

FAST TRACK MEAL GUIDELINES

MEAL 1 PROTEIN + STARCHY CARB and/or SIMPLE CARB

MEAL 2 PROTEIN + STARCHY CARB and/or SIMPLE CARB

MEAL 3 PROTEIN + STARCHY CARB and/or SIMPLE CARB + FIBROUS CARB

MEAL 4 PROTEIN + FIBROUS CARB

MEAL 5 PROTEIN + FIBROUS CARB

LEAN PROTEINS

IDEAL

buffalo
chicken
cottage cheese
egg whites
egg white
extra lean beef
extra lean pork
fish
greek yogurt
salmon
protein beans
protein powder
shellfish
turkey
venison

ACCEPTABLE

non/fatfat cheese
non/fatfat milk
non/fatfat yogurt
seeds, nuts, nut butters
sausage
any beans
any fat drops
any milk
any/veggie burger
any pork
textured veg. protein
tofu

NATURAL STARCHY CARBS

IDEAL

beans (black, kidney, lentil)
black eyed peas
brown rice (or wild, basmati)
couscous
lentils
mashed (soft) corn, steel cut
potatoes
pulses
quinoa
sweet potato
yam

ACCEPTABLE

bread (whole wheat)
corn
cream of wheat
high fiber cereal
pasta (whole wheat)
popcorn
rice cake
soft bread
tortilla (whole wheat)

SIMPLE CARBS (FRUITS)

IDEAL

apple
apricot
banana
berry
grape
grapefruit
lemon
mango
melon
nectarine
orange
pear
pineapple
plum
and all other fruit

FIBROUS CARBS (VEGGIES)

IDEAL

asparagus
broccoli
broccoli sprouts
cantaloupe
cauliflower
cucumber
green beans
mushrooms
radish
romaine lettuce
spinach
and all other veggies

Fast Track To Fat Loss Meal Guidelines

Michael Brown

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Fast Track To Fat Loss Meal Guidelines:

Embracing the Track of Term: An Mental Symphony within **Fast Track To Fat Loss Meal Guidelines**

In some sort of taken by screens and the ceaseless chatter of fast interaction, the melodic elegance and emotional symphony developed by the prepared word frequently fade into the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Fast Track To Fat Loss Meal Guidelines** a stunning fictional value filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that charming masterpiece conducts visitors on a mental journey, well unraveling the hidden songs and profound influence resonating within each cautiously constructed phrase. Within the depths with this touching review, we can investigate the book is central harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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