

# Toned

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# Ten

**Accelerated Fat Loss  
1 Week Meal Planner**



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## Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program.

This program is designed for healthy individuals 18 years and older only. The recommendations in this guide are not medical guidelines and are for educational purposes only.

The author advises readers to take full responsibility for their safety and know their limits. The dietary program in this book is not intended as a substitute for any dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting this program. If you experience any lightheadedness, dizziness, consult a physician. If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this program, please follow your doctor's orders.

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## *Accelerated Fat Loss 1-Week Meal Planner*

Welcome!

I get the same question all the time – “Erin, what should I be eating”?

It's such a complicated and confusing question for most of us. That's because so many people have different recommendations like - count calories, count carbs, eat 6 meals per day, or eat 3 meals a day. There is a lot of conflicting information out there.

My biggest hope is to help simplify this for you because eating whole foods is important not only for weight loss, but also for your health, energy levels, and hormone regulation. I know my tip below has simplified my eating habits tremendously over the last few years and has freed me from obsessing over calories, fat, and carbs - with the added bonus of better skin and improved energy. What could be better??

When it comes to good meal composition - just remember the **4 P's**.

That is to eat **P**rotein and **P**roduce at each meal and avoid **P**rocessed or **P**ackaged food as much as possible. Packaged and processed food can slow your metabolism, cause belly bloating, and shut down your fat burning hormones.

You also want to remember to eat healthy fats like avocados, olive oil, and raw nuts.

If you can do this - you will be choosing healthy meats (protein) or other sources of high quality protein; and veggies or fruit (produce).

Veggies hold a greater "fill you up" factor and have lower over all sugar so I recommend trying to have veggies with every meal.

There are endless combinations and the one-week meal plan below will show exactly what you need to do each day – no guesswork for you!

**A few special notes before you get started:**

1. You will notice I include a glass of water with lemon first thing in the morning.

**This will help kick start your metabolism and help flush out toxins and fat.**

Drink water throughout the day too. Your body requires enough water to burn body fat effectively. Drinking a lot of water decreases the concentration of various substances in our blood, and this increases our body's ability to burn fat. Additionally, drinking cold water raises our metabolic rate. Studies show we burn about two additional calories for every ounce of cold water we drink. The easiest way to drink an optimal amount of water is to fill up a 64 -120 ounce pitcher in the morning and drink from it all day until the water is gone.

2. You will also notice that each snack includes Green Tea(unsweetened).

That's because another great way to boost your water intake is to fall in love with green tea. You will notice that I include green tea at each snack because all of the green tea we drink counts toward our water goals.

In addition to the hydration benefits, Green tea has anti-aging properties that are attributed to flavonoid phytochemicals called polyphenols. These antioxidants have been shown to exert sun damage protection by quenching free radicals and reducing inflammation. In addition to anti-aging properties the polyphenols found in green tea especially EGCG (epigallocatechin gallate) have been shown to help burn body fat. The body fat burned by green tea well outweighs the body-fat-burning effects of the small amount of caffeine in it. Researchers suspect green tea's unique fat-burning effect has to do with the interaction of this tea's polyphenols, caffeine, and the hormone noradrenaline.

Green tea has also been shown to prevent: cancer, hypertension, heart disease, insulin resistance, virus infections, Parkinson's disease, Alzheimer's disease and many other health problems. More please!

To maximize all the benefits green tea has to offer, aim to drink it throughout the day and always include it with your snack if you choose to have a snack. Snacks are optional.

Decaf green tea is healthy and just as helpful as regular green tea. You can choose decaffeinated green tea and get the same health benefits, but if you crave caffeine - a bag of regular green tea contains only about 30 milligrams of caffeine. Compare that with a cup of brewed coffee, which can contain up to 150 milligrams of caffeine. So enjoy Green tea each day!

**Important:**

Remember this plan is for rapid fat loss and should only be done for one week at a time. It is NOT intended to be used long term. If you do, you will see results at first, but if you continue longer than 7 days, your results will plateau and so will your metabolism improvements. This will halt further fat loss efforts and lead to frustration and disappointment. So, after your first week is over follow the general guidelines in my nutrition guide.

At that time - you can begin to add 1-2 Tbs. of cream to your coffee, moderate amounts cheese as a snack or garnish to salads, and moderate wine consumption if you prefer as per the Toned In Ten Nutrition Guide.

Many people often ask about artificial sweeteners and for the most part, try to stay away from them due to their processed nature, but occasional use is fine. Stevia tends to be my favorite choice because it is not processed.

You can also add 2 squares of dark chocolate or mixed berries with coconut whipped cream if you are craving dessert. (see Dessert recipes in the Accelerated Fat Loss Recipes Cookbook)

Please also note that once you achieve your weight loss goals, it is OK to indulge on special occasions, just be sure to not indulge on a daily basis or your sugar cravings will return and may cause other food cravings and ultimately weight gain. I often use the three-bite rule when it comes to sweets that I don't have control over. Having three bites allows you to not feel deprived and does not undue all of your hard work. :-)  
After all, they say the first bite is always the best!

I also have a weekly indulgence on Sunday where I have a Healthy sweet indulgence that I make at home. You can see more of those recipes if you follow me in Instagram at [www.instagram.com/tonedinten](http://www.instagram.com/tonedinten).

You will notice there are many recipes in the recipe book that are not part of the 7-day meal plan. Those recipes are meant to be eaten after the initial 7-day Accelerated Fat loss plan.

If you don't care for a particular recipe or protein choice feel free to change the protein or vegetable ingredients for ones you like better. Additionally if you don't like one of the snack choices stick with the ones you enjoy most!

You may use this Accelerated plan again – but give yourself at least a 3 wk break.

Ok! It's time for Rapid fat loss!

## Accelerated Fat Loss 1-Week Meal Planner

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>						
Bacon and Egg Bites, black coffee or green tea	Strawberry Banana Smoothie, black coffee or green tea	Veggie Egg Scramble with Bacon, black coffee or green tea	Green Power Smoothie, black coffee or green tea	Harvest Omelet Cups, black coffee or green tea	Spinach Sausage and Tomato Frittata, black coffee or green tea	Chocolate Protein Pancakes, black coffee or green tea
<b>Lunch</b>						
Shrimp with Mango salad	Salmon with spring pea and citrus	Taco Salad	Chicken and kale salad	Chicken, Mixed berry & Avocado Salad	Ground beef, Strawberry, and Apple Salad	Tuna Boats
<b>Snack (Optional)</b>						
Green Tea and apple with 1Tbs almond butter	Green Tea and 2 hard boiled eggs	Green Tea and 12 raw almonds	Green Tea and Celery sticks with 1Tbs almond butter	Green Tea and ¼ cup fresh berries and 6 raw almonds	Green Power Smoothie made with Green Tea instead of water.	Green Tea and 12 raw macadamia nuts
<b>Dinner</b>						
Asian Ground Beef and Lettuce Wraps	Apple Chicken with Balsamic Asparagus	Chipotle Lime Salmon with Fruit salad	Mediterranean Grilled Chicken	Baked Sea Bass with basil spinach salad	Ginger Beef and Broccoli	Mustard Balsamic Pork Chops, sautéed spinach

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 to deepen your understanding  
 on fat loss and anti-aging strategies.*