

A+B+C

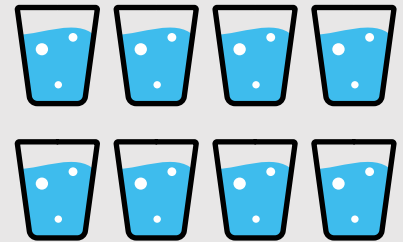
MUSCLE DEFINITION

DESIGN YOUR MEAL:

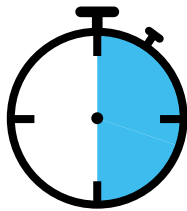
MEAL 1	A + B + C
MEAL 2	A + B
MEAL 3	A + B + C
MEAL 4	A + B
MEAL 5	A + B + C
MEAL 6	A + B



Add 1 cup of fruit
peeled and sliced
to the **first meal of
the day**



8 Glasses of water
each day



30+
MINUTES

Per training
session

3 Cardio or HIIT
session

3 Abs and core
workouts per week

A PICK TWO 1 Cup

- 01** Kale or lettuce
- 02** Cucumber
- 03** Avocado
- 04** Tomato
- 05** Bell peppers
- 06** Broccoli
- 07** Spinach
- 08** Zucchini
- 09** Leek or onion
- 10** Brussel sprouts
- 11** Green beans
- 12** Green peas

B PICK ONE 1/2 Cup

- 01** Eggs
- 02** Chicken or Turkey
- 03** Pork or Beef
- 04** Salmon
- 05** Tuna or salmon
- 06** Tempeh
- 07** Plain yogurt
- 08** Cottage cheese
- 09** Feta cheese
- 10** Cheese
- 11** Chickpeas
- 12** Beans

C PICK ONE 1/2 Cup

- 01** Quinoa
- 02** Oats
- 03** Brown rice
- 04** Sweet potato
- 05** Lentils
- 06** w/w pasta
- 07** Buckwheat
- 08** Couscous
- 09** Chestnuts
- 10** w/g bread **1 SLICE**
- 11** Nuts
- 12** Seeds