

TWO AND ONE

FAT LOSS AND MAINTENANCE MEALPLAN

LOW CARB: Combine two items on the left with an item on the right to design a meal
Allow at least **4HOURS** between meals

A PICK TWO One Handful Each

- 01 Kale or lettuce
- 02 Cucumber / avocado
- 03 Tomato
- 04 Bell peppers
- 05 Broccoli
- 06 Cauliflower
- 07 Spinach
- 08 Zucchini / eggplant
- 09 Pumpkin
- 10 Mushrooms
- 11 Beetroot
- 12 Carrots
- 13 Leek or onion
- 14 Brussel sprouts
- 15 Green beans
- 16 Green peas / **HALF**

B PICK ONE 1 Cup / 150g

- 01 Eggs
- 02 Chicken / Turkey
- 03 Port or Beef
- 04 Salmon
- 05 Sardines
- 06 Prawn or squid
- 07 Tempeh
- 08 Seitan
- 09 Chickpeas
- 10 Beans
- 11 Soybeans
- 12 Split peas
- 13 Plain yogurt
- 14 Cottage cheese
- 15 Feta cheese / **HALF**
- 16 Cheese / **HALF**

FREE PASS:

Eat whatever you want in any amounts

Exceptions - No sugar or soft drinks. No ice-cream, cookies, chocolate, pies or soda.

LOW CARB - Days should be as basic as possible. If you are craving something - wait until the following day to have it. Control your portions and only eat when hungry

FREE PASS - Once a week you can have any type of dessert you want. You can even plan it in advance

NOTE:
If you have a holiday landing on your low carb day switch days having 2 low carb days in a row before the event.

Be as strict with food as you can low carb days but let yourself enjoy the food the following day. Don't worry about over eating, it will be eventually normalize.

DAY 01 Low carb	DAY 02 Free pass	DAY 03 Low carb	DAY 04 Free pass	DAY 05 Low carb	DAY 06 Free pass	DAY 07 Low carb
DAY 08 Free pass	DAY 09 Low carb	DAY 10 Free pass	DAY 11 Low carb	DAY 12 Free pass	DAY 13 Low carb	DAY 14 Free pass