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***30-Day Done
For You
Meal Plan***

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30-Day Done For You Meal Plan

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30-Day Done For You Meal Plan

Introduction

Welcome to your 30 Day Done For You Meal Plan. This guide will not only help you lose fat but also to make sure you recover optimally with your training. The goal is to have effective workouts where you feel energized rather than sluggish because of your diet.

If you're anything like me, then you need a good ole cheat meal here and there. I have some great guidelines for you to enjoy your favorite cheat meal while shredding off that unwanted fat. I use these guidelines personally and many of my clients have seen amazing results while not being deprived.

Feel free to adjust the plan to your liking, especially if you have limited food resources. Opt for grass fed meats and organic options. If that isn't in the budget or isn't an option, then you can still follow the plan as stated. Here are some great guidelines to follow that will accelerate your fat loss efforts.

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Nutrition Guidelines

1. Water is your best friend. You can literally see fat loss results by increasing your water intake. It helps keep you satiated and releases toxins in your body. Aim for a minimum of 2.5L a day.
2. Consume a low carb breakfast in the morning. Emphasize the use of protein and fats to keep you satiated throughout the morning and into the afternoon.
3. Have your largest meal and most of your carbs after your workout. Your post workout meal should contain your bulk of daily carbs to optimally recover from that workout. Carbs are NOT bad for you but you got to earn them.
4. On that note, always have your cheat meals after a hard workout. The best way to have an unhealthy meal with a large amount of calories is to have it as a post workout meal. You need calories to recover from a hard workout; therefore we are going to strategically place our cheat meals after a workout. This will help you enjoy your favorite foods while getting a six-pack.
5. Have a piece of fruit and/or a vegetable with every meal. This is a must to meet your micronutrient requirements. Especially from the vegetables.
6. Make sure to have a protein source with EVERY meal. Peanut butter does not count as a protein source.
7. When snacking, always opt for a fruit, a handful of nuts or a protein shake. Avoid “low calorie” treats.

30-Day Done For You Meal Plan

The Done For You Meal Plan

	Meal 1	Meal 2	Meal 3
Day 1	<ul style="list-style-type: none"> - 3 egg omelet w/spinach and mushrooms - Apple 	<ul style="list-style-type: none"> - Chicken salad with 1 tbsp of olive oil. Use dark leafy greens for salad - Blueberries or any type of berry 	<ul style="list-style-type: none"> - 8 oz steak w/ 1/3 baked sweet potato - Broccoli and green beans - Orange/Tangerine
Day 2	<ul style="list-style-type: none"> - Protein Smoothie w/ 1 scoop of protein power, spinach/kale, banana, and mango 	<ul style="list-style-type: none"> - Grilled seasoned pork w/handful of almonds - Strawberries or any type of berry 	<ul style="list-style-type: none"> - Wild salmon seasoned - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower)
Day 3	<ul style="list-style-type: none"> - 1 cup of greek yogurt w/ mixed nuts and berries 	<ul style="list-style-type: none"> - Tuna salad with 1 tbsp of olive oil. Use dark leafy greens for salad 	<ul style="list-style-type: none"> - Chicken tortilla w/ lettuce, tomato, and red peppers - Pear/Plums
Day 4	<ul style="list-style-type: none"> - 3 egg omelet w/spinach & red/green/yellow peppers - Apple 	<ul style="list-style-type: none"> - Seafood platter w/ shrimp, mussels, oysters, crab, etc. - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower) 	<ul style="list-style-type: none"> - Left overs from meal 2
Day 5	<ul style="list-style-type: none"> - Protein Smoothie w/ 1 scoop of protein power, spinach/kale, strawberries, and blueberries 	<ul style="list-style-type: none"> - Chicken breast pan fried in coconut oil w/ asparagus and leafy greens 	<ul style="list-style-type: none"> - Cheat Meal

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	Meal 1	Meal 2	Meal 3
Day 6	- 2 eggs over easy w/spinach, mushrooms, and mixed berries	- Tuna salad with 1 tbsp of olive oil. Use dark leafy greens for salad - Orange/Tangerine	- Grilled seasoned chicken breast w/ 1 tbsp of olive oil - Broccoli and green beans
Day 7	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, banana, and mango	- Lean pork pan fried in coconut oil w/ carrots and broccoli - Mixed berries	- Wild salmon seasoned - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower)
Day 8	- 1 cup of greek yogurt w/ mixed nuts and berries	- Tuna salad with 1/2 avocado. Use dark leafy greens for salad	- Chicken tortilla w/ lettuce, tomato, 1/2 avocado and red/green peppers
Day 9	- 3 egg omelet w/spinach and red/green/yellow peppers - Pear	- Turkey breast sandwich w/ lettuce and tomato - Fruit bowl w/ grapefruit, melon, and cantaloupe	- 8 oz steak pan fried in coconut oil - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower)
Day 10	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, strawberries, and blueberries	- Chicken salad with 1 tbsp of olive oil. Use dark leafy greens for salad	- Cheat Meal

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	Meal 1	Meal 2	Meal 3
Day 11	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, strawberries, and blueberries	- Tuna salad with 1 tbsp of olive oil. Use dark leafy greens for salad - Fruit bowl w/ grapefruit, melon, and cantaloupe	- 8 oz steak w/ 1/3 baked sweet potato. - Side salad w/ favorite dressing
Day 12	- 1 cup of greek yogurt w/ mixed nuts and berries	- Grilled seasoned pork w/handful of almonds - Strawberries or any type of berry	- Chicken fajita, w/ mashed ½ avocado, red peppers, diced tomato's, lettuce and choice of jalapeños
Day 13	- 2 eggs over easy w/spinach, mushrooms, and mixed berries	- Chicken salad with 1/2 avocado. Use dark leafy greens for salad	- Wild salmon seasoned w/ asparagus, brussel sprouts, and carrots - Banana and grapefruit
Day 14	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, banana, and mango	- Turkey breast sandwich w/ lettuce and tomato - Orange/Tangerine	- 8 oz steak pan fried in coconut oil - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower)
Day 15	- 3 egg omelet w/spinach and red/green/yellow peppers - Apple	- Tuna salad with 1 tbsp of olive oil. Use dark leafy greens for salad	- Cheat Meal

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	Meal 1	Meal 2	Meal 3
Day 16	- 1 cup of greek yogurt w/ mixed nuts and berries	- Chicken salad w/sliced mango and mixed nuts. Use dark leafy greens for salad	- Grilled seasoned pork w/handful of walnuts - Banana and mango
Day 17	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, banana, and mango	- Turkey breast sandwich w/ lettuce and tomato - Fruit bowl w/ grapefruit, melon, and cantaloupe	- Chicken breast pan fried in coconut oil w/ asparagus and leafy greens
Day 18	- 3 egg omelet w/spinach and mushrooms - Apple	- Tuna salad with 1/2 avocado. Use dark leafy greens for salad	8 oz steak w/ 1/3 baked sweet potato - Broccoli and green beans - Orange/Tangerine
Day 19	- 3 egg omelet w/spinach and red/green/yellow peppers - Pear	- Grilled seasoned chicken breast w/ 1 tbsp of olive oil - Broccoli and green beans	- Chicken fajita, w/ mashed ½ avocado, red peppers, diced tomato's, lettuce and choice of jalapeños
Day 20	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, strawberries, and blueberries	- Tuna salad with 1 tbsp of olive oil. Use dark leafy greens for salad	- Cheat Meal

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	Meal 1	Meal 2	Meal 3
Day 21	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, strawberries, and blueberries	- Tuna salad with 1 tbsp of olive oil. Use dark leafy greens for salad - Fruit bowl w/ grapefruit, melon, and cantaloupe	- Seafood platter w/ shrimp, mussels, oysters, crab, etc. - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower)
Day 22	- 2 eggs over easy w/spinach, mushrooms, and mixed berries	Left overs from meal 3 yesterday	- Chicken tortilla w/ lettuce, tomato, ½ avocado and red/green peppers
Day 23	- 1 cup of greek yogurt w/ mixed nuts and berries	- Egg salad w/dark leafy greens, black olives and your favorite dressing	- Wild salmon seasoned w/ asparagus, brussel sprouts, and carrots - Banana and grapefruit
Day 24	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, banana, and mango	- Turkey breast sandwich w/ lettuce and tomato - Orange/Tangerine	- 8 oz steak pan fried in coconut oil - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower)
Day 25	- 3 egg omelet w/spinach and red/green/yellow peppers - Apple	- Chicken salad with 1 tbsp of olive oil. Use dark leafy greens for salad	- Cheat Meal

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	Meal 1	Meal 2	Meal 3
Day 26	- 3 egg omelet w/spinach and red/green/yellow peppers - Pear	- Tuna salad w/walnuts and almonds - Fruit bowl w/ grapefruit, melon, and cantaloupe	- Chicken fajita, w/ mashed ½ avocado, red peppers, diced tomato's, lettuce and choice of jalapeños
Day 27	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, banana, and mango	- Turkey breast sandwich w/ lettuce and tomato - Pear and plums	- Chicken breast pan fried in coconut oil w/ asparagus and leafy greens
Day 28	- 3 egg omelet w/ spinach and mushrooms - Apple	- Chicken salad w/ sliced mango and mixed nuts. Use dark leafy greens for salad	- 8 oz steak w/ mashed sweet potato - Mix of vegetables (carrots, mushrooms, broccoli, cauliflower)
Day 29	- 1 cup of greek yogurt w/ mixed nuts and berries	- Tuna avocado sandwich w/ ½ avocado, lettuce and tomato - Apple	- Wild salmon seasoned w/ broccoli, green beans, and carrots - Watermelon and cantaloupe
Day 30	- Protein Smoothie w/ 1 scoop of protein power, spinach/kale, strawberries, and blueberries	- Egg salad w/ dark leafy greens, black olives and your favorite dressing	- Cheat Meal