



**Stoutmire's Personal Training
Lean in 13**

DAY 1 THRU 3 (BURN DAYS)

MNS Blue pack, 3 Catalyst (20-30 minutes before Breakfast) or Catalyst can be taken immediately prior to workout

BREAKFAST: MEAL REPLACEMENT SHAKES-Add water, Optional add-ins: Ice, 1-2 tsp. Do not add: fruit, milk, juice, or yogurt

Snack: MNS White pack, Drink Spark, Nuts 1/4 cup; Raw or dry roasted.

LUNCH:MNS Blue pack, 1 Thermoplus (20-30 minutes before lunch)

Protein: Choose (about 1 cup) white fish, salmon, tuna, chicken, turkey, eggs, tofu, or lean ground beef.

Vegetables: Choose a vegetable or combination: (about 1 cup) asparagus, green salad, green beans, peppers, spinach, onions, tomatoes, salsa, eggplant, cucumbers, cauliflower, broccoli, celery.

Do not choose: corn, potatoes, squash, peas

SNACK: 3 Catalyst, MUSCLE GAIN SHAKE: ADD WATER AND...ICE OPTIONAL or Apple, dry Almonds, Spark if needed

**DINNER:
SAME AS LUNCH**

OPTIONAL SNACK: Some people may need to add a small snack.

DAY 4: REFUEL DAY

BREAKFAST: SAME AS BURN DAYS

SNACK: Same as **burn days** with the exception of adding fruit. About 1 cup of any fruit.

LUNCH: Protein and Starch: Add one from the following: Sweet potatoe, Brown Rice, Cooked oats, All brand cereal, Beans, or a fruit cup.

The Carbohydrate add-ons (fruit/ starch) are key to fat burning.

-Eat a Advocare bar or Meal Replacement shake as a alternative meal options for lunch only!!

SNACK: Same as burn days with the exception of adding a fruit.

DINNER: Same as lunch

- For Days 5 thru 7 repeat **Burn Meals Plan**, then day 8 repeat **Refuel Meal Plan**

- For Days 9 thru 11 repeat the **Burn Meal Plan**, then day 12 repeat the **Refuel Meal Plan**

-For Day 13 repeat the **Burn Meal Plan**, then day 14 is a free day, you can eat without a pattern and can have a treat, but do not overeat.

-Drink plenty of water throughout the day

-Do not skip meals

-Repeat plan again until desired weight is met