



# 30-Day Fall Weight loss Plan

Lose 10 pounds in 30 Days





## 30-Day Weight loss Program

- Designed to be the solution to overcomplicated nutrition.
- You will receive basic strategies and 4-sample meal plans that will serve a busy lifestyle.
- Prioritizing protein- eating about 1 gram of protein per LB of bodyweight, split across 3-5 meals and a shake/snack.
- Eating lots of veggies, drinking lots of water, and limiting junk food.



## Sounds too simple to work?

- Of course, your results depend on your expectations– and how drastic of a change you are looking to make in your body and lifestyle.
- Simply eating more protein, plus an overall focus on food quality and nutrition density, can be enough for a lot of people to lose a steady, sustainable amount of weight and feel great doing it.
- That said, if you'd like to use this plan as an opportunity to get more strategic about losing weight, it can definitely work!
- Next slide, we will dial into your nutrition for weight loss while following this program.

# Non-negotiable's

- Eat your first meal within an hour of waking
- Plan ahead! Designate a food preparation day.
- Measure and weigh everything whenever possible. Purchase measuring cups and a kitchen scale.
- Eat every 3-4 hours (usually 5 or 6 times a day, depending on when you wake up). This will ensure you're getting enough nutrients, especially protein, to support your recovery, muscle growth, and hard work!
- Drink lots of water! You may have coffee and tea with Stevia or a no-cal sweetener.
- Take a daily multivitamin. If lifting weights, you might consider taking an additional calcium supplement.
- Take one tablespoon of flaxseed or fish oil daily. Flaxseed and fish oil support weight loss and overall health. (Note: Do not heat flaxseed.)
- Consistency is key! If you have a day where you slip up, don't give up! Start fresh at your next meal or the next day. You can do it!





# Sample Meal Plan 1

Meal 1:

Egg whites, 5  
Vegetables, unlimited

Meal 2:

Apple/Orange

Meal 3:

Chicken, 4 oz  
Sweet Potato, 1  
Salad, unlimited

Meal 4:

$\frac{1}{2}$  cup low fat cottage cheese  
8-10 almonds  
 $\frac{1}{4}$  cup blueberries

Meal 5:

4 oz grilled chicken  
1 cup cooked brown rice  
2 cups steamed broccoli

Meal 6: (optional)

1 cup low-fat, Greek Yogurt  
 $\frac{1}{2}$  scoop protein  
1 Tbs almond butter



## Sample Meal Plan 2

Meal 1:

½ cup Overnight Oats

Meal 2:

¼ cup Raw Trail mix

Meal 3:

3 oz Grilled Shrimp

½ cup brown rice

Vegetables, unlimited

Soy sauce to taste

Meal 4:

½ cup Greek Yogurt

8-10 almonds

¼ cup blueberries

Meal 5:

Turkey Burger- no bun

Low-fat cheese slice

Tomato-2 slices

Green leaf lettuce

Onion/Pickles

Meal 6: (optional)

Greek Yogurt Bowl

1 scoop protein

Walnuts 1 oz



## Sample Meal Plan 3

Meal 1:

Protein Shake

Meal 2:

2 Hard-boil Eggs

1 Medium Apple

Meal 3:

5oz Canned Tuna

1 Tbsp. low-fat mayo

¼ cup chopped celery

1 low-carb wrap

½ Grapefruit

Meal 4:

½ cup Greek Yogurt

¼ cup Walnuts

1 tbsp honey

Meal 5:

4 oz Grilled Salmon/Fish

1 cup Broccoli

½ cup brown rice

Meal 6: (optional)

½ cup cottage cheese

½ cup pineapple



# Sample Meal Plan 4

## Meal 1:

½ cup cooked oatmeal  
1 scoop protein  
2 tsp chia seeds  
½ tsp cocoa powder  
2 tsp flaxseeds  
1 piece fruit

## Meal 2:

Protein bar or Shake

## Meal 3:

4 oz Grilled Salmon/Chicken  
½ cup quinoa or wheat berries  
Vegetables, unlimited

## Meal 4:

1 piece string cheese  
1 apple

## Meal 5:

Ground Turkey  
Large Lettuce Cup  
Vegetables. Unlimited

## Meal 6: (optional)

½ cup cottage cheese/yogurt  
½ cup pineapple/blueberries