

Fast One Week Weight Loss

Enjoy eating delicious decadent meals while shedding fat off your body without starving yourself!



Breakfasts Lunches Dinners Desserts Appetizers Smoothies



SlimDownSmart

Introduction

Welcome to 7 day meal planning program! This is an extraordinary way to kick start your fat loss journey to success with a simple to follow plan. I'm excited to see how well your results turn out after following our meal plans!

You'll be given 4 meals per day to eat. These are hearty meals that fill you up. The meals that are planned out for today and the upcoming weeks are packed with protein to keep you fuller for longer during the day.

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. We want you to incorporate this plan to fit your schedule. These meals will help you reduce inflammation, avoid gluten, and boost your energy levels.

You should stick to every meal that is planned out for you to have success. Skipping a meal can cause your blood sugar levels to dip too low and prevent your body from burning fat. Eating large portion sizes can raise your blood sugar levels too high causing your body to store fat too. If you ever feel hungry after a meal you can increase your portion size. You should never feel hungry following the plan.

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

You may already have most of the items on the shopping list. Just make sure to double check. When you're grocery shopping we recommend you buy organic produce and poultry to ensure quality.

Fruits and vegetables are recommended to be bought 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. If you see a meal you like on a different day, you are also allowed to move meals around to fit your specific tastes.

We're excited to see your results once you've finished the plan! If you have any questions please contact us so we can help you! <http://slimdownsmart.com/contact>

Matt Green

Nutritionist & Exercise Consultant

Week 1 Shopping List

Vegetables

- 1 bag of spinach
- 1 bag of spring mix salad
- 2 bags of green beans
- 3 bell peppers
- 5 onions
- 1 sweet potato
- 1 egg plant
- 1 cauliflower
- 4 heads of broccoli
- Grape tomatoes
- 2 avocados

Poultry

- 1 dozen - eggs

Extras

- 1 box - wild rice
- 1 bag - quinoa
- 1 jar - teras whey protein
- 2 jars - crusher tomatoes
- 1 block - organic cheddar cheese
- 1 clove - garlic
- 2 cans - pinto beans
- 1 container - almond milk
- 1 bottle - vanilla
- 1 container - chicken broth
- 1 container - kefir
- 1 container - salsa
- 2 cans - black beans
- 1 dozen eggs
- 1 bag almond flour

Oils & Butter

- 1 jar - [unrefined coconut oil](#)
- 1 bottle - olive oil
- 1 Bottle - balsamic vinegar
- 1 stick - grass fed butter

Fruits

- 1 bag of blueberries
- 1 bag of frozen strawberries
- 1 apple
- 4 bananas

Nuts, Seeds & Nut Butters

- 1 bag - macadamia Nuts
- 1 bag - raw almonds
- 1 bag - sunflower seeds
- 1 bag - cashews

Spices & Salts

- 1 container - cinnamon
- 1 container - sea salt
- 1 container - black pepper
- 1 container - chili powder
- 1 container - cumin
- 1 container - cilantro
- 1 container - garlic powder
- 1 container - cayenne pepper

Extras

- 1 block of mozzarella cheese
- 1 container of feta cheese
- 2 containers of vegetable broth

Slim Down Smart Meal Plans



Day 1

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
Balsamic Feta Salad (See Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Macadamia Nuts	1 Handful	2pm – 3pm
Dinner	Serving Size	Time
Broccoli Cheddar Soup (See Recipe Below)	1 Burger	4pm – 6pm

Day 2

Breakfast	Serving Size	Time
2 Eggs + 1 cup Spinach + ¼ Onion + ¼ Pepper	1 Serving	9am – 10am
Lunch	Serving Size	Time
Veggie Burrito Bowl (Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Raw Almonds	1 Handful	2pm – 3pm
Dinner	Serving Size	Time
½ cup Wild Rice, Green Beans, and Broccoli	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
Sweet Potato, Spinach, 2 Hard Boiled Eggs	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Handful of Sunflower Seeds	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
Veggie Chili (See Recipe Below)	1-2 Medium 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
Veggie Chili (Leftovers)	1 Medium Bowl	12pm – 1pm
Snack	Serving Size	Time
Strawberry Ice Cream (See Recipe Below)	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
Breaded Eggplant and Mashed Cauliflower (See Recipe Below)	2 Slices	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 Feta Salad (See Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Apple w/ Cinnamon	1 Apple	2pm – 3pm
Dinner	Serving Size	Time
Broccoli Cheddar Soup (See Recipe Below)	1 Burger	4pm – 6pm

Day 6

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
Veggie Burrito Bowl (Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Handful of Sunflower Seeds	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
1 cup each - Green Beans + Quinoa + Mozzarella Cheese	1 Serving	4pm – 6pm

Day 7 – Free Day

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

You can eat whatever you'd like. This includes pizza, ice cream, or any of the other foods you enjoy. You may eat 4 meals today that have reasonable portion sizes.

I would recommend eating a healthy breakfast and then eating one or two meals that include your favorite foods. Free days can undo a lot of hard work from following the first week of meal plans.

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!

Protein Power Smoothie



Ingredients - *Serves: 2*

- 1 Banana
- 1/4 cup Blueberries
- 2 scoops Tera's Whey Protein
- ½ cup Kefir
- 6 Ice Cubes

Directions

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

Veggie Chili



Ingredients - *Serves: 4*

- 2 tsp Butter, divided
- 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
- 1 medium 10oz jar of tomato sauce
- 1 clove Garlic, minced
- 2 cans of Pinto Beans

Directions

1. Heat 1 tsp butter in a 3-quart saucepan over low heat. 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.
2. 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.
3. Serve and enjoy.

Balsamic Feta Salad



Ingredients - Serves: 1

- 1 handful spring salad mix
- 5 grape tomatoes
- 1 avocado
- 1 tbsp feta cheese
- 1 handful of cashews
- 3 tbsp. Olive Oil
- 3 tbsp. Balsamic Vinegar

Directions

1. Wash salad mix and tomatoes, then add to your plate.
2. Slice avocado lengthwise and remove pit. Spoon out avocado into your salad.
3. Sprinkle feta cheese and cashew on top of your salad.
4. Mix balsamic vinegar and olive oil (10%/70%) and pour on top of your salad.

Strawberry Ice Cream



Ingredients - Serves: 4

- 12 Strawberries
- 1 Banana
- 2-3 cups Almond Milk
- 1 tsp. Vanilla

Directions

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

Broccoli Cheddar Soup

Ingredients - *Serves: 5*

- 3 cups organic vegetable broth
- 2 cups chopped broccoli
- 1 small white onion, diced
- 1/4 cup kefir
- 1 1/2 cups organic cheddar cheese
- Sea salt and pepper to taste

Directions

1. Stir together stock, diced onion, and broccoli in a medium saucepan. Heat over medium heat until it comes to a boil.
2. Reduce heat to medium, and continue boiling until the onions soften.
3. Stir in the kefir and continue cooking until the mixture returns to a simmer.
4. Remove from heat and stir in the cheese until melted.



Veggie Burrito Bowl

Ingredients - *Serves: 1*

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|----------------------------|---------------------------------|
| - 1/4 cup Black Beans | - 1/2 cup Spring Salad mix |
| - 1 teaspoon Chicken Broth | - 2 tablespoons fresh Salsa |
| - Pinch of Cumin | - Fresh Cilantro, for garnish |
| - Pinch of Cayenne | - 1/2 sliced Onion, for garnish |
| - Pinch of Garlic powder | |

Directions

1. Heat black beans with chicken broth, cumin, cayenne, and garlic powder on the stove 5 minutes or until heated. Set aside.
2. Add salad mix to your bowl, and spoon black bean mixture on top. Serve with salsa, cilantro, and green onions on top!

Breaded Eggplant and Cauliflower



Ingredients - *Serves: 4*

- 1 eggplant
- 2 eggs
- 1 cup almond flour
- 1 jar of tomato sauce
- 1 head of cauliflower
- Mozzarella cheese for topping

Directions

1. Peel eggplant and slice it into 1 inch pieces, crack 2 eggs into a bowl, and pour 1 cup of almond flour onto a sheet of wax paper.
2. Dip each slice of eggplant into egg mixture, then transfer the egg coated slice of eggplant into the flour on your wax paper. Coat eggplant slice with flour and fry both sides in a pan with butter until golden brown.
3. Wash cauliflower and steam it to soften it. Once cauliflower is tender, mash it into a pan.
4. Heat tomato sauce and serve 1 plate with sauce layered on the bottom, a few slices of eggplant on top with some mozzarella, along with mashed cauliflower on the side.

Ready For the Next Step?

Now that you've completed the first week of meal plans, I want to invite you inside Slim Down Smart so you can start following another 4 weeks of meal plans. These meal plans are very beneficial to your health because they keep you on track.

You'll also enjoy all of the variety we have between recipes and meal options. You'll also receive access to our fast start video coaching program, which will help you accelerate your results with a few simple tips that I'll be sharing with you.

Get access to our complete fat burning manual, which tells you a step by step process for eliminating gluten, plus a powerful list of anti-inflammatory foods to help you combat gout, arthritis, and any type of inflammation you may be fighting in your body.

We also have a member's community for you to communicate with likeminded members so you can follow the plan and make friends, rather than improving your health alone in the dark.

Hundreds of our recipes will be at your fingertips too. The program has a wealth of knowledge for you and I would be excited to see you join and improve your health, just like thousands of member have done before you.

Follow the link to start Slim Down Smart today! <http://slimdownsmart.com/f/order.php>