



The Rapid Fat Loss Nutrition Blueprint

For Females

Notice

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#2

WEEK#2 OVERVIEW

Meal#	M	T	W	TH	F	SAT	SUN
Breakfast	Open Faced Tomato, Eggs, and Cheese	Denver Omelette	Smoked Salmon and Asaparagus	Greek Omelette	Breakfast Quiche	Asian Omelette	Egg Salad Salad
Mid-Morning Snack	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option
Lunch	Greek Salad	Naked Turkey, Ham, Chicken, or Roast Beef Sandwich	Chicken Pesto Salad	Tuna Salad	Lisa's Beanless Beef Chili	Seafood Salad	Eggplant Manicotti
Mid-Afternoon Snack	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option	Choose your favorite snack option
Dinner	Seared Scallops	Chicken Surprise	Steak, Chicken, Salmon, or Shrimp Kebabs	Lemon Pepper Salmon and Sauteed Spinach	Beef or Lamb Stew	Tyler's Stuffed Peppers	Cornish Hen and French Onion Soup
Dessert	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option	Choose your favorite dessert option

Daily Supplementation: Take **Prograde EFA Icon** and **Prograde VGF+25 Multi-Vitamin for Your Gender** immediately upon waking with breakfast, known as [The Health+ Package](#) Consume 1 Tbsp. of **Organic Extra Virgin Coconut Oil** (Nutiva brand is best) by adding to breakfast meal.

Workout Nutrition: Drink Low-Carb Protein Workout Drink using [Metabolic Drive Super Protein Shake](#) (Men- 2 scoops for main workouts, 1 scoop for mini-workouts, **Women-** 1 scoop for main workouts, 1/2 scoop for mini-workout). Drink shake before, during, and/or after workouts based on individual preference.

Hydration Guidelines:

- Drink 16-32 oz (2-4 cups) of cold water immediately upon waking
- Drink 8-16 oz (1-2 cups) of water before AND between every meal or snack
- Drink 8-16 oz (1-2 cups) of water for every 10-15 minutes of activity
- Drink 2-3 cups of green, black, or white tea per day

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Grocery List: The Essentials

Produce Section- Fruits and Vegetables*

- Green Veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- Unlimited Veggies of choice (besides corn, peas, carrots, beets, and potatoes)
- Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

** Try to stay away from canned foods, particularly fruit, which may have added sugar. Organic and/or natural produce is always the best choice if possible. However, most regular produce will work fine as well.*

Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood

4-5/8-12 lbs* total of a healthy mix of the following:

- Extra Lean Meat (Extra Lean Sirloin, 93% or Higher Extra Lean Ground Beef, or Bison)
- Deli Cuts- Ham, Turkey, Roast Beef (unsweetened, low in salt, no nitrates)
- Skinless, Boneless Chicken Breasts
- Turkey or Lean Ground Turkey
- Pork
- Extra Lean Lamb
- Fish: Salmon, Tuna, Tilapia, etc.
- Seafood: Shrimp, Mussels, Squid, Scallops, etc.

** 4-5 lbs/week for women (assuming 9-12 oz. consumed per day), 8-10 lbs/week for men (assuming 18-24 oz. consumed per day). Try to buy organic protein sources as much as possible, especially for beef. Please be sure to buy protein sources that are on sale as much as possible to best mitigate cost.*

Dairy Section

- Pre-packaged Liquid Egg Whites
- 1-2 Cartons of Omega-3 Eggs (e.g. Eggland's Best Brand)
- Full Fat Cottage Cheese
- Mozzarella and other Full Fat Cheeses of choice: We like cheese by the block to save money- you can cut off your designated portion for a snack (2 oz. female, 4 oz. male. One ounce equals a slice of cheese or a 1-inch cube) or grate the cheese into your meals where prescribed

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Other Essentials:

- Marinara Sauce that DOES NOT have the word SUGAR in the ingredients list
- Stewed Tomatoes or Tomato Sauce that DOES NOT have the word SUGAR in the ingredients list
- Mustard
- Canola Mayo
- Low Sodium Soy Sauce
- Fresh Garlic
- Whipped Cream that does not contain hydrogenated fats or corn syrup such as Redi Whip
- Heavy Whipping Cream
- Unsweetened Cocoa Powder
- White Cooking Wine
- Vinegar
- Italian Seasoning Mix
- Oregano
- Paprika
- Chili Powder
- Onion powder
- Basil
- Butter
- Green Tea (or any tea you like, but Green, White and Black are the best)
- Non-stick olive oil cooking spray or Misto Olive Oil Sprayer (www.Misto.com)
- Extra Virgin Olive Oil and other natural oils
- Organic Flax Meal/Ground Flax
- Raw Nut Butters (unsweetened, unroasted, and lightly salted)
- Mixed Raw Nuts: Cashews, Walnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted)
- Organic Extra Virgin NUTIVA Coconut oil
- Various flavor extracts (mint, vanilla, almond)
- Cajun Spice

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Day#1, Monday

Meal#	Female Recipe
Breakfast	<p>Open Faced Tomato, Eggs, and Cheese</p> <p>1 Cup of Liquid Egg Whites (Equals about 10 Egg Whites) Two Slices of a Large Tomato (Spinach also works well) One Slice of Cheese (Cheddar or Provolone work best) Italian Seasonings or Salt and Pepper</p> <p>Directions:</p> <p>Turn on the oven to the broiler setting. In a skillet that is also oven-safe, sprayed with non-stick spray, create two circles with the egg whites (as if they were fried eggs minus the yolks). Flip when the bottom is cooked and remove from heat once they are complete. Place the tomato and each circle (optional fresh spinach would go underneath the tomato). Place a slice of cheese on each tomato and place in the oven. Remove once the cheese bubbles. Top with salt and pepper or Italian seasoning to taste. It is now ready to enjoy.</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Greek Salad</p> <p>3-4 oz. of chicken 2 Tbsp of Kalamata olives 1/2 Tbsp. feta cheese crumbles 1-2 sliced tomato 1/4 cup sliced red onions 1/2 Tbsp of extra virgin olive oil 1 tsp of water 1/2 tsp vinegar 1/2 tsp dried oregano 1/2 tsp black pepper 1/2 tsp sea salt 1/2 of a green bell pepper, sliced</p> <p>Directions:</p> <p>Grill or broil a chicken breast. Mix all the veggies together. Once the chicken is done, slice and place on salad. Mix the oil, vinegar, water and spices and pour onto the salad and toss. Top with the feta and enjoy.</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
<i>Dinner</i>	<p>Seared Scallops</p> <p>1 Tbsp of Italian herb mix $\frac{3}{4}$ cup of extra virgin olive oil $\frac{1}{4}$ cup of vinegar 1 pound of scallops Salt and pepper to taste</p> <p>Directions:</p> <p>Mix the oil, vinegar and spices (including salt and pepper) in a bowl. Once thoroughly mixed, take the scallops and coat with the mixture. Heat a skillet to medium-high heat. Remove the scallops with a slotted spoon and allow excess coating to drip. Place the scallops on the skillet. You should immediately hear sizzling. Cook on one side for 3-5 minutes or until brown, turn over and cook the other side for another 3-5 minutes.</p> <p>Makes 4 female servings and 2 male servings. Enjoy!</p>
<i>Dessert</i>	Choose your favorite dessert option

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Day#2, Tuesday

Meal#	Female Recipe
Breakfast	<p>Denver Omelet</p> <p>2 Whole Omega-3 Eggs and 5 Egg Whites, beaten</p> <p>OR</p> <p>2 Whole Omega-3 Eggs and a 1/2 cup of Liquid Egg Whites, beaten</p> <p>1/2 Green bell pepper, diced 1/2 Onion, diced 1/4 cup of Ham or Canadian bacon, chopped into cubes. Make sure the ham you choose is not cooked in syrup, or sugar. Non-stick Olive Oil cooking spray</p> <p>Directions:</p> <p>Heat skillet on medium heat. Add peppers, onions and ham into the skillet and cook for a couple of minutes. Pour egg mixture into the skillet and cook until almost completely firm. Flip the omelet and fold. Slide onto a plate and enjoy.</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Naked Sandwich</p> <p>1 large romaine lettuce leaf or boston lettuce leaf 3-4 oz. oven roasted deli turkey breast, ham, roast beef, or chicken breast (no added sugar, low in salt, no nitrates) 1 slice of cheese OR 1 Tbsp canola mayo (omit if using roast beef) Optional: pickles, sliced onions, olives, tomatoes, etc.</p> <p>Directions:</p> <p>Take ingredients and insert into clean lettuce leaf. Wrap the leaf around the ingredients and enjoy. You can also stick a toothpick in it to keep it closed.</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
Dinner	<p>Chicken Surprise</p> <p>3-4 oz. chicken, cut into chunks 1/2 Tbsp. Extra Virgin Olive Oil 1 small can of tomato sauce 1/2 red pepper, sliced 1/2 green pepper, sliced 1/2 yellow pepper, sliced 1/2 red onion, sliced Garlic 1/4 Cup White Cooking Wine 1/2 Cup of water Salt to taste</p> <p><u>Directions:</u> Cook the chicken over medium-low heat. You want to cook it slowly so the chicken remains white without any browning on the outside. Once the chicken is white on the outside, throw in all the pepper and onions and toss. Add white wine, tomato sauce and water. Raise the heat to medium so that the sauce bubbles stirring occasionally until the sauce thickens add salt to taste. Serve with cauliflower rice and enjoy!</p>
Dessert	Choose your favorite dessert option

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Day#3, Wednesday

Meal#	Female Recipe
Breakfast	<p>Smoked Salmon and Asparagus</p> <p>3-4 Ounces of Smoked Salmon (no added sugar) 6-8 Asparagus Stalks Salt and Pepper to taste</p> <p>Directions:</p> <p>Spray a medium skillet with non-stick spray and place on medium heat. Add asparagus and cook until thoroughly heated, but non soggy. Add salt and pepper to taste. This should only take a couple of minutes. Place on a plate with salmon and enjoy, this is a fast one!</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Chicken Pesto Salad</p> <p>3-4 oz. cooked chicken, chopped into very small pieces 1 cup of fresh basil, minced ½ tsp extra virgin olive oil 1 tsp grated parmesan cheese 2 tsp canola mayo</p> <p>Directions:</p> <p>Chicken: Season chicken breast with salt and pepper. Place on a grill or on a pan with medium-low heat. Cook until there is no pink in the center. Remove chicken before the outside begins to brown. Allow chop into very small pieces.</p> <p>Salad: Mince basil into tiny pieces. Add to the still-warm chicken along with olive oil and Parmesan cheese. Top off the mixture with the canola mayo and it is ready to go. You can eat it over a bed of romaine lettuce or wrap it in romaine leaves to make a naked chicken salad sandwich.</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
<i>Dinner</i>	<p>Steak, Chicken, Salmon, and/or Shrimp Kebabs</p> <p>1 lb. of chicken, steak, or lamb, cut into large cubes 10 cherry tomatoes 1 zucchini, sliced about 1 inch 1 yellow squash, sliced about 1 inch 1 red pepper, cut into chunks 1 green pepper, cut into chunks 1 onion, cut into chunks 3-4 Crushed garlic cloves Salt and Pepper to taste 4 skewers</p> <p>Directions:</p> <p>Place veggies and proteins on the skewers, making sure to distribute the protein evenly. Season with salt and pepper and rub with the mashed garlic. Place on a grill or in the oven and cook thoroughly.</p> <p>Makes 4 female servings and 2 male servings.</p>
<i>Dessert</i>	Choose your favorite dessert option

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Day#4, Thursday

Meal#	Female Recipe
Breakfast	<p>Greek Omelet</p> <p>2 Whole Omega-3 Eggs and 5 Egg Whites, beaten</p> <p>OR</p> <p>2 Whole Omega-3 Eggs and 1/2 Cup Liquid Egg Whites, beaten</p> <p>1 Tbsp Feta Cheese Grape tomatoes sliced into pieces 1 tsp oregano 1 cup fresh spinach Non-stick olive oil cooking spray Black pepper and salt to taste</p> <p>Directions:</p> <p>Heat skillet over medium heat. Add spinach and cook until wilted. Add egg mixture. While cooking, mix tomatoes, oregano, feta and spinach. Once almost firm, flip the omelet and turn off the burner. Immediately pour the mixture and close the omelet. Allow it to sit for 2-3 minutes for the filling to warm. Slide onto a plate and enjoy.</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Tuna Salad</p> <p>3-4 oz. of tuna in water, drained 1 stalk of chopped celery 1 Tbsp Canola Mayo ½ tsp mustard Salt and Pepper to taste</p> <p>Directions:</p> <p>Mix ingredients together and eat using a lettuce wrap or on top of a salad.</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
<i>Dinner</i>	<p>Lemon Pepper Salmon and Sauteed Spinach</p> <p>3-4 oz. salmon filet Lemon Pepper to taste 1-2 Cups frozen or fresh spinach 4-5 cloves of garlic Salt to taste Non-stick olive oil cooking spray</p> <p>Directions:</p> <p>Encrust the salmon with the lemon pepper. Place a skillet on medium heat and spray with a non-stick spray. Place the salmon filet on it.</p> <p>On another sprayed skillet on medium heat, throw on the garlic cloves. Allow them to cook until they are browning. Do not allow them to burn. Add spinach and stir. Add salt to taste.</p> <p>Go back to the salmon. If it is browned on one side, flip it over. Go back to the spinach and plate it. Check to see if that salmon is browned on the other side. Salmon should be flaky, but not dry. If you over cook it will be dry, so it is better to pull it off of the stove if you are not sure, you can always cook it more, but you can't "uncook" it.</p>
<i>Dessert</i>	Choose your favorite dessert option

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Day#5, Friday

Meal#	Female Recipe
Breakfast	<p>Breakfast Quiche</p> <p>16 oz frozen, chopped broccoli 2 cups liquid egg whites 6 whole omega-3 eggs 1/2 cup full fat cottage 1/2 cup cheddar cheese 1/2 cup mozzarella cheese 12 slices extra lean turkey bacon Mushrooms, spinach, onions, peppers, or any other green vegetables of choice</p> <p>Directions:</p> <p>Preheat the oven to 350 degrees F. Steam broccoli till tender, drain well and set aside. Coat the skillet with cooking spray, fry bacon until crisp. Lightly coat a 9-inch bread pan with cooking spray and set aside. Combine the egg product, salt and pepper in a large bowl, and then stir in the cottage cheese, broccoli, cheddar cheese, and bacon. Spoon the mixture into the pan. Bake, uncovered, for 40 to 50 minutes or until a knife inserted near the center comes out clean. Remove to a wire rack, and sprinkle with the mozzarella cheese. Cool 5 to 10 minutes before serving.</p> <p>Slice into eights. One slice is a female serving, two slices is a male serving.</p>
Mid-Morning Snack	Choose your favorite snack option

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Meal#	Female Recipe
Lunch	<p>Lisa's Beanless Beef Chili</p> <p>4 lbs extra lean sirloin, cubed or ground 32 oz tomato sauce 2 med green or red pepper 16 oz diced tomatoes 1/2 bunch celery 2 cups beef broth/stock 3 med onions 3 Tbsp ground cumin Two 16 oz cans green chilies Salt and pepper to taste 2-16 oz cans chipotle peppers 3 pkts McCormick chili seasoning One 16 oz can jalapeno peppers 8 oz sliced mushrooms 2 Tbps. minced garlic</p> <p>Directions:</p> <p>Cube and brown meat, add chili seasoning and cumin and continue to cook until meat is almost done. Chop and dice all vegetables, place in crock or stove top pot on low. Add all canned items, using the beef broth to rinse all remnants from cans. Cook on low for 5-7 hours, add salt, and pepper to taste. Decrease the amount of jalapeno and chipotle peppers for a less spicy version, or add more for the intense mouth watering version.</p> <p>Makes 16 Female Servings and 8 Male Servings</p>
Mid-Afternoon Snack	<p>Choose your favorite snack option</p>

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#2

Meal#	Female Recipe
<i>Dinner</i>	<p>Beef or Lamb Stew</p> <p>2 pounds of extra lean beef or lamb, chopped into cubes 1 red pepper, chopped 1 green pepper, chopped 1 yellow pepper, chopped 1 red onion, chopped 2 celery stalks, chopped 3 cloves of garlic 1 medium can of stewed tomatoes or tomato sauce (no added sugar) 1 head of cauliflower, chopped 1-2 cups of water Salt and pepper to taste</p> <p>Directions:</p> <p>On a skillet, set on medium, take chopped meat and cook until browned on the outside. Scoop the meat out with a slotted spoon, leaving the excess fat behind. Place in a crockpot set on high. Add all ingredients (except the cauliflower) saving the water for last. Finally add enough water to make it look "soupy" Allow the crockpot to cook the meal for at least four hours. I usually let it go overnight. An hour before you are prepared to serve, add in the cauliflower, chopped into large chunks. The formerly soupy broth should now be thick and "stewy" and the meat very tender.</p> <p>Makes 8 female servings and 4 male servings</p>
<i>Dessert</i>	Choose your favorite dessert option

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#2

Day#6, Saturday

Meal#	Female Recipe
Breakfast	<p>Asian Scramble</p> <p>2 Whole Omega-3 Eggs and 5 Egg whites, beaten</p> <p>OR</p> <p>2 Whole Omega-3 Eggs and a 1/2 cup of liquid egg whites</p> <p>½ Cup of shitake mushrooms 2 Scallions, chopped ¼ Cup Bean Sprouts 1 tsp low-sodium soy sauce 1 glove of minced garlic</p> <p>Directions:</p> <p>Heat skillet over high heat. Add all the vegetable ingredients and stir. After a minute or two, add the eggs and soy sauce and scramble. Enjoy!</p>
Mid-Morning Snack	Choose your favorite snack option
Lunch	<p>Seafood Salad</p> <p>3-4 oz of cooked shrimp, crab, or lobster 1 Tbsp of Canola Mayo 1 stalk thinly sliced celery 1 Tbsp minced green onion Salt and pepper to taste</p> <p>Directions:</p> <p>Mix al ingredients together and eat as a naked sandwich or alongside steamed vegetables.</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
<i>Dinner</i>	<p>Tyler Hillstrom's Stuffed Peppers</p> <p>1 lb of lean ground turkey 4 whole green and/or red peppers 1 cup chopped mushrooms 8 oz can of tomato paste (no sugar added) 1 chopped white onion ½ Cup Mozzarella Cheese</p> <p>Directions (per Jesse and Tyler):</p> <p>I like to make these in a large amount and then freeze them to eat later in the week. I also like this recipe because it has the components of an ETERNAL EATING meal in one. Preheat oven to 350 degrees. Cut the peppers in half the long way and boil them in a large pot on high for 8 minutes. Spray extra virgin olive oil spray on a warm large skillet, and then Sautee chopped mushrooms and onions using the skillet. Next, add the extra lean ground turkey and cook until it browns. Mix tomato paste with a ½ cup of water, and then add to mixture and heat on low for 2-3 minutes. Dry the peppers and place on a cooking sheet facing up. Take 1 cup of the mix and add it to each of the peppers (or add a ¼ of the mixture to each of the 4 peppers). Top each pepper with 1/8 cup of mozzarella cheese and cook for 10 minutes in oven. Enjoy!!!</p> <p>Makes 4 female servings and 2 male servings.</p>
<i>Dessert</i>	Choose your favorite dessert option

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#2

Day#7, Sunday

Meal#	Female Recipe
Breakfast	Egg Salad Salad 3 Whole Omega-3 Eggs Hard Boiled 1/2 Tbsp. of Canola Mayo Fresh Spinach 1/4 tsp of mustard Salt and Pepper to taste 2 Slices of Extra Lean Turkey Bacon on the side Directions: Take 2 of the eggs and remove and discard the yolks. Keep 1 whole eggs. Dice all the eggs and crush with a fork. Add the mayo and mustard and mix thoroughly. Add salt and pepper to taste. Serve on a bed of fresh spinach with turkey back on the side and enjoy.
Mid-Morning Snack	Choose your favorite snack option

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Meal#	Female Recipe
Lunch	<p>Eggplant Manicotti</p> <p>1 large eggplant, cut lengthwise into 12 1/4" thick slices 1 medium onion, chopped 1-10 oz package frozen chopped spinach, thawed and squeezed dry. 1 t Basil 1/4 t oregano 1/2 t Onion powder 1/2 t Garlic powder 2 Cups no sugar added marinara sauce 2 Cups Fat Free Ricotta Cheese</p> <p>Directions:</p> <p>Lightly oil a nonstick skillet and cook the first side of the eggplant slices until slightly browned. Turn and cook the second side until easily pierced with a fork.</p> <p>Heat 1/4 cup of water in a large, nonstick skillet and cook the onion over medium-high heat until the liquid has evaporated. Stir in 2 Tbsp of water to loosen any bits of onion stuck to the pan. Cook until the liquid evaporates again, then stir in 2 more T of water. When the liquid has evaporated, add the spinach and seasonings. Take the spinach mixture and mix with ricotta.</p> <p>Preheat the oven to 350 degrees. Place a spoonful of the spinach mixture across the center of each eggplant slice approximately 1.5 T Then, beginning with the narrow end of the eggplant, roll around the filling. Arrange in a baking dish, seam-side down. Top with marinara sauce. Cover and bake for 20 minutes.</p> <p>Three manicotti equals 1 female serving, so this recipe contains 4 female servings and 2 male servings</p> <p><i>Note: To add protein, pour 3-4 oz (for women) or 6-8 oz (for men) spaghetti meat or turkey sauce over the manicotti. You can also just serve a grilled protein on the side such as steak or chicken.</i></p> <p>To make spaghetti meat:</p> <p>Brown 1 pound of extra lean ground sirloin OR lean ground turkey and drain. Add a jar of no-sugar added marinara sauce and allow it to simmer for 10 minutes.</p>
Mid-Afternoon Snack	Choose your favorite snack option

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Meal#	Female Recipe
Dinner	<p>Cornish Hen and French Onion Soup-Female</p> <p>Hen:</p> <ul style="list-style-type: none"> 1 Cornish Hen 5 Cloves of garlic 2 tsp oregano ¼ cup of white cooking wine Salt and pepper to taste <p>Soup:</p> <ul style="list-style-type: none"> 2 large red onions 3 ½ cups of beef stock (made or purchased) One clove of minced garlic ¼ cup of white cooking wine 1 bay leaf Salt and pepper to taste 1 slice Swiss Gruyere or Parmesan cheese 1 tsp extra virgin olive oil <p>Directions:</p> <p>Hen:</p> <p>Preheat the oven to 325 degrees. Crush the garlic into a paste and mix with the spices. Stab small holes into the hen. Rub the hen with the spices pushing the paste into the small holes. Top off the hen by pouring the white wine. Place it in the oven. Bake for about 30 minutes or until golden brown on the outside.</p> <p>Soup:</p> <p>Sautee the onions in the olive oil over medium heat. Heat until browned, do not allow to burn. Add garlic for a minute. Add all the other ingredients except the cheese and cover. Allow it to simmer on medium-low heat for about 30 minutes.</p> <p>Both dishes should be done at about the same time. Remove the hen and set on the stove. Change the oven setting to broil. Pour some soup into a small bowl and cover the bowl with a slice of cheese. Place in the broiler until cheese is brown and bubbly. Remove and enjoy with your hen.</p>
Dessert	Choose your favorite dessert option

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The Rapid Fat Loss Nutrition Blueprint- Females: WEEK#2

Rapid Fat Loss Snacks	Rapid Fat Loss Desserts
<p style="text-align: center;"><i>Seek to rotate your snack selections as much as possible for best results:</i></p> <p>Half of Any Leftover Meal (optimal convenience)</p> <p style="padding-left: 40px;">2 Pieces of String Cheese</p> <p style="padding-left: 40px;">2 oz Cheese Jerky from The Snack Patrol[®]</p> <p style="padding-left: 40px;">2 oz of Any Cheese</p> <p>2 oz Any Deli Meat (no sugar added, low in salt, no nitrates)</p> <p style="padding-left: 40px;">2 Hard Boiled Omega-3 Eggs</p> <p style="padding-left: 40px;">Side Salad with 2 oz Cheese or 2 oz Meat</p> <p>See Rapid Fat Loss Snack Recipes for more ideas</p> <p style="text-align: center;">Limit to Once/Day:</p> <p style="padding-left: 40px;">1/4 cup or small handful of Mixed Nuts (unroasted, no sugar added, low in salt)</p> <p style="padding-left: 40px;">2 Tbsp Nut Butter (unroasted, no sugar added, low in salt) on Celery Sticks</p> <p>Note- Though not mandatory, please try to add green veggies (or any other veggies BESIDES corn, peas, carrots, potatoes, and beets) to these snacks if at all possible to help neutralize dietary acids and to provide added fiber and micronutrients. Strive to add lettuce wrap to meats and cheese snacks to make a mini naked sandwich.</p> <p style="text-align: center;">For SUPER Rapid Fat Loss:</p> <p style="padding-left: 40px;">Amino Acid Loading (BCAA's and EAA's)</p> <p>For more info contact Scott Mendelson of www.InfinityFitness.com at scott@infinityfitness.com</p>	<p style="text-align: center;"><i>Seek to rotate your dessert selections as much as possible for best results:</i></p> <p style="padding-left: 40px;">Any Snack Replacement Shake (SRP)</p> <p style="text-align: center;">For SUPER Rapid Fat Loss:</p> <p style="padding-left: 40px;">Amino Acid Loading (BCAA's and EAA's)</p> <p>For more info contact Scott Mendelson of www.InfinityFitness.com at scott@infinityfitness.com</p>

Every time you eat, ask yourself "Will this help me burn ugly, unwanted body fat as fast as possible?" If YES, do it! If NO, don't!

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Rapid Fat Loss Snack Recipes

For all snacks where there is a serving size range, women should choose the lower end and men should choose the upper end.

Shrimp Cocktail

2-4 oz. shrimp

Cocktail sauce:

¼ cup of chili sauce

1/8 cup of lemon juice

½ tsp horseradish

¼ tsp onion powder

2 drops of Tobasco sauce (for more kick)

Salt to taste

Directions: Mix cocktail ingredients and enjoy.

Mini Naked Meat Sandwich

2-4 oz. of deli meat

Romaine or Boston Lettuce for wrapping

Tomato, onions, olives, etc

Canola mayo or ½ a slice of cheese

Directions: Wrap ingredients in the lettuce.

Mini Naked Cheese Sandwich

2-4 oz. of cheese

Romaine or Boston Lettuce for wrapping

Tomato, onions, olives, etc

Directions: Wrap ingredients in the lettuce.

Beef on a Stick

2-4 oz. of extra lean beef, thinly sliced

1-2 Skewers

1 Tbsp soy sauce

1 clove crushed garlic

Directions: Marinade beef in garlic and soy mixture for at least 10 minutes. Place on a wet skewer and grill or bake.

Egg White and Tomato

2-4 egg whites or 1/4-1/2 cup of liquid egg white

Once slice of tomato

1-2 slices of cheese

Directions: Cook egg white, place cheese on top until it melts. Serve over slice of tomato.

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Tuna Salad or Chicken Salad on Celery

Take half of the chicken or tuna salad recipe, and place on celery sticks

Side Salad with Cheese

2-4 oz. of cheese
Cup of romaine lettuce
¼ cup of chopped tomatoes
10 slices of cucumbers
1/8 cup of chopped onion
¼ chopped peppers of any color
All natural salad dressing that is very low in sugar (3g or less)

Directions: Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

Side Salad with Meat

2-4 oz. of any grilled protein source (steak, chicken, fish, etc.)
Cup of romaine lettuce
¼ cup of chopped tomatoes
10 slices of cucumbers
1/8 cup of chopped onion
¼ chopped peppers of any color
All natural salad dressing that is very low in sugar (3g or less)

Directions: Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

Buffalo Chicken Bites

2-4 oz. cooked chicken, cubed
2 Tbsp Whole Food's Buffalo Sauce (found in the butcher's section)
1 Tbsp Litehouse Blue Cheese Dressing OR any other all natural blue cheese

Directions: Mix the warm chicken in the buffalo sauce and dip in the blue cheese. Enjoy with celery on the side.

Caprese Salad

1 tomato
2-4 ounces of fresh mozzarella
1/4 Tbsp olive oil
1 Tbsp balsamic vinegar
Dash of Italian Seasonings
Salt and Pepper to taste
Optional: Fresh basil

Directions: Slice the tomato into 1/4 " slices. Slice the mozzarella to match the amount of tomato slices you come up with. Place the slices of mozzarella on top of the tomato slices. Top each one with a basil leaf. Mix the other ingredients and pour over the tomatoes.

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Cheesy Greens

Broccoli, green beans, or any other green
2-4 oz. of cheese

Directions: Boil the veggies and drain. Place back in the pot with the cheese and melt and mash together.

Mozzarella Marinara

2-4 pieces of string cheese
1 cup of warm marinara sauce (no sugar added)
Ziploc bag with 1/8-1/4 cup of almond meal
Non-stick spray

Directions:

Spray a pan with non-stick spray and put it over medium-low heat. As the pan heats remove the cheese from its wrapper and throw them in the Ziploc bag. Toss them around so that there is a very thin layer of almond meal coating them.

Add them to the pan. Keep an eye on them and rotate them carefully so that they are brown on each side. Do not turn on the heat too high, as it will become a gooey mess. Keep it at a medium-low heat until all sides are crispy golden brown and the entire stick is cooked.

Remove and enjoy with your warm marinara sauce.

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Master Meal Replacement Shakes (MRP's) List

To convert these Meal Replacement Shakes (MRP's) into Snack Replacement Shakes (SRP's), simply reduce all ingredients in half.

Chocolate Chocolate Mint Shake

½ Cup of Ice
½ Cup of water
1 Scoop Metabolic Drive Chocolate Protein Powder
3 Tbsp of Unsweetened Cocoa Powder
2 Tsp of natural or organic peppermint extract
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Vanilla Crème Smoothie

½ Cup of Ice
½ Cup of water
1 Scoop Metabolic Drive Vanilla Protein Powder
1 Vanilla Bean
1 Tbsp Vanilla Extract
1 Tbsp Cinnamon
1 Tsp Nutmeg
2 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Slice the vanilla bean “longways” and using a dull knife (like a butterknife) and scrape out the insides. Add into a blender with all the other ingredients, blend and enjoy.

Double Chocolate Smoothie

½ Cup of Ice
½ Cup of water
1 Scoop Metabolic Drive Chocolate Protein Powder
3 Tbsp of Unsweetened Cocoa Powder
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

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Choco-Java Shake-Female

Ingredients:

½ Cup of Ice
½ Cup of water
1 Scoop Metabolic Drive Chocolate Protein Powder
½ Cup of coffee or 3 Tbsp of Coffee extract
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Strawberry Banana Smoothie

Ingredients:

½ Cup of Ice
½ Cup of water
½ Scoop Metabolic Drive Strawberry Protein Powder
½ Scoop Metabolic Drive Banana Protein Powder
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Choco-Banana Shake

½ Cup of Ice
½ Cup of water
½ Scoop Metabolic Drive Chocolate Protein Powder
½ Scoop Metabolic Drive Banana Protein Powder
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Orangesicle Shake

½ Cup of Ice
½ Cup of water
1 Scoop Metabolic Drive Vanilla Protein Powder
2 Tbsp Orange Extract
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

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Vanilla-Java Shake

½ Cup of Ice
½ Cup of water
1 Scoop Metabolic Drive Vanilla Protein Powder
½ Cup of coffee or 3 Tbsp of Coffee extract
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

Strawberries n' Cream

½ Cup of Ice
½ Cup of water
½ Scoop Metabolic Drive Vanilla Protein Powder
½ Scoop Metabolic Drive Strawberry Protein Powder
3 Tbsp Flax Meal
1 Tbsp Coconut Flour

Directions:

Mix in a blender and enjoy with a dollop of Redi Whip.

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