

Gina Aliotti FITNESS

JUNE VIP DIET

*Refuel Meal 1x/week (preferably Saturday)

LOOK OUT FOR RECIPE IDEAS THAT ARE COMPATIBLE WITH ALL MEAL PLANS

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| Meal | 2 days on this plan |
| Meal #1 | 6 egg whites 1/2 cup oatmeal (day 1) 1/4 cup oatmeal (day 2) |
| Meal #2 | Gina's famous Zucchini loaf 1/4 cup oatmeal 1 scoop protein 2 egg whites 1 shredded zucchini 1 tsp baking powder, cinnamon, stevia, to taste Mix and bake at 350, until fully cooked or make into a pancake 1/4 cup berries (day 2 ONLY) |
| Meal #3 | Day 1: 3 oz lean protein, 2 whole wheat or GF bread, sandwich toppings Day 2: 4 oz lean protein of your choice veggies/salad, no oil |
| Meal #4 | 1.25 scoop protein shake 1/4 cup oatmeal or 1 cup brown rice puffs |
| Meal #5 | 4 oz lean protein of your choice veggies/salad with no oil |
| Meal #6 | 6 egg white/veggie omelet -or- 1 scoop protein shake |

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| Meal | 1 day on this plan |
| Meal #1 | 5 egg whites veggie omelet with 1 whole egg |
| Meal #2 | 1.25 scoop protein shake 20 almonds |
| Meal #3 | 4 oz lean protein of your choice 2 oz avocado salad with NO oil |
| Meal #4 | 1.25 scoop protein shake 2 cups unsweetened almond milk |
| Meal #5 | 4 oz lean protein and veggies, salad 2 oz avocado 1x/week- 4 oz fresh water salmon and veggies no oil |
| Meal #6 | 1 scoop protein, 2 egg whites -or- 1.25 scoop protein shake 1 tbsp chia seeds |

***Meals to be eaten every 2-3 hours.**
Veggies are FREE

The goal with your monthly challenge diet or ANY of my plans is consistency! I promise you results if you follow the plan as laid out and are consistent with your efforts. I will be sending you out recipe ideas and ways to spice up the menu to keep it fun, fresh and exciting! I promise, you will never feel like you are on a diet and most of all, love how your body responds and how you feel!

**NOTE: The Protein recommended is [Devotion Nutrition](#). It is the most versatile protein on the market. Bakes incredible, blends into ice cream and will make it so much easier to stay on track. Formulated with the highest ingredients, your taste buds and tummy will thank you for it. Devotion's Flex Flavors (Sugar Free, Calorie Free Flavored Stevia for you) food can be used freely throughout the plan as a fun way to add flavor and crush cravings. They are NOT required to get results however will make your menu more fun and exciting! ☺*