

# Sprint To Spring Break BEGINNER Diet

This is an entry-level approach into nutrition. If you follow it as I have outlined you will become leaner, healthier, and more productive over these next 28 days. I designed this for those who need a more progressive and less intense diet. I am giving you parameters to follow, a schedule to go by and a program that allows for flexibility in your eating.

Focus on mastering a few simple meals that will become a staple of your long term plan. That provides you go-to options to use down the road when stress is high and time is tight. No one has time to spend hours throughout the week meal prepping. Keep it simple and effective.

Longevity is all about flexible eating. If you're too strict or rigid with how you eat, you'll probably run into problems you can't overcome. Throughout this 28-Day program you'll have FOCUSED day where you are dialed in on the daily guidelines, and FLEXIBLE days where you will still have protein and produce, but you can add in some extra treats (usually in the form of sugary carbs or alcohol for most).

We will use the following weekly flexible eating progression to slowly build up your discipline and will power and increase that little bit of caloric deficit you need to ignite that fat-burning engine.

**Week 1:** 4-3 Split: 4 *FOCUSED* Days & 3 *FLEXIBILITY* Days

**Week 2:** 5-2 Split: 5 *FOCUSED* Days & 2 *FLEXIBILITY* Days

**Week 3:** 6-1 Split: 6 *FOCUSED* Days & 1 *FLEXIBILITY* Day

**Week 4:** 7-0 Split: 7 *FOCUSED* Days & 0 *FLEXIBILITY* Days

**\*\*\*Be Sure To Download & Follow The Precision Nutrition  
PORTION CONTROL GUIDE PDF For Customization**

There are 2 meal plan schedules to choose from based your eating personality:

## Meal Plan 1: 3 Balanced Meals + 1 Snack

Breakfast

Lunch

Dinner

Option 200-Calorie Snack

## Meal Plan 2: Modified Fasting (Skip Breakfast)

Lunch

Dinner

**Meal Plan 1** is the ideal plan for prefer smaller meals with greater frequency and don't like going long periods without any food. Since you'll be eating more often you'll need to pay more attention to the portion control plus this does require a greater commitment to meal prep. That said, it's also the classic style of eating that is sustainable throughout your whole life. This also provides a nice 200-calorie snack whenever you need more fuel and energy to power you through the day or even at nighttime to take the edge off before bed.

**Meal Plan 2** is ideal for the person who drives on going longer periods without eating and prefer two bigger meals with less frequency. Pushing that first meal to midday is a form of fasting that helps your body burn more fat for Fues & improve blood-sugar management. It's also much more convenient on your daily schedule since it requires less meal prep time. NOTE: While modified fasting is a great approach, it is NOT for everyone and if you are prone to experiencing low blood sugar, brain fog, and low energy you will need to eat with more frequency.

Whichever plan you pick, be sure to stick with it for the full 28 days so you can get a true assessment on how both your mind and body responds.

*\*\*\*Please the the companion PDF's on "Portion Control & Macros" from PRECISION NUTRITION to help guide your meal planning. I highly recommend keeping a food log throughout this program so you can reflect, make adjustments and see progress from week to week.*

<b>Breakfast</b>	<b>Dinner</b>
<ul style="list-style-type: none"> <li>• Eggs anyway you like</li> <li>• Fruit &amp; Yogurt</li> <li>• Oats/Oatmeal with Protein Powder</li> </ul>	<ul style="list-style-type: none"> <li>• Beef or lamb, baked potato and unlimited veggies</li> <li>• Chicken or pork, beans and unlimited veggies</li> <li>• Fish or seafood, rice and unlimited veggies</li> </ul>
<b>Lunch</b>	<b>Snacks</b>
<ul style="list-style-type: none"> <li>• Soup</li> <li>• Salad</li> <li>• Protein Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2 servings of fruit</li> <li>• 1/4 cup raw nuts or 2 TBSP raw nut butter</li> <li>• 1-2 scoops of FastFit Protein Powder</li> <li>• 1-2 sticks of string cheese</li> <li>• 2 hardboiled eggs</li> </ul>

- Acceptable liquids are water, tea and black coffee. You can also have 1 cup of orange juice & 1 cup of milk or chocolate milk per day if you like. Please use diet or calorie-free beverages in moderation. Limit any alcohol to your FLEXIBLE days only.
- Acceptable oils for cooking and dressings are Extra Virgin Olive Oil, Avocado Oil or Extra Virgin Coconut Oil. You may also cook with grass-fed/organic butter.
- AVOID the following highly inflammatory processed oils at all cost: Canola, Corn, Cottonseed Soy, Sunflower, Safflower, Grapeseed & Rice Bran. Check the ingredients list of all foods you eat to be sure!
- If you are a Vegan or Vegetarian you'll need to do your homework to hit your plant protein goals. Strive to get at least 30-40g of complete plant protein at each meal.

## Sample Breakfast Meals

### Eggs

- 3-6 Omega-3 Eggs; hardboiled, scrambled, fried or poached
- 1 serving fruit or 1 glass of OJ
- Unlimited Veggies
- 1-2 slices of sprouted grain toast (Ezekiel brand)
- Salt, pepper as desired

### Proats (Protein Oatmeal)

- 1-2 cups of instant oats
- 1/2 to 1 scoop of FastFit Protein Powder
- 1 cup of organic mixed berries, fresh or frozen
- A sprinkle of raw nuts or 1-2 TBSP of nature nut butter
- Dash of cinnamon

## Sample Lunch Meals

### Chicken Soup

- 1-2 pounds of organic chicken breast
- Organic chicken bone broth (and/or water)
- Diced carrots
- Diced celery
- Salt, pepper and other spices as desired

### Greek Salad

- Romaine lettuce, tomatoes & cucumbers
- Chicken or added protein of choice
- Kalamata olives
- Feta Cheese
- EVOO
- Red Wine Vinegar

# Shakes

## Chocolate Banana Shake

- 1-2 scoops Chocolate FastFit Protein Powder
- 1 banana (frozen is best)
- 1 cup organic chocolate milk (Grass Fed, Fairlife or Almond Milk)
- 1 TBSP cold-pressed hemp seed oil

## Sample Dinner Meals

This category doesn't require recipes. Just put these ingredients on a plate and fuel up! I see this also as an opportunity for a fresh home-cooked meal with your family.

If eating at a restaurant, choose an item that most closely resembles these protein & produce meals. Avoid deep-fried foods and go for grilled, baked or sautéed options.

Protein can be expensive, but choose organic options whenever possible.

### Sample Beef or Lamb Dinner

Beef or lamb steaks or burgers  
Baked Potato  
Unlimited Veggies

### Sample Chicken, Turkey or Pork Dinner

Rotisserie chicken, turkey burgers or pork tenderloin  
Beans  
Unlimited Veggies

### Sample Fish or Seafood Dinner

Salmon, tuna or shrimp  
Rice  
Unlimited Veggies