

4 WEEK JUMP START FAT LOSS PROGRAM

Welcome to your 4 week jumpstart and Congratulations on taking the first step to a slimmer sexier you.

This program allows you the flexibility to make your own meal choices by following the rules I have spelled out for you below. Please keep in mind there are no cheat or reward meals on this plan as it is designed for you to see results fast. This is four weeks of clean nutrition to jump start your fat loss where you avoid foods that will hinder weight loss and eat ones that will accelerate weight loss.

Nutrition Rules:

- Eat 5 times a day
 - Small mini meals spaced out every 3 hours that consist of lean protein with a fibrous green vegetable
 - You shouldn't feel hungry between meals – pay attention to hunger and adjust portions accordingly
- Eating should be done for 12 hours a day and fasting for 12 hours a day ◦ Example: first meal at 8am and the last meal of the day 8pm.
- Starchy Carbohydrates (please refer to approved list)
 - Should be eaten at your first meal of the day. You can include them in one more meal as long as it follows a workout.
- Liquids:
 - Water, tea, ME cocoa drink (see recipe below), seltzer or sparkling water and coffee should be consumed.
- You can use a small amount of milk in your coffee but dairy should be avoided. ◦ Avoid any sodas, crystal light or any other artificially flavored drinks.
- These artificial sweeteners hinder weight loss
- Drink at least 3L of plain water a day.
 - You can add lemon slices, cucumber or orange slices
- Each Meal should include fibrous Veggies to help fill you up. This will be the key to your success

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How to deal with cravings:

Depending on your diet before you begin, this will definitely be a shock to the system. I'm not saying this to scare or deter you but I want you to be prepared and armed for those cravings. I have included some tips that will help with you hunger as your body adjusts to this clean eating. Trust me it will adjust and you'll feel & look great in no time!

- Drink water – I'm sure you've heard it a million times, however water is the best thing for your body and hunger is often a sign of dehydration.
- Chocolate Craving? Try ME (Metabolic Effect) Coco drink
 - o Recipe: 1 heaping tablespoon of organic baking cocoa mixed in boiling hot water and sweetened with stevia or xylitol.
- Drink green tea liberally during the day and at night switch to Yogi Bedtime tea. o *this should be in addition to your 3L of water
- BCAA's Drink
 - o BCAA (branch chain amino acids) are a mixture of amino acids that help with muscle repair and have been shown to help curb cravings.
- 5g pre workout, 5 g post workout, 5 g mid-afternoon and 5 g at bedtime. I recommend GNC BCAAs in fruit punch flavor.
- Snack on cucumber and celery these are "free" veggies and can be used to snack on when hunger or cravings hit between your meals.
- Xylitol based sugar free gum. (can be found at health food stores)

If all of this doesn't help try and do something to distract you. Take a walk, do some squats or exercises. I've found that keeping a journal to track your hunger and cravings helped me put it all in perspective. It keeps your goal(s) in focus and reminds you why you are making this investment in yourself.

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List of foods that are acceptable:

Vegetables:

Kale
Spinach
Broccoli
Peppers
Onions
Garlic
Cauliflower
Swiss chard
Bok Choy
Brussels sprouts
Cucumber
Celery
Asparagus
Carrots (try and limit these) Mushrooms

Starches/Fruit:

(Meal 1 or meal following workout) Oat Bran
Old fashioned oatmeal
Sweet Potato (baked only)
Spaghetti Squash
Acorn Squash
Butternut Squash
Quinoa
Brown Rice
Black Beans
Grapefruit
Apple
Berries

Proteins:

Chicken
Turkey
Ground Bison Grass Fed Beef Eggs

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Fats:

(these fats should be eaten once a day) Avocado
Nuts or nut butter (not peanuts)
Olive oil & Coconut oil (used sparingly)

Miscellaneous:

Unsweetened almond milk Coconut milk
Hemp milk- 8-10 oz in shake

Spices:

Mustard (low sodium) Salsa (Low sodium) Balsamic vinegar Rice wine vinegar Apple cider vinegar

White Fishes (Halibut, Cod, Tilapia, Orange Roughy) Shrimp
Wild Salmon
Pork Tenderloin

Protein Powder (whey/rice/pea/egg-white) 20-30g a day (Should be used as a meal replacement)

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Meal Ideas

Meal #1:

Option 1: 2 Eggs (or 6 egg whites) omelet with vegetables (i.e., tomato, spinach) with 1 cup blueberries or 1 small apple

Option 2: Whey Protein Shake. 25-50g whey protein mixed in unsweetened almond milk, or coconut water with frozen berries

Option 3: Leftovers from night before

Option 4: 2 Poached eggs with 1/2 cup old fashioned oatmeal

Option 5: 1 piece Turkey/chicken sausage with sautéed spinach and 1 cup berries

Option 6: 1/2 cup quinoa- mixed with some cinnamon, or berries, sliced almonds
With smoked salmon

Option 7: Canadian bacon with tomato and avocado slices

Meal #2 (Snack)

Option 1: 3 Rolled turkey slices with 1 cup of cucumbers

Option 2: 2oz smoked salmon with 1/4 avocado

Option 3: 2 Hardboiled eggs with 1 cup spinach

Option 4: 2oz grilled chicken with 1 cup asparagus spears

Option 5: Tomato slices with 2oz turkey

Option 6: 2oz Broiled shrimp with 1 cup broccoli

Option 7: 1/2 can of Tuna or Salmon mixed with lettuce and tomato

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Meal #3

Option 1: 1/3 ground turkey sautéed with salt free spices and 1 cup roasted Brussels sprouts.

Option 2: 3oz of grilled chicken on top of a large spinach salad

Option 3: 3oz turkey burger with 1/2 sweet potato and a side salad with balsamic vinegar*

Option 4: 3oz grilled Tilapia with mixed grilled vegetables and 1/2 cup quinoa*

Option 5: Taco salad (minus the taco) lean ground turkey on top of lettuce, tomatoes, cucumber and onions and black beans with salsa

Option 6: 3oz grilled chicken with Portobello mushroom with balsamic vinegar

Option 7: 3oz grilled shrimp on top of spaghetti squash with tomatoes and broccoli*

*Your second starchy carb of the day should be eaten post workout.

Meal #4 (Snack)

Option 1: Beef jerky with kale chips

Option 2: 2 hardboiled eggs with pepper slices

Option 3: 2 oz smoked salmon with cucumber slices

Option 4: Apple with 1 Tablespoon almond butter

Option 5: 2 oz turkey slices with celery stalks

Option 6: 2 oz grilled chicken with salad

Option 7: Smoothie: 1 cup of mixed berries with 1 cup almond milk and 1 scoop protein powder*

*if you didn't have your starchy carb already in your day or post workout

Meal #5

Option 1: 4oz flank steak with roasted cauliflower

Option 2: 4oz pork chop with acorn squash and Brussels sprouts Option 3: 4oz wild salmon with grilled vegetables

Option 4: 4oz ground turkey sautéed with spinach

Option 5: 4oz bison burger with steamed broccoli

Option 6: 4oz grilled chicken salad with tomatoes and cucumbers Option 7: 4oz tilapia with asparagus

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