"Finally...Proven Nutritional Advice to Lose Unwanted Weight, Build Sleek Toned Muscle, and Walk Around Feeling Sexy in as Little as 28 Days"

Warning: Side Effects May Include...Jealous Friends, Guys Getting Whip-Lash And Traffic Jams As You Walk By...

Introducing...

The Ultimate Women's "Sleek Body" 28 Day Jump Start Nutrition Plan™

From
Jenn Aguirre

The Ultimate Women's "Sleek Body" 28 Day Jump Start Nutrition Plan

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Chapter 1

Welcome!

Dee lost 60 lbs

CONGRATULATIONS! You are just a few quick steps from becoming our very next SUCCESS STORY!

Your 28 Day Jump Start Nutrition Plan will make everything just a bit easier in reaching your fitness goals, and you'll be surprised at how seamless this nutrition plan will fit into your daily busy lifestyle (*and how fast the pounds and inches will fly off!*)

This simple, easy to follow nutrition plan has helped hundreds of women lose unwanted weight, melt fat, lower blood pressure, lower cholesterol, have healthier younger looking skin and more energy than ever before…and it WILL work for YOU too!

Under ONE condition however…

And that is to always remember that we are breaking bad habits and **creating healthy new ones**. I can already tell you that the first 28 days of following this mealplan will be hard… but as you push through and enjoy the process, you will eventually get rid of ALL your unhealthy sugar and fat cravings.

Anything worth having in life will cost effort & time, combined with a laser-like focus & clear-cut goals. And since this may not sound too appealing (I know), the best way to go about it is to have **patience**…

Patience = to enjoy the process as much as the result.

So go out and set HUGE compelling goals that motivate you to the fullest, and never forget *the reason why* you're doing all this.

Chapter 2

The 7 Secrets to Getting Lean and Healthy

Erika lost 60 lbs

#1… Set HUGE & Compelling Goals

Regardless of your situation, the best way to ensure you actually get yourself started on healthy nutrition is to set powerful, compelling goals for your eating habits.

Michelangelo once said that "*The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it*". The truth is most people never decide exactly what they want. This is unfortunate because the number one reason for failure in losing body fat (and general failure in life) is the lack of clearly defined, written goals. Really, how can you hit a target that you can not see? Therefore, I want you to set goals for yourself that are specific, measurable and big with realistic deadlines. To put it short, there are no unrealistic goals, only unrealistic deadlines.

#2… Twenty-Eight Day Mind Set

Don't cheat on your nutrition plan for 28 days. It takes the brain 28 days to reset itself and create a new habit. When you want to make a change, don't tell yourself that you are doing it for life; rather, tell yourself that you are going to try it for only 28 days.

Now, when you have completed this for 28 days, your conscious mind has the choice of either stopping it, or carrying on… or so it thinks.

The truth is however that your neural pathways have already formed and you will more than likely continue with your new habit. Reason why is because you will have seen the benefits along the way, and your subconscious mind will only **want** to continue if it has been beneficial.

#3… Be Prepared

Most often, women eat poorly because they do not bring food with them or did not prepare. And especially with your hectic schedules and duties, it's SO easy to blame it all on the soccer practice, picking your kids up from school, cooking dinner, desperate housewives, etc, etc.

In fact, I hear all the time from Moms that they have NO time to eat. Between taking the kids to school, dance or baseball practice, you can barely get a meal in here and there.

And when you do, it can often be the same as what your kid is having, or even worse… leftovers from your kid's plate. Throw those leftovers away! And make sure when you get something to eat for your child, get something for you too. Don't ever say, "*I'll just eat what they don't.*"

Failing to Prepare is Preparing to Fail

If there's one thing you get from this chapter, it's to make your food the night before you go to bed. This way you'll always have something with you, and you will never have an excuse to deviate from your ultra-healthy mealplan (I mean… when you wake up and open your fridge… it will all be right there waiting for you!).

#4… Keep a food diary for at least 1 week

Write down everything you eat and drink for at least 7 days. This may sound easy, but you'll be blown away by how much you actually eat if you see it on paper! And if you write it down *before*

consuming it… then you might just think twice whether you really want to have it. Especially if it's Nachos.

Another way to step this up is to actually hire someone to review your food journal every day. Make an agreement that for each day you do not give them your journal, you owe them $10.00… and every time you cheat, you owe $1.00. This will keep you accountable like no other.

#5... Be aware of the Glycemic Index

Not all carbohydrates are created equal. Depending on their glycemic index (or GI), they behave totally different in your body. The GI pretty much ranks how much a certain food will affect your blood sugar level. Choosing low GI carbs — the ones that produce only small changes in our blood glucose and insulin levels — is the secret to long-term health, reducing your risk of heart disease, and diabetes. And most importantly, it's one of the MAJOR keys to sustainable weight loss.

Eat THIS!	NOT THAT...
Brown Rice	White Rice
Whole Grain Bread	White Bread
Whole Wheat Bread	Wheat Bread
Whole Grain Pasta	White Pasta
Oatmeal	Corn Flakes
Whole Grain Cereal	Cheerios
Corn Tortillas	Flour Tortillas
Whole Wheat Tortillas	Regular Tortillas
Real Fruit	Fruit Juice

#6... Eat OFTEN

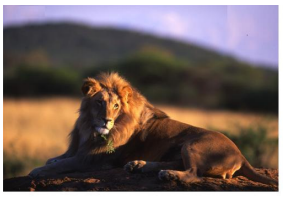
I know you heard this before, and if you've been going to bootcamp for a while you probably heard me say it more than once, but you MUST make it a habit to eat every 2 to 3 hours.

I can tell you this -> I would never, EVER, have gotten a flat stomach myself if I hadn't switched to eating 6-7 times per day. It's just something you MUST do.

No excuses!

As a personal trainer/bootcamp instructor I have helped hundreds of clients get the body that they wanted… but I'll be the first to admit that I have also had hundreds of clients who never got the flat stomach they dreamed of.

And the difference between these 2 types of clients was totally based on the willingness to **habitually eat 6-7 small meals/day**.



Roar!

Moo?

See, your body just wants to survive. So if you feed it twice per day, it will feel the need to store fat for those time periods in between. This is why lions are a little chubby… they catch a rabbit, eat it, but never know when their next meal is coming. So in order for them to survive, they must store fat for when they reach another famine.

Zebra's on the other hand have food in abundance. All they have to do is bend their head down and there's grass, ready to be consumed. So really, they don't need to store any fat since they can easily survive with so much food (plus, their metabolism is constantly going, and they never get extremely hungry that make them go through the Taco Bell drive-through.

#7... Eat Real Food

Your body was designed to process REAL food. Therefore, your diet *should* consist of only real food.

The truth is that, every time you consume something that is either processed or categorized as a 'convenience food' (like an energy bar or meal replacement shake)… you are prioritizing your hectic lifestyle over your health.

Processed foods and stuff that's conveniently packaged may be considered worthy substitutes for when you're 'on the go'… but they will never be as healthful as FOOD.

See, the difference between FOOD and everything else is that FOOD only has one ingredient.

Oatmeal is made out of rolled oats, almonds are almonds, apples are apples, eggs are eggs, chicken is chicken… whereas Special K, energy bars, fruit juices all have over 20 ingredients listed. And the crazy part is that most of the ingredients sound like some chemistry project (of which most you can't even pronounce).

To put it short, processed foods are really… kinda like… **poison**. The food companies strip out the good stuff like fiber and nutrients, leaving you with a food that has way more calories than normal. And the worst part is that they are highly glycemic, which means our body treats it like sugar.

The bad news is that these foods usually taste WAY too good to cut out of your diet. Like twinkies, crackers, pizza, bagels, pretzels, cookies, white bread, raisin bran, nacho's, etc.

The good news is that you are a total rockstar because you are going thru my weight loss course. So you're up for it, you can cut these foods out of your life, and by doing so you'll lose all your cravings within weeks.

Chapter 3

The Ultimate Women's "Sleek Body" 28 Day Jump Start Meal Plan

Sylvia lost 41 lbs

BREAKFAST

Option 1 High Energy and Fiber Oatmeal

- ½ cup rolled oats (Dry)
- 1 scoop whey protein
- 12 almonds or 1 tsp olive or flax seed oil or fish oil
- ½ cup mixed organic frozen berries OR a hand full of raisins
- Dash of stevia and or cinnamon if desired to make sweeter

Option 2 Happy Scrambled Eggs

- 4-6 oz Liquid Egg Whites (about 2-4 Large Eggs)
- ½ cup Steamed Brown Basmati Rice OR 1 Chopped Red Potato (6 oz) OR 1 Slice Ezekiel Bread
- ½ Avocado OR 1 oz shredded cheese OR 1 tsp Smart Balance butter
- (All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

Option 3 Chocolate Shake

- 1 Scoop Whey Protein
- 16 oz of water, No Sugar Added Almond Milk, OR No Sugar Added Soy Milk
- 1 Piece of Ezekiel Bread OR Whole Wheat Bread OR Ezekiel Cinnamon Raisin Bread
- 1 TBSP Peanut OR Almond Butter OR Smart Balance Butter

Option 4 You can select any option from the lunch or dinner choices

SNACK 1

Fruits and Nuts Munchies

- 1Apple,1 Pear, 1 Orange, 1Peach, or 2 cups Cherries,
- 1 Oz (about the palm of your hand) Almonds, Peanuts, Cashews or any nuts, preferably unroasted & unsalted

LUNCH

Option 1 Rice Bowl

- 1 Chicken Breast (6oz) OR 98% Trader Joes Ground Beef (6oz) OR Salmon OR Tuna (6oz)
- ½ Cup Brown Long Grain Basmati Rice OR 1 Red Potato (6oz)
- 1 TBSP Virgin Olive Oil OR ½ Avocado OR 1 TBSP Smart Balance Butter
- (All You Can Eat Extras) Veggies, Black Pepper, Balsamic Vinegar and Salsa

Option 2 Healthy Sandwich

- 6oz Can Tuna (White in Water) OR Turkey Slices (6oz) OR Chicken Breast (6oz)
- 2 Slices Ezekiel Bread OR 2 Slices Whole Wheat Bread
- ½ Avocado OR 1 Slice Cheese
- (All You Can Eat Extras) 1 Tbsp Vegannaise OR Organic Mayonnaise, Mustard, Lettuce OR Veggies

Option 3 Lite and Healthy Salad

- 1 Chopped Chicken Breast (6oz) OR Salmon OR Tuna (6oz) OR Extra Firm Tofu (6oz)
- Green Leaf Lettuce and/or Spinach
- ½ Avocado cubed and 1 Tbsp. Sunflower seeds
- Balsamic Vinegar dressing with 1 Tsp, Virgin Olive Oil
- (All You Can Eat Extras) Veggies, Jicama, Cucumber, Shredded Carrots, Sprouts, etc

Option 4 Egg White Delight

- 4- 6oz Liquid Egg Whites (about 2-4 Large Eggs)
- ½ cup Steamed Brown Basmati Rice OR 1 Chopped Red Potato (6 oz) OR 1 Low Carb Tortilla
- ½ Avocado OR 1 oz shredded cheese
- (All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

Option 5 You can select any option from the breakfast and dinner choices

SNACK 2

Dutch Chocolate Shake

- 1 Scoop Whey Protein
- 1 Cup Frozen Berries
- About 1 cup No Sugar Added Almond Milk
- Added Extras that I like (1/3 cup almonds, 1 Tbsp Flax Seeds, 1/8 cup dried shredded coconut, 1 Tbsp Raw Cocoa Nibs (See Shopping List)

DINNER

Option 1 Grilled To Perfection Chicken or Steak with Sautéed Vegetables

- 6 oz Grilled Chicken Breast OR Steak (Sirloin or Round Tip)
- 4 oz Baked (or micro waved) red potato, yam or sweet potato (with 1Tbsp Smart Balance Butter)
- Asparagus, Squash and Broccoli sautéed in 2 Tbsp virgin olive oil seasoned with Spike or Mrs. Dash
- (All You Can Eat Extras) Any and all veggies and pepper

Option 2 Deliciously Baked From The Sea

- Baked 6oz Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia
- ½ cup Steamed Brown Basmati Rice
- Small Salad – Mixed greens, ½ Avocado Cubed, Lite Dressing

Option 3 Chicken Soup to fill you until the morning

- 16 Oz Organic Broth (Chicken, Vegetable or Beef)
- 6 Oz Chopped Chicken Breast OR Scrambled Egg Whites OR Extra Firm Tofu cubed
- 1 cup Frozen Mixed Vegetables
- ½ Cup Brown Basmati Rice
- ½ Avocado Cubed
- Spices – Pepper, and Spike (if desired)

Option 4 Healthy Crunchy Chicken or Fish Tacos

- 6 Oz Chopped Chicken Breast OR fish (Baked or Grilled)
- 2-3 Corn Tortillas
- ½ Avocado OR 1oz Shredded cheese
- (All You Can Eat Extras) Shredded Lettuce, Salsa, Hot Sauce and veggies

Option 5 You can select any option from the breakfast and lunch choices

OPTIONAL SNACK

Option 1 Sweet Tooth Chai Tea

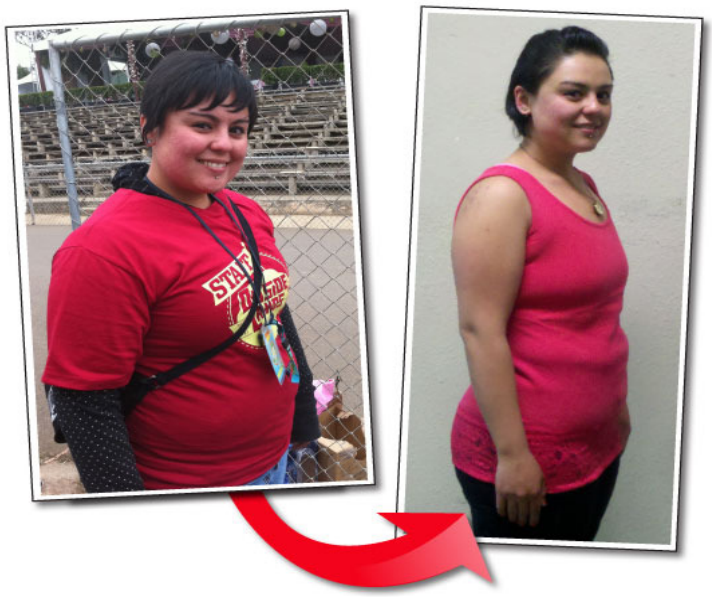
- 2 Teabags of Cocoa Spice Tea
- 12-16oz No Sugar Added Almond Milk
- Dash of Stevia

Option 2 Mouth Watering Cucumber Jicama Snack

- 1 cucumber
- 1 jicama
- All you can eat extras – lemon, salsa, pepper, balsamic vinegar

Chapter 4

The snacks



Fruits

- Berries (any kind, berries are the absolute #1 types of fruit)
- Apples (the darker the color, the better)
- Oranges
- Cherries (stick to 2 cups)
- Grapefruit
- Apricots
- Pears
- Peaches
- Plums
- Grapes (stick to 1 cup)

Nuts (unsalted, unroasted)

- Raw Almonds
- Raw Cashews
- Raw Sunflower Seed
- Raw Walnuts
- Raw Brazilian Nuts

Veggies

- Celery with 1 Tbsp Raw, no salt added almond butter
- Cucumber with 3 Tbsp Hummus
- Carrots with Lite Caesar dressing
- Steamed Broccoli with Lite Caesar dressing
- Jicama with squeezed lemon or lime and cayenne pepper

Chips

- Baked Blue Corn Chips (a handful – not the whole bag!) with salsa and/or guacamole

Dairy

- Fat-free cottage cheese with almonds and/or Greek yoghurt and/or fruit
- Light string cheese (max 2 sticks)
- Low-fat/fat-free Greek yoghurt with Yogurt with almonds and/or fruit

Tortillas

- Low Carb Tortilla with 1 tbsp hummus OR 1 tbsp peanut butter OR 1 tbsp almond butter OR smart balance butter OR salsa & 1/3 avocado

Meal Replacement Shake

- 1 scoop whey protein with 16 oz no sugar added almond milk with ¼ cup oats with ½ cup frozen berries

Sweet Tooth Chai Tea

- 2 Teabags of Yogi Mayan Cocoa Spice Tea with 12-16oz No Sugar Added Almond Milk with a dash of Stevia

Cucumber & Jicama

- 1 chopped cucumber mixed with 1 chopped jicama

Chapter 5

Shopping List

Having all these extensive mealplans is COOL… but where do you get all the stuff?? Here's a little list on where you can find everything:

Nuts & Seeds (make sure they're unroasted & unsalted)

Raw Brazilian Nuts	- Trader Joes/Whole Foods/Mother's Market
Raw Walnuts	- Costco/Trader Joes/Whole Foods/Mother's Market
Raw Peanuts	- Trader Joes/Whole Foods/Mother's Market
Raw Sunflower Seeds	- Trader Joes/Whole Foods/Mother's Market
Raw Cashews	- Costco/Trader Joes/Whole Foods/Mother's Market
Raw Almonds	- Costco/Trader Joes/Whole Foods/Mother's Market
Flax Seeds	- Costco/Trader Joes/Whole Foods/Mother's Market

Oils

Flax Seed Oil	- Costco/Trader Joes/Whole Foods/Mother's Market
Fish Oil	- Costco/Trader Joes/Whole Foods/Mother's Market
Extra Virgin Olive Oil	- Costco/Trader Joes/Whole Foods/Mother's Market

Herbs & Spices

Stevia	– Costco/Trader Joes/Whole Foods/Mother's Market
Cinnamon	– Costco/Trader Joes/Whole Foods/Mother's Market
Black Pepper	– Costco/Trader Joes/Whole Foods/Mother's Market
Cayenne Pepper	– Costco/Trader Joes/Whole Foods/Mother's Market
Spike	- Costco/Trader Joes/Whole Foods/Mother's Market
Mrs. Dash	- *not sure, last time I saw it was at Henry's in Chino Hills*

Dairy

Liquid Egg Whites	- Eggology or All Whites – Most Stores (not egg beaters)
Sliced Cheese	- Trader Joes/Whole Foods/Mother's Market (NOT Costco)
Cottage Cheese (fat-free)	- Trader Joes/Whole Foods/Mother's Market (NOT Costco)
String Cheese (light)	- Trader Joes (light blue packaging, Trader Joes brand)
Yoghurt	- Low-fat Greek Yoghurt from Trader Joes (blueberry, honey, and pomegranate flavors)/Horizon Organic Lowfat from Mother's Market/Whole Foods/Trader Joes

Grains & Bread

Rolled Oats (Oatmeal)	- Big Quaker boxes from Costco
Brown Long Grain Basmati Rice	- Costco/Trader Joes/Whole Foods/Mother's Market
Ezekiel Bread	- Trader Joes (the cinnamon raisin flavor tastes good)
Whole Wheat Bread	- Trader Joes 100% Whole Wheat Bread

Vegetables

Red Potato	- Trader Joes/Whole Foods/Mother's Market
Avocado	- Trader Joes/Whole Foods/Mother's Market
Green Lettuce	- Trader Joes/Whole Foods/Mother's Market
Spinach	- Trader Joes/Whole Foods/Mother's Market
Celery	- Trader Joes/Whole Foods/Mother's Market
Cucumber	- Trader Joes/Whole Foods/Mother's Market
Carrots	- Trader Joes/Whole Foods/Mother's Market
Shredded Carrots	- Trader Joes/Whole Foods/Mother's Market
Sprouts	- Trader Joes/Whole Foods/Mother's Market
Broccoli	- Trader Joes/Whole Foods/Mother's Market/frozen bags from Costco
Yam	- Trader Joes/Whole Foods/Mother's Market
Sweet Potato	- Trader Joes/Whole Foods/Mother's Market
Asparagus	- Trader Joes/Whole Foods/Mother's Market
Frozen Mixed Vegetables	- Trader Joes/Whole Foods/Mother's Market/frozen bags from Costco
Mixed Green Salad	- Trader Joes/Whole Foods/Mother's Market

Condiments & Dressings

Salsa	- Trader Joes/Whole Foods/Mother's Market (Pico de gallo is the BEST)
Hot Sauce	- Trader Joes/Whole Foods/Mother's Market
Balsamic Vinegar	- Trader Joes/Whole Foods/Mother's Market
Vegannaise	- Trader Joes/Whole Foods/Mother's Market
Organic Lite Mayonnaise	- Trader Joes/Whole Foods/Mother's Market (NOT Costco)
Mustard	- Trader Joes/Whole Foods/Mother's Market
Lite Caesar Dressing	- Trader Joes/Whole Foods/Mother's Market
Raw No Salt Peanut Butter	- Trader Joes/Whole Foods/Mother's Market (NOT Costco)
Raw No Salt Almond Butter	- Trader Joes/Whole Foods/Mother's Market
Smart Balance Butter	- Trader Joes/Whole Foods/Mother's Market

Fruits

Blueberries	- Trader Joes/Whole Foods/Mother's Market/frozen bags from Costco
Apples	- Trader Joes/Whole Foods/Mother's Market/Costco
Pears	- Trader Joes/Whole Foods/Mother's Market
Oranges	- Trader Joes/Whole Foods/Mother's Market
Peaches	- Trader Joes/Whole Foods/Mother's Market
Cherries	- Trader Joes/Whole Foods/Mother's Market
Grapefruit	- Trader Joes/Whole Foods/Mother's Market
Apricots	- Trader Joes/Whole Foods/Mother's Market
Plums	- Trader Joes/Whole Foods/Mother's Market
Grapes	- Trader Joes/Whole Foods/Mother's Market

Meats

Chicken Breast	- Trader Joes/Whole Foods (or frozen tenderloins from Costco)
98% Lean Ground Beef	- Trader Joes/Whole Foods/Mother's Market
Turkey Slices	- Trader Joes/Costco (Kirkland brand)
Sirloin Steak	- Trader Joes/Whole Foods/Mother's Market (NOT Costco)
Round Tip Steak	- Trader Joes/Whole Foods/Mother's Market

Seafood (ocean caught, not farm raised)

Ahi	- Trader Joes/Whole Foods/Mother's Market
Mahi Mahi	- Trader Joes/Whole Foods/Mother's Market
Halibut	- Trader Joes/Whole Foods/Mother's Market
Orange Roughy	- Trader Joes/Whole Foods/Mother's Market
Tilapia	- Trader Joes/Whole Foods/Mother's Market
Salmon	- Trader Joes/Whole Foods/Mother's Market
Tuna	- Trader Joes/Whole Foods/Mother's Market
Canned White Tuna in Water	- Trader Joes/Whole Foods/Mother's Market

Miscellaneous

Extra Firm Tofu	- Trader Joes/Whole Foods/Mother's Market
Dried Shredded Coconut	- Trader Joes/Whole Foods/Mother's Market
Raw Coco Nibs	- Trader Joes/Whole Foods/Mother's Market
Corn Tortillas	- La Fe Tortilleria or Trader Joes Brand
Tortillas	- La Tortilla Factory Low Carb from Trader Joes
Corn Tortilla Chips	- Baked Blue Corn Chips from Trader Joes
Chicken Broth (low sodium)	- Trader Joes/Whole Foods/Mother's Market
Vegetable Broth (low sodium)	- Trader Joes/Whole Foods/Mother's Market
Beef Broth (low sodium)	- Trader Joes/Whole Foods/Mother's Market
No Sugar Added Almond Milk	- Blue Diamond Almond Milk from Trader Joes

Chapter 6
Supplements

DISCLAIMER: You'll notice in this section that I refer to www.bodybuilding.com for all supplements. I do NOT get paid in any way for endorsing their stuff *(although I probably should…),* it's just that I have ordered from here myself for over 4 years and am a VERY happy customer.

And most importantly, their prices are the lowest out there (especially compared to GNC, it really saves you an average of 50%)

When ordering on bodybuilding.com, just make sure to always ship it to your house through the FedEx Ground option. I have never waited more than 3 business days for my stuff to arrive (and they'll give you a tracking number as well).

Joint Support

- Glucosamine/Chondroitin (http://www.bodybuilding.com/store/now/joint.html)
- Omega 3-6-9 (http://www.bodybuilding.com/store/now/omega.html)

Multivitamins

- One-A-Day Women (Costco)
- Optimum OptiWomen (http://www.bodybuilding.com/store/opt/women.html)

To Lower Cholesterol

- Pomegranate concentrate (Costco)

Heart Health

- Omega 3-6-9 (http://www.bodybuilding.com/store/now/omega.html)

Protein Powder

- Optimum Whey Protein (http://www.bodybuilding.com/store/opt/whey.html)
- MRM Brand (http://www.bodybuilding.com/store/mrm/pumped.html)

Energy for throughout the day

- FRS Powdered Drink (http://www.bodybuilding.com/store/mrm/pumped.html)
- Scivation Xtend (http://www.bodybuilding.com/store/sv/xtend.html)
- Nature's Science Ginseng (http://www.bodybuilding.com/store/ns/sgin.html)

Preworkout energy

- CL Purple Wraath (http://www.bodybuilding.com/store/clabs/purple.html)
- Turbo Tea Diet (http://www.bodybuilding.com/store/abb/turbotea.html)
- Optimum AmiN.O. (http://www.bodybuilding.com/store/opt/essential-amino-energy.html)

Chapter 7

Where to Shop?

Chapter 8
Going Out to Eat...

We all know the options are limitless when going out to eat. And since all restaurants want you to come back, they will do whatever it takes to satisfy you (... and that includes stuffing you FULL with food so you leave their place like you *"got your money's worth"*)

So before you even leave your house to go out to eat, always snack on something at home to kill your hunger. My favorite pre-restaurant snack is something high in protein, since protein is known to kill ones appetite.

When you arrive, don't even have the waiter bring the bread or tortillas chips, or if anything, just DON'T eat it.

When looking at the menu, seek out the health conscious section. Many restaurants are getting savvy, and this is awesome for you since you can order something delicious *without* feeling guilty about it.

Whatever it is that you order, **always** order water as your first drink. Water fills your stomach and reduces any serious cravings you may have (just like the pre-game protein shake that you drank at home).

And bear in mind that in America, 9% of all restaurants will serve you with WAY too much food on 1 plate, so make sure to stop eating when you're full.

Another way to prevent overeating is to divide your meal in half, knowing that you're taking one half home with you at the end of your meal.

Oh and 1 more thing... **NO DESSERT!**

Eating something that has truckloads of sugar, fat, and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to that madness!

Mexican Food

- The majority of Mexican restaurants serve chips and salsa when you sit down, don't get out of control with it. Send it back so you don't stuff yourself with it before your meal arrives.
- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, guacamole and a little cheese
- Try ceviche (fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad; leave out the dressing and use salsa instead.

Sushi

- Avoid the tempura and anything else that's deep fried. The majority of rolls come with rice, so ask your server to leave it out.
- Go for the Sashimi, Edamame, Sashimi Salad, and Miso soup
- When using soy sauce, always opt for the low-sodium version

Italian

- Beware of the bread; have the waiter take it away
- Nowadays, many Italian restaurants have a healthy or low carb section in their menus
- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing

Fast Food

This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner, but here are my top 3 suggestions of places to eat if you really don't have a lot of time:

- Baja Fresh – Your choice of chicken, fish (not fried), steak tacos. Make sure they are in corn tortillas with salsa, you can also have guacamole. Make sure you don't eat the tortilla chips that usually come with it.
- Rubio's – They have great healthy chicken, fish and meat tacos and burritos. Make sure you don't eat the tortillas chips that usually come with it.
- El Pollo Loco – Order the chicken breast but remove the skin, corn tortillas, steamed veggies and salsa
- Charo Chicken – Order Chicken breast but remove the skin, corn tortillas
- Daphne's Creek Café - Chicken Kabob with no rice

Chapter 9

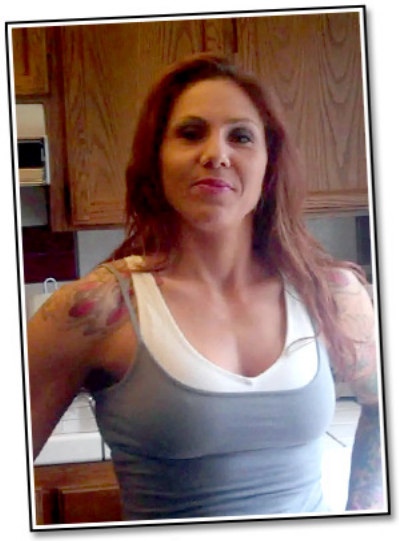
What if I have Questions?

The Ultimate Women's 28 Day Jump Start Meal Plan has helped hundreds of women quickly and easily lose belly fat, gain lean muscle and have endless energy. Although it is extensive, it only covers less than 1% of the entire big picture on nutrition.

Therefore, as a way of saying THANK YOU for being such an awesome client, I want you know that I am **dedicated** to have you achieve your health and fitness goals… *no matter what*!

Here is my PERSONAL email to your direct nutritional support hotline. When you have any questions or comments, simply let me know and I'll do my best to get back to you asap:
Jenn.M.Aguirre@gmail.com

Dedicated to Your Health And Fitness,



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