



Gina Aliotti FITNESS

SEPTEMBER VIP DIET
***Refuel Meal 1x/week (Saturday)**

Meal	MONDAY, TUESDAY, THURSDAY, & SATURDAY
Meal #1	5 egg whites ½ cup oatmeal + ¼ cup pure pumpkin (or sub for 2 tbsp oatmeal)
Meal #2	Pumpkin Pancake 1/4 cup oatmeal 1 scoop protein 2 egg whites ¼ cup pumpkin Touch of water 1 tsp baking powder Mix and make into a pancake
Meal #3	4 oz lean protein of your choice 2 oz yam or sweet potato or 1/3 cup brown rice (remove Saturday) veggies/salad, no oil
Meal #4	1.25 scoop protein shake 2 cups air popped popcorn (remove Saturday)
Meal #5	4 oz lean protein of your choice veggies/salad with no oil Saturday- Refuel Meal
Meal #6	1 scoop protein shake 1 tbsp chia seeds

Meal	WEDNESDAY, FRIDAY & SUNDAY
Meal #1	2 tbsp almond meal 2 tbsp coconut flour 2 egg whites 1 scoop protein Touch of water mix and make into a pancake or donut
Meal #2	1.25 scoop protein shake ¼ cup pumpkin seeds or 15 almonds
Meal #3	4 oz lean protein of your choice salad with NO oil
Meal #4	1.25 scoop protein shake OR mug cake with 1 scoop + 1 egg white (mix and microwave for 45 seconds)
Meal #5	1x/week- 4 oz lean protein and veggies, salad with 2 oz avocado 1x/week- 4 oz fresh salmon or lean steak 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 your) 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! ☺*