

# NoSkinnies.com

4 Week Tight Abs Food & Workout Challenge Week 1

Plan Week Start Date: \_\_\_\_\_ Week End Date: \_\_\_\_\_ Week Number: \_\_\_\_\_

Goals:	Enter your individual goals here:
No fried foods	_____
Eight 8 oz glasses water per day	_____
8-10 servings fruits/veg per day	_____
No processed foods, white carbs, alcohol, sugar & sodas	_____
1400 - 1800 calories per day	_____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8
F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10

Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories
<b>Meal 1</b> Coffee <a href="#">Spinach &amp; Pepper Jack Cheese Egg Omelet</a> 1/2 Cup Berries of Choice <a href="#">1 Healthy Muffins that DON'T Suck!</a> Meal Total Daily Total	215 50 67 332 332	<b>Meal 1</b> Coffee <a href="#">Berry, Yogurt, and Protein Smoothie</a> <a href="#">1 Healthy Muffins that DON'T Suck!</a> Meal Total Daily Total	220 67 67 354 354	<b>Meal 1</b> Coffee <a href="#">Spinach &amp; Pepper Jack Cheese Egg Omelet</a> 1/2 Cup Berries of Choice <a href="#">1 Healthy Muffins that DON'T Suck!</a> Meal Total Daily Total	215 50 67 332 332	<b>Meal 1</b> Coffee <a href="#">Berry, Yogurt, and Protein Smoothie</a> <a href="#">1 Healthy Muffins that DON'T Suck!</a> Meal Total Daily Total	220 50 67 332 332	<b>Meal 1</b> Coffee <a href="#">Spinach &amp; Pepper Jack Cheese Egg Omelet</a> 1/2 Cup Berries of Choice <a href="#">1 Healthy Muffins that DON'T Suck!</a> Meal Total Daily Total	215 50 67 332 332	<b>Meal 1</b> Coffee <a href="#">Berry, Yogurt, and Protein Smoothie</a> <a href="#">1 Healthy Muffins that DON'T Suck!</a> Meal Total Daily Total	220 67 67 354 354	<b>Meal 1</b> Coffee <a href="#">1 Cup Oatmeal - No Added Sugar!</a> <a href="#">1 Healthy Muffins that DON'T Suck!</a> Meal Total Daily Total	150 100 67 317 317
<b>Meal 2</b> <a href="#">Almond Oat Dark Choc Chip Bars</a> 1 Serving Fruit Meal Total Daily Total	145 100 245 577	<b>Meal 2</b> <a href="#">2 Perfect Brownie Bites!</a> 1 Serving Fruit Meal Total Daily Total	100 100 200 554	<b>Meal 2</b> <a href="#">Almond Oat Dark Choc Chip Bars</a> 1 Serving Fruit Meal Total Daily Total	145 100 245 577	<b>Meal 2</b> <a href="#">2 Perfect Brownie Bites!</a> 1 Serving Fruit Meal Total Daily Total	100 100 200 577	<b>Meal 2</b> <a href="#">Almond Oat Dark Choc Chip Bars</a> 1 Serving Fruit Meal Total Daily Total	145 100 245 577	<b>Meal 2</b> <a href="#">2 Perfect Brownie Bites!</a> 1 Serving Fruit Meal Total Daily Total	100 100 200 487	<b>Meal 2</b> <a href="#">Almond Oat Dark Choc Chip Bars</a> 1 Serving Fruit Meal Total Daily Total	145 100 245 562
<b>Meal 3</b> <a href="#">Turkey and Strawberry Salad</a> 16 Almonds Meal Total Daily Total	300 100 400 977	<b>Meal 3</b> <a href="#">Avocado and Tomato Salad</a> 1/2 Serving Fruit 8 Almonds Meal Total Daily Total	240 50 50 340 894	<b>Meal 3</b> <a href="#">Grilled Chicken Breast Greek Salad</a> Meal Total Daily Total	385 100 962	<b>Meal 3</b> <a href="#">Turkey and Strawberry Salad</a> 16 Almonds Meal Total Daily Total	300 100 400 887	<b>Meal 3</b> <a href="#">Avocado and Tomato Salad</a> 1/2 Serving Fruit 8 Almonds Meal Total Daily Total	240 50 50 340 917	<b>Meal 3</b> <a href="#">Grilled Chicken Breast Greek Salad</a> Meal Total Daily Total	385 100 872	<b>Meal 3</b> <a href="#">Turkey and Strawberry Salad</a> 16 Almonds Meal Total Daily Total	300 100 400 962
<b>Meal 4</b> Hummus (3 Tbsp) Celery or Raw Peppers Meal Total Daily Total	90 25 115 1092	<b>Meal 4</b> 1 Cup Edemame 16 Raw Almonds Meal Total Daily Total	100 100 200 1094	<b>Meal 4</b> Hummus (3 Tbsp) Celery or Raw Peppers Meal Total Daily Total	90 25 115 1077	<b>Meal 4</b> Hummus (3 Tbsp) Celery or Raw Peppers Meal Total Daily Total	90 100 200 1087	<b>Meal 4</b> Hummus (3 Tbsp) Celery or Raw Peppers Meal Total Daily Total	90 25 115 1032	<b>Meal 4</b> Hummus (3 Tbsp) Celery or Raw Peppers Meal Total Daily Total	100 100 200 1072	<b>Meal 4</b> Hummus (3 Tbsp) Celery or Raw Peppers Meal Total Daily Total	90 25 115 1077
<b>Meal 5</b> <a href="#">Peppers and Sausage</a> Side Salad (No Creamy Dressing!) Meal Total Daily Total	255 100 355 1447	<b>Meal 6</b> <a href="#">Grilled Lean Eakes Burger</a> <a href="#">Sweet Potato Fries</a> <a href="#">Sautéed Spinach and Onions</a> Meal Total Daily Total	195 90 50 335 1429	<b>Meal 6</b> <a href="#">Peppers and Sausage (left overs)</a> Side Salad (No Creamy Dressing!) Meal Total Daily Total	255 100 355 1432	<b>Meal 6</b> <a href="#">Crockpot Rotisserie Chicken</a> <a href="#">Roasted Asparagus</a> Meal Total Daily Total	245 80 325 1412	<b>Meal 6</b> <a href="#">Camilla Peas and Turkey Sausage</a> <a href="#">Sautéed Spinach and Onions</a> Meal Total Daily Total	350 50 400 1432	<b>Meal 6</b> <a href="#">Turkey Burgers</a> <a href="#">Sweet Potato Fries</a> <a href="#">Sautéed Spinach and Onions</a> Meal Total Daily Total	270 90 50 410 1482	<b>Meal 6</b> <a href="#">Roasted Asparagus Egg Omelet</a> <a href="#">Roasted Asparagus</a> Meal Total Daily Total	250 80 50 330 1407
Misc/Unplanned													
<b>Daily Calorie Total</b>	<b>1447</b>	<b>Daily Calorie Total</b>	<b>1429</b>	<b>Daily Calorie Total</b>	<b>1432</b>	<b>Daily Calorie Total</b>	<b>1412</b>	<b>Daily Calorie Total</b>	<b>1432</b>	<b>Daily Calorie Total</b>	<b>1482</b>	<b>Daily Calorie Total</b>	<b>1407</b>
<b>Ab Workout:</b> 40 Crunches 40 Military Leg Lifts 40 Butterfly Crunches 40 In/Outs <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Boat Twists 40 Criss-Cross 40 Side Lying Crunches (Right) 40 Side Lying Crunches (Left) <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Military Leg Lifts 40 Butterfly Crunches 40 In/Outs <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Military Leg Lifts 40 Butterfly Crunches 40 In/Outs <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Boat Twists 40 Criss-Cross 40 Side Lying Crunches (Right) 40 Side Lying Crunches (Left) <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Military Leg Lifts 40 Butterfly Crunches 40 In/Outs <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Military Leg Lifts 40 Butterfly Crunches 40 In/Outs <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Military Leg Lifts 40 Butterfly Crunches 40 In/Outs <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Boat Twists 40 Criss-Cross 40 Side Lying Crunches (Right) 40 Side Lying Crunches (Left) <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Military Leg Lifts 40 Butterfly Crunches 40 In/Outs <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> 40 Crunches 40 Boat Twists 40 Criss-Cross 40 Side Lying Crunches (Right) 40 Side Lying Crunches (Left) <a href="#">See Ab Demo Video here</a>	<b>Work Out:</b> Day Off	<b>Work Out:</b> Day Off	<b>Work Out:</b> Day Off

\*\*Consult a physician prior to starting any new workout, challenge, or nutrition plan.  
 \*\*The information provided in this document and/or contained on NoSkinnies.com is opinion only. We are not responsible for any injuries you may cause to yourself or others by completing our workouts, challenges, or meal plans.  
 \*\*Individual calorie requirements vary. For a consultation regarding the appropriate number of calories for your individual needs please contact us through the No Skinnies contact form.  
 \*\*This worksheet is the property of NoSkinnies.com and may not be modified but please do share.