

Hot FOR THE Holidays

Phase III: 7-Day Holiday Hottie Meltdown Plan

Day 1

*** Wake up - 16oz of warm lemon water

Meal 1:

One slice of LYL Frittata, or Mini Salmon Quiche

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado, chopped + 1 cup green tea

Meal 4:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. of olive oil and Mrs. Dash.

Meal 6:

1/2 cup plain, Greek yogurt w/ handful of mixed berries + 8oz of Cinnamon tea (or your choice of caffeine-free tea)

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Phase IV: 7-Day Holiday Hottie Meltdown Plan

Day 2

*** Wake up - 16oz of warm lemon water

Meal 1:

One slice of LYL Frittata, or Mini Salmon Quiche

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado, chopped. + 1 cup green tea

Meal 4:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

Meal 6:

1/2 cup plain, Greek yogurt w/ handful of mixed berries + 8oz of Cinnamon tea (or your choice of caffeine-free tea)

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Phase IV: 7-Day Holiday Hottie Meltdown Plan

Day 3 – No dairy

*** Wake up - 16oz of warm lemon water

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice.

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. Top salad with 1 tbsp. sunflower seeds OR ¼ avocado sliced. + 1 cup green tea

Meal 4:

¼ cup hummus & 2 cup chopped raw veggies (no bell peppers or carrots) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

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Day 4 – No dairy, increase salt!

*** Wake up - 16oz of lemon water & 30 minutes of steady state cardio.

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. Add sea-salt!

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 10 cold almonds + 1 cup green tea

Meal 3: Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of protein (chicken, turkey, or seafood). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil + 1 cup green tea

Meal 4:

¼ cup hummus + cup chopped raw veggies (no bell peppers or carrots) + 1 cup green tea

Meal 5:

4 oz. of protein (chicken, turkey, or seafood) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning can be (more) a little sea salt, balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash.

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea) – no dairy

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Phase IV: 7-Day Holiday Hottie Meltdown Plan

Day 5 – No Dairy, No Poultry or Red Meat - lower salt!

*** Wake up - 16oz of warm lemon water

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. No salt!

**If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, 1 tbsp. almond butter, and 1 tsp. cinnamon) + 1 cup green tea

Meal 3: Salad with 2 cups mixed greens, unlimited chopped raw veggies with 4oz of seafood (NO chicken, turkey or red meat). Salad dressing can be made with balsamic vinegar, lemon juice, mustard, fresh garlic and 1 tbsp. of olive oil. (NO sunflower seeds or avocado) + 1 cup green tea

Meal 4:

10 cold almonds + 1 cup green tea

Meal 5:

4oz. of seafood (NO chicken, turkey or red meat) with 1 cup green vegetables (green beans, asparagus, steamed spinach, steamed kale.) Seasoning with Mrs. Dash, (no salt, NO olive oil)

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

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Phase IV: 7-Day Holiday Hottie Meltdown Plan

*** For these last 2 days, drink water between your meals instead of with your meals. Water can be stored with certain foods. This is just a 'Trick of the Trade' for the last 2 days :). Consume a TOTAL of 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water, green tea and cinnamon tea.

Day 6 – No Dairy, No Poultry or Red Meat - lower salt!

*** Wake up - 16oz of warm lemon water. Complete day off from resistance training and cardio.

Meal 1:

One whole egg, ½ cup eggs whites, scrambled w/ spinach or kale and any additional vegetables of your choice. No salt! **If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited green veggies with 4oz of seafood (NO chicken, turkey or red meat). Salad dressing can be made with balsamic vinegar, 1 tbsp. olive oil and Mrs. Dash Salad. (No salt! No sunflower seeds or avocado) + 1 cup green tea

Meal 4:

10 cold almonds + 1 cup green tea

Meal 5:

4 oz. of seafood (NO chicken, turkey, or red meat) with 1 cup green vegetables (asparagus). Season with Mrs.Dash (no salt or olive oil).

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)

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Phase IV: 7-Day Holiday Hottie Meltdown Plan

*** For this last day drink water between your meals instead of with your meals. Water can be stored with certain foods. This is just a 'Trick of the Trade' for the last 2 days :). Consume a TOTAL of 48 ounces. The 48 ounces should consist of am lemon water, coffee, plain water, green tea and cinnamon tea

Day 7 - No Dairy, lower salt! You made it!!!

*** Wake up - 16oz of warm lemon water.

Meal 1:

Slim Down Smoothie (1 scoop vanilla protein powder, ½ cup unsweetened vanilla almond milk, ½ cup water, ½ cup ice, and 1 tsp. cinnamon) NO Almond Butter! **If you have coffee - unsweetened almond milk & stevia can be added.

Meal 2:

Grapefruit with 1 packet of stevia. (Grapefruit is best but you may substitute an apple, or pear.) + 1 cup green tea

Meal 3:

Salad with 2 cups mixed greens, unlimited chopped raw veggies NO PROTEIN. Salad dressing can be Balsamic Vinegar- plain with fresh squeeze lemon. (NO olive oil, no sunflower seeds, no avocado) + 1 cup green tea

Meal 4:

10 cold almonds + 1 cup green tea

Meal 5:

4 oz. of seafood (NO chicken, turkey or red meat) with 1 cup green vegetables (asparagus). Season with Mrs. Dash (no salt or olive oil).

Meal 6:

One, 8oz cup of Cinnamon tea (or your choice of caffeine-free tea)