

fatFreezer™

Healthy EATING

MEAL PLAN

- ✓ Burn Fat
- ✓ Build Muscles
- ✓ Increase Energy
- ✓ Live a Healthy Lifestyle

Breakfast | Lunch | Dinner | Snack

www.Fatfreezer.com



1 OATMEAL, OMELET & FRUIT

Ingredients:

1/2 cup water
 1/4 tsp table salt
 1/3 cup rolled oats
 1/4 cup, slices peaches, raw
 7 raisins, seedless
 1/4 tsp spices, ground cinnamon
 1/2 cup 2% milk
 2 tsp ground flaxseed
 7 egg whites
 1 Tbsp salsa

CALORIES
315
PROTEIN
22g
CARBOHYDRATES
34g
FAT
6.7g

Directions: In a medium saucepan, bring water and salt to boiling. Stir in oats, peaches, raisins, and cinnamon. Reduce heat and simmer uncovered for 5 minutes, stirring occasionally. Remove from heat, cover, and let stand for 2 minutes. In separate pan, cook egg whites, and top with salsa.

For 400 Meals: Add 2 egg whites and 1/2 tsp ground flaxseed.

For 500 Meals: Add 4 egg whites, 1/3 cup rolled oats, 1/4 cup milk, and 1/2 tsp ground flaxseed.

2 BLUEBERRY WAFFLES AND TURKEY BACON

Ingredients:

1 Kashi Go-Lean® Original or blueberry waffle
 4 slices turkey bacon
 1/2 tsp flaxseed oil
 4 egg whites
 1/2 cup blueberries
 1 pk. sugar-free sweetener (*optional*)

Directions: Top waffle with flaxseed oil, sugar-free sweetener, and berries. In separate pan, cook egg whites and turkey bacon.

CALORIES
317
PROTEIN
29g
CARBOHYDRATES
27g
FAT
7g

For 400 Meals: Add 2 egg whites, 1 slice turkey bacon, and 1/2 cup blueberries.

3 OATMEAL PANCAKES

Ingredients:

- 7 large egg whites
- 1 pack sugar alternative
- 1/2 Tbsp vanilla extract
- 1/4 cup rolled oats
- 1 Tbsp ground flaxseed

Directions: Combine oats, ground flaxseed egg whites raw, vanilla, and sweetener. Spray frying pan with olive oil cooking spray and cook 3 min. on each side. Makes 1 serving

For 400 Meals: Add 2 egg whites. Change oats to 1/3 cup. Change almonds to 1/8 cup. Change ground flaxseed to 1/2 tsp.

For 500 Meals: Add 5 egg whites. Change oats to 1/3 cup. Add 1/8 cup almonds. Change ground flaxseed to 1/2 tsp.

CALORIES
297
PROTEIN
30g
CARBOHYDRATES
31g
FAT
5.6g

4 PROTEIN PANCAKES

Ingredients:

- 1/4 cup grain pancake and waffle mix
- 1 scoop 100% pure whey protein powder
- 1 egg
- 1 Tbsp vanilla extract
- 1/2 cup water

Directions: In a medium mixing bowl, combine pancake mix, eggs, vanilla, and protein powder. Add water to mixture and stir until combined. Cook on hot griddle until brown on both sides, turning only once.

For 400 Meals: Add 4 egg whites, 1/2 cup blueberries and 1/4 avocado.

For 500 Meals: Add 5 egg whites, 1 cup blueberries and 1/3 avocado.

CALORIES
324
PROTEIN
34g
CARBOHYDRATES
29g
FAT
7g

5 EGG WITH MARINARA SAUCE

Ingredients:

- 1/3 cup marinara sauce
- 9 egg whites
- 1/2 tsp spices, turmeric, ground
- 1/2 tsp spices, chili powder
- 1 small banana
- 1 tsp olive oil

Directions: In a medium skillet on medium heat, add marinara, turmeric and chili powder. Heat until hot. In separate pan, heat olive oil and cook egg whites. Remove to plate and cover with marinara sauce. Makes 1 serving.

For 400 Meals: Add 3 egg whites and 1/4 tsp more olive oil. Change marinara sauce to 3/4 cup.

For 500 Meals: Add 4 egg whites and 1/2 tsp more olive oil. Change marinara sauce to 1 cup.
Add 1 cup broccoli.

CALORIES
299
PROTEIN
31g
CARBOHYDRATES
32g
FAT
6.4g

6 FRITTATA

Ingredients:

- 5 large egg whites
- 1 cup non-fat milk
- 3/4 oz. parmesan, grated
- 1 medium zucchini - baby, raw
- 1/4 cup red bell pepper, chopped
- 2 Tbsp onion, chopped
- 1 cup strawberries. on side

Directions: In a medium bowl beat eggs and milk. Add cheese, zucchini, bell pepper and onion mix well. In a medium non-stick skillet over medium heat, add egg mixture and cook for 5 minutes then finish cooking in the oven. Add one cup of strawberries on side.

For 400 Meals: Add 1 egg whites. Change parmesan to 1 oz. Add 1 cup peaches.

For 500 Meals: Add 2 egg whites. Change parmesan to 1 oz. Add 2 cups peaches. Add 2 cups broccoli.

CALORIES
304
PROTEIN
34g
CARBOHYDRATES
28g
FAT
6.8g



EGG WHITE FRITTATA WITH ARUGULA

Ingredients:

- 6 large egg whites
- 1 cup milk - 1%
- 1 tsp lemon zest, raw
- 1/2 Tbsp olive oil
- 1 cup arugula, raw
- 1/2 clove garlic, freshly chopped
- 1 medium banana, on the side

Directions: In a medium bowl, whisk egg whites until fluffy. Add milk and lemon zest. Over medium heat, heat oil, then add arugula and garlic. Cook until arugula is wilted, then pour eggs mixture into the hot pan. Cook for 4 minutes. Transfer skillet to the preheated 350 degree oven and bake for 6 minutes.

CALORIES
321
PROTEIN
29g
CARBOHYDRATES
40g
FAT
6g

For 400 Meals: Add 3 egg whites. Change olive oil to 1¼ tsp.

For 500 Meals: Add 6 egg whites. Change olive oil to 1¾ tsp. Add 1/2 cup grapes.



PROTEIN PANCAKES WITH PEANUT BUTTER

Ingredients:

- 1/2 cup rolled oats
- 3 large egg whites
- 1/3 cup cottage cheese - 1% fat
- 1/2 Tbsp peanut butter - all natural smooth style

Directions: Blend oats, egg, cottage cheese, and peanut butter in a blender. Cook on hot griddle until brown on both sides.

CALORIES
296
PROTEIN
27g
CARBOHYDRATES
30g
FAT
7.8g

For 400 Meals: Change oats to 3/4 cup. Add 1 egg white. Change cottage cheese to 1/2 cup.

For 500 Meals: Change oats to 3/4 cup. Add 4 egg whites. Change cottage cheese to 1/2 cup. Change peanut butter to 1 Tbsp.

1 CHICKEN SALAD WITH QUINOA

Ingredients:

- 1/2 chicken breast, cooked, and cut into cubes
- 1 large tomato, chopped
- 2 cups green leaf lettuce, chopped
- 1 Tbsp balsamic vinegar
- 1/2 cucumbers
- 3 Tbsp + 1 tsp quinoa, dry
- 1/2 cup strawberries

Directions: Cook quinoa as directed on package. Gently mix chicken, tomatoes, lettuce, cucumber, and strawberries in bowl. After quinoa has cooled, add to salad. Drizzle balsamic vinegar on top.

For 400 Meals: Change chicken to 2/3 breast. Change vinegar to 1½ Tbsp. Change strawberries to 3/4 cup. Add ½ tsp olive oil.

For 500 Meals: Change chicken to 3/4 breast. Change quinoa to 1/4 cup. Change strawberries to 3/4 cup. Add ½ tsp olive oil.

CALORIES
312
PROTEIN
33g
CARBOHYDRATES
35g
FAT
5g

2 BAKED CHICKEN WITH FENNEL AND APPLES

Ingredients:

- 1 medium apple, cored and chopped
- 1 bulb fennel, chopped
- 5 oz. chicken breast
- 1/2 Tbsp shallots, minced
- 1/2 tsp sage
- 2 Tbsp apple cider vinegar
- 1/2 tsp olive oil

Directions: Combine chicken, apples, shallots, fennel, sage, vinegar and olive oil in ovenproof dish. Bake on 350 degrees for 40 minutes or until chicken is cooked through.

For 400 Meals: Change chicken to 7 oz. Change olive oil to 1 tsp, Add 1/2 cup fresh pineapple as side.

For 500 Meals: Change chicken to 8 oz. Change fennel to 1½ bulbs. Change olive oil to 1¾ tsp. Add 1/2 cup fresh pineapple as side.

CALORIES
300
PROTEIN
35g
CARBOHYDRATES
37g
FAT
4.8g

3 CHICKEN, RICE AND VEGGIES

Ingredients:

1/2 chicken breast
1/3 cup cooked brown rice
2 cup baby spinach
2 Tbsp chopped onions
1/2 cup green beans

Directions: Bake or grill chicken breast. Sauté spinach and green beans with onions. Add Brown rice on side.

CALORIES
309
PROTEIN
30g
CARBOHYDRATES
27g
FAT
7.8g

For 400 Meals: Change rice to 1/2 cup. Change green beans to 1½ cup. Add 3/4 cup chopped tomatoes.

For 500 Meals: Change rice to 1/2 cup. Change chicken breast to 2/3 breast. Change green beans to 1½ cup. Add 3/4 cup chopped tomatoes and 1 cup broccoli.

4 CHICKEN PITA WITH CILANTRO SAUCE

Ingredients:

4 oz. chicken breast, cooked and sliced
2 cups cilantro leaves
1/2 tsp cumin
1 garlic clove
1 tsp fresh ginger root
2 oz. water
3/4 whole wheat pita
1 cup shredded lettuce
1/2 cup tomatoes, chopped

Directions: Blend cilantro, garlic, cumin, ginger root, and water in food processor until smooth. Add chicken, lettuce, and tomatoes to pita. Top with cilantro sauce.

CALORIES
292
PROTEIN
32g
CARBOHYDRATES
33g
FAT
6.7g

For 400 Meals: Change chicken breast to 6 oz. Change pita to 1 whole. Add 1 tsp olive oil.

For 500 Meals: Change chicken breast to 8 oz. Change pita to 1 whole. Change tomatoes to 3/4 cup. Add 1/2 cup grapes and 1 tsp olive oil.

5 ARUGULA SALAD WITH GRILLED CHICKEN

Ingredients:

3/4 tsp olive oil
 4 oz. chicken breast, cooked and cubed
 2/3 cup corn kernels
 1 cup arugula
 2 small tomatoes, chopped
 1/3 oz. feta cheese
 juice from 1/2 lemon

Directions: Combine olive oil and lemon juice, and pour over Arugula, chicken, corn, tomatoes, and feta cheese.

CALORIES
293
PROTEIN
32g
CARBOHYDRATES
33g
FAT
8g

For 400 Meals: Change chicken to 6 oz. Change corn to 1 cup.

For 500 Meals: Change olive oil to 1 tsp. Change chicken to 8 oz. Change corn to 1 1/4 cup.

6 TURKEY PATTY SANDWICH

Ingredients:

3 oz. roasted turkey breast
 1/2 oz. feta cheese
 1/2 tsp oregano
 1 clove garlic, minced
 1/2 Oroweat® 100% Whole-Wheat Hamburger Bun
 2 leaves green leaf lettuce
 1 small tomato, sliced
 1/2 cup strawberries on side

Directions: Combine turkey breast, feta cheese, lettuce, tomato, minced garlic, and oregano on top of bun. Add strawberries on side.

CALORIES
300
PROTEIN
30g
CARBOHYDRATES
28g
FAT
8g

For 400 Meals: Change turkey to 4 oz. Change tomatoes to 2 whole. Change strawberries to 1 1/2 cup.

For 500 Meals: Change turkey to 5 oz. Change bun to 1 whole. Change tomatoes to 2 whole. Change strawberries to 1 cup.



CHICKEN AND BAKED YAM

Ingredients:

1/2 chicken breast

2/3 cup baked yam

Directions: Bake or grill chicken breast.

Serve with baked yam.

For 400 Meals: Change yams to 3/4 cup. Add 1/4 cup blueberries.

For 500 Meals: Change yams to 1 cup. Add 1/2 cup blueberries.

CALORIES

314

PROTEIN

41g

CARBOHYDRATES

34g

FAT

5g



CHICKEN KEBABS WITH YOGURT DIPPING SAUCE

Ingredients:

2 oz. plain, low-fat yogurt

1/4 tsp chili powder

1/4 tsp cumin

1/2 tsp cilantro

1/2 tsp oregano

juice of 1 lemon

1 garlic clove, minced

4 oz. chicken breast, cut into cubes

1/3 cup cooked brown rice

1/2 tsp olive oil

1/2 cup red bell pepper cut into cubes

Directions: Put chicken and bell pepper on skewer, alternating pieces. Brush with olive oil. Grill or bake. In separate bowl, combine yogurt, spices, garlic, and lemon juice. Take cooked chicken and peppers off skewer. Place on plate along side rice and yogurt sauce.

For 400 Meals: Change chicken to 5 oz. Change rice to 1/2 cup. Change olive oil to 1 tsp. Change red bell pepper to 1 cup.

For 500 Meals: Change chicken to 7 oz. Change rice to 3/4 cup. Change olive oil to 1 tsp. Change red bell pepper to 1 cup.

CALORIES

305

PROTEIN

34g

CARBOHYDRATES

34g

FAT

6.5g

1 CHICKEN AND YAMS

Ingredients:

3/4 cup yam, cooked
Pinch of chili powder
1/4 tsp each salt and pepper
Juice of a 1/2 lemon
6 oz. chicken breast
6 asparagus spears
4 pecan halves

Directions: Grill chicken with chili powder, salt and pepper. Add asparagus to grill when chicken is almost done. Top with lemon juice. Add pecan pieces to cooked yam

For 400 Meals: Change yam to 1 cup. Change pecans to 8 halves.

For 500 Meals: Change yam to 1 cup. Change asparagus to 12 spears. Add 1/2 cup 1% cottage cheese and 1/2 cup zucchini.

CALORIES
314
PROTEIN
41g
CARBOHYDRATES
34g
FAT
5g

2 BEEF AND VEGETABLE ROAST

Ingredients:

1/2 beef bottom top sirloin tri-tip
1 cup cherry tomatoes
3 servings of baby carrots
1/1 tsp each salt and pepper
1/4 tsp ground turmeric
1/4 tsp ground cumin
1/4 tsp ground chili powder
1 clove garlic, minced
1/4 tsp ground oregano

Directions: Rub roast with salt, pepper, turmeric, cumin, chili powder, garlic and oregano. Put all ingredients into an ovenproof dish and bake for 1 hour at 375 degrees

For 400 Meals: Add 1/3 head of cauliflower, and 1 cup celery.

For 500 Meals: Add 1/3 head cauliflower, 1 cup celery and 3/4 cup non-fat cottage cheese on side.

CALORIES
316
PROTEIN
31g
CARBOHYDRATES
29g
FAT
8.5g

3 HALIBUT AND VEGGIES

Ingredients:

4 oz. Halibut	1/4 tsp chili powder
1/2 eggplant	1/4 cup onion, chopped fine
Juice of 1/2 lemon	3 Tbsp + 1 tsp cilantro
1/2 garlic clove, chopped fine	6 spears asparagus
1/4 tsp turmeric	1 cup broccoli
1/4 tsp cumin	5 almonds, chopped

Directions: Add spices and onions to Halibut and bake in 350 degree oven for 10-12 minutes. Top with lemon juice. Add steamed broccoli and asparagus on side. Sprinkle with chopped almonds.

For 400 Meals: Change Halibut to 5 oz. Add 1/2 small potato with skin.

For 500 Meals: Change Halibut to 6 oz. Change to 10 almonds. Add 1/2 small potato with skin.

CALORIES
300
PROTEIN
33g
CARBOHYDRATES
33g
FAT
6.8g

4 SALMON IN BBQ SAUCE

Ingredients:

3 oz. wild Atlantic salmon
 1 clove garlic, chopped fine
 1/4 tsp chili powder
 1/8 tsp turmeric
 1 Tbsp BBQ sauce
 Juice of 1/2 lemon
 1 cup broccoli
 3 Tbsp + 1 tsp cup lentils, cooked

Directions: Rub salmon with garlic, chili powder and tumeric.

Grill or bake salmon in 350 degree oven for 10-12 minutes. Top with BBQ sauce and lemon juice. Add broccoli and cooked lentils on side.

For 400 Meals: Change Salmon to 4 oz. Change lentils to 3/4 cup.

For 500 Meals: Change Salmon to 5 oz. Change broccoli to 1 1/4 cup. Change lentils to 1 cup.

CALORIES
301
PROTEIN
29g
CARBOHYDRATES
35g
FAT
6.2g

5 ORANGE ROUGHY AND VEGETABLES

Ingredients:

- 4 oz. Orange Roughy
- 1 clove garlic, chopped
- 1/2 Tbsp sesame soy marinade
- 1/2 cup whole wheat pasta, cooked
- 1/2 cup frozen mixed veggies, thawed
- 5 hazelnuts, chopped

Directions: Grill or bake Orange Roughy fillet with chopped garlic, and sesame soy marinade. Combine cooked pasta and mixed veggies. Top with Orange Roughy and sprinkle with chopped hazelnuts.

For 400 Meals: Change Orange Roughy to 6oz. Change hazelnuts to 8 chopped. Add 1/2 cup green beans.

For 500 Meals: Change Orange Roughy to 8oz. Change hazelnuts to 10 chopped. Change whole wheat pasta to 3/4 cup. Add 1/2 cup green beans.

CALORIES
306
PROTEIN
26g
CARBOHYDRATES
36g
FAT
6.8g

6 CHICKEN STIR-FRY WITH RICE AND VEGGIES

Ingredients:

- 1/4 cup cooked long grain brown rice
- 1/4 cup frozen mixed vegetables, thawed
- 1/4 cup red bell pepper, chopped
- 1/4 cup onions, chopped
- 1/4 cup marinara sauce
- 3 Tbsp + 1 tsp cilantro, chopped
- 4 oz. boneless, skinless chicken breast, cut in cubes
- 1 tsp olive oil

Directions: Combine onions, red bell pepper, chicken cubes and olive oil in saucepan. Cook until chicken is cooked through. Add marinara sauce, and mixed vegetables, and cook until heated. Top brown rice with chicken mixture, and add fresh cilantro as garnish.

For 400 Meals: Change rice to 1/2 cup. Change chicken to 6 oz.

For 500 Meals: Change marinara sauce to 1/2 cup. Change chicken to 7 oz.

CALORIES
304
PROTEIN
30g
CARBOHYDRATES
32g
FAT
8g

BAKED TILAPIA

Ingredients:

6 oz. tilapia
 Juice of 1/2 lemon
 pinch of chili powder
 pinch of turmeric
 1 Tbsp fresh basil, chopped
 1 garlic clove, chopped
 1/4 cup whole grain quinoa, cooked

Directions: Rub all dry spices and garlic on tilapia and bake. Top quinoa with baked tilapia, and garnish with fresh basil.

CALORIES
314
PROTEIN
31g
CARBOHYDRATES
33g
FAT
6.4g

For 400 Meals: Change Tilapia to 8 oz. Change Quinoa to 1/3 cup.

For 500 Meals: Change Tilapia to 10 oz. Change Quinoa to 1/3 cup. Add 1/2 cup broccoli.

TABBOULEH AND CHICKEN

Ingredients:

3 Tbsp + 1 tsp dry bulgur
 3/4 cup parsley
 1/2 cucumber, chopped
 2 small tomatoes, chopped
 Juice of 1 lemon
 1/4 Tbsp olive oil
 1 garlic clove, chopped
 1/2 chicken breast, cooked, and cubed

Directions: Cook bulgur according to box, let cool. Combine cucumber, tomatoes, parsley, olive oil, lemon juice, and garlic. Top with cooked chicken breast.

CALORIES
305
PROTEIN
34g
CARBOHYDRATES
33g
FAT
5.9g

For 400 Meals: Change olive oil to 1/3 Tbsp. Change to 2/3 Chicken Breast.

For 500 Meals: Change bulgur to 1/3 cup dry. Change olive oil to 1/2 Tbsp. Change to 3/4 Chicken breast.

GUIDE TO EATING OUT

When trying to lose weight or simply maintain a healthy lifestyle, going out to eat can really derail your progress, if you let it. However, with careful planning, it's possible to enjoy a night out while still sticking to your goals. Restaurants always serve oversized portions so customers feel that they are getting their money's worth. Keep this in mind when ordering and eating your meal. If you want a smaller portion, ask your server to bring you half the normal amount of food and either immediately put the other half in a take-out bag, or see if one of your friends would like to split the entrée with you. **Do not be afraid to order what you want**, even if it's not on the menu. It's the job of the wait staff to please you, and they know, if they cater to your needs, you are more likely to return. Be specific and do not shy away from asking questions.

DELI

- Salad with a lean protein. Protein can be grilled chicken, poached salmon, seared tuna, sliced turkey, hard-boiled egg, feta, or beans. Ask for the dressing on the side.
- Grilled chicken or fish with steamed vegetables.
- Turkey or roast beef sandwich, open-faced (just half the bread). Enjoy with lettuce, tomato, mustard, and pickle.
- Turkey burger, chicken burger, veggie burger-skip the bun.
- Salad and baked sweet potato.
- Fruit salad (add non-fat yogurt or cottage cheese).
- Poached eggs.
- English muffin and 1 egg.
- High-fiber cereal. Try the individual boxes to keep portions in check.

CHINESE

- Steamed chicken and broccoli
- Steamed shrimp with asparagus and carrots
- Steamed veggies
- Grilled or steamed fish
- Broth-based soups

JAPANESE

- Sushi (brown rice or replace rice with cucumber)
- Sashimi
- Chicken teriyaki, sauce on the side
- Salmon teriyaki, sauce on the side
- Salads, edamame, and/or steamed veggies

Eating on the Go

It is easier to follow a set meal plan when you are at home. Being able to avoid temptation and preparing meals from scratch, definitely makes things more controllable. Unfortunately, it's just not realistic to assume you can eat at home all the time. Chances are if you're like most people, you're on the go from sun up to sun down. If that's the case, try these two simple tips to help you stick to the program - *even when away from home.*

BRING IT WITH YOU. Avoid being tempted by junk food or drive-thru fare by taking wholesome foods like cereal, fruit, yogurt, or a (shake) with you wherever you go. *Refer to the snack section on page 32 and 33 for tips.*

USE SMALLER STORAGE CONTAINERS. Buy small containers that you can take with you to control your portion sizes. This also helps you more closely monitor what you are eating and when.



If that between-meal craving starts to hit, or you're craving something to help you recover after a good workout, consider whipping up a protein shake or smoothie.

Before you Hit the Spot

GROCERY CHECK LIST

Ingredients for several of the recipes in this meal plan are listed below. Use this checklist to help you prepare for your trip to the supermarket. Try to plan your weekly menu in advance, so that you can determine how much of which ingredients you will need. This way, you will always have enough on hand.

FATS

- Avocados
- Canola oil
- Fish oil containing EPA/DHA fatty acids
- Olive oil
- Flaxseed oil
- Hempseed oil
- Raw nuts such as almonds, walnuts etc
- Cashews

PROTEIN

- Eggs or egg whites from free-range chicken, if possible
- Fish: salmon, tuna, trout, orange roughy, mahi-mahi, cod, shrimp, crab, etc.
- Lean red meat with less than 5% fat, grass-fed if possible
- Legumes (beans, peas, lentils, soy, peanuts)
- Low-fat or non-fat cottage cheese
- Organic or free-range chicken or turkey

CARBOHYDRATES

- Fresh vegetables
- Fresh whole fruits
- Oatmeal
- Whole-grain or mixed grain breads and cereals
- Whole-grain pasta
- Whole-grain rice

HERBS

- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Parsley | |



Exchange & Replace Options

MEAT/FISH/EGGS

All the items on the left equal one (1) serving of meat, fish or eggs and may be interchanged or exchanged with items on the right.

1oz. Chicken Breast
1oz. Turkey Breast
1oz. canned Tuna In Water
1oz. Shrimp
1oz. Tilapia
1oz. Salmon
3/4 oz. lean Red Meat (*sirloin or flank*)
1oz. lean Pork Tenderloin
1 Egg or 3 Egg Whites

1/3 cup low-fat Cottage Cheese
1/4 cup Beans
1oz. Edemame
1/4 cup cooked Lentils
3/4 oz. cooked Quinoa
1oz. cooked Lentils
1oz. MORI-NU® Silken Tofu,
lite firm, soft or firm

BREADS/GRAINS/STARCHES

All the items on the left equal one (1) serving of breads, grains or starches and may be interchanged or exchanged with items on the right.

1/3 cup Cooked Barley
1 slice whole-grain Bread
1 cup whole-grain Cereal (*no sugar added*)
1 cup Cream Of Wheat®
1/2 cup Cous-Cous
1 small whole-grain Dinner Roll
1 whole-wheat English Muffin
1/2 cup whole-grain Orzo
1/2 cup whole-wheat Pasta
2/3 cup Green Peas
1 whole-wheat Pita
1 small baked Potato
1 small baked Sweet Potato



1/3 cup cooked Brown Rice
1/4 cup cooked Quinoa
1/4 cup dry Rolled Oats
1 cup Quaker® Brand Oats
1/2 cup Brown Rice
3 Rice Cakes
1 medium Sweet Potato
1/2 cup cooked Quinoa
1/2 cup Brown Rice Pasta
2/3 cup Carrots
3/4 cup cooked Lentils
2/3 cup cooked Wild Rice
2/3 cup cooked Brown Rice

What to Drink & What to Avoid

Maintaining proper hydration is key to your success. Clearly water is the best. As a rule, you want to drink at least eight full glasses (64 oz.) of water throughout the day. During workouts when you are sweating or when spending time in the heat, you will need even more water.

Water has zero calories and helps with appetite control. Avoid or limit drinks that contain calories such as soda, fruit juices, sweetened beverages, and energy drinks.

Unsweetened teas and sugar free beverages are generally fine. You might still want to limit diet sodas and artificially sweetened beverages. If you do use a sweetener, you might want to use a natural alternative such as Stevia.

10 Ways to Make A Splash With Your Water

If plain water just doesn't do it for you, consider one of these creative pick-me ups. *Mix according to instructions. Let flavors infuse overnight for maximum flavor!*

- 1. Apple Water** - Ice water with slices of green apples.
- 2. Basil Lemon Water** - Ice water with a slice of lemon and fresh basil.
- 3. Berry Water** - Ice water with strawberries, blue berries or blackberries.
- 4. Citrus Water** - Ice water with a splash of orange or grapefruit juice or a slice of orange or grapefruit.
- 5. Grape Water** - Ice water with frozen grapes.
- 6. Kiwi Water** - Ice water with slices of kiwi.
- 7. Lemon Water** - Ice water with a splash of lemon juice or a slice of lemon.
- 8. Mango Water** - Ice water with chunks of mango.
- 9. Melon Water** - Ice water with chunks of watermelon or cantaloupe.
- 10. Mint Water** - Ice water with fresh mint leaves.



Exchange & Replace Options

VEGETABLES

All the items on the left equal one (1) serving of vegetables and may be interchanged or exchanged with items on the right.

12 Asparagus Spears	1 Peach
1 cup of steamed Bell Peppers	1 Orange or Grapefruit
2 cups raw Bell Peppers	1/2 Banana
1 cup steamed Brussels Sprouts	15-20 Cherries
1 cup cooked Broccoli (or 2 cups raw)	1/2 cup Grapes
1/3 cup Corn or 1 Corn On The Cob	1 small Apple
1 cup of sliced Cucumber	1 cup Tomatoes
1 cup of cooked Green Beans	1 Apricot
1 cup of cooked Mushrooms	1/2 cup Strawberries
2 cups raw Mushrooms	1/2 Mango
3/4 cup cooked Pea Pods	1/2 cup Pineapple
1/3 cup cooked Peas	1 cup Watermelon
3 cups of Salad Greens	2 Kiwis
1 cup cooked Spinach	1/2 Plum
2 cups raw Spinach	1 Apricot
1 whole Tomato	
4 Cherry Tomatoes	
1 cup of cooked Zucchini	

NUTS/SEEDS

All the items on the left equal one (1) serving of nuts or seeds and may be interchanged or exchanged with items on the right.

1oz. Almonds	2 Tbsp Smart Balance® butter substitute
1oz. Walnuts	1/2 Avocado
1oz. Sunflower Seeds	1 1/2 Tbsp Butter
1 Tbsp Peanut Butter	1 Tbsp Olive Oil



40 Snack List



- 3/4 cup 2% low-fat cottage cheese with 5 almonds and 3 baby carrots
- 1 cup low-fat plain yogurt with 1/3 cup fresh or frozen strawberries and 8 almonds
- 1 cup non-fat Greek yogurt with 3/4 cup blueberries and topped with 1½ Tbsp ground flaxseed
- 1/2 cup of oatmeal (measured dry, cooked with water), topped with 1 Tbsp of slivered almonds or chopped walnuts
- 1 banana with 1 Tbsp peanut butter
- 2 stalks celery topped with 1/2 Tbsp peanut butter and 3/4 cup fresh pineapple on the side. 3/4 scoop protein powder blended with water
- 1 slice of wheat toast topped with 1 oz. of turkey and 1 oz. of reduced-fat cheese
- 1 whole-grain rice cake topped with 1 Tbsp all-natural peanut butter or almond butter and half of a sliced apple
- 1 cup of low-fat vanilla yogurt with 2 Tbsp Grape Nuts or other high-fiber cereal
- 1 cup of whole-grain high fiber breakfast cereal with 3/4 cup skim or low-fat milk
- 1 large orange with 12 raw almonds
- 3 oz. of water packed tuna mixed with 1 Tbsp light mayo served on a whole grain rice cake
- 2 slices 98% fat-free turkey breast, 1/2 whole-wheat English muffin, 2 spinach leaves, 1 tsp prepared mustard
- Egg salad made with 2 egg whites, 1 yolk, and 1 Tbsp light mayo on 1/2 of a whole-grain English muffin
- 1 fresh fig with a very light drizzle of honey and 1 part-skim mozzarella string cheese
- 1 oz. nuts: 20 almonds, 17 cashews, 25 peanuts or 6 Brazil nuts
- 1 cup 2% cottage cheese with 1/2 cup sliced melon
- 4 oz. lean roast beef rolled with Dijon mustard for dipping
- 2 oz. white turkey breast meat with 1/2 small sliced avocado
- Celery sticks and cucumber slices with 2 Tbsp hummus
- 12 whole-grain crackers (80 calories for 12 crackers) with 2 oz. low-fat cheese
- 1 brown rice cake, 1 cup non-fat Greek yogurt, 3/4 Tbsp all fruit preserves, 3 walnut halves
- 1 medium pear sliced with 1 oz. low-fat cheese
- 1/2 small 6-inch whole-wheat pita with 1/4 cup prepared hummus

40 Snack List

Below are 100 and 200-calorie snack options that can be used in conjunction with the meal plan. Just add as needed to your meal plan to reach your daily caloric allowance.



- 1/2 cup 2% low-fat cottage cheese with 1/4 cup mixed seasonal berries
- 1/2 cup 2% low-fat cottage cheese, 2 stalks of celery
- 1/2 cup low-fat vanilla yogurt with 1 Tbsp Grape Nuts or other high-fiber cereal
- 1/2 cup low-fat plain yogurt with 3/4 cup fresh or frozen strawberries
- 3/4 cup non-fat Greek yogurt with 1/2 cup blueberries
- 1/2 apple with a thin slice of reduced-fat cheese
- 2 stalks celery with 1/2 Tbsp peanut butter and 1/2 cup fresh pineapple
- 1 hard-boiled egg with 4 baby carrots
- 1 banana
- 12 raw almonds
- 1 cup of skim, almond, or rice milk
- 1 slice 98% fat-free turkey breast on 1/2 whole-wheat English muffin and 1 tsp yellow mustard
- 2 slices 98% fat-free turkey breast, 2 spinach leaves, 1 tsp yellow mustard
- 1/2 whole-grain English muffin topped with 1 slice of tomato and a thin slice of reduced-fat cheese
- 1 cup raw string beans, 4 baby carrots with 1/4 cup salsa
- 10 rice crackers with 1/4 cup salsa
- 8 baby carrots, 3 cherry tomatoes, and 1 part-skim mozzarella string cheese
- 1/2 cup sorbet (80 calories per 1/2 cup) with 1/4 cup blueberries
- 1 small baked potato with salsa and 1 Tbsp non-fat sour cream
- 1 brown rice cake with 3/4 Tbsp all fruit preserves
- 1 cup coconut water (50 calories). Limit 1 cup per day because of sugar (*great after a workout*)
- 1/2 scoop protein powder blended with 1/2 cup non-fat milk

40 Snack List

The Healthy Eating Meal Plan is not a fad diet or weight loss program. The Healthy Eating Meal Plan is a guide to helping you create a new lifestyle and guide you on your journey to a healthier YOU.

THE PLAN - The Healthy Eating Meal Plan is a program of choice. The plan provides you with a variety of food options comprised of smart carbohydrates and whole foods.

The Healthy Eating Meal Plan is a guide to a new way of eating for life. The recommended daily caloric intake, ideal fat loss, ranges from 1,200 to 1,600 for women and 1,800 to 2,500 for men. Calories will depend on body type and activity level, you may need more or less calories. A formula has been provided to assist you in calculating your personal target calories.

Determining Daily Caloric Needs

To determine daily calories, (the target number of daily calories you should consume), use the following customized formula; developed and reviewed by the National Association of Sports Nutrition:

a. Fat Loss Calories = $7 \times (\text{your weight in lbs.}) + 500 \times (1.4 \text{ for men or } 1.3 \text{ for women}) - 4.7 \times (\text{your age}) - 500$

b. Maintenance Calories = $8.5 \times (\text{your weight in lbs.}) + 500 \times (1.4 \text{ for men or } 1.3 \text{ for women}) - 4.7 \times (\text{your age})$

c. Muscle Gain Calories = $9 \times (\text{your weight in lbs.}) + 500 \times (1.4 \text{ for men or } 1.3 \text{ for women}) - 4.7 \times (\text{your age}) + 500$

How to do the math:

Multiply your weight by 7 to lose, 8.5 to maintain or 9 to gain. Add 500. Take the total thus far and multiply it by 1.4 if male or 1.3 if female. Calculate your age times 4.7. Then take your new total (the big number) and subtract the 4.7 times your age number. Last subtract 500 to lose, nothing to maintain and add 500 to gain.

Simple at home CRYOLIPOLYSIS

*fatFreezer*TM

Questions or Comments
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Patent: ZL 2013 3 0124314.9 / Utility Patent ZL
2015 2 0098818.1

Freeze N Fit Inc does not guarantee specific results for individuals who use Fat Freezer System due to many factors that can influence health and weight loss.

Individual results may vary.

We make no warranties or guarantees that you will lose a specific amount of weight for a particular period of time.
No individual result should be considered typical or guaranteed.

This product has not been evaluated by the FDA.

Fat Freezer System is not intended to diagnose, treat, cure, or prevent any disease, illness, or medical condition.