

Gina Aliotti FITNESS

AUGUST VIP DIET

*Refuel Meal 1x/week (Saturday)

Meal	MONDAY, TUESDAY, THURSDAY & SATURDAY
Meal #1	5 egg whites ½ cup oatmeal ¼ cup blueberries
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
Meal #3	4 oz lean protein of your choice 1/3 cup brown rice or quinoa veggies/salad, no oil Thursday- 3 oz chicken breast or 99% lean turkey 2 slices Ezekiel or GF Bread , sandwich toppings (tomato, lettuce, etc)
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
Meal #6	6 egg white/veggie omelet -or- 1 scoop protein shake

Meal	WEDNESDAY, FRIDAY & SUNDAY
Meal #1	5 egg whites veggie omelet 1 whole egg
Meal #2	1.25 scoop protein 15 almonds or 1 tbsp almond butter 1 small apple- Friday ONLY
Meal #3	4 oz lean protein of your choice 2 oz avocado salad with NO oil
Meal #4	1.25 scoop protein shake
Meal #5	Wed & Fri - 4 oz lean protein and veggies, salad, 2 oz avocado Sunday- 4 oz fresh water 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 our VIP 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!