



# FB • MealPlan

EAT REAL FOOD & FEEL GREAT

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# Introduction

Welcome to Fitness Blender's new 4 Week Meal Plan. We have worked closely with multiple experienced Registered Dietitians to meticulously build this Meal Plan that is meant to demonstrate a healthy, well balanced, whole foods diet.

The Fitness Blender Meal Plan has been designed so that you can choose from a wide range of calorie allotments in order to use this program to lose, maintain, or gain weight – depending on whether you choose a plan to create a caloric deficit, balance, or surplus. No matter what your goals are, this plan has been built so that it can easily be customized to meet your needs.

Connect to people around the world who are following this same meal plan by using #fitnessblendermealplan and #fitnessblender on social media.

We have gone to great lengths to try and make this meal plan fun and healthy, reasonable in terms of food costs, and easy to follow and adhere to. Just one of the features that we think you will be particularly excited about is the grocery list that corresponds with each week's meal plan. This time around, we have even provided rough ranges on quantity of food needed. We know that you are a working professional, busy parent, overburdened student – or maybe even some combination of all of those roles – which is why we have engineered this plan to be one that is likely to be able to fit into and enhance your life, instead of interfere with it.

We have included a wealth of additional information, including entire chapters on everything from proper hydration to the psychology of food, choosing the right workouts to healthy grocery shopping, and treating yourself to the occasional "treat meal" – did we mention that this program allows and even encourages an intermittent cheat or treat meal? Our goal is to teach you how to do that healthily, how to enjoy food and most optimally fuel yourself.

Additionally, we have provided strategies and solutions for making this meal plan work for your whole family. It's unreasonable to expect someone to need two completely different grocery lists, and two different menus – but most importantly, why wouldn't someone want their family to eat healthily, too? With that in mind, we have included tips to make this a plan that you can easily work into your family life.

We have included what we believe to be a very thorough, question and answer section at the end of this page, where we have addressed every possible question that we can think of in regards to this program, healthy eating, and losing, gaining or maintaining weight. Please check this section if you have questions about this program, keeping in mind that personal health care questions are best saved for your health care provider.

# Meal Plan Day 1

## BREAKFAST

### Banana Almond Overnight Oats

	1600cal	2000cal	2400cal	2800cal	3200cal
<b>Old Fashioned Oats</b>	½ Cup	½ Cup	½ Cup	¾ Cup	1 Cup
<b>Lowfat Milk</b>	¼ Cup	½ Cup	¼ Cup	½ Cup	¾ Cup
<b>Plain Whole Milk Greek Yogurt</b>	¼ Cup	¼ Cup	½ Cup	½ Cup	½ Cup
<b>Ground Cinnamon</b>	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
<b>Banana</b>	1 Medium	1 Medium	1 Medium	1 Medium	1 Medium
<b>unsalted, Dry Roasted Almonds, chopped</b>	2 Tbsp	2 Tbsp	2 ½ Tbsp	3 Tbsp	3 Tbsp
<b>Honey</b>	½ Tbsp	1 Tbsp	1 Tbsp	1 ½ Tbsp	1 ½ Tbsp
<b>Salt</b>	Dash	Dash	Dash	Dash	Dash

#### Preparation

Combine oats, milk, Greek yogurt and cinnamon. Cover and refrigerate overnight. Top with sliced banana, almonds and honey.

## MORNING SNACK

### Hard Boiled Egg & Apple

	1600cal	2000cal	2400cal	2800cal	3200cal
<b>Hard Boiled Egg</b>	1 Medium	1 Medium	1 Medium	2 Medium	2 Medium
<b>Apple</b>	1 Medium	1 Medium	1 Medium	1 Medium	1 Medium

#### Preparation

As desired.

## LUNCH

## Chickpea Veggie Salad

	1600cal	2000cal	2400cal	2800cal	3200cal
<b>Chickpeas, Canned, drained and rinsed</b>	½ Cup	¾ Cup	¾ Cup	1 Cup	1 Cup
<b>Frozen Corn, cooked and cooled</b>	½ Cup	¾ Cup	1 Cup	1 Cup	1 Cup
<b>Cherry Tomatoes, halved</b>	1 Cup	1 Cup	1 ½ Cups	1 ½ Cups	1 ½ Cups
<b>Chopped Cucumber</b>	½ Cup	¾ Cup	1 ½ Cups	1 ½ Cups	1 ½ Cups
<b>Fresh Basil, chopped</b>	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
<b>Salt &amp; Pepper</b>	¼ tsp Each	¼ tsp Each	¼ tsp Each	¼ tsp Each	¼ tsp Each
<b>Olive Oil</b>	1 Tbsp	1 Tbsp	1 Tbsp	1 ½ Tbsp	1 ½ Tbsp
<b>Minced Garlic</b>	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
<b>Vinegar (Red Wine, Apple Cider, Etc)</b>	2 tsp	2 tsp	2 tsp	2 tsp	1 Tbsp
<b>Honey</b>	2 tsp	2 tsp	2 tsp	2 tsp	1 Tbsp
<b>Lemon Juice</b>	½ Tbsp	½ Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
<b>Feta Cheese</b>	½ oz	½ oz	½ oz	1 oz	1 ½ oz

**Preparation**

Combine chickpeas, corn, tomatoes, cucumber and basil in a large bowl. Add olive oil, garlic, red wine vinegar, honey and lemon juice to a small sauce pan. Heat on low and whisk until combined. Pour over chickpea mixture with salt and pepper and stir until mixed throughout. Top with feta cheese.

## AFTERNOON SNACK

### Yogurt, Granola & Strawberries

	1600cal	2000cal	2400cal	2800cal	3200cal
<b>Plain Whole Milk Greek Yogurt</b>	¼ Cup	¼ Cup	½ Cup	½ Cup	½ Cup
<b>Granola (~200 calories per cup)</b>	2 Tbsp	2 Tbsp	2 Tbsp	¼ Cup	¼ Cup
<b>Strawberries</b>	¾ Cup	1 Cup	1 Cup	1 Cup	1 ¼ Cups

#### Preparation

Place half of yogurt in bowl and top with granola and strawberries; repeat with remaining yogurt, granola and strawberries.

## DINNER

### Beef and Brown Rice Stuffed Peppers with Baked Potato

	1600cal	2000cal	2400cal	2800cal	3200cal
<b>Green Bell Pepper, cut with top removed</b>	1 Medium	1 Medium	1 Large	2 Medium	2 Medium
<b>Lean Ground Beef (or substitute)</b>	3 oz	3 ½ oz	4 oz	4 oz	5 oz
<b>Brown Rice, Cooked</b>	¼ Cup	¼ Cup	⅓ Cup	½ Cup	¾ Cup
<b>Diced Onion</b>	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
<b>Reduced Sodium Tomato Sauce</b>	½ Cup	½ Cup	½ Cup	¾ Cup	¾ Cup
<b>Mozzarella Cheese</b>	2 Tbsp	2 Tbsp	2 Tbsp	¼ Cup	¼ Cup
<b>Baked Potato with Skin</b>	½ Small	1 Small	1 Medium	1 Medium	1 Medium
<b>Plain Whole Milk Greek Yogurt</b>	1 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp

#### Preparation

Preheat oven to 400°F. Microwave bell pepper for 3 minutes. In medium skillet, sauté onion and ground beef until no longer pink and internal temperature reaches 155°F (Suggested spices: garlic, cumin & salt & pepper to taste). Add brown rice, mix until combined and stuff into pepper. Top with sauce and cheese and cook for 30 minutes. Poke holes in potato and microwave for 5 minutes. Flip and cook for another 3 minutes. Serve next to stuffed pepper, topped with yogurt, salt and pepper.