

NoSkinnies.com

4 Week Tight Abs Food & Workout Challenge Week 4

Plan Week Start Date: _____ Week End Date: _____ Week Number: _____

Goals: 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	Enter your individual goals here: _____ _____
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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		Meal 1 Coffee		Meal 1 Coffee		Meal 1 Coffee		Meal 1 Coffee		Meal 1 Coffee		Meal 1 Coffee Chocolate Chip Banana			
1 Cup Oatmeal - No Added Sugar!	150	Berry, Yogurt, and Protein Smoothie	220	Spinach & Pepper Jack Cheese Egg Omelet	215	Berry, Yogurt, and Protein Cheese Egg Omelet	220	Spinach & Pepper Jack Cheese Egg Omelet	220	Berry, Yogurt, and Protein Smoothie	215	220	Whole Wheat Muffins (4) or Pancakes (3)	200	
1 Cup Berries of Choice	100	1/2 Cup Berries of Choice	50	1/2 Cup Berries of Choice	50	1/2 Cup Yogurt with Fruit	100	1/2 Cup Berries of Choice	50	1/2 Cup Berries of Choice	50	1 Cup Berries of Choice	100		
Meal Total	250	Meal Total	337	Meal Total	265	Meal Total	320	Meal Total	265	Meal Total	265	Meal Total	367		
Daily Total	250	Daily Total	337	Daily Total	265	Daily Total	320	Daily Total	265	Daily Total	265	Daily Total	367		
Meal 2 1 Choc Chip Cookie Dough Brownie	200	Chocolate Chip Banana Whole Wheat Muffins (2)	100	1 Choc Chip Cookie Dough Brownie	200	Chocolate Chip Banana Whole Wheat Muffins (2)	100	1 Choc Chip Cookie Dough Brownie	200	Chocolate Chip Banana Whole Wheat Muffins (4)	200	1 Choc Chip Cookie Dough Brownie	200		
1 Serving Fruit	100	1 Serving Fruit	100	1 Serving Fruit	100	1 Serving Fruit	100	1 Serving Fruit	100	1 Serving Fruit	100	1 Serving Fruit	100		
Meal Total	300	Meal Total	200	Meal Total	300	Meal Total	200	Meal Total	300	Meal Total	300	Meal Total	300		
Daily Total	550	Daily Total	537	Daily Total	565	Daily Total	520	Daily Total	565	Daily Total	570	Daily Total	667		
Meal 3 Spinach, Mushroom, and Boiled Egg Salad	260	Turkey and Avocado Wrap	250	Spinach, Mushroom, and Boiled Egg Salad	260	Turkey and Avocado Wrap	250	Spinach, Mushroom, and Boiled Egg Salad	260	Turkey and Avocado Wrap	260	Spinach, Mushroom, and Boiled Egg Salad	260		
Add 2 oz Turkey Breast	70	1 Serving Fruit	100	Add 2 oz Turkey Breast	70	1 Serving Fruit	100	Add 2 oz Turkey Breast	70	1 Serving Fruit	100	Add 2 oz Turkey Breast	70		
Meal Total	330	Meal Total	350	Meal Total	330	Meal Total	350	Meal Total	330	Meal Total	350	Meal Total	330		
Daily Total	880	Daily Total	887	Daily Total	895	Daily Total	870	Daily Total	895	Daily Total	920	Daily Total	997		
Meal 4 1 Cup Mixed Raw Peppers (Yellow & Orange are sweetest)	50	1 Cup Baby Carrots	100	1 Cup Mixed Raw Peppers (Yellow & Orange are sweetest)	50	1 Cup Baby Carrots	100	1 Cup Mixed Raw Peppers (Yellow & Orange are sweetest)	50	1 Cup Baby Carrots	100	1 Cup Mixed Raw Peppers (Yellow & Orange are sweetest)	50		
16 Raw Almonds	100	16 Raw Almonds	100	16 Raw Almonds	100	16 Raw Almonds	100	16 Raw Almonds	100	16 Raw Almonds	100	16 Raw Almonds	100		
Meal Total	150	Meal Total	200	Meal Total	150	Meal Total	200	Meal Total	150	Meal Total	200	Meal Total	150		
Daily Total	1030	Daily Total	1087	Daily Total	1045	Daily Total	1070	Daily Total	1045	Daily Total	1120	Daily Total	1147		
Meal 5 2 Chicken Fajitas	320	Turkey Burgers	270	2 Chicken Fajitas (left overs)	320	Smokehouse Maple Turkey Loin	210	Shake N Bake Chicken Breast (Or bake with seasoning of your choice)	200	Red Pepper Turkey Breast Fillets	200	Eggplant Parmesan	210		
Chocolate Chip Banana	100	Roasted Asparagus	80	Chocolate Chip Banana	100	Whole Wheat Muffins (2)	100	Sweet Potato Fries	130	Roasted Asparagus	180	Side Salad (no creamy dressing!)	80		
Whole Wheat Muffins (2)	100	Sautéed Spinach and Onions	50	Whole Wheat Muffins (2)	100	Oven Fried Zucchini Sticks	130	Sweet Potato Fries	130	Roasted Asparagus	180	80	100		
Meal Total	420	Meal Total	400	Meal Total	420	Meal Total	420	Meal Total	340	Meal Total	380	Meal Total	290		
Daily Total	1450	Daily Total	1487	Daily Total	1465	Daily Total	1450	Daily Total	1410	Daily Total	1425	Daily Total	1447		
Misc/Unplanned															
Daily Calorie Total	1450	Daily Calorie Total	1487	Daily Calorie Total	1465	Daily Calorie Total	1410	Daily Calorie Total	1425	Daily Calorie Total	1410	Daily Calorie Total	1447		
Ab Workout: 70 Crunches 70 Military Leg Lifts 70 Butterfly Crunches 70 In/Outs See Ab Demo Video here		Work Out: 70 Boat Twists 70 Criss-Cross 70 Side Lying Crunches (Right) 70 Side Lying Crunches (Left) See Ab Demo Video here		Work Out: 70 Crunches 70 Military Leg Lifts 70 Butterfly Crunches 70 In/Outs See Ab Demo Video here		Work Out: 70 Boat Twists 70 Criss-Cross 70 Side Lying Crunches (Right) 70 Side Lying Crunches (Left) See Ab Demo Video here		Work Out: 70 Crunches 70 Military Leg Lifts 70 Butterfly Crunches 70 In/Outs See Ab Demo Video here		Work Out: 70 Boat Twists 70 Criss-Cross 70 Side Lying Crunches (Right) 70 Side Lying Crunches (Left) See Ab Demo Video here		Work Out: 70 Boat Twists 70 Criss-Cross 70 Side Lying Crunches (Right) 70 Side Lying Crunches (Left) See Ab Demo Video here		Work Out: 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.
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