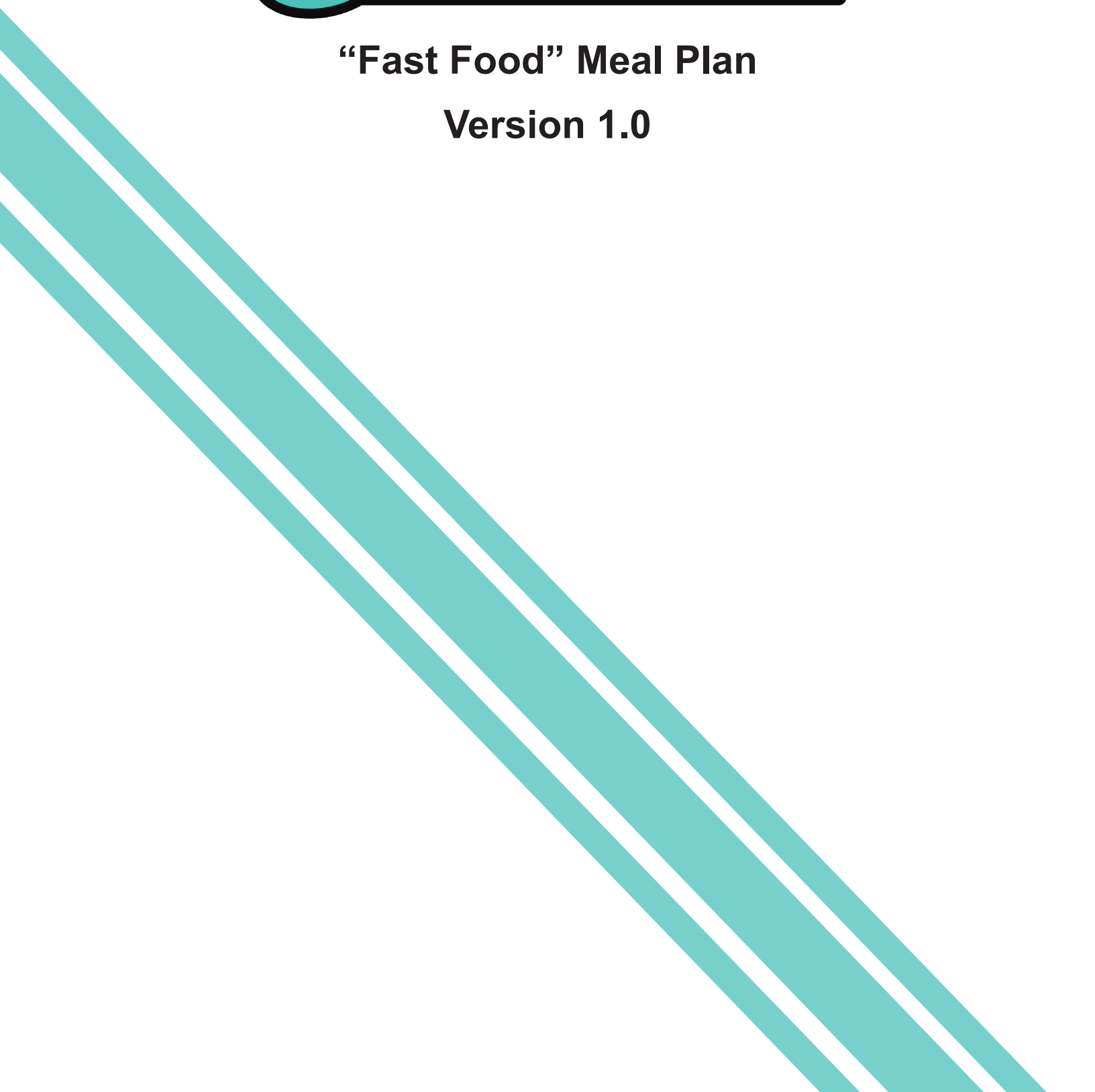




“Fast Food” Meal Plan

Version 1.0





Do you feel you are “too busy” or don’t have enough time to “eat right” as part of living a healthy lifestyle?

Well, that is not uncommon in our “always busy” society. However, we all know what happens when we are “too busy” to do the things we are supposed to be doing, right?

The Unwanted Results of Being Too Busy to Eat Right

- 1 - Weight Gain
- 2 - Health Complications
- 3 - Premature Aging
- 4 - Early Onset of Disease
- 5 - Lack of “Life MoJo”
- 6 - Plus more...

If any of that sounds like you - then the SCULPTAFIT “Fast Food” Meal Planner will help you.

Today we redefine “Fast Food Eating”

Of course we’re not talking about oversized taco missiles, cheese covered fries, and triple-layer burger bombs - we’re talking about how to eat “fast” while still eating “healthy”... while keeping it all enjoyable.

IMPORTANT NOTE: This is not intended as a specific “prescribed” meal plan, but rather it’s intended to provide a framework, and approach, to help you develop a mindset, habits based on your personal preferences and flexibility so you can make this a lifestyle instead of a short-term fix.

This approach is designed to help you lead a healthy lifestyle while keeping up with your busy schedule.

It’s a win, win!

And why is it a win/win? Because it is based on the following strategies and tactics. (Please also see printable solo page at end of this document, to post on refrigerator, etc...)

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Refer to this often, follow consistently, add your own notes to it - and you'll develop natural habits that will yield the results you desire.

You create “your version of Fast Food eating” that prevents you from eating foods that work against your body and against your health.

1 - ALWAYS keep a few bags of frozen veggies in the freezer, as these can be quick-steamed or sauteed in a fast 15 minutes. (i.e., broccoli, cauliflower, green beans, green-peas, snap-peas, zucchini, etc..)

2 - Fresh cucumbers, carrots/baby carrots, celery

3 - Nuts (almonds, brazil nuts, walnuts, cashews, pecans)

4 - Healthy drinks to hydrate the body and suppress the appetite

5 - Canned/carton veggies (look for BPA-Free cans/cartons)

6 - Canned/carton chick peas and/or beans (look for BPA-Free cans/cartons)

7 - Cheesesticks and/or single-serving cheese chunks (cheddar, etc..)

8 - Hard/Medium boiled Eggs (make a dozen at a time so they are ready to go when you are)

9 - Canned Tuna and/or Sardines (see Wild Planet brand, their cans, tins and pouches are all BPA-free) keep these on hand for quick dinner combo salads

Feel free to mix up the days and rotate in whatever sounds appetizing to you on that day.

On the go and don't have time to make a meal? Don't worry, the stores can do it for you. Included with the plan is a list of places to go where you can get some healthy quick options for meals. If you are at a restaurant don't hesitate to ask the staff if they can grill the chicken rather than fry it or have the burger without a bun, chances are they can accommodate your request.

Here are some tips for when you are on the go:

- If you are in a rush and need something fast, go to whole foods or a grocery store for your meal. They have pre-made salads and other items for quick grab and go options.
- When eating out – read the ingredients, don't be afraid to ask for something cooked a little differently, chances are they can make it.
- Keep a snack on hand for emergencies, like the Shine organics veggie/fruit squeeze
- Also make enough at dinner time for leftovers, they are great quick options for the next day or two.

“Fast Food” Sample Meal Plan	breakfast	lunch	dinner
Monday	Chia Bowl pudding	Tuna Salad add celery & onion	Scrambled eggs with pepers & onions
Tuesday	1 or 2 Hard-boiled egg (HBE) with fruit/veg squeeze	Salad with HBE and light dressing	Grilled chicken with frozen veggies
Wednesday	Plain Greek Yogurt with your favorite berries	Chicken Salad add celery & onions	Salad with grilled chicken and light dressing
Thursday	Smoothie 80% veggie / 20% fruit & almond milk and chicken sausage	Turkey roll up with veggie/fruit squeeze	Hamburger - no bun with guacamole and frozen veggies
Friday	Ezekiel toast with guacamole & tomato	Natural Hot Dog with veggie sticks & hummus	Stir fry (chicken or beef) with brown rice and favorite veggies
Saturday	Cereal - organic sprouted multigrain	Left-over stir fry	Pre-cooked Chicken with frozen veggie of choice
Sunday	Steel cut Oatmeal with fruit & HBE	Salad with black beans and light dressing	Hot dogwith stone ground mustard & favorite frozen veggie

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Publix

- Chia pudding bowl – pre-made
- hard boiled eggs
- veggie / fruit squeeze – Shine organics brand
- guacamole (Wholly Guacamole)
- Hummus (Boar’s Head)
- Fruit/Veggies (pre-washed & pre-cut or frozen)
- Chicken (pre-cooked chicken)
- Applegate brand: Natural Hot dogs or chicken sausages
- Pre-made salad

Panera Bread

- Green Goddess Salad
- Seasonal Greens Salad
- Black Bean Soup

Whole Foods

- Salad bar
- Cereal - Arrowhead Mills brand
- Hot food bar
- Prepared Foods Deli

Coming Soon

“Fast Food” Choices from:

- First Watch Cafe
- Starbucks Coffee
- and More