NoSkinnies.com

4 Week Tight Abs Food & Workout Challenge Week 1

Plan	Week Start Date:	Week End Date:	Week Number:	
Goals: No fried foods		Enter your individual goals here:		
Eight 8 oz glasses water per day 8-10 servings fruits/veg per day		-		
No processed foods, white carbs, alco 1400 - 1800 calories per day	ohol, sugar & sodas			

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
Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1	
Coffee		Coffee		Coffee		Coffee		Coffee		Coffee		Coffee	
Spinach & Pepper Jack		Berry, Yogurt, and Protein		Spinach & Pepper Jack		Berry, Yogurt, and Protein		Spinach & Pepper Jack		Berry, Yogurt, and Protein		1 Cup Oatmeal - No Added	
Cheese Egg Omelet	215	Smoothie	220	Cheese Egg Omelet	215	Smoothie	220	Cheese Egg Omelet	215	Smoothie	220	Sugar!	150
onocco Egg omolec	2.0	1 Healthy Muffins that	220	Silver Ligg Silver		1 Healthy Muffins that		Silosso Egg Siliolot	2.0	1 Healthy Muffins that		ougu	
1/2 Cup Berries of Choice	50	DON'T Suck!	67	1/2 Cup Berries of Choice	50	DON'T Suck!	67	1/2 Cup Berries of Choice	50	DON'T Suck!	67	1 Cup Berries of Choice	100
1 Healthy Muffins that	30	DOINT SUCK:	07	1 Healthy Muffins that	50	DON'T SUCK:	07	1 Healthy Muffins that	30	DOINT SUCK:	01	Cup Berries of Choice	100
					67								
DON'T Suck!	67		67	DON'T Suck!	67			DON'T Suck!	67				67
								l		l		L	
Meal Total		Meal Total	354	Meal Total		Meal Total		Meal Total		Meal Total		Meal Total	317
Daily Total	332	Daily Total	354	Daily Total		Daily Total	287		332	Daily Total	287	Daily Total	317
Meal 2		Meal 2		Meal 2		Meal 2		Meal 2		Meal 2		Meal 2	
Almond Oat Dark Choc Chip				Almond Oat Dark Choc Chip				Almond Oat Dark Choc Chip				Almond Oat Dark Choc Chip	
Bars	145	2 Perfect Brownie Bites!	100	Bars	145	2 Perfect Brownie Bites!	100	Bars	145	2 Perfect Brownie Bites!	100	Bars	145
1 Serving Fruit		1 Serving Fruit		1 Serving Fruit		1 Serving Fruit		1 Serving Fruit		1 Serving Fruit		1 Serving Fruit	100
1 Serving 1 ruit	100	T Cerving Truit	100	T cerving I ruit	100	1 Octving 1 rail	100	T Serving Truit	100	1 Cerving Fruit	100	l Cerving Fruit	100
Meal Total	245	Meal Total	200	Meal Total	245	Meal Total	200	Meal Total	245	Meal Total	200	Meal Total	245
Daily Total				Daily Total				Daily Total		Daily Total			562
	5//	Daily Total	554			Daily Total	407		5//		407	Daily Total	502
Meal 3		Meal 3		Meal 3		Meal 3		Meal 3		Meal 3		Meal 3	
Turkey and Strawberry				Grilled Chicken Breast		Turkey and Strawberry				Grilled Chicken Breast		Turkey and Strawberry	
Salad	300	Avocado and Tomato Salad	240	Greek Salad	385	Salad	300	Avocado and Tomato Salad	240	Greek Salad	385	Salad	300
16 Almonds	100	1/2 Serving Fruit	50			16 Almonds	100	1/2 Serving Fruit	50			16 Almonds	100
	1	8 Almonds	50					8 Almonds	50				
		o / iiiioildo	00					0 7 mmona0	00				
Meal Total	400	Meal Total	240	Meal Total	205	Meal Total	400	Meal Total	240	Meal Total	205	Meal Total	400
Daily Total		Daily Total		Daily Total		Daily Total		Daily Total		Daily Total		Daily Total	962
	911		094				007		917		0/2		902
Meal 4		Meal 4		Meal 4		Meal 4		Meal 4		Meal 4		Meal 4	
Hummus (3 Tbsp)		1 Cup Edemame		Hummus (3 Tbsp)		1 Cup Edemame		Hummus (3 Tbsp)		1 Cup Edemame		Hummus (3 Tbsp)	90
Celery or Raw Peppers	25	16 Raw Almonds	100	Celery or Raw Peppers	25	16 Raw Almonds	100	Celery or Raw Peppers	25	16 Raw Almonds	100	Celery or Raw Peppers	25
Meal Total	115	Meal Total	200	Meal Total	115	Meal Total	200	Meal Total	115	Meal Total	200	Meal Total	115
Daily Total	1092	Daily Total	1094	Daily Total	1077	Daily Total	1087	Daily Total	1032	Daily Total	1072	Daily Total	1077
Meal 5		Meal 6		Meal 6		Meal 6		Meal 6		Meal 6		Meal 6	
incar o		incar o		incui o		incui o		incui o		linear o		incui o	
				Peppers and Sausage (left				Camilla Peas and Turkey				Roasted Asparagus Egg	
D	055	Grilled Lean Eakes Burger	405		055	Crockpot Rotisserie Chicken	0.45	Sausage	250	Today Burney	070	Omelet	050
Peppers and Sausage	255	Gilled Learr Eakes Burger	195	overs)	255	Crockpot Rotisserie Chicken	245		350	Turkey Burgers	2/0	Officiel	250
Side Salad (No Creamy				Side Salad (No Creamy				Sauteed Spinach and					
Dressing!)	100	Sweet Potato Fries	90	Dressing!)	100	Roasted Asparagus	80	<u>Onions</u>	50	Sweet Potato Fries	90	Roasted Asparagus	80
		Sauteed Spinach and								Sauteed Spinach and			
		<u>Onions</u>	50							<u>Onions</u>	50		
Meal Total	355	Meal Total		Meal Total		Meal Total		Meal Total		Meal Total		Meal Total	330
Daily Total	1447	Daily Total	1429	Daily Total	1432	Daily Total	1412	Daily Total	1432	Daily Total	1482	Daily Total	1407
Misc/Unplanned			1										
		1	1	1				1	1	1	1		1
	l	 	t	 			1		1		t		1
Daily Calorie Total	1447	Daily Calorie Total	1429	Daily Calorie Total	1432	Daily Calorie Total	1412	Daily Calorie Total	1432	Daily Calorie Total	1482	Daily Calorie Total	1407
Ab Workout:		Work Out:	I	Work Out:		Work Out:		Work Out:		Work Out:	I	Work Out:	
40 Crunches		40 Boat Twists		40 Crunches		40 Boat Twists		40 Crunches		40 Boat Twists	1	Day Off	
40 Military Leg Lifts		40 Criss-Cross		40 Military Leg Lifts		40 Criss-Cross		40 Military Leg Lifts	1	40 Criss-Cross	1	1	1
40 Butterfly Crunches		40 Side Lying Crunches (Rig		40 Butterfly Crunches		40 Side Lying Crunches (Rig	ht)	40 Butterfly Crunches		40 Side Lying Crunches (Rig	tht)		
40 In/Outs		40 Side Lying Crunches (Lef	10	40 In/Outs		40 Side Lying Crunches (Lef	1)	40 In/Outs		40 Side Lying Crunches (Let	11)		
	1												
See Ab Demo Video here		See Ab Demo Video here		See Ab Demo Video here		See Ab Demo Video here		See Ab Demo Video here		See Ab Demo Video here			

^{**}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.

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