



SWEAT Biggest Loser Program

Property of SWEAT Group Fitness Studios

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Your Custom Meal Plan:

Please look at the following plan carefully. Make sure that you are able/willing to eat everything on the menu. If you aren't you must take a look at the substitutions list and exchange foods so that you increase your odds of sticking to the menu.

Daily Meal Plan: Based off current goals I'd like you to eat within the suggested window of 8 hrs. If possible do not eat before 11am and do not eat past 7pm. If this does not work for you simply text or DM me on Instagram and I will give you a different window.

*The meals below MAY BE SWAMPED around to better accommodate you! (Example: You may switch your Breakfast for lunch)

Breakfast

Protein Shake (120-160 per serving; no more than 10g carbs per serving) (I suggest premier protein premade shakes from Costco)

1 protein bar (Use a "one" bar or "quest" bar)

Lunch

5-6oz. Lean Ground Turkey or Lean Ground Beef
1 cup of green beans
½ cup cooked white rice

Snack

½ Apple
1 Rice cake (any flavor) w/ 1 tsp natural peanut butter

Dinner

1 Large Baked Sweet Potato (salt and pepper to taste)
5-6oz. Seasoned Chicken (Bake or Grilled)
1 cup Broccoli or Asparagus (Steamed or Grill) add salt and seasonings.

Condiments:

You may use any condiment if it contains no more than 10 calories per serving such as:

Hot sauce, mustard, vinegar, salt, pepper, pam, low calorie seasonings, flavor god, "I can't believe its not butter", etc.

