

# Body Sculpting - Meal Plan -



3150 Daily Calories

[www.HowToBurnFat.com](http://www.HowToBurnFat.com)

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**In fact, I encourage you to share this meal plan!**

If you know of any friends, family, co-workers or anyone else who would benefit from the advice given here, feel free to pass this meal plan along to them.

If you have a website, newsletter, blog, forum or e-zine of your own, feel free to feature this meal plan to your visitors. I can even code it with a special link so that you earn commissions for any sales that are generated as a result of people reading the report. If you're interested, visit my affiliate section for details: [www.Fitness-Profits.com](http://www.Fitness-Profits.com)

## Disclaimer

Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

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## 3150-Calorie Fat Loss Eating Plan – Day 1

### 7:00am

- Serving of whey protein in water
- 3 slices of granary toast with a small scraping of olive oil spread and 3 whole eggs and 4 whites, scrambled
- 200ml fresh fruit juice e.g. orange, apple or grapefruit

### 10:00am

- 2 medium slices rye bread with 100g lean ham slice, 1tbsp reduced fat mayonnaise and lettuce

### 1:00pm

- 150g brown rice (cooked weight) with 200g diced chicken – mix both together and add half a diced avocado, 5 diced sundried tomatoes, 1" diced cucumber chunk, a diced celery stalk and 1tbsp olive oil based dressing; mix well.
- 10 almonds
- Item of fruit e.g. apple, pear, berries (80g)
- 200g low-fat/low-sugar yogurt

### 4:00pm

- 3 rye crispbreads with 100g slice turkey and reduced fat cheese spread

### 7:00pm

- 150g salmon fillet, spread with a little pesto and grilled
- 150g (cooked weight) quinoa
- Unlimited steamed green vegetables (at least 100g)

### 9:30pm

- 150g reduced fat cottage cheese or small serving of casein based shake
- 1tbsp flaxseed oil

- \* Consume 0.6 ounces of water per pound of overall bodyweight throughout the day
- \* Insert supplements wherever necessary

## 3150-Calorie Fat Loss Eating Plan –Day 2

### 7:00am

- Serving of whey protein in water
- 50g oatmeal made with skim milk
- 200ml fresh fruit juice e.g. orange, apple or grapefruit

### 10:00am

- 150g (cooked weight) brown or basmati rice with 200g flaked canned tuna, half a diced avocado and diced spring onions
- Berry madness smoothie (blend together 2 scoops unflavored whey protein, 100g strawberries, 50g blueberries, 50g raspberries and water)

### 1:00pm

- 75g brown or basmati rice with 75g cooked prawns, diced celery and fresh parsley with 1tbsp olive oil based dressing
- Small low-fat/low-sugar yogurt

### 4:00pm

- Wholemeal pita bread with 100g grilled chicken, 1tbsp reduced fat mayonnaise and lettuce
- 50g Capsicum pepper slices
- (Or a serving of whey protein with a wholemeal pita and 50g capsicum pepper slices)

### 5:00pm - Workout

### 6:30pm - Immediately Post Workout

- Serving of whey protein with equal quantity of dextrose or maltodextrin (consult main e-book and adjust according to body weight)

### 7:30pm - Post Workout Meal

- Beef burger with sweet potato mash (see Flavorful Fat Burning Recipes booklet)
- Use 150g sweet potato mash rather than 75g
- Unlimited steamed green vegetables (at least 100g)

### 9:30pm

- 150g reduced fat cottage cheese or small serving of casein based shake
- 1tbsp flaxseed oil

- \* Consume 0.6 ounces of water per pound of overall bodyweight throughout the day
- \* Insert supplements wherever necessary

## 3150-Calorie Fat Loss Eating Plan – Day 3

### 7:00am

- 100g smoked salmon on 2 large slices rye bread with 200g reduced fat cottage cheese
- 200ml fresh fruit juice e.g. orange, apple or grapefruit

### 10:00am

- French vanilla smoothie (blend together 1½ scoops vanilla whey protein, 170g fat-free vanilla yogurt and water)
- Half a wholemeal pita with reduced fat cheese spread

### 1:00pm

- 150g couscous (cooked weight) with 200g canned salmon, flaked, diced spring onion, cucumber and 1tbsp pine kernels mixed in with 1tbsp olive oil based dressing
- Item of fruit e.g. apple, pear, berries (80g)
- Small low-fat/low-sugar yogurt

### 4:00pm

- 200g tuna (canned in brine) mixed with 1tbsp low fat natural yogurt and 1tbsp reduced fat mayonnaise with a small mixed salad and 1tbsp olive oil based dressing

### 7:00pm

- 125g grilled chicken strips, wrapped in Parma or Serrano ham
- 125g mashed sweet potato mixed with 1tbsp low fat natural yogurt to make it creamy
- Unlimited steamed green vegetables (at least 100g)

### 9:30pm

- 150g reduced fat cottage cheese or small serving of casein based shake
- 1tbsp flaxseed oil

- \* Consume 0.6 ounces of water per pound of overall bodyweight throughout the day
- \* Insert supplements wherever necessary

## Access The Full 30-Day Fat Burning Meal Plans Below!

This meal plan is just a small sample taken from the complete 30-day plans that come with Sean Nalewanyj's best-selling fat loss success kit, "The Real Deal Body Transformation System" available at [www.HowToBurnFat.com](http://www.HowToBurnFat.com).

This full-blown body-makeover package is jam-packed with every single tip, trick and strategy you need to melt through stubborn body fat and achieve a lean, sexy, healthy body in record time.

The complete system comes with the best-selling e-book, "The Truth About Burning Fat", along with a detailed collection of fat loss support modules and bonus items.

This includes step-by-step workout routines... video lessons... the full 30-day meal plans... recipe and smoothie books... progress tracking tools... mp3 audio courses... private forum access... and much more.

No hype, no fluff, no filler... Just the honest facts from a genuine expert who truly cares about your success and makes a living transforming people's bodies and lives.

**Just check out some of these incredible success stories...**

## "I Feel Strong & Healthy... I Can Finally See My Abs!"



I've had several knee surgeries and spent 2 years laying in bed, on walkers, in a wheel chair and on crutches... My health was failing, I felt sick all the time, and decided it was time to do something about it... I'm happy to report that my body weight dropped from 227 pounds down to 199 pounds, and my body fat percentage went from 27% down to 10%!

**Matthew Eubanks**  
**Montana, USA**

## "This Can Be Done... Even After Having 4 Kids!"



I love how your program explains everything to the point, and doesn't confuse us with any fancy scientific lingo. All the tools are given - we just have to apply them. I started off at a plump size 16, and now fit comfortably into a size 4. My energy levels have increased, and I'm not afraid to wear tight-fitting clothes anymore. I'm so proud of what I've achieved!

**Sandra Peebles**  
**Georgia, USA**

## "Can Date Just About Any Girl I Want"



Since beginning the program my body fat has dropped down to an impressive 10%, and my entire physique is more defined and muscular than I could have ever imagined. I never get made fun of anymore. All of my friends say they wish they had my body! And guess what? I got the girl! In fact, I can date just about any girl I want now.

**Logan Amy**  
**Indiana, USA**

## "I Wasn't Even This Fit In High School!"



The strategies in your program are great. Nutrition really is 90% of the battle! Doesn't matter how much cardio you do if you aren't eating properly... I started at 175 pounds and am down to 112, and went from a size 14 to a size 4. I have way more energy and confidence... I used to get migraines all the time, but not anymore... People actually come up now and ask me for advice!

**Dara Wiles**

## "I Feel Amazing... My Whole Life Has Changed..."



I was constantly fatigued, and was never in the mood to spend time outside with my boys like a father is supposed to. I started off with 25% body fat and weighed 242 pounds... I'm now at 10% body fat at a weight of 198! I even quit my job and started my own business... I'm now making 3x my previous salary because I finally have the energy to be a success!

**Willem Steynberg**  
**Port Elizabeth, South Africa**

## "I'm Getting Noticed More By Guys Now!"

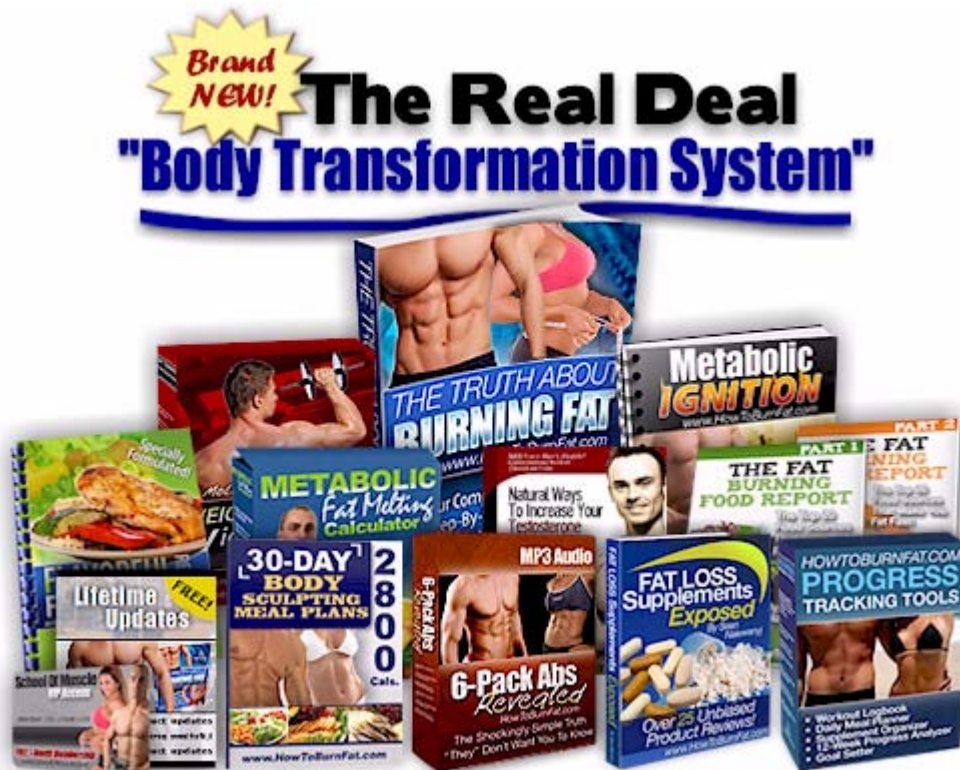


I was an athlete in high school, but once I went off to college my weight got out of control. I was sick and tired of being unhappy with my body... I just wanted to feel confident in a bikini again. I ended up slimming down from 176 pounds all the way down to 135! I now feel confident with myself... I love going out in public and dressing up, because I feel hot! I'm even getting noticed more by guys now...

**Lindsay Fullerman**

If you're ready to get started and finally achieve the lean, sexy, head-turning body you've always dreamed of, just click the link below to get started...

The program is backed by a full "Try It Now, Decide Later" FREE 21-day trial offer ... So you have absolutely **nothing** to lose. (Except the fat!)



[Click Here To Try This Entire System FREE!](http://www.HowToBurnFat.com)

Here's to your brand new body,

*S. Nalewanyj*

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