

# THE FINAL PHASE

---

Finalize Your Weight Loss Results With Four  
Weeks Of Meal Plans And Exercises

---

SlimDownSmart

# Week 2 Shopping List

## Vegetables

6oz spinach  
6oz spring salad mix  
1 sweet potato  
1 bag of green beans  
3 bell peppers  
3 onions  
1 bag carrots  
1 bunch asparagus  
1 stalk celery  
2 avocados

## Meats & Poultry

3 cans tuna  
4 eggs  
3 chicken breasts  
1 steak

## Extras

1 block mozzarella cheese  
1 bag rolled oats  
1 bag of coconut palm sugar  
1 bag quinoa  
1 box wild rice  
1 bag string cheese

## Fruits

2 grapefruit

## Nuts, Seeds & Nut Butters

1 jar almond butter  
1 bag almonds  
1 bag cashews  
1 bag pistachios

## Oils & Butter

1 bottle olive oil  
1 Bottle balsamic vinegar

# Final Phase Week 2

## Day 1

Breakfast	Serving Size	Time
Oatmeal w/ Coconut Palm Sugar	1/2 - 1 Cup	9-10AM
Lunch	Serving Size	Time
Chicken Spinach Pepper Salad	Until Satisfied	12-1PM
Snack	Serving Size	Time
Pistachios	1 Handful	2-3PM
Dinner	Serving Size	Time
Sauté Green Beans w/ Steak	Medium Steak	4-6PM

### **Smart Set: 3 rounds total**

Inch Worms: 6    Lateral Lunge: 8

## Day 2

Breakfast	Serving Size	Time
1 Grapefruit w/ 1 Slice Mozzarella	1 Serving	9-10AM
Lunch	Serving Size	Time
Quinoa w/ Red Pepper & Onion	1 Cup Quinoa	12-1PM
Snack	Serving Size	Time
Raw Carrots	10 Carrots	2-3PM
Dinner	Serving Size	Time
Wild Rice, Asparagus, Chicken Breast	Until Satisfied	4-6PM

### **Smart Set: 3 rounds total**

Incline Pushup: 8    Frog Jump Squat: 6

### Day 3

Breakfast	Serving Size	Time
2 Eggs w/ 8 Almonds & 8 Cashews	1 Serving	9-10AM
Lunch	Serving Size	Time
Chicken Spinach Pepper Salad	Until Satisfied	12-1PM
Snack	Serving Size	Time
String Cheese	1-2 Sticks	2-3PM
Dinner	Serving Size	Time
Tuna Spinach Salad	1 Can Tuna	4-6PM

#### **Smart Set: 3 rounds total**

Triceps Dip: 6    Wall Sit: 25 Sec

### Day 4

Breakfast	Serving Size	Time
Grapefruit w/ Slice Mozzarella	1 Grapefruit	9-10AM
Lunch	Serving Size	Time
Quinoa w/ Red Pepper & Onion	Until Satisfied	12-1PM
Snack	Serving Size	Time
Raw Carrots	10 Carrots	2-3PM
Dinner	Serving Size	Time
Avocado Spring Mix Salad	Until Satisfied	4-6PM

#### **Smart Set: 3 rounds total**

Chest Press: 8    Chest Fly: 8

## Day 5

Breakfast	Serving Size	Time
Oatmeal w/ Coconut Palm Sugar	1/2-1 Cup	9-10AM
Lunch	Serving Size	Time
Sweet Potato + Spinach + Chicken	Until Satisfied	12-1PM
Snack	Serving Size	Time
String Cheese	1-2 Sticks	2-3PM
Dinner	Serving Size	Time
Tuna Spinach Salad	1 Can Tuna	4-6PM

### **Smart Set: 3 rounds total**

Inch Worms: 6    Lateral Lunge: 8

## Day 6

Breakfast	Serving Size	Time
2 Eggs w/ 8 Almonds & 8 Cashews	1 Serving	9-10AM
Lunch	Serving Size	Time
Quinoa w/ Red Pepper & Onion	Until Satisfied	12-1PM
Snack	Serving Size	Time
Celery w/ Almond Butter	9 Celery Sticks	2-3PM
Dinner	Serving Size	Time
Avocado Spring Mix Salad	Until Satisfied	4-6PM

### **Smart Set: 3 rounds total**

Incline Pushup: 8    Frog Jump Squat: 6

## **Day 7**

### **Free Day!**

Today you can eat anything you'd like throughout the day. There are a few guidelines to follow with your free day though.

1. You must eat a healthy and nutritious breakfast. Choose a breakfast that you enjoyed during this past week.
2. You must stop eating at 7:30 PM. Eating after this time may cause unwanted weight gain.

Free days are a great way to regain lost levels of the hormone leptin. Research has shown that leptin is a hunger hormone that tells your body whether it should store fat or burn it.

A Free day is key for boosting the rate you burn fat, to lose those last few pounds. Taking a day to boost your leptin levels will keep weight loss plateaus from occurring.

Once you boost your leptin levels with your free day, and then start following the meal plans again, you'll keep your body in fat burning mode.

# Final Phase Recipes

## Avocado Spring Mix Salad

**Ingredients** - *Serves: 1*

- 1 avocado
- 2 handfuls spring mix salad
- 5 tbsp. olive oil
- 2 tbsp. balsamic vinegar

### Directions

1. Wash the salad mix and add it to a plate.
2. Mix the olive oil and balsamic vinegar in a separate bowl.
3. Cut avocado lengthwise and spoon it on top of your salad.
4. Pour the balsamic and olive oil mix over your salad.
5. Enjoy!

## **Oatmeal with Honey/Coconut Sugar**

### **Ingredients** - *Serves: 1*

- 1/2 cup rolled oats
- 1 cup water
- 1 tsp of honey/coconut sugar

### **Directions**

1. Combine oats and water in a small saucepan over medium heat and cook.
2. Enjoy oatmeal with honey/coconut sugar poured/sprinkled on top after 5 minutes of cooking.

## **Chicken Spinach Pepper Salad**

### **Ingredients** - *Serves: 1*

- 3 handfuls spring mix salad
- 1 medium chicken breast
- 1/2 red pepper chopped
- 1/2 onion chopped
- 5 tbsp. olive oil
- 2 tbsp. balsamic vinegar

### **Directions**

1. Cook chicken breast on grill, or bake in the oven.
2. Wash the salad mix and add it to a plate.
3. Sauté pepper and onion with butter over medium heat.
4. Pour the balsamic and olive oil mix over your salad.



## **Quinoa w/ Red Pepper & Onion**

### **Ingredients** - *Serves: 1*

- 1 cup quinoa
- 1 red bell pepper chopped
- 1 onion chopped

### **Directions**

1. Cook quinoa following the instructions on the package.
2. Sauté pepper and onion in another pan with butter.
3. Mix sauté pepper and onion into quinoa.
4. Serve and enjoy!

## **Tuna Spinach Salad**

### **Ingredients** - *Serves: 1*

- 2 handfuls of spinach
- 1 can of tuna
- 5 tbsp. olive oil

### **Directions**

1. Wash spinach and add it to a plate.
2. Drain tuna and add it on top of spinach
3. Pour the olive oil over your salad.
4. Serve and enjoy!