:

Drinking water is crucial for staying hydrated during your fat-burning period.

Bone broth:

Bone broth is a nutritious liquid option rich in minerals, collagen, and protein. It can support joint health and provide essential nutrients during the fat-burning period.

Black Coffee:

Yes, you can have coffee during the fat-burning period, but it's important to avoid adding sugar or cream. You can use artificial sweeteners and a small amount of cream, as long as the total calorie intake remains under 50 calories.

Herbal teas:

Similar to water, decaffeinated herbal teas are a great choice for hydration and can help curb your appetite during the fat-burning period. Enjoy them plain, without adding cream or sugar, while fasting.

Remember, the primary focus during the fat-burning period is to stay hydrated and avoid consuming solid foods. These liquid options can help support your body's needs while maintaining the fat-burning state.

Approved Foods List

SEASONINGS & SPICES

- .. Cinnamon
- .. Garlic powder
- .. Dry herbs, all
- .. Italian Seasoning
- .. Onion powder
- .. Pumpkin pie spice
- .. Seasoning mixes, all
- .. Taco Seasoning
- .. Vanilla extract

FATS & OILS

- .. Avocado oil
- .. Coconut oil
- .. Cooking spray
- .. Olive oil
- .. Sesame oil
- .. Vegetable oil

CANNED & JARRED

- .. Almond butter
- .. Apple sauce, unsweetened
- .. Canned fruits
- .. Canned Vegetables
- .. Coconut milk, canned
- .. Fruit jam & jelly
- .. Olives, all varieties
- .. Peanut butter
- .. Pumpkin puree
- .. Salsa
- .. Tomato & pasta sauce
- .. Tomatoes, diced
- .. Tomato paste

BAKING & FLOURS

- .. All-purpose flour, reg. and gluten-free
- .. Baking powder
- .. Baking soda
- .. Cocoa powder, unsweetened
- .. Coconut flour
- .. Cornstarch
- .. Honey
- .. Maple syrup
- .. Nut flours
- .. Sugar, white and brown

SAUCES & MORE

- .. BBQ
- .. Buffalo Sauce
- .. Coffee and tea
- .. Hot sauce
- .. Ketchup
- .. Mayonnaise
- .. Mustard, Dijon, yellow
- .. Salad dressings
- .. Soy sauce & coconut aminos
- .. Vinegar: balsamic, apple, white

WHOLE GRAINS & MORE

- .. Ancient grains, all
- .. Beans and legumes, all
- .. Breads, whole grain
- .. Corn
- .. Farro
- .. Quinoa
- .. Oats
- .. Pasta, whole grain
- .. Tortillas and wraps

Approved Foods List

VEGETABLES

- .. Asparagus
- .. Bell peppers
- .. Beets
- .. Broccoli
- .. Brussels sprouts
- .. Carrots
- .. Cabbage
- .. Cauliflower
- .. Celery
- .. Corn
- .. Eggplant
- .. Garlic
- .. Green beans
- .. Kale
- .. Lettuce
- .. Potatoes, all varieties
- .. Onions
- .. Peas
- .. Spinach
- .. Sweet potatoes
- .. Tomatoes

DAIRY & MILKS

- .. Butter & ghee
- .. Cream & half & half
- .. Dairy milk
- .. Cheese
- .. Non-Dairy milk, unsweetened
- .. Yogurts, regular & Greek

FRUIT

- .. Apples
- .. Bananas
- .. Blackberries
- .. Blueberries
- .. Cherries
- .. Grapefruit
- .. Grapes
- .. Lemon
- .. Lime
- .. Melon
- .. Cantaloupe
- .. Nectarines
- .. Oranges
- .. Peaches
- .. Pears
- .. Pineapple
- .. Plums
- .. Raspberries
- .. Strawberries
- .. Watermelon

NUTS & SEEDS

- .. Almonds
- .. Cashews
- .. Chia seeds
- .. Hemp seeds
- .. Flax seeds
- .. Macadamia nuts
- .. Pecans
- .. Pistachios
- .. Pine nuts
- .. Pumpkin seeds
- .. Sesame seeds
- .. Sunflower seeds
- .. Walnuts

PROTEIN

- .. Bacon
- .. Beef, all cuts
- .. Chicken, all cuts
- .. Eggs
- .. Pork, all cuts
- .. Protein powder
- .. Sausage
- .. Turkey, all cuts

SEAFOOD

- .. Clams
- .. Crab
- .. Cod, tilapia, white fish
- .. Herring, fresh & canned
- .. Salmon, fresh & canned
- .. Sardines, fresh & canned
- .. Scallops
- .. Shrimp
- .. Tuna, fresh & canned
- .. Trout

FROZEN

- .. Fruit, unsweetened
- .. Meat
- .. Stir-fry veggie mixes
- .. Seafood
- .. Vegetables

FOODS TO LIMIT

There are certain foods that aren't as good to consume as part of any healthy eating diet or regimen. You should limit foods that are calorie-dense and contain high amounts of added sugars, heart-unhealthy saturated fat, and sodium.

They won't only not fill you up, but they'll make you hungry sooner. *Chinese take-out anyone?* To maintain a healthy diet as part of your Summer Shred, limit these foods:

- ☒ **Snack chips**
- ☒ **Pretzels and crackers**
- ☒ **Cookies**
- ☒ **Candy**
- ☒ **Cakes**
- ☒ **Fruit drinks**
- ☒ **Alcoholic drinks**
- ☒ **Highly sweetened coffee and tea**
- ☒ **Sugary cereals with little fiber and granola**

summary

If I were, to sum up, the answer to the "**What should I eat question** is this:

Incorporate a variety of foods into your day that fit your specific diet. Variety means different colors and food groups so you can get maximum nutrition into your body.

This meal plan doesn't limit your food choices, but you should watch how much you eat and the quality of the food. You can use the list of approved foods to help you with this.

REMEMBER!!! YOU CAN NOT EAT FAST FOOD AND JUNK FOOD EVERY DAY FOR EVERY MEAL AND EXPECT YOUR BODY TO CHANGE