

## Eade Fitness 24/7 Sample Eating Plan for Body Fat Loss

*(Sample Eating Plan should be combined with 3-4 resistance training sessions per week and 4-5 cardiovascular exercise workouts per week)*

### **Breakfast Choices:**

- One Minute Oatmeal (1/2 – 1 cup amount depends on current weight/goals)  
Banana, blueberries or strawberries to sweeten, also can add Splenda or Equal  
1 scoop of strawberry or vanilla protein powder or handful of nuts
- or Protein shake with fruit
- or Bran cereal (Raisin Bran, Bran Flakes) with low fat milk and a piece of fruit
- or 100% whole wheat toast with peanut butter and a piece of fruit

### **Mid-Morning Snack Choices (200-400 calories depending on current weight):**

- Apple, orange, grapefruit or banana with a serving of low fat dairy (low fat cottage cheese, low sugar yogurt or low fat milk)
- or Met-Rx shake with teaspoon or tablespoon of flax oil

Notes: Low Fat Dairy is a great source of protein (especially for women), Mid-morning snacks are not always necessary but be leery of overeating at lunch if you skip snack.

### **Lunch Choices:**

- Salad with chicken or tuna and 1-2 slices of 100% whole wheat bread (skip the croutons and cheese to lower calories and always use a low calorie dressing)
- or Tuna, chicken or turkey on 100% whole wheat bread, Apple
- or Met-Rx shake with teaspoon or tablespoon of flax oil

### **Mid-Afternoon Snack Choices (200-400 calories depending on current weight):**

- Serving of nuts (almonds, walnuts, pecan, peanuts or sunflower seeds (unsalted)
- or 2 pieces of fruit (banana, apple, orange, grapefruit...etc)

### **Dinner:**

- Side Salad with low calorie dressing
- Grilled chicken breast, grilled fish or lean small serving of red meat
- Baked potato or serving of rice
- Fresh or frozen vegetables

### **Evening Snack choices (200-400 calories depending on current weight):**

- Sugar Free pudding made with 1% or skim milk and Cool Whip
- Sugar Free jello and Cool Whip
- Microwave Popcorn (low fat – no added butter)
- Tablespoon of peanut butter
- Apple or orange
- Nuts (250 calorie serving size)
- Sugar Free ice cream

Drink ½ - 1 gallon of water per day (depending on current weight)

Drinking a protein shake with water or milk and/or fruit (banana) is advisable after workouts. Replaces a meal.