

the sexy abs meal plan

destroying-that-fat.tumblr.com for those of all skill levels

breakfast options:

once a day + no sides

- 1 boiled egg w/ greek yogurt
- greek yogurt w/ berries
- greek yogurt w/ whole grain granola
- smoothie (see recipe below)
- oatmeal w/ fruit
- whole grain toast w/ peanut butter & banana slices*

lunch options:

once a day + 1-2 sides

- spinach w/ strawberries & vinaigrette dressing
- turkey, lettuce & tomato on whole grain bread
- custom salad (no croutons, limited dressing, no bacon)

snacks & sides:

once between breakfast & lunch; once between lunch & dinner

- 1/2 cup berries
- handful of almonds
- cucumber slices
- celery
- 1/2 cup greek yogurt
- smoothie
- an apple
- low fat cheese sticks

smoothie recipe:

mixed berries, skim/almond/1% milk, ice, 1-2 tsp honey
BLEND BLEND BLEND! and enjoy :)

* best breakfast!

dinner options:

once a day + no sides

- grilled salmon w/ quinoa
- grilled veggies w/ chicken
- caesar salad (limited dressing)
- grilled chicken patty w/ low fat cheese, lettuce, & tomato on a whole wheat bun (+1 side)

foods to avoid:

- frozen "diet" meals
- fast food (ALWAYS!)
- foods w/ extra carbs/sugar
- high fructose corn syrup
- french fries & potato chips
- white bread, white rice, etc.