



**GINA ALIOTTI'S
FRIDAY POST THANKSGIVING GAME PLAN**

Meal #1	¼ C. oatmeal 1 tsp flaxseed or chia seed 4 egg whites ¼ c. berries
Meal #2	PUMPKIN OATS 1 Scoop protein powder ¼ c. pure pumpkin puree ¼ c. oatmeal
Meal #3	TURKEY SANDWICH 4 oz Turkey Leftovers (turkey Breast white meat) 2 slices Ezekiel Bread Tomatoes, Lettuce, Onion, etc
Meal #4	1 Scoop protein shake 2 rice cakes 1 tbsp Almond butter
Meal #5	5 oz leftover turkey breast OR lean protein of your choice Big Salad with 1 tbsp Extra Virgin Olive Oil
Meal #6	NO CARB PROTEIN PANCAKE 1 scoop protein powder 2 egg whites 1 tsp baking powder Cinnamon and no calorie sweetener to taste

- *DRINK A GALLON OF WATER
- *DO 45 MINUTES OF CARDIO (FIRST THING IN THE A.M., EMPTY STOMACH, PREFERRED)
- *FOLLOW ONE OF THE CIRCUIT WORKOUTS OR A FUN FULL BODY WORKOUT OF YOUR CHOICE.... JUST DO SOMETHING!
- *TAKE A MULTI VITAMIN
- *TAKE 1500-2000 IU'S OF VITAMIN D
- *TAKE YOUR OMEGA 3-6-9'S 3X THROUGHOUT THE DAY!
- *TAKE AN EVENING LIGHT WALK OR IF YOU ARE UP FOR IT, DO AN ADDITIONAL SESSION OF 20 MINUTES OF HIGHER INTENSITY CARDIO.

“Our goal is to be right back as a national program – today, Dig Deep.” ~Gina Aliotti-Silva

