

# A+B+C

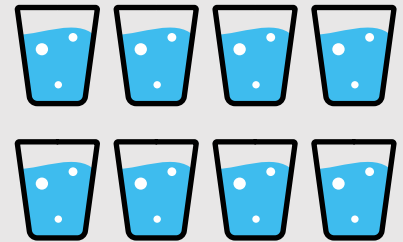
## MUSCLE DEFINITION

### DESIGN YOUR MEAL:

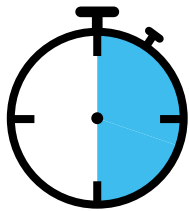
MEAL 1	A + B + C
MEAL 2	A + B
MEAL 3	A + B + C
MEAL 4	A + B
MEAL 5	A + B + C
MEAL 6	A + B



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 Port 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