

FIRST FRUIT FITNESS MEAL PLAN

The following meal plan was created to help you lose weight the healthy way. This is not a quick fix but instead a lifestyle. Give yourself grace as this is a journey not a destination. It may be helpful to use the First Fruit Fitness food log on my website to record your meals for a while until you get the hang of it. And remember, in Christ there is no condemnation. If you feel condemnation, shame or heaviness of any kind STOP, PRAY and get your heart right with the Lord before continuing on. He is for you and so am I! ☺

BREAKFAST	LUNCH	DINNER	SNACK	SUPPLEMENTS
1 Protein 1 group choice Optional: Coffee/tea with 30 ml (1 oz.) of almond/coconut milk.	1 Protein 2 cups of select vegetables 1 group choice Optional: Unlimited raw vegetables/lettuce	1 protein and 2 cups of select vegetables 1 group choice Optional: Unlimited raw vegetables/lettuce	1 Protein	WATER: you need half your body weight in ounces(ex: you weigh 150 you should drink 75 oz. water a day) Fish Oil Probiotics Multivitamin

GROUP CHOICES (1 choice per group per day):

Group 1(CARBS): One slice of toast (sprouted grain like Ezekiel bread is best), 150 g (5 oz.) whole wheat pasta, 150 g (5 oz.) brown rice (non-instant), 1 sweet potato or small boiled potato, 60 g (2 oz.) oatmeal (non-instant), 150- 200 g (5-7 oz.) couscous, 50 g (2 oz.) unsweetened cereal (bran, oat, whole grain, barley), 150 g (5 oz.) cooked legumes (chick peas, lentils, green, peas, kidney beans), 150 g (5 oz.) corn.

Group 2(Fructose): Fresh fruit (i.e. 1 grapefruit, 1 apple, 2 kiwis, 150 g (5 oz.) pineapple, 1 banana, 200 g (7 oz.) of strawberries, blueberries, blackberries or raspberries)).

Group 3(FATS): Small package of nuts, half an avocado, nut butter(great for putting on Ezekiel break or dipping your apples or carrots in), coconut oil, ghee.

PROTEIN OPTIONS – No frying or breading

Fish: Anchovy, bass, catfish, cod, flounder, grouper, haddock, hake, halibut, mahi-mahi, monkfish, perch, pike, red snapper, redfish, sea bass, shark, smelt, sole, swordfish, tilapia, tuna (red tuna once per week), trout, turbot, walleye, whiting, wild salmon

Seafood: Clams, crab, crawfish, lobster, mussels, oysters, scallops, scampi, shrimp, squid.

Beef: Flank steak, ground beef (extra-lean), lean roast, round, rump steak, sirloin, tenderloin, tournedos.

Poultry: Chicken (skinless), 2 eggs, fowl, quail, turkey, wild birds.

Veal: Breast, cutlet, inside round scaloppini, rib, shank, shoulder, tenderloin.

Other: Bison, deer, elk, frog legs, kidney, lamb loin, liver, moose, ostrich, rabbit

LIMITED PROTEIN(1 choice to be used only once a day):

Power Crunch Bars, Quest Protein Chips, RXBAR, protein shake(no additives-I like Garden of Life Raw Meal or egg white protein), Oh YEAH Bars(cinnamon roll is my favorite!)

UNLIMITED RAW VEGETABLES/LETTUCE Arugula, Bibb lettuce, Boston lettuce, celery, chicory lettuce, cucumber, endives, escarole lettuce, frisée lettuce, green and red leaf lettuce, iceberg lettuce, mushroom, radicchio, radish, romaine lettuce, spinach and watercress lettuce.

SELECT VEGETABLES – 2 cups per meal – Measure before cooking. Alfalfa, asparagus, bamboo shoots, bean sprouts, bell peppers, broccoli, cabbage (all), cauliflower, celeriac, celery, chayote, chicory, collards, cucumbers, dill pickles, fennel, Gai Lan (Chinese broccoli), green onions, jicama, kale, kohlrabi, mushrooms, okra, onions (raw only), hot peppers, radish, rhubarb, sauerkraut, spinach, Swiss chard, turnip, zucchini/yellow summer squash, green beans, brussel sprouts.

SEASONINGS Apple cider vinegar, fine herbs, fresh herbs (basil, bay leaves, cilantro, chervil, chives, dill, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme), garlic, ginger, lemon, lemongrass, hot mustard, hot sauce, spices (MSG free/no carbohydrates), white vinegar

NOTE ABOUT SUPPLEMENTS:

I am a bit of a supplement snob and have tried many different ones. When my husband was in chiropractic school we learned a lot about nutrition and what to look for in supplements. I personally love Plexus Triplex combo for their Biocleanse and Probiotic to keep your gut healthy and blood sugar levels balanced. And their multivitamin is great because it has aloe vera in it which helps absorb the vitamins. You can order those directly through me here:
<http://shopmyplexus.com/rachaelgilbert/>.

Please know that you do not have to use those supplements for this plan to work for you but you DO need to have a good source of probiotics, fish oil & a multivitamin. Please don't buy vitamins and probiotics from places like Walmart because the quality simply is not there and you will not get the full benefit. My husband and I use Innate Choice fish oil because it is an excellent source of fish oil. You can order that through our clinic or you could use the Plexus omegas because they are great as well. Again, you are welcome to get those somewhere else but make sure it is a good source. With fish oil, you should never burp the taste of fish oil. If you do, you know you do not have a good source.