

YOUR iLOVEKICKBOXING.COM HEALTHY, FAT-BURNING MEAL PLAN!

We've done all the research to help you eat your way to a slim, healthy body.

All you have to do is read this guide, apply it to your life & see the wonderful results!

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1. A QUICK NOTE

There are a few things that make this meal plan so powerful. Some of them go against common thoughts about eating. For one, you're eating constantly throughout the day. Many people think eating more = gaining more weight. But in truth, eating more frequently often leads to eating less over all - and to making better food choices.

You just have to know what to eat, and when to eat it. That's what this guide is for.

2. THE SCIENCE

This meal plan revolves around studies and tests related to the glycemic index. The glycemic index is essentially a catalog of foods that shows how they affect your blood sugar levels in comparison to how glucose (sugar) affects it.

Glucose - and other high glycemic index (or GI) foods - immediately causes your blood sugar levels to spike. At first this seems like a good thing. You get a boost of energy. You feel full. And you're ready to move on with your day.

However, the body seeks to balance this surge. So it sends insulin to go and restore the body to natural, stable blood sugar levels. But insulin is quite efficient. Maybe a bit too efficient. It often restores our blood sugar levels to stable levels - and keeps going.

Before you know it, your blood sugar is lower than sea level, and you're craving sugary, fatty foods once more to send it back up. The cycle continues, and weight gain is inevitable. Weight loss is nearly impossible.

That's why the main goal of this diet is to eat foods that keep your blood sugar levels stable, all day long. By doing this, you don't crave sugary, fatty foods, you feel fuller faster, and your energy levels will be balanced all day.

No more ups and downs.

3. WHAT TO EAT

What you should eat is very simple. Basically, you want every meal you have to contain:

- A healthy, low GI carb
- A protein
- And a fat.

The low GI carb helps maintain your blood sugar levels. The fat gets you full, so you eat less. And the protein is used to build muscle mass and boost metabolism. In effect, it's the "perfect" fat-burning, muscle-toning meal.

SOME HEALTHY LOW GI CARBS:

- Whole grain bread
- Oat bread
- Grapefruit
- Peach
- Apple
- Orange
- Whole wheat pasta
- Vegetables & Fruits (brussel sprouts, bell peppers, tomatoes, apricots, grapefruit, peas, leafy greens)

SOME HEALTHY LOW GI PROTEINS:

* vegetarian

- Peanuts / peanut butter *
- Tuna in water
- Lean, ground beef
- Lean chicken breast
- Salmon
- Hemp protein powder*
- Tofu*

SOME HEALTHY LOW GI FATS:

- Olive Oil
- Avocado
- Peanut Butter
- Nuts
- Grass-fed butter (in small quantities!)
- Greek yogurt

A FEW MEAL IDEAS TO GET YOU STARTED:

(For vegan / vegetarian - replace meat with nuts or tofu)

SNACKS

- 1 Sliced pear with 2 Tbsp soft goat cheese
- 1/2 cup cottage cheese with 1 cup raw veggies
- 1 sliced apple with 2 Tbsp of peanut butter
- Hard boiled Eggs
- Greek Yogurt with fruit

BREAKFAST

- Oatmeal with non-fat milk, agave nectar & crushed almonds
- Grapenuts with non-fat or low fat milk (or soy / almond / hemp milk)

LUNCH

- Whole wheat, angel hair pasta with grilled salmon
- Grilled chicken salad with fruit-vinaigrette dressing

DINNER

- Lean beef cheese burger with lettuce, tomato, and any other veggies
- Brown rice with grilled chicken breast & veggies

4. WHEN TO EAT

You want to eat 3 main meals (breakfast, lunch, dinner), and 1 meal after each of these meals (aka a snack). In total, this leads to 6 meals a day.

You'll end up eating every 3-4 hours. If you wait any longer than this, your blood sugar levels will start to plummet, leading to bad cravings.

5. POWERFUL TIPS TO HELP YOU GET STARTED

1. LOOK ONLINE!

When you first start this philosophy of eating, you'll want to see which of your foods that you already eat are low GI - and which are high GI. There's a very easy way to do this. All you need is a computer, and an internet connection.

This website has an extensive library of foods, and their GI (glycemic index):

<http://www.gilisting.com/>

Simply log on, and search for foods, ingredients, drinks, etc. that you love.

If your food isn't listed on that site, simply Google: "glycemic index of [food]" and you'll most likely get too many results to count.

2. DON'T GIVE UP YOUR FAVORITE FOODS!

The key is to eat foods that have a GI of 55 or less. If you find that some of the foods you absolutely love are high GI - it's not the end of the world! Often, you can make them with low GI ingredients.

For example, you can make delicious, homemade "fried" chicken that tastes just as good as the fatty, unhealthy, high GI stuff - but is *extremely* healthy.

You simply use lean-cut chicken tenderloins, cover them in whole wheat flour, dip them in egg, and attach whole wheat bread crumbs. Then, stick them in the oven and you've got yourself a delicious, low GI replacement.

**The key to making this diet work
is to work with what you love.**

If you simply try to stop eating your favorite foods from the start - you'll most likely break down within a day or two and binge eat. It happens all the time.

Google "healthy recipes for unhealthy foods"

You'll be amazed at what you can cook at home that tastes just as good as the unhealthy stuff - but without all the "junk" that's inside.

3. DITCHING SUGAR (WITHOUT MISSING IT FOR A SECOND!)

Use healthy, natural sugar replacements. Agave nectar has a GI of 11, and is an amazing replacement for honey, syrup, and sugar. You can use it in cooking, coffee, tea, pancakes, cereal, etc., etc., etc.

Stevia is another natural, healthy sugar replacement. It comes from the stevia plant, and is naturally extremely sweet. You can use it in cooking, coffee, tea, and anything else you'd otherwise use sugar in.

4. WHAT TO DO IF YOU JUST CAN'T RESIST A 'BAD' CRAVING!

Just follow these steps:

1. Talk to someone who cares about you about your weight loss goals. When you have a crazy-bad craving, call them and see if talking to them helps you resist it.

2. If you simply can't resist it, don't freak out. Don't judge yourself. Don't feel like a failure. Speed bumps like this are part of the process. No one can be perfect from day one. So don't go too hard on yourself!

3. Balance it with low GI foods. Eat fruit right after. Drink lots of water. Help your body naturally balance itself and purify itself. Fruits are really amazing for detoxification.

4. After it's gone, and you can think clearly, reflect on what may have caused the craving. Was it stress? Did you go too long without eating? Did you not get enough sleep?

Discovering your "triggers" for unhealthy eating can help you stop cravings before they ever happen. If it's stress, find a way to eliminate that stress from your life. If you went too long without eating, how can you make sure it doesn't happen again?

5. COME TO YOUR LOCAL KICKBOXING CLASSES WITH [ILOVEKICKBOXING.COM](http://iLoveKickBoxing.com)!

Our classes are more than fat-burning workouts. They provide a network of friends and instructors to help you stay on track. Lack of accountability - and lack of motivation - are the top causes of people not following through with their weight loss goals.

Don't let either of these be an issue with our super-supportive, motivating classes.

You'll have instructors to ask any and all questions to. They'll also keep you motivated and excited. After all, our instructors are extremely passionate and caring.

And you'll also have the support of the other members. Our program tends to attract very kind, caring, and positive-minded people. Friendships and accountability partners are born all the time!

COME TRY OUT 3 CLASSES WITH OUR RISK-FREE WEB SPECIAL!

Just visit <http://iLoveKickBoxing.com>
and find the location nearest you

6. SHOPPING LIST

Here's a short shopping list of fat-burning foods to buy next time you're at the store. This is designed to work on just about any budget. If your budget is particularly tight, just go more for frozen / canned versions of the foods listed. If you have a very nice budget, go for organic / all-natural versions of everything listed.

In general, check ingredients on what you're buying. There shouldn't be many other ingredients aside from what you're buying, and some seasonings. If there's a super-long list of chemical-looking ingredients, try to find another brand that has ingredients you can actually pronounce.

Meats, Poultry, Fish

- Boneless / skinless chicken breast
- Boneless / skinless turkey
- The leanest ground beef your store has (96% or 97% is generally the leanest)
- Ground turkey
- Eye round steak, beef top sirloin, London broil
- Canned tuna in water (NOT oil!!)
- Salmon filet
- Mahi mahi filet
- Cod
- Crabmeat
- Shrimp

Oils, Dressings & Condiments

- Lemonaise (mayonnaise replacement - very low fat & healthy ingredients)
- Low-sodium, no sugar added ketchup
- Extra virgin olive oil
- Balsamic vinegar
- Olive oil cooking spray
- Agave nectar syrup
- Truvia (all natural sugar replacement)
- Lemon juice
- Peanut butter (make sure the only ingredient is peanuts!)
- Jam sweetened by fruit juice (make sure there's no sugar - just fruit juice!)
- Apple juice (either no sugar added, or sweetened by fruit juice)
- Honey

Dairy, Eggs & Dairy Substitutes

- Fat-free / reduced fat sour cream
- Skim milk
- Unsweetened almond milk
- Chobani Greek yogurt (plain - make sure no sugar added!)
- Low fat cottage cheese
- Low fat parmesan cheese
- All natural egg whites
- All natural eggs
- Low fat, shredded mozzarella cheese

Fruits & Veggies

- Romaine lettuce
- Sweet potatoes
- Broccoli
- Celery
- Carrots
- Tomatoes
- Any berries (blueberries, strawberries, etc.)
- Red / green apples
- Grapes (freeze them for a delicious, ice-cream-like snack)
- Pears

Carbs

- Oatmeal (make sure the ingredients are VERY simple)
- Whole wheat waffles
- Whole wheat pita bread
- Whole wheat bread
- Whole wheat flour
- Brown rice
- Basmati rice
- Whole wheat tortillas
- Brown basmati rice
- Any high-fiber, no sugar cereal (like Grapenuts. You can add a teaspoon of honey for taste)

Snacks

- Any all-natural nutrition shake

- Any all-natural nutrition bars (without tons of sugar. A LITTLE is okay as long as it's balanced with other healthy, nutritious ingredients)

7. A READY-TO-GO, WEEKLY MEAL PLAN

This meal plan includes the 3 main meals, as well as snacks in-between. Eating every 3-4 hours helps keep your metabolism active, and keeps your blood sugar stable all day long to prevent bad cravings.

As you'll see, these meals follow the above guidelines for a low-glycemic, fat-burning diet. Feel free to interchange ingredients as long as they stay within those guidelines.

Vegetarians / vegans: This meal plan is designed for us omnivores. But if you don't eat meat, replace all meats / fish / poultry with one of these ingredients:

- Tempeh
- Seitan
- Tofu
- Texturized vegetable protein
- Soy foods
- Veggie burgers

Okay, onward!

DAY 1

7am: Egg-whites (scrambled / omelet), 1/2 cup oatmeal made with water or skim milk (add a teaspoon of honey for flavor if necessary)

10am: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

1pm: Grilled chicken breast seasoned with lemon pepper, chopped up and added to a bowl of whole wheat spaghetti with broccoli

4pm: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

7pm: Lean ground beef burger on whole wheat bun with lettuce, onion & tomato, served with steamed broccoli with lemon juice drizzled on top

10pm: Cottage cheese (add a sliced up apple or berries)

DAY 2

7am: Grape-nuts cereal mixed with dry oatmeal in unsweetened almond milk / skim milk (add a teaspoon of honey for flavor)

10am: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

1pm: Turkey burger on whole wheat bun, light ketchup, with lettuce, onion & tomato with a small side salad of romaine lettuce dressed with a balsamic vinaigrette (add 2 parts balsamic vinegar, 1 part olive oil to the salad and mix)

4pm: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

7pm: Lean sirloin steak with a sweet potato and your choice of green peas (no sugar added) or green beans

10pm: Cottage cheese (slice up an apple or add berries)

DAY 3

7am: 2 Low-fat, whole wheat waffles (drizzle a bit of honey or spread a sugar-free jam) with low-fat turkey bacon or low-fat turkey sausage

10am: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

1pm: Grilled chicken burrito (grilled chicken breast, grilled peppers, low-fat / fat-free sour cream, whole wheat tortilla - use either very light oil when grilling, or an olive oil cooking spray to coat the pan)

4pm: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

7pm: Brown-rice sushi with miso soup (you can find ready-made miso soup powder that just requires boiling water. Chop up some green onions and tofu and add them to the mix after it's ready and still piping hot. For the sushi, get anything except for sushi with fried ingredients!)

10pm: Cottage cheese (slice up an apple or add berries)

DAY 4

7am: Open-faced sandwich with scrambled egg-whites on a slice of whole wheat toast or whole wheat english muffin

10am: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

1pm: Grilled chicken breast with caesar salad (season the chicken breast with light pepper and salt, and use low-fat or non-fat caesar dressing)

4pm: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

7pm: Yellow curry with tofu and veggies (in a deep pan, add 1 bag of frozen peas & carrots, 1 can of reduced fat coconut milk, and half a block of chopped up tofu. Add all-natural yellow curry powder to taste. Simply cook until all ingredients are hot. Yellow curry powder can be found in the spices section.)

10pm: Cottage cheese (slice up an apple or add berries)

DAY 5

7am: A serving of Chobani Greek yogurt with a whole wheat english muffin (add no-sugar jam for flavor if necessary)

10am: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

1pm: Salmon filet with baked asparagus (lightly season salmon with salt & pepper or a low-sodium salmon rub, grill, then remove the skin when eating. For the asparagus, place on parchment paper and stick in the oven on 400 for 5-10 minutes. Watch closely because depending on your oven it can burn fast!)

4pm: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

7pm: Grilled chicken tenderloin with veggies & brown rice

10pm: Cottage cheese (slice up an apple or add berries)

DAY 6

7am: Open-faced sandwich with low-fat turkey bacon & scrambled egg-whites on a slice of whole wheat toast

10am: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

1pm: Open-faced sandwich of 1 can of tuna with low-fat mayo (or Lemonaise mayo substitute), mixed with chopped onions and celery, on a slice of whole wheat bread (toast bread if you prefer)

4pm: Nutrition bar / shake, or make a banana / peanut butter smoothie with skim milk or unsweetened almond milk (1 banana, 1 table spoon peanut butter, add milk to preference of thickness). If you desire variety, add a different berry daily for unique tastes.

7pm: Pork tenderloin seasoned with salt and pepper, served with baked / grilled asparagus and a baked potato

10pm: Cottage cheese (slice up an apple or add berries)

DAY 7

Take a day off! You did great.

Don't go too crazy! But feel free to enjoy some of your favorite dishes that you've been craving all week. This will help get the cravings out of your system, so you can focus on staying lean & healthy throughout the week.

***Important Notes About Portion Control:**

By watching your portions, you will give your body the opportunity to communicate when it's full without being over-stuffed. A simple step in watching your portion control is to have an idea of what a healthy portion is. This answer lies in the palm of your hand.

- 1) Use your two open hands to guide you in selecting a healthy serving size of vegetables.
- 2) A woman's thumb is about the size of a tablespoon and the length from the tip of the thumb to the first knuckle is about the size of a teaspoon.
- 3) Your serving of rice or pasta should be equal to your fist.
- 4) A woman's tight fist equals about a cup of any liquid or a cup of solid food.
- 5) Palm (thickness and size) - Serving size 3 ounces best for beef, pork, poultry and fish

The saying is true, your eyes are always bigger than your stomach so take the time to

re-train your mind and eyes to portion control.

8. A Few Words of Wisdom

Depending on your lifestyle habits right now, changing your diet could take some work. This is the best advice we could offer you...

Expect yourself to mess up!

Let me explain...

In lifestyle changes, there are typically 2 kinds of people. Person A says, "I'm going to do this absolutely perfectly from the start!" Person B says, "I'll do my best, but it's okay if I make mistakes along the way."

Person A does their best, but inevitably slips up along the way. They go really hard on themselves, calling themselves a "failure", and eventually giving up. The pressure and stress to be perfect is just too much.

Person B makes mistakes, too - but when they happen, she gives herself a pep talk. She says mistakes are opportunities to learn. She reflects on why she made the mistake, learns from it, and moves on. Last but not least, she pats herself on the back, and continues trudging forward.

Mistakes will happen. Forgive yourself, reflect on why they happened so you can learn from them, and move on. That's the true recipe for success.

**And good luck! Everyone here at
iLoveKickboxing.com is cheering for you.**

