

Easy 7-Day Eating Plan

LOSE WEIGHT FAST WITH THIS SEVEN-DAY HEALTHY EATING PLAN

TRAINER JAY CARDIELLO CREATED THIS SEVEN-DAY EATING PLAN TO HELP HIS *CELEB CLIENTS* ACHIEVE THEIR LEAN HOLLYWOOD LOOKS. THE IDEA IS TO SWITCH UP YOUR CARB INTAKE THROUGHOUT THE WEEK—ALTERNATING LOW-CARB DAYS WITH MODERATE DAYS—TO KEEP YOUR METABOLISM HUMMING AND LOSE WEIGHT FAST. PLUS, YOU'LL ALWAYS FEEL FULL AND HAVE ENERGY TO SPARE.

DAYS 1 and 2

BREAKFAST

Omelet with 4 egg whites, 1 whole egg, 1/4 c minced broccoli or asparagus, 1 tsp shredded low-fat cheese

1 c plain coffee or green tea

12 oz water

SNACK

1/4 c plain nonfat yogurt and 6 cherries
OR

12 oz protein shake with 1 scoop protein powder (low-carb, low-sugar, less than 115 calories)

20 oz water

LUNCH

6 oz grilled chicken breast

3 c lettuce with 2 Tbsp light or low-fat dressing

1/2 c steamed broccoli, asparagus, green beans, peas, or carrots

20 oz water

SNACK

8 almonds

OR

12 oz protein shake

OR

Apple or banana with 1 Tbsp natural peanut butter

20 oz water

DINNER

8 oz grilled chicken, beef, turkey, or Boca burger (no bread/bun)

1/2 c steamed broccoli or asparagus

3 c plain lettuce with 2 Tbsp fat-free dressing, lemon juice, or balsamic vinegar

20 oz water

SNACK

1/4 c cottage cheese with 1/2 c mixed berries or 6 cherries



DAYS 3 to 7

BREAKFAST

Omelet with 4 egg whites and minced asparagus and 1 slice plain whole-wheat toast

OR

12 oz protein shake and 1 apple with 1 Tbsp natural peanut butter

1 c green tea

12 oz water

SNACK

1/4 c plain nonfat yogurt with 1/2 c mixed berries or 6 cherries

OR

8 almonds

20 oz water

LUNCH

Pick one: Small sweet potato, small baked potato, 1/4 c brown rice, 1 slice whole-wheat pita or bread
WITH

Pick one: 6 oz tuna in water; grilled chicken, tuna or turkey; turkey or Boca burger (no bread or bun)

2 c plain lettuce with 2 Tbsp lemon juice or low-fat balsamic vinaigrette

1 c broccoli with 2 Tbsp honey mustard

20 oz water

SNACK

8 almonds

OR

6 cherries

OR

Apple with 1 Tbsp natural peanut butter

20 oz water

DINNER

Pick one: 6 oz sirloin steak, beef burger, grilled chicken or turkey; 8 oz tuna, salmon, or freshwater fish
WITH

1/4 c steamed brown rice

3 c lettuce with 2 Tbsp fat-free dressing

1/2 c mixed vegetables or 1 c broccoli

2 Tbsp honey mustard

20 oz water

SNACK

1/4 c plain nonfat yogurt with 1/2 c berries

OR

1/4 c cottage cheese with 1/2 c berries