

ANTI CELLULITE MEAL PLAN

DAY 1

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
50 g ground oats 150 g liquid egg whites 1 tsp. coconut oil ½ cup frozen berries, mashed 1 tsp. erythritol	-make pancake batch using ground oats and liquid egg whites -heat coconut oil in a skillet and make pancakes -serve topped with mashed berries and erythritol	Calories: 335 Protein: 25 Carbs: 41 Fats: 8 Sodium: 262 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
150 g skinless chicken breast 3 cups green salads sprinkled with fresh squeezed lemon juice 150 g sweet potato, with skin or peeled salt and pepper to taste	-heat the oven to 300 degrees F -season skinless chicken breast with salt, pepper and any dry condiment of your choice, then cover meat in the aluminum foil -do the same with sweet potato -place chicken and potato in the oven and bake for 35 minutes	Calories: 307 Protein: 37 Carbs: 34 Fats: 2 Sodium: 241 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
200 g cod fillet 200 g broccoli, cauliflower and carrot frozen mix salt and pepper to taste lemon, slice	-heat oven to 300 degrees F -prepare vegetables according to instructions -season cod fillet with salt and pepper, add lemon slice then wrap the fillet in aluminum foil -bake for 20 minutes	Calories: 226 Protein: 40 Carbs: 14 Fats: 2 Sodium: 200 mg

SNACKS

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
Snack 1: 20 g almonds 1 medium orange Snack 2: 1 slice protein bread 1 tbsp. jam Snack 3: 1 medium banana 1 scoop whey protein		190 calories: 24 g C, 10 g F, 6 g P, sodium 0 mg 195 calories: 20 g C, 7 g F, 11 g P, 1 mg sodium 226 calories: 29 g C, 2 g F, 25 g P, 1 mg sodium

NUTRITION BREAKDOWN

Calories: 1479
 Protein: 144
 Carbs: 165
 Fats: 31
 Sodium: 1505 mg

DAY 2

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
3 boiled eggs, only egg whites 3 tbsp. hummus	<i>-serve boiled egg whites with hummus</i>	Calories: 212 Protein: 18 Carbs: 20 Fats: 7 Sodium: 254 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
125 g rump steak 1 tsp. coconut oil 200 grams broccoli and asparagus mix 2 cups green salad, sprinkled with fresh lemon juice	<i>-cook vegetables according to the package instructions</i> <i>-heat oil over high heat and cook meat for 3-5 minutes each side</i> <i>-serve with salad</i>	Calories: 271 Protein: 35 Carbs: 15 Fats: 9 Sodium: 53 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
125 g salmon 1 cup kidney beans 20 g cous cous ½ medium cucumber 1 stalk green onion 2 cups green salad mix, sprinkled with lemon juice	<i>-preheat oven to 300 degrees F</i> <i>-wrap salmon in aluminum foil and bake in the oven for 25 minutes</i> <i>-meanwhile, prepare cous cous according to the package instructions, let it cool for a while</i> <i>-cut fresh vegetables for salad, combine it with cous cous and beans. Sprinkle with lemon juice and serve</i>	Calories: 401 Protein: 41 Carbs: 54 Fats: 3 Sodium: 1055 mg

SNACKS

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
Snack 1: 20 g walnuts Snack 2: 1 scoop whey protein 1 medium banana		131 calories: 3 g C, 13 g F, 3 g P, 0 mg sodium 226 calories: 29 g C, 2 g F, 25 g P, 1 mg sodium

NUTRITION BREAKDOWN
Calories: 1236 Protein: 122 Carbs: 121 Fats: 33 Sodium: 1387 mg

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DAY 3

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
30 g whole grain cereals 200 ml almond milk ½ cup berries 1 scoop whey protein	<i>-blend</i>	Calories: 296 Protein: 29 Carbs: 35 Fats: 5 Sodium: 313 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
¼ avocado 3 cherry tomatoes ¼ red bell pepper 1 tbsp. salsa 100 g roasted skinless chicken breast 1 whole grain medium tortilla	<i>-make tortilla wrap</i>	Calories: 363 Protein: 31 Carbs: 30 Fats: 20 Sodium: 567 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
200 g skinless chicken breast 1 tsp. coconut oil 2 cups broccoli, cooked ½ cup cooked brown rice 2 cups green salad, sprinkled with lemon juice salt and pepper to taste	<i>-heat oil in a skillet over the medium heat</i> <i>-cook chicken breasts</i> <i>-serve over rice and broccoli</i>	Calories: 440 Protein: 55 Carbs: 38 Fats: 9 Sodium: 253 mg

SNACKS

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
Snack 1: 1 medium orange 1 scoop whey protein Snack 2: 3 whole grain crackers 2 tbsp. hummus		192 calories: 20 g C, 2 g F, 26 g P, 0 mg sodium 243 calories: 43 g C, 5 g F, 10 g P, 300 mg sodium

NUTRITION BREAKDOWN

Calories: 1534
 Protein: 151
 Carbs: 166
 Fats: 33
 Sodium: 1433 mg

DAY 4

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
200 ml almond milk 1 scoop protein 1 medium banana	<i>-blend</i>	Calories: 240 Protein: 26 Carbs: 26 Fats: 5 Sodium: 171 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
50 g whole grain spaghetti 150 g lean ground turkey (breast and thighs) 200 ml canned tomatoes, chopped or sugar free tomato sauce 1 tsp. coconut oil Salt and pepper	<i>-cook pasta</i> <i>-meanwhile, heat coconut oil in a medium pan</i> <i>-cook ground turkey until brown</i> <i>-add canned tomatoes and let it simmer</i> <i>-serve over pasta</i>	Calories: 458 Protein: 42 Carbs: 48 Fats: 12 Sodium: 88 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
3 cups green salad 75 g canned tuna, water packed 1 medium eggs, boiled 1 tsp. olive oil lemon juice	<i>-make salad</i>	Calories: 196 Protein: 26 Carbs: 3 Fats: 10 Sodium: 88 mg

SNACKS

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
Snack 1: 2 rice crackers 50 g deli turkey meat Snack 2: 200 g cottage cheese 1 medium apple		99 calories: 23 g C, 1 g F, 11 g P, 400 mg sodium 270 calories: 34 g C, 9 g F, 19 g P, 844 mg sodium

NUTRITION BREAKDOWN

Calories: 1263
 Protein: 124
 Carbs: 134
 Fats: 37
 Sodium: 1978 mg

DAY 5

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
30 g oats 150 g liquid egg whites ½ medium banana	<i>-make pancake batch using ground oats and liquid egg whites -heat coconut oil in a skillet and make pancakes -serve topped with mashed berries and erythritol</i>	Calories: 230 Protein: 22 Carbs: 31 Fats: 2 Sodium: 253 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 whole grain tortilla 150 g skinless chicken breast ½ tsp. coconut oil ½ medium red bell pepper ½ cup canned kidney beans 2 tbsp. salsa green salad mix	<i>-wrap tortilla</i>	Calories: 466 Protein: 45 Carbs: 48 Fats: 10 Sodium: 883 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup canned kidney beans 50 g canned sweet corn kernels 75 g canned tuna, water packed 2 cups green salad, sprinkled with lemon juice	<i>-make salad</i>	Calories: 344 Protein: 34 Carbs: 47 Fats: 4 Sodium: 786 mg

SNACKS

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
Snack 1: 20 g almonds 1 medium apple Snack 2: 1 medium banana 1 scoop whey protein		214 calories: 3 g C, 13 g F, 3 g P, 0 mg sodium 226 calories: 34 g C, 10 g F, 4 g P, 2 mg sodium

NUTRITION BREAKDOWN

Calories: 1254
 Protein: 105
 Carbs: 160
 Fats: 26
 Sodium: 1924 mg

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DAY 6

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
2 medium eggs 50 ml liquid egg whites (2 egg whites) 1 tsp. coconut oil 1 tbsp. onion, diced 1 tbsp. red bell peppers, diced	<i>-heat coconut oil over the medium heat -add onion and red pepper. Sauté for one minute -crack eggs and scramble them with vegetables</i>	Calories: 197 Protein: 18 Carbs: 4 Fats: 12 Sodium: 204 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
125 g skinless chicken breast 1 tsp. coconut oil 1 tbsp. peanut butter 1 tbsp. olive oil 1 tbsp. lime juice 1 clove garlic, finely minced 1/2 tsp. fresh ginger, finely minced 1 tbsp. water 1 tsp. erythritol 1 cup red cabbage, shredded 1 cup cabbage, shredded 1 medium carrot, shredded 1 stalk green onion 1 tsp. peanuts, chopped	<i>-heat oil in a skillet over the medium heat -cook chicken breasts -mix all vegetables in a large bowl -combine rest of the ingredients and mix it well to get salad dressing -combine it with salad and serve next to chicken breast</i>	Calories: 277 Protein: 33 Carbs: 13 Fats: 11 Sodium: 157 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
200 g white fish fillet 200 g cauliflower or broccoli 2 cups mixed green salads, sprinkled with fresh lemon juice	<i>-heat the oven to 300 degrees F</i> <i>-cover fish fillets in the foil and bake</i> <i>for 20 minutes</i> <i>-cook broccoli or cauliflower until it is</i> <i>done</i> <i>-serve with green salad</i>	Calories: 274 Protein: 49 Carbs: 17 Fats: 1 Sodium: 28 mg

SNACKS

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
Snack 1: 200 g red bell pepper, sliced 2 tbsp. hummus Snack 2: 20 g almonds		159 calories: 23 g C, 5 g F, 6 g P, 67 mg sodium 119 calories: 9 g C, 10 g F, 4 g P, 0 mg sodium

NUTRITION BREAKDOWN

Calories: 1026
 Protein: 110
 Carbs: 66
 Fats: 39
 Sodium: 456 mg

DAY 7

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
½ medium orange ½ medium banana 2 pineapple slices 1 scoop whey protein water if needed	<i>-blend</i>	Calories: 281 Protein: 27 Carbs: 43 Fats: 2 Sodium: 3 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
200 grams skinless chicken breast 1 tsp. coconut oil 30 g millet 200 g cauliflower 2 cups mixed green salad, sprinkled with lemon juice	<i>-heat oil in a medium skillet -cook chicken breasts -meanwhile, cook millet according to the package instruction. Do the same with cauliflower -mix cauliflower and millet well to get puree -serve with salad</i>	Calories: 427 Protein: 53 Carbs: 35 Fats: 9 Sodium: 244 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
75 g canned tuna, water packed 2 boiled eggs, only egg whites, diced 2 cups mixed green salads 1 tsp. olive oil 1 tsp. lemon juice	<i>-combine all ingredients and make salad</i>	Calories: 163 Protein: 26 Carbs: 3 Fats: 6 Sodium: 164 mg

SNACKS

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
<p>Snack 1: 20 g cashews</p> <p>Snack 2: 1 medium apple, sliced 20 g peanut butter pinch of cinnamon to taste (optional)</p>		<p>110 calories: 6 g C, 9 g F, 4 g P, 67 mg sodium</p> <p>221 calories: 27 g C, 10 g F, 5 g P, 162 mg sodium</p>

NUTRITION BREAKDOWN

Calories: 1202

Protein: 115

Carbs: 114

Fats: 36

Sodium: 525 mg