

# Fat Loss Gluten Free Diet Plan

*Enjoy eating delicious gluten free meals while losing weight and reclaiming your bodies natural shape!*



Breakfasts Lunches Dinners Desserts Appetizers Smoothies



**SlimDownSmart**

# Introduction

Welcome to the “Fat Loss Gluten Free Diet Plan” program. This is an extraordinary way to kick start your fat loss journey for success with a simple to follow plan. Prepare for awesomeness because this is going to be your best fat loss week yet!

You’ll be given 4 meals per day to eat. These are not small skimpy meals that leave you hungry afterwards. The meals that are planned out for today and the upcoming week are packed with protein to keep you fuller for longer.

The meals are laid out accordingly for breakfast, lunch, snacks, and dinner. If you get a late start to the day you can swap snacks and dinners around so you can schedule your meals better.

You should eat every meal that is planned out for you to have success. Stay as close the serving sizes as possible. Do not skip meals or overeat meals. Staying on the plan and following it exactly how it’s laid out will give you the best results possible.

Myself and the Slim Down Smart team have also included a shopping list for you to shop just once and grab everything you need so you can save time and be efficient when planning and preparing meals.

When you’re grocery shopping we recommend you buy organic produce and poultry to ensure quality. Fruits and vegetables are recommended to be bought in organic unless you’re peeling the outer shell or peel off the fruit or vegetable. Meats should be bought organic to remove harmful hormones and antibiotics.

Although we do recommend organic, it’s not necessary if you’re on a limited budget.

On day 7 you’ll notice that we have zero meals planned for you to eat. The reason we have done this is because we’re giving you a cheat day. A cheat days lets you indulge into your favorite foods without worrying about messing up your meal plan. More on that later...

We all have to stay sane so eating a few unhealthy things are good every once in a while when you’re first starting out. Having foods that are normally restricted from the eating plan once a week will boost your leptin levels. Leptin is a hormone that helps you burn fat and when you’re not eating like normal, leptin levels tend to dip.

Cheat days allow you to regain lost leptin levels and reset your fat burning switch.

**REMEMBER:** You can use this meal plan over and over again to keep seeing results repeatedly week after week!

Enjoy!

- Matt Green  
Nutritionist & Exercise Consultant

# Slim Down Smart Week 1 Meals



## Day 1

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
Balsamic Chicken Salad (See Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
1 Medium Apple + Peanut Butter	1 tbsp. Nut Butter	2pm – 3pm
Dinner	Serving Size	Time
Grass Fed Burger w/ cheese + lettuce	1 Burger	4pm – 6pm

## Day 2

Breakfast	Serving Size	Time
1 Medium Sized Grapefruit + 1 Banana	1 Serving	9am – 10am
Lunch	Serving Size	Time
2 Cups of each (Cauliflower + Broccoli)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
1 Medium Banana + Almond Butter	1 tbsp. Nut Butter	2pm – 3pm
Dinner	Serving Size	Time
½ cup Wild Rice + 1 Chicken breast	1 Serving	4pm – 6pm

## Days 3 and 4



### Day 3

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
Chicken Milanese (Chicken, Sweet Potato, Spinach)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Strawberry Ice Cream (See Recipe Below)	1 tbsp. Nut Butter	2pm – 3pm
Dinner	Serving Size	Time
Turkey Chili (See Recipe Below)	1-2 Bowls	4pm – 6pm

### Day 4

Breakfast	Serving Size	Time
1 cup Quinoa + ¼ cup Blueberries + Coconut Oil	1 Serving	9am – 10am
Lunch	Serving Size	Time
Turkey Chili (Leftovers)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
1 Orange + Handful of Sunflower Seeds	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
Turkey Loaf + Broccoli (See Recipe Below)	1 Serving	4pm – 6pm

## Days 5 and 6



### Day 5

Breakfast	Serving Size	Time
2 Eggs + 1 cup Spinach + ¼ Onion + ¼ Pepper	1 Serving	9am – 10am
Lunch	Serving Size	Time
Balsamic Chicken Salad (See Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Apple w/ Cinnamon	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
Grass Fed Burger w/ cheese + lettuce	1 Serving	4pm – 6pm

### Day 6

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
2 Cups of each (Cauliflower + Broccoli)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
1 Orange + Handful of Sunflower Seeds	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
1 cup each - Green Beans + Quinoa + Chicken	1 Serving	4pm – 6pm

# Day 7 – Cheat Day

Today is day 7, which means it's a cheat day...

This means you can eat whatever you'd like today. This includes pizza, ice cream, etc. Even though you can eat foods that do not enable your fat burning switch today, make sure you practice portion control.

If you eat ice cream have a bowl not the whole carton. If you get pizza, eat 2 pieces not the whole pie. Have a great day!

## 1 Week Fat Loss Recipes

### Protein Power Smoothie



#### Ingredients - *Serves: 2*

- 1 Banana
- ½ cup blueberries
- 2 scoops tera's whey protein
- ½ cup keifer
- 6 ice cubes

#### Directions

1. Add all of the ingredients into a blender and mix well.

# Turkey Chili



## Ingredients - *Serves: 4*

- 2 tsp butter, divided
- 1 lb lean ground turkey
- Sea salt and ground black pepper
- 1 cup chopped red bell pepper
- 1 medium onion, coarsely chopped
- 2 tsp chili powder
- 1 tsp ground cumin
- 14½ oz crushed tomatoes, (canned)
- 1 clove garlic, minced
- 1 can of pinto beans

## Directions

1. Heat 1 tsp butter in a 3-quart saucepan over high heat. Add the turkey, and season to taste with the salt and black pepper. Break up the turkey and cook for 2–3 minutes, or until browned. Remove to a bowl and cover to keep warm.
2. Reduce the heat to low, heat the other 1 tsp butter, and cook the red pepper, onion, and garlic for 3–5 minutes, or until vegetables begin to soften. Add the chili powder and cumin, stirring for 1 minute.
3. Increase the heat to medium, and add the tomatoes and pinto beans. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer uncovered for 15 minutes.
4. Add the browned turkey, and simmer 5 minutes more.



# Balsamic Chicken Salad



## Ingredients - *Serves: 1*

- 1 Chicken breast
- 1 handful Spinach
- 3 tbsp. Olive Oil
- 3 tbsp. Balsamic Vinegar

## Directions

1. Cook chicken breast on the grill.
2. While chicken is cooking wash the spinach and add it to your plate.
3. Mix the olive oil and balsamic vinegar in a bowl.
4. Cut chicken breast up and add on top of salad.
5. Pour the balsamic and olive oil mix on top of your salad.

# Strawberry Ice Cream



## Ingredients - *Serves: 4*

- 12 Strawberries
- 1 Banana
- 2-3 cups almond milk
- 1 tsp. vanilla
- Sprinkle of cinnamon

## Directions

1. Add the bananas, vanilla, strawberries, and vanilla almond milk in the blender and mix until creamy.
2. Take out of the blender and put into bowls. Sprinkle with cinnamon, Enjoy!



# Turkey Loaf



## Ingredients - *Serves: 4*

- 1/2 medium Red Bell Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Freshly Ground Black Pepper
- 1/3 cup Organic Chicken Broth
- 1/2 cup Plain SWG Cereal
- 1 Egg
- 1 (20.8-oz) package Ground Turkey
- 1/4 cup Organic Ketchup

## Directions

1. Preheat oven to 325°F.
2. Mix the broth with the turkey, egg, swg cereal, and pepper.
3. Add to a baking pan then spread the ketchup on top of the meatloaf.
4. Bake 45 minutes more, or until cooked to an internal temperature of 165°F.

# 1 Week Shopping List

- 1 Jar - Tera's Whey Protein
- 1 oz – Blueberries
- 6 – Bananas
- 1 bottle – Keifer
- 1 bottle - Balsamic Vinegar
- 1 bottle - Olive Oil
- 1 package – Spinach
- 4 Chicken breasts
- 2 Grass fed burgers
- 1 head – Lettuce
- 2 lb. Ground Turkey
- 1 Grapefruit
- 1 oz – Almonds
- 1 small box - Wild Rice
- 1 head – Cauliflower
- 3 branches – Broccoli
- 1 jar - Almond Butter
- 1 jar - Peanut Butter
- 1 Squash
- 2 Apples
- 1 Sweet Potato
- 2 Red Peppers
- 2 Onions
- 1 stick – Butter
- 1 clove – Garlic
- 1 can - Crushed Tomatoes
- 1 can - Pinto beans
- 1 jar - Chili Powder
- 1 jar – Cumin
- 1 bag – Quinoa
- 1 jar - Coconut Oil
- 1 bag - Green Beans
- 1 dozen – Eggs
- 1 oz - Raw cheese
- 1 container - Sunflower Seeds
- 1 jar - Sea salt
- 1 jar - Black Pepper
- 1 jar – Chicken broth
- 1 box – SWG cereal
- 1 jar – Ketchup
- 1 bag - Frozen Strawberries
- 1 jar – Cinnamon
- 1 carton - Almond Milk
- 1 bottle – Vanilla
- 1 jar – Cumin
- 1 Orange

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<http://slimdownsmart.com/start>