



AnimaBFitness

MEAL GUIDE

GROCERY LIST

www.AnimaBFitness.com

Thank you for choosing AnimaBFitness

While the focus of your meal planning might shift a little from week to week, the overarching idea always stays the same: easy dinners that embrace the gains without totally killing pockets every week or whenever your grocery shop. Calories are an important part of your weight-loss journey, but so are the foods you choose to spend those calories on. Please prepare meals for 2 to 3 days. More information inside your membership account.

AnimaBFitness CLEANSER FOR 3 DAY DETOX

The detox cleanse recipe will increase your energy, heal your ailments and help you feel completely balanced. It is one of the best ways to lose weight with detox.

I recommend starting with a gentle detox using some excellent quality products that is efficient!

3 day DETOX:

2 tbsp. Organic Honey (2nd Grade)

2 tbsp. Fresh Squeezed Organic Lemon Juice

1/10 tsp Organic Cayenne pepper

Mix with pure bottled water

The reason for the detox is to cleanse you naturally removing toxic from your body. Detox diets get rid of toxins in the body and develop the habits that will keep you on track for a healthier life

FAQ:

How many times a week should I detox? As many times as you like. Detoxing is a cleanser nothing harmful to your body or health. Some clients make a gallon and drink that through out the day.

Can I eat food? Yes! When detoxing try to consume more greens. Such as Asparagus, Broccoli, Spinach, Kale, Zucchini, Brussel Sprouts, Cabbage, Arugula and other good source of fiber veggies.

After I am finish with my Detox what should I eat? You can follow the meal plan available below. The DETOX is just to rid your body of waste, jump starting your metabolism and flushing your liver and unwanted waste that might be backed up in your system.

How much water should I consume? Water is your friend, reach for more water daily then other high sugary beverage.

Should I detox daily? No. you can detox for ex: Sun-Mon-Tues .. Wed-Saturday be sure to eat your healthy plates, consume water and teas (Green tea, Black tea, Ginger tea and other herb tea)

ANIMABFITNESS MEAL PLAN AND GROCERY LIST

When I detox is it okay to also do an Intermediate Fasting? Yes. Intermediate fasting is having a 8hour window to consume food and 16hours of just drinking water. Ex: from 12p-8p you consume any meals from the meal plan and from 8p until the next day noon you're just drinking water.

Please monitor your poop.

How often are you pooping? After what meal? Do you drink caffeine? If so, both will make you use the toilet. So please monitor how often you are using the bathroom to poop! ITS GOOD TO POOP BECAUSE THAT IS ANOTHER WAY our body get rid of waste.

**IF you on under any doctors or physician care PLEASE speak with your doctor first.

AnimaBFitness Low Carb Meal Guide

A **low-carb diet** is low in carbohydrates, primarily found in sugary foods, pasta and bread. Instead, you eat real foods including protein, natural fats and vegetables.

Studies show that low-carb diets result in weight loss and improved health markers, and these diets have been in common use for decades. Best yet, there's usually, no need to count calories or use special products – all you need to do is to eat real food.

Eat: Meat, fish, eggs, vegetables growing above ground and natural fats (like butter).

Avoid: Sugar and starchy foods (like bread, pasta, rice, beans and potatoes).

Eat when you're hungry, until you're satisfied. It can be that simple. You do not need to count calories or weigh your food.

FOOD TO ENJOY.



FOOD TO AVOID.



ANIMABFITNESS MEAL PLAN AND GROCERY LIST

Who hasn't left work late with a growling stomach but little energy to shop and cook? A busy schedule is one of the top reasons why people choose quick takeout meals, which are often calorie-laden and a contributor to expanding waistlines. Now, imagine a different scenario where within a few minutes of walking through the door you have a delicious home-cooked dinner, and perhaps even lunch packed-up for the next day. Amidst hectic weekday schedules, meal prep or meal planning is a great tool to help keep us on a healthy eating track.

Now in order for you to lose FAT you must cut calories. And if you want to cut calories you have one option eat fewer calories. **AnimaBFitness** suggest you eat when you are hungry. Breakfast is essential when needing energy to start the day but what happens when you eat a whole hearty breakfast and you are trying to rid your body of stubborn fat in certain areas? If you aren't eating the proper low carb high fiber you might consume more calories than you need.

What Is Carbs? Carb' is short for carbohydrates and refers to sugars, starches and fibers found in fruits, grains, vegetables, syrups, junk foods, milk products and more, which break down inside the body to create glucose. Carbohydrate is one of the three macronutrients -- the other two are protein and fat. "Carbohydrates are broken down into glucose (sugar) before being absorbed into the bloodstream for energy," Anima Fitness highly suggest cutting back on carbs at least 3days out the weeks. That means for three days you eat carbs before 3p so your body doesn't store it as "FAT(energy for later) but instead it will be burned off before your next meal which will definitely be just protein and veggies and/or good fatty oils such as "avocado, nuts, salmon, mackerel and other oils such as sesame seed oils and so on.

The premise: Cut back on carbohydrates and sugar so that the body burns fat for fuel instead of carbs.

You want to lose stubborn FAT in stubborn areas. Keep a daily log of food you have eaten JUST so you are monitoring your carbs intake. Take before and after pictures of your body and do this weekly. Within four weeks see how significant things are now.

What you will need:

- Pyrex Dishes
- 3 Cups
- 6 Cups
- 11 Cups

Helps with preventing you to overeat, and when warming up your dishes its safe.



Ziploc Bags
Any Size for fruits and snacks on the go.



Next, Grocery.

AnimaBFitness meal plan will help you with maintaining weight while cutting fat. Meals do not have to be portion size. I want you to get in the habit of enjoying healthy tasteful meals! Be mindful.

Meal planning is one of the easiest things you can do to set yourself up for healthy eating success. Whether you plan a few days at a time, a week or longer is up to you.

A huge benefit: You make all of your eating decisions at once, in a calm, focused manner. It's easier to avoid stopping for a "quick bite" when you know the ingredients for turkey tacos are waiting for you at home.

FAQ:

How many meals do you need?

That depends on how busy your week is. I would recommend preparing protein (Chicken breast, Ground Turkey, Salmon, Cod Fish, Tofu Sausage, etc.,..) getting that out the way save time, and you would think of ideas to put with it.)

How many times a week should I prepare my meals?

If you run out within the week then prepare small portion if your cheat plate is on a Saturday or Sunday.

TIPS

- Put it on a Calendar
- Write a grocery list
- Create meal plan for the week or 3 to 4 days at a time. (saves time when you decide to go grocery shopping)
- Prep Veggies_ cut up Bell-Peppers, Onions, Cilantro, Mushrooms, Cucumbers. Store in Ziploc containers, date and fridge!

Encourage your love ones to eat healthy and stay active!

BREAKFAST

Nut Butter (Almond, Peanut, Cashews, Hazelnut) Banana Slices on Toast

Oatmeal with Almond Milk and Berries (Strawberries, Blueberries, Blackberries. whichever one or two.. or three!)

Berries and Low-Fat Greek Yogurt Smoothie

Add Blueberries, Ice, your choice of Milk or Water and yogurt blend. You can make it over night with NO ice and blend in the morning.

Savory Egg Omelets

Chop up veggies or your choice

(mushrooms, bell peppers, onions, kale, spinach, cilantro, celery, eggplant, tomatoes. whatever comes to mind chop it up!) Put a little oil in a frying pan and sautéed it up. Remove from heat.

Cook 4Egg White (only in the pan) until done. Once finish pocket the veggies.

LUNCH

A SALAD A DAY CREATE A HEALTHY DAILY HABIT

Let's talk about salad for a second. Salad is an eating a large serving of fresh, raw vegetables each day can have significant health benefits. That's quick and easy to prepare.

When creating your salad make it with L O V E.

Sample of Toppings:

Turkey Bacon, Crumbs Blue Cheese, Apple Slices, Oranges, Tangerines, Sunflower Seeds, Almond pieces, cheese, boiled eggs, avocado, brown rice, chia seeds, sesame seeds,.. etc. these of just some example of toppings.

Condiments:

Please refrain from using any white or colorful sauce. I use Olive Gardens Lite Salad dressing. Taste: Vingeratte

Greens

Romaine Lettuce, Spinach, Kale, or Spring Mix.

REMEMBER A SALAD A DAY WITH YOUR MEAL

LUNCHMEALS

Taco Bowl with Ground Turkey

Brown rice, ground turkey with black beans, kernel corn, avocado, and diced tomatoes. You can just add brown rice if you Salad!

Chicken or Shrimp Avocado Burritos

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Chicken/Shrimp should already be prepared, Add your choice of greens and avocado. You can season it lightly with black pepper.

*IF you like, you can cut up some sweet potatoes put it in the oven and bake it! Yummy Sweet potatoes fries.

Sweet Potatoes, Broccoli and Chicken Breast

Chop up Sweet Potatoes into dices and boil them on low until they are tender. Once tender to your taste bud bake them for :30 mins or put it in a frying pan with avocado oil and let it simmer until brown. Chicken breast should be prepared already.

Add Broccoli and enjoy.

THE LUNCH MENU IS PRETTY SHORT BECAUSE YOU CAN MIX/MATCH LUNCH AND DINNER. I DON'T WANT YOU TO ASSUME YOU HAVE TO OVER SPEND ON DIFFERENT ITEMS A WEEK WHICH ISNT NECESSARY. IF YOU COME UP WITH SOME HEALTHY DISHES OF YOUR OWN #ANIMABONA. YOUR MEALS SHOULD BE FULL OF FLAVOR AND COLORS. DON'T LOAD YOURSELF WITH THE IDEA THAT ALL YOUR MEALS OR IN PYREZ DISHES THAT IS COLD COLD (LOL). You can prepare your meals daily BUT it isn't recommended.

DINNER

Spaghetti and Ground Turkey

Barilla Protein Plus holds 20g of Protein.

Ground Turkey 85% Lean

Yes, add veggies. Spinach, Tomatoes, Onions, Mushrooms whatever you like!

Pot Roast and Vegetables

Rump Roast Beef, 6 Potatoes, Carrots, Celery, Red Skin Potatoes

Please remember this is a healthy meal. Cook with cautious, don't overcook veggies. No Rice needed. Unless its Lunch time.

Baked Zucchini and Cucumber Blend

You can add your choice of protein, what you prepared that week. Zucchini and Cucumber have a lot of health benefits.

Lemon Pepper Chicken Thighs or Breast

Sweet Potatoes

(Baked or Boiled)

Broccoli

S N A C K options

Carrot Sticks
Rice Cakes with Nut Butter
Fruit Bowl
Smoothie (frozen or Unfrozen)
Small Salad
15-20 Almonds
Air Pop Popcorn
Cheese and Turkey Rolls
Nuts
½ Grapefruit
Protein Shake

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Enjoy Your Greens!

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Grocery List

<u>Dairy</u>	<u>Fruit</u>	<u>Veggies</u>	<u>Meat</u>
<ul style="list-style-type: none"> • Milk • Carton of eggs • Cheese strings • Yogurt <p>Chobani Greek Yogurt</p> <ul style="list-style-type: none"> • Jell-O • Almond Milk • Cashew Milk 	<ul style="list-style-type: none"> • Apples • Bananas • Pineapple • Grapes • Oranges • Grape Fruit • Cherries • Tangerines • Watermelon 	<ul style="list-style-type: none"> • Carrots • Tomatoes • Potatoes • Broccoli • Zucchini • Asparagus • Squash • Brussel Sprouts • Arugula • Kale • Bell Peppers • Cabbage • Cauliflower 	<ul style="list-style-type: none"> • Chicken Breast • Chicken Thighs • Salmon • Flounder Fish • Cod Fish • Ground Turkey • Steak • Prime Rib
<u>Grains</u>	<u>Pantry Items</u>	<u>Extra Protein</u>	<u>Drinks</u>
<ul style="list-style-type: none"> • Loaf of bread • Dry pasta • Brown rice • Couscous • Wheat Pasta <p>Wheat Flatbread</p>	<ul style="list-style-type: none"> • Tomato Sauce • Peanut Butter • Granola Bar 	<ul style="list-style-type: none"> • Nuts • Chick Peas • Black Beans • Flax Seeds • Chia Seeds • Almonds 	<p>Water</p> <p>Green Tea</p> <ul style="list-style-type: none"> • Black Tea • Black Coffee • Peppermint Tea • Matcha Tea <p>Ginger Tea</p>