

# The Fat Loss Diet

---

Try this diet for 4 weeks (you can have one cheat day a week to relax with what you eat). After 4 weeks you are guaranteed to see a noticeable reduction of body fat!

## **Meal 1 (as soon as you wake up)**

1 cup instant oatmeal with ½ cup skim milk, sprinkled with cinnamon and microwaved for 90 seconds. Add a handful of frozen blueberries on top to give it some sweetness!

## **Meal 2 (2 hours later)**

1 banana

## **Meal 3 (2 hours later)**

2 slices whole wheat bread  
1 tbsp mustard, ½ tbsp reduced fat mayo, Crushed black pepper to taste  
8 oz turkey breast  
As much spinach as you like  
3 cherry tomatoes

## **Meal 4 (3 hours later)**

1 apple/orange/nectarine

## **Meal 5 (2 hours later)**

6 oz baked salmon with crushed garlic, cayenne pepper, lime juice, 1tbsp olive oil  
1 cup brown rice  
3 asparagus branches with your herb of choice and ½ tbsp butter  
Small yam steamed with Cajun spice sprinkled on top

## **Meal 6 (2 hours later)**

½ cup low-fat cottage cheese and 2 strawberries sliced on top

## **Meal 7 (2 hours later)**

½ cup fresh pineapple

Brought to you by: [www.weightlossandtraining.com](http://www.weightlossandtraining.com)



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