

# 7 DAY NUTRITION Plan



*Easy to prepare and follow recipes for  
healthy meals to lean and tone your body.*

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## *Congratulations! Below is your “7 Day Nutrition Plan”*

My name is Sylvia Favela, “queen of Pilates”, the Body Weight Pilates expert on strengthening your Core. For over a decade I’ve helped hundreds of people, trainers and professional athletes improve core strengthen, lean, tone and strengthen their physique with Pilates. These core-strengthening moves will give you a stronger core, improve physical performance, increase muscle endurance, reduce injuries and redefine the midsection through these dynamic Pilates exercises.

In addition to a Body Weight Pilates program it is important to keep a healthy lifestyle by eating well-balanced meals.

Below you will find a recipe plan over the course of 7 Days, you can repeat the plan the following week and continue every week thereafter.

In addition I have included 7 Tips to guide you through your journey to living a healthy lifestyle and eating clean without having to starve yourself.

Plus, a quick reference on what to order if you are eating out for breakfast, lunch or dinner.

Enjoy!

Sylvia Favela

Body Weight Pilates Expert

[www.360PilatesWorkout.com](http://www.360PilatesWorkout.com)

### ***Exercise/Nutrition Considerations:***

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medication, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition injury that contraindicates physical activity. This program is designed for healthy individuals.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

### ***Disclaimer***

***This 7 Day Nutrition Plan*** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you or your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

## ***The 7 Tips (Secrets to Staying Lean and Healthy)***

Here are your simple tips for quick and easy permanent fat loss and a lean, toned body.

***Tip #1 - 21 Day Mind Set*** – Don't cheat on your nutrition plan for 21 days. It takes the brain 21 days to reset itself and create a new habit. When you want to make a change, don't tell yourself that you are doing it for life; rather, tell yourself that you are going to try it for only 21 days. Now, when you have completed this for 21 days, your conscious mind has the choice of stopping it or carrying on, or so it thinks. Your neural pathways have formed already and you will more than likely continue with your new habit. You will have seen the benefits along the way and your subconscious will want to continue if it has been beneficial.

***Tip #2 - Be Prepared*** – *Most of the time, women eat poorly because they did not bring food with them or did not prepare.*

*Moms* - Time is a precious commodity. Between taking the kids to school, dance or baseball practice, you can barely get a meal in here and there and when you do, it's usually leftovers from your kid's plate. Throw the leftovers away; don't feel obligated to eat it. Make sure when you get something to eat for your child, get something for you, too. Don't say, "I'll just eat what they don't."

*Ladies* – The one major complaint is, "I had nothing to eat so I grabbed a bag of chips." Be prepared! Always carry something with you, and then you have no excuse. And if you're meeting the girls for an evening out, eat before you leave the house and take your snacks!

Bring healthy snacks with you like apples and almonds (see snack section). If you can, bring some Tupperware containers or a cooler with healthy meals. Keep it simple. If you don't feel like bringing food, then plan out some healthy restaurants or stores that you can eat at (see eating out section)

- ✓ Get a rice cooker and keep some long grain brown Basmati rice cooking on your counter. Also pre-cook some chicken or fish. It will only take a few minutes to prepare 1 or 2 meals and grab a few snacks to bring with you.
- ✓ Take five minutes to plan out what you are going to eat the night before.

***Tip #3 - Keep a food diary for at least one week*** – Write down everything you eat and drink. You have to write it down right before the food or drink is consumed. By writing it down first, you will have a moment to stop and think if this decision is going to belly fat or pack it on.

- ✓ Have someone agree to review your food journal every day. Make an agreement that for each day you do not give them your journal, you owe them \$10.00 and every time you cheat, you owe \$1.00. Doing this will help keep you accountable.

***Tip # 4 - The Magical Glycemic Index*** - Not all carbohydrate foods are created equal; in fact, they behave very differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small changes in our blood glucose and insulin levels - is the secret to long-term health, reducing your risk of heart disease and diabetes and is the key to sustainable weight loss.

- ✓ Eat every 3 hours. This will keep your metabolism and energy on turbo mode so the fat melts off. This is also a great way to curb the kind of extreme hunger that will have you making the kind of bad choices you will quickly regret.

***Tip # 5 – Eat Real Food To Get Lean*** – Stay away from poison- (eeeh heem), I mean processed foods. The food companies strip out the good stuff like fiber and nutrients. What you have left is a food that has way more calories than normal. Plus the worst part is that they are highly glycemic, which means our body treats it like sugar. The good news is once you cut out these processed foods for a couple of weeks, you lose your cravings. I'm not saying to not have a life. I eat burgers, pizza or have a piece of cake from time to time.

- ✓ Watch out for foods and drinks that people think are "healthy" like bagels, pretzels and sports drinks like vitamin water. Consuming these is like eating table sugar.

***Tip # 6 – Warning: artificially sweetened "sugar free" foods and drinks make you fat*** - Did you know that most foods labeled as "sugar free" or "low carb" actually contain fattening artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, actually causing your body to store more belly fat and increase cravings!

***Tip # 7 - Eat Snacks-- Don't Be Starving*** – Use snacks and drinks (see snack section) that'll fill you up, and curb your cravings but won't add any significant extra calories. When you feel starved, you'll crave foods, which will add unwanted body fat and make you feel really guilty.

- ✓ When you get a late night sweet tooth, try a delicious homemade Chai Tea. This is how I make it. Put two Yogi Mayan Cocoa Spice tea bags in a cup (I use a big 20oz ceramic cup) of boiling water. Add a tiny dash (it's very sweet) KAL brand Stevia. Let it steep for a few minutes then add a little no-sugar added Silk Soy Milk.
- ✓ Cut up cucumber, jicama or celery. Munch away all you want!

# **The Nutrition Plan**

The 7 Day Nutrition plan is packed with Lean Muscle toning, Stomach Defining, Belly Fat Busting Meals and Snacks.

This is by far the easiest, quickest, most "realistic" meal plan for toning muscle and burning fat on the entire planet.

## **Monday**

### **Breakfast**

*1/2 cup or 4-6 egg whites scrambled with 1-teaspoon olive oil*

*Season with Mrs. Dash*

*1 slice whole-grain toast*

*1/2-cup blueberries*

*1-cup skim milk or almond milk with low sugar*

### **Snack**

*1/2-cup fat-free Greek yogurt topped with 1/4 cup sliced strawberries or blueberries*

### **Lunch**

*Salad, 4 ounces chopped grilled chicken breast,*

*3/4 cup cooked bulgur or small sweet potato*

*1 tablespoon shredded low-fat cheddar,*

*diced grilled veggies (2 tablespoons onion, 1/4 cup diced zucchini, 1/2 cup bell pepper),*

*1-tablespoon low-fat vinaigrette (look for olive oil base ingredient)*

### **Snack**

*2 tablespoons hummus and 6 baby carrots*

### **Dinner**

*4 ounces grilled Salmon or Tilapia or Mahi Mahi*

*1 cup wild rice with 1 tablespoon slivered toasted almonds*

*1 cup baby spinach with 1 teaspoon each olive oil, balsamic vinegar, and grated Parmesan*

*1/2 cup diced cantaloupe topped and 1 teaspoon chopped walnuts*

# Tuesday

## **Breakfast**

*3/4 cup steel-cut or old-fashioned oatmeal prepared with water; stir in 1/2 cup water and 1tbs Flax oil  
2 links country-style turkey sausage or bacon  
1 cup blueberries*

## **Snack**

*1/2-cup fat-free cottage cheese with 1/2-cup raspberries and 1 tablespoon chopped pecans*

## **Lunch**

*Salad made with 4 ounces water-packed tuna, 1 cup chopped Romaine lettuce, 1/2 cup sliced bell pepper, and 1/4 cup chopped green onions topped with 2 tablespoons low-fat Italian dressing*

## **Snack**

*1/2-cup fat-free cottage cheese with 1/2-cup salsa*

## **Dinner**

*1 turkey burger  
3/4 cup roasted cauliflower and broccoli florets  
3/4-cup brown rice  
1-cup spinach salad with 1-tablespoon light balsamic vinaigrette*

# Wednesday

## Breakfast

Omelet made with 4 egg whites and 1 whole egg, 1/4 cup chopped broccoli, 2 tablespoons each fat-free refried beans, diced onion, diced mushrooms, and salsa

Quesadilla made with 1/2 of one small corn tortilla and 1 tablespoon low-fat jack cheese  
1/2 cup diced watermelon or cantaloupe

## Snack

1/2-cup fat-free vanilla yogurt or Greek yogurt with 1 Gala sliced apple  
And 1 tablespoon chopped walnuts

## Lunch

Salad made with 2 cups chopped Romaine, 4 ounces grilled chicken, 1/2 cup chopped celery, 1/2 cup diced mushrooms, 2 tablespoons shredded low-fat cheddar, and 1 tablespoon low-fat Caesar dressing

1 medium nectarine

1 cup skim milk or Almond milk

## Snack

Protein Shake – 1 scoop protein, put in shaker with water

## Dinner

4 ounces shrimp, chicken, or fish, grilled or sautéed with 1 teaspoon olive oil and 1 teaspoon chopped garlic

1 medium artichoke, steamed

1/2 cup whole wheat couscous or 1 small red potato with 2 tablespoons diced bell pepper, 1/4 cup garbanzo beans, 1 teaspoon chopped fresh cilantro, and 1 tablespoon fat-free honey mustard dressing

# Thursday

## **Breakfast**

*4oz. Scrambled egg whites with ¼ cup salsa*

*1 light whole-grain English muffin with 1-tablespoon peanut or almond butter*

*1-cup skim milk or almond milk*

## **Snack**

*Yogurt parfait made with 1-cup low-fat vanilla yogurt, 2 tablespoons sliced strawberries or raspberries, and 2 tablespoons low-fat granola*

## **Lunch**

*Wrap made with 4 ounces thinly sliced lean roast beef, 1 6-inch whole wheat tortilla, 1/4 cup shredded lettuce, 3 medium tomato slices, 1 teaspoon horseradish, and 1 teaspoon Dijon mustard*

*1/2 cup pinto or black beans or lentils with 1 teaspoon chopped basil and 1 tablespoon light Caesar dressing*

## **Snack**

*Protein Shake – 1 scoop protein powder – mixed with water in a shaker cup*

## **Dinner**

*4 ounces grilled halibut/salmon/orange roughy/tilapia*

*1/2 cup sliced mushrooms sautéed with 1 teaspoon olive oil, 1/4 cup chopped yellow onion, and 1 cup green beans*

*Salad made with 1 cup arugula leaves, 1/2 cup halved cherry tomatoes, and 1 teaspoon balsamic vinaigrette*

*1/2 cup warm unsweetened applesauce with 1/4 cup fat-free vanilla yogurt,*

*1 tablespoon chopped pecans and dash cinnamon*



# Friday

## **Breakfast**

*Burrito made with 1 medium whole wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, 1/4 cup fat-free refried black beans, 2 tablespoons salsa, 2 tablespoons grated low-fat cheddar, and 1 teaspoon fresh cilantro*  
*1 cup mixed melon*

## **Snack**

*1 medium apple*  
*1/3-cup raw almonds*

## **Lunch**

*Turkey burger*  
*Salad made with 1 cup baby spinach, 1/4 cup halved cherry tomatoes, 1/2 cup cooked lentils, 2 teaspoons grated Parmesan, and 1 tablespoon light Russian dressing*  
*1 cup skim milk or almond milk*

## **Snack**

*Protein shake – 1 scoop protein powder – mixed with water in a shaker cup*

## **Dinner**

*5 ounces grilled wild salmon*  
*1/2 cup brown or wild rice*  
*2 cups mixed baby greens with 1 tablespoon low-fat Caesar dressing*

# Saturday

**Replace one meal on this day with any, and I mean only 1 meal that you would like to eat. A bad meal, then get right back on your plan.**

## Breakfast

*3 large egg whites omelet, 2 tablespoons diced bell peppers, 2 teaspoons chopped spinach, 2 tablespoons part-skim shredded mozzarella, and 2 teaspoons pesto 1/2-cup fresh raspberries*

*1 slice ezekiel cinnamon rasin bread*

*1-cup skim milk or almond milk*

## Snack

*1/2 cup low-fat vanilla yogurt with 1 tablespoon ground flaxseed and 1/2 cup diced pear*

## Lunch

*4 ounces sliced turkey breast*

*Tomato-cucumber salad made with 5 slices tomato, 1/4 cup sliced cucumber, and 1 tablespoon fat-free Italian dressing*

*1 medium orange*

## Snack

*Smoothie made with 3/4 cup almond milk, 1/2 banana, 1 scoop protein powder, and 1/4 cup sliced blueberries, ice*

## Dinner

*4 ounces orange rough/red snapper/tilapia baked with 1 teaspoon olive oil, 1 teaspoon lemon juice, and 1/2 teaspoon no-sodium seasoning*

*1 cup spaghetti squash with 1 teaspoon olive oil and 2 teaspoon grated Parmesan cheese*

*1 cup steamed green beans with 1 tablespoon slivered almonds*

**Reset Day.**

# Sunday

## Breakfast

4oz. Scrambled egg whites with ¼ cup salsa

1 light whole-grain English muffin with 1-tablespoon peanut or almond butter

1-cup skim milk or almond milk

## Snack

1/4-cup fat-free cottage cheese with 1/4-cup cherries and 1 tablespoon slivered almonds

## Lunch

Salad made with 2 cups baby spinach, 4 ounces grilled chicken, 1 tablespoon chopped dried cranberries, 3 slices avocado, 1 tablespoon slivered walnuts, and 2 tablespoons low-fat vinaigrette

1 apple

1 cup skim milk

## Snack

1/4-cup plain fat-free Greek yogurt with 1-tablespoon sugar-free fruit spread and 1 tablespoon ground flaxseed

1/4-cup blueberries

## Dinner

4 ounces lean pork tenderloin stir-fried with onions, garlic, broccoli, and bell pepper

1/2 cup brown rice

5 medium tomato slices with 1 teaspoon each chopped ginger, chopped cilantro, light soy sauce, and rice wine vinegar

**Repeat the same plan the next day.**

## ***List of Snack Choices***

***Fat Burning Fruits (recommended with a handful of nuts for synergistic, fat burning result)***

***Apples***

***Oranges***

***Cherries 2 cups***

***Grapefruit***

***Apricots***

***Pears***

***Peaches***

***Plums***

***Grapes 1 cup***

***Nuts***

***(I avoid peanuts because of some research that suggests negative health effects)***

***Raw almonds***

***Raw Cashews***

***Raw Sunflower Seed***

***Raw Walnuts***

***Raw Brazilian Nuts***

***Veggies***

***Celery (all you can eat)***

***Celery with 1 Tbsp Raw, no salt added almond butter***

***Cucumber (all you can eat)***

***Cucumber with 3 Tbsp Hummus***

**Carrots**

***Carrots with spectrum organic Caesar dressing***

***Steamed Broccoli with spectrum organic Caesar dressing***

***Jicama (All you can eat)***

***Jicama with squeezed lemon or lime and cayenne pepper***

***Baked Blue Corn Chips (a handful – not the whole bag!!!) with salsa and/or guacamole***

***Cottage Cheese – 1-cup low fat 2%***

***Cottage Cheese with sliced apples – ½ cup low fat Cottage Cheese, 1 Small Apple***

***Cottage Cheese with Peaches – ½ cup Cottage Cheese, 1 small peach (fresh not canned)***

***String Cheese – 1 stick***

***Yogurt – Plain low fat – 8oz***

***Yogurt with blueberries – 8 oz Plain low fat yogurt, ½ cup blueberries***

***Yogurt with peaches - 8 oz Plain low fat yogurt, 1 small sliced peach***

***Yogurt with nuts – 8 oz fat free plain yogurt, hand full of nuts (about 15)***

***Low Carb Tortilla with hummus – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp hummus***

***Low Carb Tortilla with Peanut Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp peanut butter***

***Low Carb Tortilla with Almond Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp almond butter***

***Low Carb Tortilla with Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp smart balance butter***

***Low Carb Tortilla with salsa and avocado – 1 La Tortilla Factory Low Carb Tortilla, with salsa, 1/3 avocado***

***Corn Tortilla with salsa and avocado – 1 corn tortilla with salsa, 1/3 avocado***

***Protein Shake – 1 scoop whey protein, 16 oz no sugar added almond milk***

***Cucumber Tuna Boat***

***Peel cucumber,***

***Cut in half lengthwise***

***Scoop out seeds***

***Fill with canned whit tuna fish in water that has been mixed with Vegannaise (YUM J)***

***Sweet Tooth Chai Tea***

***2 Teabags of Yogi Mayan Cocoa Spice Tea***

***12-16oz No Sugar Added Almond Milk***

***Dash of Stevia***

***Mouth Watering Cucumber Jicama Snack***

***Peel and chop cucumber***

***Peel and chop jicama***

***Chop up and enjoy***

## ***What To Get If You Go Out To Eat!***

If you eat out, here are some tips:

Eat before you go out so you are not starving.

Ask for no bread or tortillas chips. When they bring it to the table, have them take it back, or if that's not possible, just don't eat it.

Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.

Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.

Drink water or tea (unsweetened)

Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself.

No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!

### **Restaurants**

Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server.

-Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.

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SPECIFY – no butter, no oil.

Only order what you intend to eat.

There are a lot of restaurants to choose from; keep these tips in mind when selecting a place:

### **Mexican**

The majority of Mexican restaurants serve chips and salsa when you sit down. Don't get out of control with it; send it back so you don't stuff yourself with it before your meal arrives.

- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, guacamole and a little cheese

- Try ceviche (fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad; leave out the dressing and use salsa instead

## **Sushi**

Avoid the tempura and anything else that's deep-fried; the majority of rolls come with rice, ask your server to leave it out.

- Order Sashimi (no rice),
- Edamame,
- Hand rolls with no rice (they're pretty good), I like salmon and tuna. You can also ask for vegetable
- Sashimi Salad
- Miso soup
- Ask for low sodium soy sauce

## **Italian**

Beware of the bread, have the waiter take it away. Now a day, a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce.
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing,

**Fast Food** – This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner, look for a choice of grilled food over fried.