



B Fit Fat Incineration Diet

	SUN	MON	TUE	WED	THU	FRI	SAT
POST WORKOUT MEAL	PROTEIN SHAKE W/1 C FF MILK	PROTEIN SHAKE W/1 C FF MILK	PROTEIN SHAKE W/1 C FF MILK	PROTEIN SHAKE W/1 C FF MILK	PROTEIN SHAKE W/1 C FF MILK	PROTEIN SHAKE W/1 C FF MILK	PROTEIN SHAKE W/1 C FF MILK
BREAKFAST	16 OZ WATER 2 KASHI WAFFLES 1/2 BANANA 1/4 CUP LIGHT SYRUP 1 CUP FF MILK	16 OZ WATER 1/2 C. OATMEAL 2 SLICES TURKEY BACON 1/2 APPLE	16 OZ WATER 1/2 C. MUSCLI 1 CUP FF MILK	16 OZ WATER 4 EGG WHITES 1 SLICE TOAST 1/2 CUP CHOPPED VEGGIES	16 OZ WATER 1 GREEK YOGURT 1/2 C. LOW FAT GRANOLA W/ 1/2 C. BERRIES	16 OZ WATER 1/2 C. OATMEAL 4 EGG WHITES 1 ORANGE	16 OZ WATER 4 EGG WHITES 1 SLICE TOAST 1/2 CUP CHOPPED VEGGIES
SNACK	8 OZ WATER 1 SERVING OF WHOLE WHEAT PITA CHIPS PLUS 3 TBS HUMMUS	8 OZ WATER 2 GRAHAM CRACKERS 2 TBSP REDUCED FAT PEANUT BUTTER	8 OZ WATER 1/2 BABY CARROTS PLUS 3 TBS FAT FREE RANCH DRESSING	8 OZ WATER 1 CHABANI FLAVORED YOGURT	8 OZ WATER 1/2 APPLE SLICED AND 2 TBSP REDUCED FAT PEANUT BUTTER	8 OZ WATER 10 CORN TORTILLA CHIPS PLUS 1 C. SALSA	8 OZ WATER 1 MEDIUM PEAR 1 OZ OF REDUCED FAT CHEESE
LUNCH	16 OZ WATER TURKEY BURGER W/ LETTUCE, TOMATO, ONIONS ON WHOLE WHEAT BUN	16 OZ WATER 1 C. VEGGIE CHILI CORN BREAD SALAD	16 OZ WATER 1 CUP ZITI WITH PASTA SAUCE 1/2 CUP GREEN BEANS	16 OZ WATER STIR FRY SHRIMP AND VEGETABLES 1/2 CUP BROWN RICE	16 OZ WATER TUNA SALAD WITH WHOLE WHEAT PASTA 1 C. FRUIT SALAD	16 OZ WATER VEGGIE BURGER W/ LETTUCE, TOMATO, ONIONS ON WHOLE WHEAT BUN	16 OZ WATER LENTIL SOUP SALAD WITH 2 TB VINAIGRETTE
DINNER	16 OZ WATER GRILLED SALMON (3OZ) 1 CUP BROCCOLI	16 OZ WATER GRILLED CHICKEN (3OZ) 1 CUPS SALAD W/ VINAIGRETTE	16 OZ WATER STIR FRY SHRIMP(9) AND 1 CUP STIR FRY VEGETABLES	16 OZ WATER 1 CUP VEGETARIAN CHILI	16 OZ WATER BAKED CHICKEN BREAST (3OZ) 1 C. BROCCOLI	16 OZ WATER TURKEY BURGER ON WHOLE WHEAT ROLL W/ LETTUCE ,	16 OZ WATER OVEN FRIED CATFISH (3OZ) 1 CUP CABBAGE

Fat Incineration Diet

DCI	Calories	Carbs 40%	Protein 30%	Fat 30%	
1200	1200	120	90	40	
3 meals	300	30	22.5	10	
2 snack	150	15	11.25	5	
1500	1500	150	112	50	
3 meals	375	37.5	28	12.5	
2 snack	187.5	18.75	14	6.25	
2000	2000	200	150	66	
3 meals	500	50	37.5	16.4	
2 snack	250	25	18.75	8.2	

- Know you daily caloric intake
- Use the power of protein
- Eat breakfast every day
- Drink 1/2 your body weight in water
- Eat only brown grains
- No grains after 6:pm
- Dinner: Protein and Green Vegetable
- 5-7 servings of Fruit and vegetables a day
- Drink 1 Whey protein shake a day
- Take a multivitamin