

“Slim Sexy Recipe Book”

Congratulations!

I hope you enjoy your copy of the easy to follow “Slim Sexy Recipe Book”

You will find easy to follow recipes with a variety of options you can choose from, I don't want you to get bored with eating the same protein and carb over and over again so I have given you some healthy choices.

Prepare your week by deciding on Sunday what you are going to eat for the week and have the foods available in your refrigerator and freezer.

Print out a copy and take it with you when you are going grocery shopping!

But, most importantly....Stick to it! It's challenging at first when you make the decision to make changes to how you eat.

You can do it!

Sylvia =)))

So let's get started.....

Eat five times a day. DO NOT SKIP BREAKFAST!!!!

This will stabilize your blood sugar and your body will adjust to burn more calories.

You can purchase a food scale at a near-by store for a few dollars or you can estimate a 4oz serving.

A 4oz serving is about the thickness and size of the palm of your hand.

Cereals, pastas grains, yogurts and beans are the size of a clenched fist.

Hard cheeses, salad oils, nuts and butters are about the size of two thumbs.

Salads are about the size of both hands put together.

Breakfast

Protein (2 eggs)

Grain (1 cup of oatmeal)

Fruit (1 cup of berries or chopped apple or raisins in oatmeal or cereal)

Snack

Protein shake with or without fruit

Lunch

4oz. of protein (pork loin or chicken breast)

1 cup of vegetables or 1 baked sweet potato (you can microwave sweet potatoes)

Snack (choose one)

¼ cup of sunflower seeds

¼ cup of almonds

2 table spoons of peanut butter and an apple

Dinner

4oz of protein (sirloin steak/chicken)

Grains (1 cup of brown rice/whole wheat pasta)

Vegetable (1 cup steamed broccoli/1 cup asparagus)

Snack

Peanut butter and celery sticks

Hormone Balancing Detox Proteins

Eat 4 - Four oz. Servings per day

Seafood

Cod
Clams
Lobster
Mackerel
Orange Roughy
Oysters
Halibut
Salmon
Shrimp
Tilapia
Tuna
White Fish

Lean Poultry

Chicken Breasts(skinless)
Cornish Hens (skinless)
Turkey Breasts (skinless)
Eggs

Lean Red Meats

Flank Steak
Sirloin
Tenderloin
Pork Tenderloin
Pork Chops
Pork Roast
Sirloin Roast
Lean Ground Beef

Low Fat Dairy Foods

Greek-Style Yogurt
Low Calorie Cheeses
Low-Fat Cottage Cheese
Almond Milk
Low-Fat Ricotta Cheese

Beans

Garbanzo
Lentils
Red Beans
Soy Beans
Black beans
Black-eyed Peas
Kidney
Lima
Navy
Pinto
Split Peas
White

Whey Protein

Powders

Fitting in your Protein

Eat a variety of different proteins, this will help balance your nutritional needs and keep your body efficiently burning fat.

Dairy Proteins should be limited to one serving per day.

Two eggs equal one serving. Eat a minimum of two per day.

A daily scoop of whey protein counts as one serving of protein. DO not use a shake for every meal for protein.

Add fruit to your shake to help get your fruit servings.

Vegetables

Eat 3 Cups per day

Broccoli, spinach, sweet potatoes, and tomatoes are super foods.

alfalfa	green beans	sweet potatoes	peas	celery
artichokes	jicama	tomatoes	peppers	chiles
artichoke hearts	kale kelp	turnips	red potatoes	cilantro
asparagus	lettuce	turnip greens	pumpkin	collard greens
beets	leeks	water cress	radishes	corn
broccoli	mushrooms	yams	rhubarb	cucumbers
brussell sprouts	mustard greens	winter squash	rutabaga	dandelion
cabbage	okra	yellow wax beans	spinach	eggplant
carrots	onion	zucchini	summer squash	
cauliflower	parsley	parsnips		garlic

It is crucial you select low glycemic carbs. Carbs are essential to energy production.

NO WHITE BREADS, SUGARS OR PANCAKES. AN ITEM SHOULD HAVE 4 GRAMS OF SUGAR OR LESS.

Looks for carbs that have 3 or more grams of fiber per serving.

Grains

Eat Two - 1-cup servings per day

shredded wheat cereal (not frosted)	whole-wheat puffs (not frosted)			
barley	spelt	cornmeal	quinoa	bulgar wheat
bran	wheat germ	millet	rye	buckwheat
brown rice		oats	oat bran	
whole grain pasta	whole grain products			

Whole grain products such as bread, pita breads, crackers, etc...

Must have the first ingredient listed as WHOLE GRAIN, nothing enriched.

Eat grains early in the day, and grain carbs no later than 3 hours before bedtime.

To save time eat canned beans, they are quick and easy to prepare for lunch.

Fruits

Eat two whole fruits a day (Juice is not a whole fruit)

apples	honey dew	tangerines	dates
apricots	lemon	watermelon	figs
bananas (under ripe)	lime	pomegranate	grapes
black berries	mango	prunes	kiwi
blue berries	oranges	raisins	kumquats
cantaloupe	papaya	raspberries	grapefruit
casaba	peaches	strawberries	guava
cherries	pears	tangelos	plums
cranberries	pineapple		

Apples, melons, lemons and pineapple nourish and detox the body to burn fat more effectively.

Citrus fruits also are loaded with Vitamin C, which helps burn fat.

Healthy Fats 1 Serving per day

**1 Serving = 2 tablespoons of oils
¼ cups of nuts or seeds
¼ avocado**

almonds	olive oil	sesame seeds	butter
almond butter	peanut butter	sunflower seeds	flax seed oil
avocado	pecans	walnuts	flax seeds
brazil nuts	pumpkin seeds	walnut oil	hazel nuts

These fats are essential to a healthy diet and help to burn fat and utilized for brain function.

Do not skip on these fats.

Thank you so much for taking the time to read through the “*The Sexy Slim Down Recipe Book*” and taking the next step to getting the body you truly deserve...



I congratulate you for taking it to the next level and becoming the Fit, Fabulous, Sexy You.! You are worth it!

Your Friend in Pilates Health,

Sylvia

Author/Founder

360 Pilates Workout

www.360PilatesWorkout.com