

THE FINAL PHASE

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

SlimDownSmart

Week 4 Shopping List

Vegetables

6oz spring mix salad
2 bell peppers
1 onion
1 avocado
2 tomatoes
4 heads broccoli
3 heads cauliflower
1 stalk celery

Meats & Poultry

12oz chicken broth
14 eggs
7 chicken breasts
2lb ground turkey

Extras

1 block mozzarella cheese
1 clove garlic
1 jar pesto sauce
1 jar tomato sauce
1 bag ezekiel 4:9 tortilla
2 cups plain greek yogurt
1 bag quinoa
1 bottle organic ketchup
1 bag almond flour

Oils & Butter

1 bottle olive oil
1 bottle balsamic vinegar
organic butter

Fruits

5oz blueberries
5oz strawberries
1 apple
1 banana

Nuts, Seeds & Nut Butters

1 jar almond butter
1 bag cashews
1 box swg cereal

Spices & Salts

1 container cinnamon
1 container sea salt
1 container black pepper

Final Phase Week 4

Day 1

Breakfast	Serving Size	Time
Greek Yogurt + 1/4 Cup Blueberries	1 Serving	9-10AM
Lunch	Serving Size	Time
Turkey Loaf w/ Broccoli	1 Serving	12-1PM
Snack	Serving Size	Time
Fresh Tomato w/ Mozzarella	5 Slices	2-3PM
Dinner	Serving Size	Time
Chicken Pesto w/ Cauliflower	1 Breast	4-6PM

Smart Set: 3 rounds total

Inch Worms: 5 Bicep Curl: 6

Day 2

Breakfast	Serving Size	Time
2 Scrambled Eggs	1 Serving	9-10AM
Lunch	Serving Size	Time
Quinoa w/ Broccoli	Until Satisfied	12-1PM
Snack	Serving Size	Time
Celery w/ Almond Butter	9 Celery Sticks	2-3PM
Dinner	Serving Size	Time
Homemade Gourmet Pizza	1 Serving	4-6PM

Smart Set: 3 rounds total

Mountain Climber: 20 Sec Jump Squat: 6

Day 3

Breakfast	Serving Size	Time
Banana w/ Almond butter	1 Banana	9-10AM
Lunch	Serving Size	Time
Chicken w/ Mashed Cauliflower	Until Satisfied	12-1PM
Snack	Serving Size	Time
Cashews	1 Handful	2-3PM
Dinner	Serving Size	Time
Almond Breaded Chicken	1 Breast	4-6PM

Smart Set: 3 rounds total

Plank: 25 Sec Reverse Fly: 6

Day 4

Breakfast	Serving Size	Time
2 Scrambled Eggs	1 Serving	9-10AM
Lunch	Serving Size	Time
Quinoa w/ Broccoli	Until Satisfied	12-1PM
Snack	Serving Size	Time
1 Apple w/ Cinnamon	1 Apple	2-3PM
Dinner	Serving Size	Time
Avocado Spring Mix Salad	Until Satisfied	4-6PM

Smart Set: 3 rounds total

Wall Sit: 25 Sec Lunges: 6

Day 5

Breakfast	Serving Size	Time
Greek Yogurt + 1/4 Cup Strawberries	1 Serving	9-10AM
Lunch	Serving Size	Time
Turkey Loaf w/ Broccoli	Until Satisfied	12-1PM
Snack	Serving Size	Time
Fresh Tomato w/ Mozzarella	5 Slices	2-3PM
Dinner	Serving Size	Time
Chicken Pesto w/ Cauliflower	1 Breast	4-6PM

Smart Set: 3 rounds total

Inch Worms: 5 Bicep Curl: 6

Day 6

Breakfast	Serving Size	Time
2 Scrambled Eggs	1 Serving	9-10AM
Lunch	Serving Size	Time
Chicken Fingers	6 Fingers	12-1PM
Snack	Serving Size	Time
Cashews	1 Handful	2-3PM
Dinner	Serving Size	Time
Almond Breaded Chicken	1 Breast	4-6PM

Smart Set: 3 rounds total

Mountain Climber: 20 Sec 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!

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!

Turkey Loaf

Ingredients - *Serves: 4*

- 1/2 medium red bell pepper
- 1/3 cup organic chicken broth
- 1 (20.8-oz) package ground turkey
- 2 eggs
- 1/2 cup plain SWG cereal
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1/4 cup organic ketchup

Directions

1. Preheat oven to 325°F.
2. Mix the red pepper, chicken broth, turkey, eggs, and SWG cereal.
3. Add mixture to a baking pan, then spread the ketchup on top of the meatloaf.
4. Sprinkle black pepper and salt on top.
5. Bake 45 minutes, or until cooked to an internal temperature of 165°F.

Homemade Gourmet Pizza

Ingredients - *Serves: 1*

- 1 ezeziel sprouted wheat tortilla
- 4 tablespoons of tomato/pizza sauce
- 1 garlic clove minced
- ¼ cup onions chopped
- ¼ cup green peppers chopped
- 1 ounce of organic mozzarella cheese

Directions

1. Preheat oven to 450 degrees.
2. Place thawed tortilla on large pan and place it in the oven for 3-4 minutes to allow crust to harden just a touch.
3. Once tortilla has started to slightly crisp on edges, remove from oven.
4. Add sauce and garlic on your crust first.
5. Use suggested toppings, being careful not to overload the crust.
6. Shed cheese on top of your pizza toppings.
7. Cook for 10 minutes or until cheese is bubbly.

Almond Breaded Chicken

Ingredients - *Serves: 1*

- 2 medium chicken breasts
- 2 eggs
- 1 cup almond flour
- 1 tbsp organic butter

Directions

1. Mix eggs into a bowl. Dip chicken in egg mix and coat with almond flour on parchment paper.
2. Transfer coated chicken to a pan with butter.
3. Cook on the stove top until both sides turn brown.
4. Start the lemon sauce...

Lemon Crème Sauce

- 1/2 stick organic butter
- 2 squeezed lemons
- 2 tbsp spelt flour
- 1 1/2 cups water

Directions

1. Melt 1/2 stick of organic butter over medium heat.
2. Add juice from 2 squeezed lemons.
3. In another bowl mix 2 tbsp of spelt flour with 1 1/2 cups of hot water.
4. Mix water and flour mixture into warm butter and lemon juice over low heat until combined and warm.
5. Pour warm lemon sauce on top of your chicken and serve!

Chicken Fingers

Ingredients - *Serves: 1*

- 2 organic eggs
- 1/2 cup almond flour
- 1 tsp butter
- 2 chicken breasts

Directions

1. Cut chicken into 1" strips, making about 6 fingers.
2. Beat eggs in a bowl.
3. Add almond flour onto a sheet of wax paper.
4. Coat chicken with egg and almond flour.
5. Heat a pan over the stove top and add butter.
6. Cook chicken over the stove until crispy.
7. Serve with mustard or ketchup!