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THE DIET SOLUTION

STOP DIETING, START EATING
AND START LIVING



**ADVANCED ABDOMINAL
FAT BURNING
MEAL PLANS FOR
MEN & WOMEN**

About Isabel De Los Rios

Isabel De Los Rios, CSCS is a holistic nutritionist and exercise specialist in New Jersey and the author of The Diet Solution: www.thedietsolutionprogram.com

Isabel's Diet Solution Program offers the most cutting edge, revolutionary nutrition information available today. Her meal plans are a product of extensive nutrition study, research and real world results with clients. They not only guarantee fat loss success, they guarantee a level of health and vitality that is above and beyond what most people ever achieve.

Introduction

The meal plans and nutrition principles that follow are a culmination of 15 years of research and study into exactly what works to achieve a lean body.

I assure you that none of these rules are "unhealthy" or "extreme". On the contrary. They are the best principles you can incorporate to not only guarantee you the body and the abs of your dreams, but to also help you achieve a level of health and well being that you may never have thought possible for you.

These meal plans are also not a crash diet or a short term plan. I stay lean all year long and I do it by following these principles and eating the exact meal plans I have outlined below. I don't deprive myself and I am not miserable "on a diet". Quite the opposite. I feel so great, I stay at my ideal weight and I am unstoppable every day.

So, the rules are simple and the meal plans are easy to follow. I can promise you that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just "half" do it. Go 100% and see your body transform in a way you may have never seen before.

All the best!

Isabel De Los Rios

Author: **The Diet Solution** - www.thedietsolutionprogram.com

There are a few essential rules that must be followed in order to achieve the lean and toned body most people are after. Below is a summary of the 12 most important of these rules. Remember that you are individual and so is your metabolism, so some rules may be more or less important for you depending on your current starting point. For more information on each topic, I have included the corresponding chapter in The Diet Solution Program, to assist you in making these essential nutrition principles more specific to your own personal needs.

Rules

1. Include a Protein Source at each meal.

Protein is everyone's answer to lean muscle and a high, fat burning metabolism.

Eating protein at every meal and for snacks will help to control your blood sugar levels and leave you feeling full and energetic throughout the day.

One of the biggest mistakes people make in their eating is they don't include enough protein at each meal (some people even go all day without ANY protein).

If creating a lean body and fat loss is your goal, protein is a *must* at each and every meal. Your protein sources will include grass fed meats, poultry, organic eggs, and wild fish. (A detailed list can be found below.)

(Please refer to The Metabolic Typing Test in Part 3 of The Diet Solution Program to learn which proteins are best for your personal metabolism.)

2. Include a Healthy Fat Source at each meal.

Unfortunately many people have been falsely led to believe that fat is making them fat. Well this is only partially true.

It is the hydrogenated, highly processed, trans fats and unnatural fats that are making everyone fat. Healthy fats (that are found in nature) actually help your body burn fat. Your healthy fat sources will include: extra virgin olive oil, extra virgin coconut oil, all nuts (except for peanuts and cashews), raw butter, avocados, and the fats naturally found in whole organic eggs and meats. (A detailed list can be found below.)

(Please refer to Chapter 8 of The Diet Solution Program for a more detailed explanation of which fats are best and which fats should be avoided at all costs.)

3. Include a Fibrous Carbohydrate at each meal.

You do not need to go on a low carbohydrate diet to get lean, you just need to choose the *right* carbohydrates to burn tons of fat off your body (and keep it off).

Not only will a serving of fibrous carbohydrates (fruits and vegetables) give you the energy and vitamins and minerals you need. You will also get the added benefit of a huge amount of fiber, which has also been proven to accelerate weight loss.

Your healthy fibrous carbohydrate sources will include:

- All vegetables
- All fruits (in their natural form -> no juices)

4. Only include a serving of Complex Carbohydrate Post Workout

Complex carbohydrates like brown rice, potatoes and other natural grains are wonderful foods, but are very dense in carbohydrate content and calorie content.

Your body only needs 50-100 grams of total carbohydrates per day to function well. Considering that 1 cup of cooked brown rice contains 45 grams of carbs, it is very easy to go well over your daily necessary amount if carb dense foods are included in every one of your meals. That is why we save these foods for after your workouts.

If you don't workout on a particular day, you are better off excluding these foods from your meal plan for that day. Your Complex Carbohydrate sources will include: Brown Rice, Oatmeal, Millet, Quinoa, Sweet potatoes and Beans.

(Please refer to Chapter 11 of The Diet Solution Program to find out how Grains may be affecting your weight loss efforts.)

5. Eat every 2-3 hours, totaling 5-7 meals each day.

Fueling your body consistently during the day keeps your metabolism cranking all day long. I am not suggesting you gorge yourself with food until you feel overly full – just eat several small, well portioned meals.

A sample eating time schedule may be: 8am, 11am, 1pm, 4pm, 6pm, 8pm. You won't feel hungry when you are consistently fueling your body the right way.

6. Drink ½ of your Body Weight in clean water each day.

Most people who are suffering from digestive disorders, headaches, muscle and joint pains and obesity are really just extremely dehydrated and can quickly

remedy some of their symptoms just by drinking an adequate amount of water each day!

Drink a minimum of ½ of your bodyweight in ounces of clean water each day (that means no tap water). So a 200 lb person should be drinking 100 ounces of water each day. If you drink coffee, you need to add 8 ounces of water for every cup of coffee you have.

(Please refer to Chapter 13 of The Diet Solution Program to learn how essential adhering to the correct water guidelines is affects your weight loss efforts.)

7. Avoid all Processed Non-Foods

I call most processed foods “non-foods” because the ingredients label describes more of a science experiment than anything that can be called a food.

It is these processed, toxic foods that are keeping and making our country so fat. This includes packaged cakes, cookies, frozen meals and so called “health bars.”

Chances are if a product has a long shelf life, it has been infused with a high amount of toxic substances to keep it there. And do you know what these toxic substances do to your body? They make you fat. And worse yet, they make it impossible for your body to burn fat. (A list of foods to avoid can be found below).

(Please refer to Chapter 2 of The Diet Solution Program to learn how processed foods make it near impossible to lose unwanted body fat.)

8. Eliminate all processed sugar and artificial sweeteners

Refined sugar causes weight gain and is one of the leading causes of obesity in the world. Sugar is also extremely addictive (causing feeling of highs and lows in the body similar to most drugs).

Fortunately for those looking for a lean, defined body, once you stop eating sugar, your addiction will quickly disappear. People who are “on” sugar crave it all the time. People who are “off” sugar, don’t even miss it.

Unfortunately, many times when people decide to give up sugar, they quickly resort to artificial sweeteners, but artificial sweeteners are not the answer. Sorbitol, saccharin, aspartame and sucralose may actually be worse for you than sugar itself.

Artificial sweeteners cause weight gain by disrupting your body's natural hormones. So it is equally as important to eliminate any food that contains the above mentioned sweeteners. (A detailed list on how to find sugars and sweeteners in your foods is found below).

A great alternative to sugar and artificial sweeteners is the supplement STEVIA. It can be found at any health food store and online. Visit www.stevivasweetener.com.

(Please refer to Chapter 14 of The Diet Solution Program to learn how to easily eliminate sugar from your meal plans.)

9. Eliminate all Wheat from your meal plan.

Most people are highly intolerant to wheat and wheat containing products. This is confirmed by the high prevalence of irritable bowel syndrome, chronic constipation and conditions such as gluten intolerance and chrohn's disease.

You may not necessarily be "allergic" to wheat (where you would have a severe reaction) but you may be highly intolerant to it (where you always feel bloated, suffer gastrointestinal distress, or just can't get that pooch in your lower abs to go away).

When people eliminate wheat from their diets the results are miraculous. They are able to achieve a lean body in a shorter amount of time and feel much healthier and energetic in the process. Wheat containing products are most breads, baked goods, cereals, cookies and crackers. (A detailed list can be found below.)

(Please refer to Chapter 11 of The Diet Solution Program to learn how eliminating wheat may be the missing link to your fat loss efforts.)

10. Do not microwave your food.

Avoid using a microwave. While this opinion is controversial, I believe that microwaving food is not healthy for the body. And anything unhealthy for the body can put an incredible amount of stress on your digestive system and your liver. Without these organs and organ systems functioning properly, it becomes extremely difficult for your body to eliminate and metabolize unwanted fat from your body. I promise you that if you eliminate the use of the microwave, you will reach your fat loss goals much faster.

11. Include a high quality Omega 3 supplement in your meal plan.

Healthy fats in wild fish and nuts like walnuts are some of the best oils for the human body. Unfortunately we would have to consume a large amount of salmon

and walnuts everyday to get the necessary amounts. An easier approach is to supplement your meal plan with a high quality Omega 3 supplement. (A list of high quality Omega 3 sources can be found below.)

(Please refer to Chapter 8 of The Diet Solution Program to learn how crucial Omega 3's are to burning unwanted fat while keeping your heart healthy.)

12. Designate one “Reward” meal per week.

A wonderful benefit to your cheat meal is that you will never feel deprived. If you want some cake, just have it. If you are following all of the above principles on a consistent basis, having a slice of cake, a bowl of ice-cream or some pizza once per week will not stop you from losing belly fat.

Points to Consider:

***Keep pasteurized dairy to a minimum**

Contrary to popular belief, pasteurized dairy does not help in the fat loss process.

Some people tolerate dairy well, while others suffer from extreme “intolerance”.

If dairy causes you bloating, gas, and/or GI distress, you are better off eliminating it from your meal plans or keeping it to a minimum.

If you are intolerant to pasteurized dairy, you may actually do better drinking and eating un-pasteurized dairy. Pasteurization and homogenization use high heat temperatures that kill off all of the naturally occurring digestive enzymes found in raw milk and your body can have a difficult time digesting it. This is why some people who have a hard time digesting pasteurized dairy actually feel great drinking raw (un-pasteurized) milk, because all the naturally occurring digestive enzymes are still intact.

Whichever dairy you decide is best for you, always make sure it is organic, so that it is free of growth hormones and antibiotics.

(Please refer to Chapter 9 of The Diet Solution Program to learn if the dairy you are choosing is preventing you from losing fat.)

***Calorie Counting**

When you follow my 12 nutritional principles, it is unnecessary to count calories.

But I still have included sample meal plans for both men and women to give you a good idea of what the right portion sizes are for you.

If you still feel you are eating too much food, cut the portions back a bit until you feel satisfied (without the overly full feeling). Our bodies are equipped to tell us when it has had enough food. It is just up to us to accurately listen to what our bodies are telling us. So don't eat beyond your “good” feeling point but also do not walk around starving.

(Please refer to Chapter 4 of The Diet Solution Program to calculate your specific calorie needs.)

Food sources:

Protein Sources

- Grass Fed Beef, Bison, Lamb, Pork (lean), Venison
- Free Range (preferably organic) Chicken, Turkey, Duck, Cornish Hen, Quail (this includes white and dark meat)
- Whole Organic Eggs
- Wild Fish (all varieties, except for Tuna which should be consumed 1 time per week maximum)
- Cottage Cheese (preferably raw and organic)
- Raw Nuts (not including peanuts or cashews) **Nuts will also be included under healthy fat sources.
- Raw Nut Butters (except for Peanut Butter and Cashew butter)

Fat Sources

- Organic, extra virgin olive oil
- Fish Oil (liquid or capsules)
- Cod Liver Oil (liquid or capsules)
- Flax seed Oil
- Organic, Raw Butter
- Avocado
- Organic, Extra Virgin Coconut Oil
- Raw Nuts (not including peanuts or cashews) **Nuts are also included under healthy protein sources.

Fibrous Carbohydrate Sources

- All vegetables
- All fruits (in their natural state -> no fruit juices or dried fruits)

Complex Carbohydrate Sources

- Brown or Wild Rice
- Barley
- Millet
- Quinoa
- Oatmeal
- Rye
- Spelt
- White or Sweet potatoes
- Beans (all varieties)

Sources of Clean Water

- Best bottled water sources: Evian, Volvic, Fiji, and Trinity
- High Quality Water Filters for your sink:
www.sws-aquasana.com

How to spot sugar

The following words all mean “added sugar”

Hint: the words “syrup”, “sweetener”, and anything ending in “ose” can usually be assumed to be “sugar”. If the label says “no added sugars”, it should not contain any of the following:

- Corn Sweetener
- Corn syrup, or corn syrup solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Fructose
- Fruit Juice Concentrate
- Glucose
- High Fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice Syrup
- Saccharose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinado Sugar
- Xylose

Remember, your body doesn't care what the label says. It's all just "sugar"!

How to spot artificial sweeteners

Sucrolose (Splenda)
Saccharin (Sweet n Low)
Aspartame (Equal)

Purchase STEVIA at www.steivasweetener.com

Eliminate these wheat products

- Bread
- Cereal
- Crackers
- Pasta
- Baked Goods
- And anything that contains “wheat” (even whole wheat) in the ingredients list

Dairy products

- Raw Milk and Raw Cheese may need to be purchased at specialty shops or online. Visit www.realmilk.com or www.organicpastures.com for more information.
- Raw Cheese (in many varieties) can be found at Whole Foods, Health Food Stores and many local supermarkets.
- Make sure pasteurized and homogenized Milk and Cheese are Organic

High Quality Omega 3 supplements

The following brands prove to be the most high quality Omega 3 supplements:

- Prograde Nutrition <http://fishoilforyou.getprograde.com/icon>
- Nordic Naturals

Sample Meal Ideas

Sample Breakfast Options		
2-4 whole eggs Mushrooms, onions and peppers 1-2 oz raw cheddar cheese 1 medium apple	1 hard boiled egg 2 medium link chicken sausage 1 cup broccoli 1 cup strawberries	3 slices beef bacon 1 cup sauteed spinach 1 medium banana
3-4 oz smoked salmon Sliced tomatoes 1 pear	2 eggs 2 slices turkey bacon 1 cup cooked asparagus 1/2 grapefruit	3-4 oz ground beef Steamed cauliflower or broccoli 1 cup pineapple
2 whole eggs 6 oz unsweetened yogurt 1/2 oz raw walnuts 1/2 cup blueberries	2-3 oz ground chicken or turkey and 1 egg sauteed onions and mushrooms 1 small banana	1 leftover chicken leg (drumstick and thigh) 1 cup cooked broccoli 1 pear
Sample Mid morning and Mid Afternoon Snacks		
2-3 oz sliced turkey breast 1-2 oz avocado Carrots and celery	2-3 Tbsp raw almond butter 1/2-1 whole banana	6 oz plain yogurt 1 oz raw walnuts 1/2 cup blueberries
3 oz smoked salmon sliced tomatoes 1 sliced pear	3 oz sliced Roast Beef Raw sliced peppers and cucumbers 10 cherries	2 oz Raw Pumpkin Seeds 1 large apple
1 cup cottage cheese 1 cup strawberries 1 oz raw almonds	2-3 Tbsp raw walnut butter Carrots and celery sticks 10-15 grapes	1 sliced apple 2 Tbsp raw macadamia nut butter
1-2 hard boiled eggs sliced red, yellow, and green peppers 1/2 cup strawberries	1-2 oz raw walnuts 20 cherries	2 oz smoked salmon sliced tomatoes Carrot sticks

Sample Meal Ideas

Sample Post Workout Meals		
3-5 oz chicken breast 1/2 - 1 cup brown rice sauteed chinese veggies 1/2 sliced apple with 1 tsp raw honey	4-5 oz turkey burger 1/2-1 cup cooked quinoa sauteed onions and mushrooms 1 whole banana	4-5 oz broiled flounder 4-5 oz baked potato 1 cup cooked broccoli and cauliflower 1 sliced pear
1 cup cooked oatmeal (made with water) 1 whole egg + 3 egg whites 1 cup blueberries or strawberries	2 chicken sausage links 4-5 oz baked sweet potato 1 cup cooked asparagus 10-15 grapes	4-5 oz baked tilapia or orange roughly 1 cup brown rice and lentils (mixed) 1 cup pineappe
1 whole egg + 2 egg whites 1-2 oz ground turkey 4 oz cut up potato Onions (make into omelette) 1 ripe peach	4 oz sliced turkey 4 oz baked sweet potato sauteed onions and mushrooms 1 medium banana	2-3 leftover chicken drumsticks 1 cup cooked broccoli 1/2 cup brown rice 1 large apple

Sample Meal Ideas

Sample Lunch and Dinner Meals		
<p>4 oz ground turkey or beef burger with sauteed mushrooms and onions Green salad 1-2 Tbsp ev olive oil or flax seed oil and vinegar 1 cup fresh berries</p>	<p>4-5 oz broiled halibut steak 1 cup green beans (sauteed with garlic) Green salad 1-2 Tbsp ev olive oil or flax seed oil and vinegar 1 kiwi</p>	<p>2 chicken sausages Grilled asparagus and zucchini sliced tomatoes and cucumbers 1-2 Tbsp ev olive oil 1/2 grapefruit</p>
<p>5 oz cooked shrimp Chinese vegetables Green salad 1-2 Tbsp ev olive oil or flax seed oil and vinegar 1 small apple</p>	<p>4-5 oz ground buffalo tomatoes, onions and peppers (make into chili) over large Romaine lettuce salad w/ 1-2 Tbsp olive oil 10 cherries</p>	<p>4-5 oz lean steak (grilled) Cooked cauliflower and spinach 1/2 tsps of butter 1 small mango</p>
<p>1 Cornish hen (baked) Grilled eggplant and zucchini Sliced tomatoes 1-2 Tbsp ev olive oil or flax seed oil and vinegar</p>	<p>4-5 oz grilled salmon Cooked Bok Choy Green salad 1-2 Tbsp ev olive oil and vinegar 10-15 grapes</p>	<p>4-5 oz Pork tenderloin 1 cup cooked spinach sauteed with garlic) Large green salad 1-2 Tbsp ev olive oil 1 cup mixed berries</p>

Sample Female Meal Plans

Sample Day #1	Sample Day #2	Sample Day #3
<p><u>Meal 1</u> 2 whole eggs onions and peppers 1 oz raw cheddar cheese 1 medium apple</p>	<p><u>Meal 1</u> 1 hard boiled egg 1 medium link chicken sausage 1 cup broccoli 1/2 cup strawberries</p>	<p><u>Meal 1</u> 2 slices beef bacon 1 cup sauteed spinach 1/2 banana</p>
<p><u>Meal 2</u> 2 oz sliced turkey breast 1 oz avocado Carrots and Celery</p>	<p><u>Meal 2</u> 2 Tbsp Raw Almond Butter 1 medium banana</p>	<p><u>Meal 2</u> 1 oz Raw Walnuts 6 oz plain organic yogurt 1/2 cup blueberries</p>
<p><u>Post Workout Meal</u> 3 oz chicken breast 1/2 cup cooked brown rice sauteed chinese vegetables 1/2 sliced apple w/1 tsp maple syrup and cinnamon</p>	<p><u>Post Workout Meal</u> 3 oz turkey burger 1/2 cup cooked quinoa sauteed onions and mushrooms 1 small banana</p>	<p><u>Post Workout Meal</u> 4 oz flounder 4 oz baked potato 1 cup cooked broccoli 1 small pear</p>
<p><u>Meal 3</u> 3 oz beef burger sauteed mushrooms and onions 1 cup cooked spinach small green salad w/sliced cucumbers 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 3</u> 4 oz halibut steak 1 cup green beans (sauteed with garlic) small green salad or 1/2 cup raw vegetables 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 3</u> 2 small chicken or turkey sausages Grilled asparagus and zucchini sliced tomatoes and cucumbers 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>
<p><u>Meal 4</u> 2 oz smoked salmon sliced tomatoes 1 small pear</p>	<p><u>Meal 4</u> 2 oz sliced Roast Beef Raw sliced peppers and cucumbers</p>	<p><u>Meal 4</u> 1 oz Raw Pumpkin Seeds 1 medium apple</p>
<p><u>Meal 5</u> 1 small Cornish hen (baked) Grilled eggplant and zucchini sliced tomatoes and cucumbers 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 4 oz cooked shrimp Stir Fry Chinese Vegetables Green Salad with tomatoes 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 4 oz ground buffalo meat (made into chili) chopped onions, peppers, and tomatoes (for chili) Raw carrots and celery</p>

Sample Female Meal Plans

Sample Day #4	Sample Day #5	Sample Day #6
<p><u>Meal 1</u> 2 oz smoked salmon</p> <p>Sliced tomatoes and carrots 1 medium apple</p>	<p><u>Meal 1</u> 1 hard boiled egg</p> <p>1 slice turkey bacon 1 cup cooked asparagus 1/2 grapefruit</p>	<p><u>Meal 1</u> 3 oz ground beef or turkey Steamed cauliflower or broccoli 1 cup pineapple</p>
<p><u>Meal 2</u> 1/2 cup cottage cheese</p> <p>10 raw almonds</p> <p>1 cup blueberries</p>	<p><u>Meal 2</u> 2 oz sliced Roast Beef Sliced tomatoes and cucumbers</p> <p>other half of grapefruit</p>	<p><u>Meal 2</u> 2 Tbsp raw walnut butter</p> <p>carrots and celery sticks 10-15 grapes or 1/4 cup raisins</p>
<p><u>Post Workout Meal</u> 1 whole egg + 3 egg whites 1 cup cooked oatmeal (made with water) (cinnamon and stevia to taste) 1 cup blueberries or strawberries</p>	<p><u>Post Workout Meal</u> 1 large chicken sausage link 4 oz cooked sweet potato 1 cup cauliflower 1 orange</p>	<p><u>Post Workout Meal</u> 4 oz baked tilapia or orange roughy 1/2 cup brown rice and lentils (mixed)</p> <p>1 cup cooked cauliflower 1 cup pineapple</p>
<p><u>Meal 3</u> 3 oz bison burger sauteed mushrooms and onions 1 oz raw cheese</p> <p>Grilled asparagus</p> <p>Green salad</p> <p>1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 3</u> 3 oz Port tenderloin 1 cup cooked spinach (sauteed with garlic) small green salad or 1/2 cup raw</p> <p>vegetables</p> <p>1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 3</u> 3 oz filet mignon Grilled asparagus and zucchini Green salad with sliced tomatoes and cucumbers 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>
<p><u>Meal 4</u> 2 Tbsp macadamia nut butter 1 sliced apple 1 tsp raw honey</p>	<p><u>Meal 4</u> 1 hard boiled egg Raw sliced peppers and cucumbers 10 cherries</p>	<p><u>Meal 4</u> 1 oz Raw Sunflower Seeds 1 pear</p>
<p><u>Meal 5</u> 4 oz turkey chili tomatoes, peppers and onions Green salad 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 4 oz grilled salmon Cooked Bok choy Green Salad with cucumbers 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 1 whole chicken leg (including thigh) Grilled eggplant Raw carrots and celery 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>

Sample Male Meal Plans		
Sample Day #1	Sample Day #2	Sample Day #3
<p><u>Meal 1</u> 3 whole eggs onions and peppers 2 oz raw cheddar cheese 1 medium apple</p>	<p><u>Meal 1</u> 2 hard boiled eggs 1 medium link chicken sausage 1 cup broccoli 1 cup strawberries</p>	<p><u>Meal 1</u> 3 slices beef bacon 1 cup sauteed spinach 1 medium banana</p>
<p><u>Meal 2</u> 3 oz sliced turkey breast 2 oz avocado Carrots and Celery</p>	<p><u>Meal 2</u> 2 Tbsp Raw Almond Butter 1 medium banana</p>	<p><u>Meal 2</u> 1-2 oz Raw Walnuts 6 oz plain organic yogurt 1 cup blueberries</p>
<p><u>Post Workout Meal</u> 4 oz chicken breast 1 cup cooked brown rice sauteed chinese vegetables 1 sliced apple w/1 tsp maple syrup and cinnamon</p>	<p><u>Post Workout Meal</u> 4 oz turkey burger 1 cup cooked quinoa sauteed onions and mushrooms 1 small banana</p>	<p><u>Post Workout Meal</u> 6 oz flounder 5 oz baked potato 1 cup cooked broccoli 1 pear</p>
<p><u>Meal 3</u> 4-5 oz beef burger sauteed mushrooms and onions 1 cup cooked spinach small green salad w/sliced cucumbers 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 3</u> 5-6 oz halibut steak 1 cup green beans (sauteed with garlic) large green salad or 1/2 cup raw vegetables 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 3</u> 3 chicken or turkey sausages Grilled asparagus and zucchini sliced tomatoes and cucumbers 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>
<p><u>Meal 4</u> 3 oz smoked salmon sliced tomatoes 1 sliced pear</p>	<p><u>Meal 4</u> 3 oz sliced Roast Beef Raw sliced peppers and cucumbers 10 cherries</p>	<p><u>Meal 4</u> 2 oz Raw Pumpkin Seeds 1 large apple</p>
<p><u>Meal 5</u> 2 small Cornish hens (baked) Grilled eggplant and zucchini sliced tomatoes and cucumbers 2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 6 oz cooked shrimp Stir Fry Chinese Vegetables Green Salad with tomatoes 2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 6 oz ground buffalo meat (made into chili) chopped onions, peppers, and tomatoes (for chili) Raw carrots and celery</p>

Sample Male Meal Plans		
Sample Day #4	Sample Day #5	Sample Day #6
<p><u>Meal 1</u> 4 oz smoked salmon</p> <p>Sliced tomatoes and carrots 1 large apple</p>	<p><u>Meal 1</u> 2 hard boiled eggs</p> <p>2 slices turkey bacon 1 cup cooked asparagus 1 small grapefruit</p>	<p><u>Meal 1</u> 4 oz ground beef or turkey Steamed cauliflower or broccoli 1 cup pineapple</p>
<p><u>Meal 2</u> 1 cup cottage cheese</p> <p>15 raw almonds 1 cup blueberries</p>	<p><u>Meal 2</u> 3 oz sliced Roast Beef Sliced tomatoes and cucumbers 1 small banana</p>	<p><u>Meal 2</u> 2-3 Tbsp raw walnut butter</p> <p>1 large apple 1/4 cup raisins</p>
<p><u>Post Workout Meal</u> 1 whole egg + 5 egg whites 1.5 cup cooked oatmeal (made with water) (cinnamon and stevia to taste) 1 cup blueberries or strawberries</p>	<p><u>Post Workout Meal</u> 2 large chicken sausage link 6 oz cooked sweet potato 1 cup cauliflower 1 orange</p>	<p><u>Post Workout Meal</u> 6 oz baked tilapia or orange roughly 1 cup brown rice and lentils (mixed)</p> <p>1 cup cooked cauliflower 1 cup pineapple</p>
<p><u>Meal 3</u> 4 oz bison burger sauteed mushrooms and onions 2 oz raw cheese</p> <p>Grilled asparagus</p> <p>Green salad 1-2 Tbsp ev olive oil or flax seed</p> <p>oil and apple cider vinegar</p>	<p><u>Meal 3</u> 4 oz Pork tenderloin 1 cup cooked spinach (sauteed with garlic) Large green salad and 1/2 cup</p> <p>raw vegetables 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 3</u> 4 oz filet mignon Grilled asparagus and zucchini Green salad with sliced tomatoes and cucumbers 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>
<p><u>Meal 4</u> 2-3 Tbsp macadamia nut butter 1 sliced apple 1 tsp raw honey</p>	<p><u>Meal 4</u> 3 hard boiled eggs Raw sliced peppers and cucumbers 10 cherries</p>	<p><u>Meal 4</u> 2 oz Raw Sunflower Seeds 1 pear</p>
<p><u>Meal 5</u> 5-6 oz turkey chili tomatoes, peppers and onions Green salad 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 5-6 oz grilled salmon Cooked Bok choy Green Salad with cucumbers 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>	<p><u>Meal 5</u> 2 whole chicken legs (including thigh) Grilled eggplant</p> <p>Raw carrots and celery 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar</p>

Meal Plan Notes:

1. Coconut Oil can be used for all cooking. Because it is such an incredibly healthy source of fat, there is no need to be precise with its measurement. 1-2 tsps of coconut oil goes a long way for cooking chicken, sautéing vegetables and cooking eggs. www.wildfamilynaturals.com
2. Extra Virgin Olive Oil is most beneficial when used raw. If you do use it to cook, keep the heat low, as it is not stable in high heat cooking. www.naturalsunfood.com
3. Vinegar can be used along with olive oil for salad dressing. All varieties of vinegar are acceptable but Organic Apple Cider Vinegar is the best. Make sure the bottle says “with the mother” so that you are getting it in its most natural state.
4. All spices are acceptable to use. Salt should always be unrefined Sea Salt (Celtic Sea Salt or Redmond’s Real Salt). www.celticseas.com
5. 1-2 capsules of a high quality fish oil supplement should added to 2-3 of your daily meals. <http://fishoilforyou.getprograde.com/icon>
6. Your post workout meal can be inserted anywhere in the day depending on your personal workout schedule. Just make sure to consume this meal (the only one containing a complex carbohydrate) soon after completing your workout.

In closing...

So there you have it. An arsenal of information and meal plans that will guarantee you the body and the abs you’ve been wanting for so long. All that is left for you to do is to take action and start right away. You have the best possible tools in your hands and now is the time to put them to use!

I look forward to hearing all about your incredible success!

In health and happiness,

Osabel De Los Rios

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