

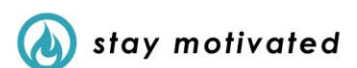


## BASIC 6 MEAL LIFESTYLE NUTRITIONAL PROGRAM

Meal	
Meal #1	½ c. oatmeal 4 egg whites with 1 yolk ½ grapefruit
Meal #2	½ c. Kashi Go Lean Cereal ½ c. no sugar added Greek Yogurt Other ½ grapefruit
Meal #3	4 oz. lean protein (fish, chicken breast, turkey breast, tuna) 1/2 c. brown rice OR 4 oz yam or sweet potato veggies or salad with No olive oil and vinegar
Meal #4	1 scoop low carb protein powder 2 rice cakes with 1 tbsp nut butter -sliced cucumbers (if you feel hungry)
Meal #5	4 oz lean protein tons of green veggies and or salad with Extra Virgin Olive Oil and Vinegar
Meal #6	Gina's No Carb Pancake <a href="http://ginaaliotti.com/members/v2/?p=1753">http://ginaaliotti.com/members/v2/?p=1753</a>

\*\*3/4-1 gallon of water per day  
 \*\*REFUEL MEAL OF YOUR CHOICE, 1X PER WEEK

TRAINING	
CARDIO	<p><b>-45 MINUTES OF CARDIO @ 5 DAYS A WEEK</b></p> <p><b>CAN BE SPLIT INTO TWO SESSIONS (25/20)</b>  <b>FIRST SESSION ON AN EMPTY STOMACH, FIRST THING IN THE A.M.,</b>  <b>AND SECOND SESSION POST WORKOUT</b></p> <p><b>ONE DAY A WEEK ONLY 30 MINUTES</b>  <b>ONE DAY TOTALLY OFF!</b></p>





SUPPLEMENTS	Omega 3-6-9's (EFA's):--2 -3x per day (before meal 1, meal 3, meal 6) Daily Multi Vitamin Vitamin D 1000 iu's Low Carb Protein Powder (~20-25g Protein per scoop) Glutamine 10-20 g/day
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<b>TRAINING</b>	<b><i>RESISTANCE TRAINING 4-5x/week</i></b> <b><i>Sample below:</i></b>
MONDAY	CHEST/SHOULDERS/TRI'S
TUESDAY	BICEPS/TRICEPS/ABS
WEDNESDAY	OFF
THURSDAY	LEGS (INC GLUTES, HAMS, QUADS AND CALVES)
FRIDAY	UPPER BODY CIRCUIT & ABS
SATURDAY	LOWER BODY CIRCUIT
SUNDAY	OFF

HIT EACH BODYPART 1X  
 ABS 2-3X/WEEK  
 INCLUDE ONE UPPER BODY CIRCUIT  
 OPTIONAL 5<sup>TH</sup> DAY LOWER BODY CIRCUIT OR TAKE A CLASS! (YOGA, SPIN, ETC.)

2 OFF DAYS FROM TRAINING

