



LeanEats

7

Day Meltdown

>> QUICK
START
GUIDE



7 Day Meltdown Quick Start Guide

Choosing Your Food in Week 1

Preparation is key, so you'll want to have as many of your meals prepped as possible going into this week. You will be eating 5 meals a day, so you will need to walk out the door with a minimum of 3 meals when you leave the house for the day—unless you're planning on eating at a restaurant for lunch (be sure to print and carry your restaurant cheat sheet with you).

To help you prepare your meals for this week, in the "Recipe Guide" following this section, you will find your list of recipes, sorted by color to make things as simple as possible for you. And of course to make things even simpler, you can always purchase foods directly from Lean Eats (www.myleaneats.com) as they come color-coded for convenience.

Once you're set on your meals, you'll want to print the "Meal Tracker Chart" and "Restaurant Cheat Sheet" on the following pages so that you can track your colors and stick to the plan.

FAQ

What if I'm not hungry and want to skip a meal?

This can be very typical for anyone who isn't used to eating this many meals per day. We recommend eating all of your meals so that your body gets enough protein and doesn't think that you're starving it. If it thinks it's being starved, it can very well go into storage mode, where it purposely stores fat in case it won't be getting food again for a while.

It's understandable that if you're 100% stuffed, you won't want to eat, so if you do this once or twice during this week, you should be fine. Your body typically won't count a skipped meal here or there as a threat, but if at all possible, try to eat all of the meals to ensure best results.

Do I have to eat every 3 hours?

No, you certainly don't have to. However, let's look at why it is recommended. Let's say you typically eat breakfast at 9 am but don't eat lunch until noon. Perhaps you're busy one day and push that meal back to 1:30 pm. With 3 meals still to go, this would have you eating at 4:30, 7:30, and 10:30. When it starts to get that late, you may not feel like eating, and you're at the risk of missing a meal altogether. If this happens a couple days in a row,

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your body will begin to think you're starving it, and it will hold on to the fat that you're trying to get rid of.

Therefore, it's much more effective to reach your fat loss goals to eat every 3 hours. Once again, as long as you squeeze all of your meals in, the timing is up to you!

Is ketosis safe?

Absolutely! It may sound intimidating or highly scientific, so let's break it down: "Ket" is derived from the word "ketones," and "osis" refers to a condition or process of the body. Put it together and that just means the body is going through a process of elevated ketones in the blood.

The next question, of course, is what are ketones? Simply put, they are a byproduct of burning fat for energy. Ketones are produced by the liver all the time in all individuals, even those following an unrestricted diet. When you go into ketosis, your liver is simply producing more of these ketones than it normally would. Thus, ketosis is a perfectly safe process for the body to undergo!

Is it OK to use sauces and dressing on my food?

Yes, but remember to keep track of the carbs and sugars. 3 grams of carbs or less is what you want (keep in mind how many servings you're using), and remember that the goal is to stay below 40g carbs per day.

What if I am not good at cooking or preparing foods?

That is perfectly fine! If you are worried about the time or hassle of preparing your foods each day, we suggest you head over to our Lean Eats website and develop a customized meal plan for your 7-Day Meltdown. The meals will be color-coded exactly as we have laid out in this program and will help you get amazing results. Go to www.myleaneats.com to order your food.

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Meal Tracker Chart

(Highlight with Your Colors and Print)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							

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Restaurant Cheat Sheet (Highlight and Print)

Blue meals	Yellow meals	Red meals
Chicken	Meatballs	Quesadillas (loaded with meat)
Steak	Meatloaf	Low-carb Wraps (loaded with meat)
Pork	*Also any blue meals that have rich sauces	Crab Cakes
Fish		*Also any yellow meals that have rich sauces
Turkey		
Eggs		
Ground Beef		

****No buns, salads, or sugary sauces**

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Grocery List

Once you have planned your weekly meals, use this list to figure out how much of each item you will need to get during your weekly grocery trip

Proteins

Chicken Breasts	lbs
Ground Chicken Breast	lbs
99% lean Ground Turkey	lbs
Turkey Tenderloins	lbs
90% Lean Ground Beef	lbs
Flank Steak	lbs
Eggs	Dozen
Egg Whites	
Pork Tenderloin	lbs
Tilapia	lbs
Black Beans	can
Spanish Chorizo	lbs
Lump Crab Meat	lbs

Vegetables/Fruits

Lemon	#
Mushrooms	#
Scallions	#
Garlic Cloves	#
Shiitake Mushrooms	#
Green Onions	#
Onion	#

Spinach	#
Artichoke Hearts	#
Salsa	#
Green Bell Peppers	#
Basil	#
Eggplant	#
Parsley	#
Avocado	#
Cilantro	#
Mixed Baby Greens	#
Red Pepper	#

Fats/Oils

Light Italian Salad Dressing
Low Fat Mayo
Canola Oil
Parmesan Cheese
Mozzarella Cheese
Cooking Spray
Cream Cheese
Sharp Cheddar Cheese
Olive Oil
Low Fat Feta Cheese

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Starches

Dry Quick/Instant Rolled Oats

Low Carb Tortillas

Arnolds Artisan Savory Herb Flatbread

Whole Wheat Pita bread

White Wine

Balsamic Vinegar

Fish Sauce

Lemon Juice

Hot Sauce

Other

Red. Sod. Chicken Broth

Red. Sod. Soy Sauce

Red. Sod. Beef Broth

Seasonings (circle)

Salt, Pepper, Onion Powder, Cajun Seasoning, Paprika Cayenne Pepper, Low Sugar Ketchup, Chili Powder, Cumin, Ground Chipotle Pepper, Oregano, Marmite, Old Bay Seasoning

If shopping and preparing your meals seems like a challenge that is too hard to overcome, head over to www.myleaneats.com and customize your 7-Day Meltdown meal plan that will delivered to your door in just a few days.

Color-Coding Key

Blue = Low Carb (0g–5g),

Yellow = Moderate Carb (6g–15g),
moderate fiber

Red = High Carb (16g–20g), high fiber

Green = Veggie, high alkaline

Purple = Starch, high fiber
















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If you're prepping your own meals, just use this chart to identify what kind of meal you're making. For example, if you're making barbecue chicken, the chicken has no carbs and would be blue. But if the barbecue sauce you're using has 6 grams carbs per teaspoon, and you use two teaspoons, then your chicken has 12 grams carbs and would become a yellow item.

What do I do with these colors?

You're going to follow a color formula that will put your body into ketosis. Here is the magic formula that dictates which meals you'll want to eat in a given day:

- Up to 1 **Red** item
- Up to 2 **Yellow** items
- Up to 5 **Blue** items

	Example Day 1	Example Day 2	Example Day 3
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			

*Notice, that you do not have to have any yellows or reds if you don't want. Just keep in mind that you can have up to 2 yellow items and up to 1 red item each day.

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Now we'll plug in the food and its assigned color to see what your actual menu can look like:

As you can see by the chart here, you won't exactly be suffering this week! These are some great foods, many of which you are probably already eating!

	Example Day 1	Example Day 2	Example Day 3
Meal 1	Scrambled Eggs	Bacon Quiche	Scrambled Eggs
Meal 2	Zero Carb Protein Shake	Zero Carb Protein Pudding	Chicken in a Low-Carb Quesadilla
Meal 3	Chicken with Buffalo Sauce	Chicken Parmesan with Low-Carb Sauce	Meatballs
Meal 4	Low-Carb Wrap with Turkey & Cheese	Steak Strips	BBQ (Sauce 7g Carbs)
Meal 5	Meatloaf	Grilled Salmon	Cajun Tilapia Fillet

Now you are ready to start planning your own meals and get started on your 7-Day Meltdown!