

X-Treme Fat Loss “Time Restricted” Meal Plan - 130 lbs
Fast for 16 Hours / Feed In 8 Hour Window

Nutrition Log (130 lbs.)	
Upon Waking Up	Drink 12 ounces of water with lemon
Mid morning	Drink black coffee, Black or Green Tea, Diet Drink of your choice (No Sugar!)
First Meal Break your fast	Protein + Vegetable + Starch or Fruit
Snack (optional)	Choose from snack block or Nuts or Shake (Use recipe for shake choices)
Dinner	Protein + Starch + Vegetable + Fish Oil (1 tbsp. or 3 capsule)
Snack *Has to be in 8 hour window of first meal	Choose from snack block only
Sleep 8 hours	

Protein (Choose 1)	Starch (Choose 1)	Fruit (Choose 1)
2 whole eggs	1/2 cup cooked oatmeal	1/2 apple
1 whole egg + 2 egg whites	1/3 cup cooked quinoa	½ banana
3 ounces of grilled chicken	1/3 cup millet	1/2 pear
3 ounces of lean beef	1/2 cup barely	1/2 orange
3 ounces of wild fish	1 medium high fiber tortilla	1/2 peach
3 ounces of seafood	1/2 cup beans (any kind)	1/3 cup grapes
3 ounces of wild game	1/2 cup of lentils	1/3 cup pineapple
3 ounces of organic pork	1 small yam or sweet potato	1 kiwi
1/3 cup cottage cheese	1 slice sour dough bread	1/2 medium mango
1/3 cup greek yogurt	1 slice Ezekiel or Rye bread	1/2 grapefruit
1 can of tuna	1/2 cup brown, white or wild rice	1/2 cup watermelon
3 ounces of bison	1 small white or 3 small red potatoes	1/2 cup cantaloupe
3 ounces of lamb	1/3 cup of couscous	1/2 pomegranate

Berries (Choose 1)	Snacks (Choose 1)	Vegetables
3 cup blueberries	1 Brown Rice Cake with 1 tbsp. nut butter	As much as you want Any variety (Green Veggies are best)
1/2 cup blackberries	1/3 cup cottage cheese + berries	
1/2cup raspberries	1/3 cup Greek yogurt + frozen berries	
3/4 cup strawberries	1 ½ tbsp. nut butter on celery stalks	
	1 scoop protein mixed with 3 ounces of coconut milk and 5 ounces of water	

Nuts (Choose 1)	
Almonds	15 nuts
Brazil Nuts	4 nuts
Cashews	15 nuts
Peanuts	20 nuts
Pecans	15 nuts
Pistachios	30 nuts
Walnuts	15 nuts

Nut Butters (Chose 1)	
Almond Butter	1 tbsp
Peanut Butter	1 tbsp
Cashew Butter	1 tbsp
Tahini (Ground Sesame Seeds)	1 tbsp

Water Intake
Drink 65-75 ounces of water spread throughout the day