

NoSkinnies.com

4 Week Tight Abs Food & Workout Challenge Week 3

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 |
|---|-------------|--|-----------------|---|-------------|--|-------------|--|-----------------|--|-----------------|--|-------------|
| Meal 1 Coffee Spinach & Pepper Jack Cheese Egg Omelet | 215 | Meal 1 Coffee Berry, Yogurt, and Protein Smoothie 1 Healthy Muffins that DON'T Suck! | 220 | Meal 1 Coffee Spinach & Pepper Jack Cheese Egg Omelet | 215 | Meal 1 Coffee Berry, Yogurt, and Protein Smoothie 1 Healthy Muffins that DON'T Suck! | 220 | Meal 1 Coffee Spinach & Pepper Jack Cheese Egg Omelet | 215 | Meal 1 Coffee Berry, Yogurt, and Protein Smoothie 1 Healthy Muffins that DON'T Suck! | 220 | Meal 1 Coffee 1 Cup Oatmeal - No Added Sugar! | 150 |
| 1/2 Cup Berries of Choice 1 Healthy Muffins that DON'T Suck! | 50 67 | 1/2 Cup Berries of Choice 1 Healthy Muffins that DON'T Suck! | 67 67 | 1/2 Cup Berries of Choice 1 Healthy Muffins that DON'T Suck! | 50 67 | 1/2 Cup Berries of Choice 1 Healthy Muffins that DON'T Suck! | 67 67 | 1/2 Cup Berries of Choice 1 Healthy Muffins that DON'T Suck! | 50 67 | 1/2 Cup Berries of Choice 1 Healthy Muffins that DON'T Suck! | 67 67 | 1 Cup Berries of Choice | 100 67 |
| Meal Total Daily Total | 332 332 | Meal Total Daily Total | 354 354 | Meal Total Daily Total | 332 332 | Meal Total Daily Total | 287 287 | Meal Total Daily Total | 332 332 | Meal Total Daily Total | 287 287 | Meal Total Daily Total | 317 317 |
| Meal 2 Almond Oat Dark Choc Chip Bars 1 Serving Fruit | 145 100 | Meal 2 2 Perfect Brownie Bites! 1 Serving Fruit | 100 100 | Meal 2 Almond Oat Dark Choc Chip Bars 1 Serving Fruit | 145 100 | Meal 2 2 Perfect Brownie Bites! 1 Serving Fruit | 100 100 | Meal 2 Almond Oat Dark Choc Chip Bars 1 Serving Fruit | 145 100 | Meal 2 2 Perfect Brownie Bites! 1 Serving Fruit | 100 100 | Meal 2 Almond Oat Dark Choc Chip Bars 1 Serving Fruit | 145 100 |
| Meal Total Daily Total | 245 577 | Meal Total Daily Total | 200 554 | Meal Total Daily Total | 245 577 | Meal Total Daily Total | 200 487 | Meal Total Daily Total | 245 577 | Meal Total Daily Total | 200 487 | Meal Total Daily Total | 245 562 |
| Meal 3 Turkey and Strawberry Salad 16 Almonds | 300 100 | Meal 3 Avocado and Tomato Salad 1/2 Serving Fruit 8 Almonds | 240 50 50 | Meal 3 Grilled Chicken Breast Greek Salad | 385 | Meal 3 Turkey and Strawberry Salad 16 Almonds | 300 100 | Meal 3 Avocado and Tomato Salad 1/2 Serving Fruit 8 Almonds | 240 50 50 | Meal 3 Grilled Chicken Breast Greek Salad | 385 | Meal 3 Turkey and Strawberry Salad 16 Almonds | 300 100 |
| Meal Total Daily Total | 400 977 | Meal Total Daily Total | 340 894 | Meal Total Daily Total | 385 962 | Meal Total Daily Total | 400 887 | Meal Total Daily Total | 340 917 | Meal Total Daily Total | 385 872 | Meal Total Daily Total | 400 962 |
| Meal 4 Hummus (3 Tbsp) Celery or Raw Peppers | 90 25 | Meal 4 1 Cup Edemame 16 Raw Almonds | 100 100 | Meal 4 Hummus (3 Tbsp) Celery or Raw Peppers | 90 25 | Meal 4 Hummus (3 Tbsp) Celery or Raw Peppers | 90 25 | Meal 4 Hummus (3 Tbsp) Celery or Raw Peppers | 90 25 | Meal 4 1 Cup Edemame 16 Raw Almonds | 100 100 | Meal 4 Hummus (3 Tbsp) Celery or Raw Peppers | 90 25 |
| Meal Total Daily Total | 115 1092 | Meal Total Daily Total | 200 1094 | Meal Total Daily Total | 115 1077 | Meal Total Daily Total | 200 1087 | Meal Total Daily Total | 115 1032 | Meal Total Daily Total | 200 1072 | Meal Total Daily Total | 115 1077 |
| Meal 5 Peppers and Sausage Side Salad (No Creamy Dressing!) | 255 100 | Meal 6 Grilled Lean Eakes Burger Sweet Potato Fries Sautéed Spinach and Onions | 195 90 50 | Meal 6 Peppers and Sausage (left overs) Side Salad (No Creamy Dressing!) | 255 100 | Meal 6 Crockpot Rotisserie Chicken Roasted Asparagus | 245 80 | Meal 6 Camilla Peas and Turkey Sausage Sautéed Spinach and Onions | 350 50 | Meal 6 Turkey Burgers Sweet Potato Fries Sautéed Spinach and Onions | 270 90 50 | Meal 6 Roasted Asparagus Egg Omelet Roasted Asparagus | 250 80 |
| Meal Total Daily Total | 355 1447 | Meal Total Daily Total | 335 1429 | Meal Total Daily Total | 355 1432 | Meal Total Daily Total | 325 1412 | Meal Total Daily Total | 400 1432 | Meal Total Daily Total | 410 1482 | Meal Total Daily Total | 330 1407 |
| Misc/Unplanned | | | | | | | | | | | | | |
| 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: 60 Crunches 60 Military Leg Lifts 60 Butterfly Crunches 60 In/Outs | | Work Out: 60 Boat Twists 60 Criss-Cross 60 Side Lying Crunches (Right) 60 Side Lying Crunches (Left) | | Work Out: 60 Crunches 60 Military Leg Lifts 60 Butterfly Crunches 60 In/Outs | | Work Out: 60 Boat Twists 60 Criss-Cross 60 Side Lying Crunches (Right) 60 Side Lying Crunches (Left) | | Work Out: 60 Crunches 60 Military Leg Lifts 60 Butterfly Crunches 60 In/Outs | | Work Out: 60 Boat Twists 60 Criss-Cross 60 Side Lying Crunches (Right) 60 Side Lying Crunches (Left) | | Work Out: Day Off | |
| 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.
 **This worksheet is the property of NoSkinnies.com and may not be modified but please do share.