

21-Day Pilates Holiday Slimdown

Pilates Holiday Meal Plan



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360PILATES WORKOUT – 21Day Pilates Holiday Slimdown

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INTRODUCTION

First of all I want to thank you for investing in your health and well being by trusting me to teach you how to accelerate your results through my specific Pilates Holiday Series!

You are just a few quick steps from becoming the very next SUCCESS STORY!

Your Pilates Holiday Meal Plan will make reaching your fitness goals and living healthy easier while enjoying the Holidays.

You are going to be surprised at how easy this nutrition plan will fit into your daily busy lifestyle and how fast the pounds and inches will fly off as you build strong, sleek, lean muscle.

This simple, easy to follow nutrition plan has helped hundreds of women lose unwanted weight, melt fat, lower blood pressure, lower cholesterol, have healthier younger looking skin and more energy then ever before...and it WILL work for YOU too!

Hear me out on this. Remember, we are breaking bad habits and creating healthy new ones.

As you go through the nutrition plan you will notice I have given you options to choose from for each meal. You will cycle through each day and repeat.

Thank you and enjoy...Sylvia =)



BREAKFAST

Option 1 High Energy and Fiber Oatmeal

½ cup rolled oats (Dry)

1 scoop whey protein

12 almonds or 1 tsp olive or flax seed oil or fish oil

½ cup mixed organic frozen berries or a hand full of raisins

Dash of stevia and or cinnamon if desired to make sweeter

Option 2 Happy Scrambled Eggs

4-6 oz Liquid Egg Whites (about 2-4 Large Eggs)

1/3 cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (3 oz) or 1 Slice Ezekiel Bread

½ Avocado or 1 oz shredded cheese or 1 tsp Smart Balance butter

(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

Option 3 Chocolate Shake

1 Scoop Whey Protein

16 oz of water, No Sugar Added Almond Milk, or No Sugar Added Soy Milk

1 Piece of Ezekiel Bread or Whole Wheat Bread or Ezekiel Cinnamon Raisin Bread

1 TBSP Peanut or Almond Butter or Smart Balance Butter

Option 4 You can select any option from the lunch or dinner choices

SNACK

1Apple,1 Pear, 1 Orange, 1Peach, or 2 cups Cherries,

½ cup Greek Yogurt

1 Oz (about the palm of your hand) Almonds, Peanuts, Cashews or any nuts, preferably RAW (For more choices, see Complete list of snacks section)

LUNCH

Option 1 Rice Bowl

1 Chicken Breast (6oz) or 98% Trader Joes Ground Beef (6oz) or Salmon or Tuna (6oz)

1/3 Cup Brown Long Grain Basmati Rice or 1 Red Potato (3oz)

1 TBSP Virgin Olive Oil or 1/2 Avocado or 1 TBSP Smart Balance Butter

(All You Can Eat Extras) Veggies, Black Pepper, Balsamic Vinegar and Salsa

Option 2 Healthy Sandwich

6oz Can Tuna (White in Water) or Turkey Slices (6oz) or Chicken Breast (6oz)

2 Slices Ezekiel Bread or 2 Slices Whole Wheat Bread

1/2 Avocado or 1 Slice Cheese

(All You Can Eat Extras) Mustard, Lettuce or Veggies

Option 3 Lite and Healthy Salad

1 Chopped Chicken Breast (6oz) or Salmon or Tuna (6oz) or Extra Firm Tofu (6oz)

Green Leaf Lettuce and/or Spinach (As much as you want)

1/2 Avocado cubed and 1 Tbsp. Sunflower seeds

Dressing – Balsamic Vinegar with 1 Tsp, Virgin Olive Oil or Spectrum Organic Vegan Caesar Dressing (Refer to Shopping List for more choices)

(All You Can Eat Extras) Veggies, Jicama, Cucumber, Shredded Carrots, Sprouts etc

Option 4 Egg White Delight

4- 6oz Liquid Egg Whites (about 2-4 Large Eggs)

1/3 cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (3 oz) or 1 Low Carb Tortilla

½ Avocado or 1 oz shredded cheese

(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

Option 5 You can select any option from the breakfast and dinner choices

SNACK **Dutch Chocolate Shake**

1 Scoop Whey Protein (refer to shopping list)

1 Cup Frozen Berries

6oz. Water

Blend and enjoy

Added Extras that I like (1/3 cup almonds, 1 Tbsp Flax Seeds, 1/8 cup dried shredded coconut, 1 Tbsp Raw Cocoa Nibs (See Shopping List)

(My suggestions – I use the Magic Bullet Blender; it's easy to clean and doesn't take up much space, plus you can bring it to work)

(For more choices, see complete list of snacks section)

DINNER

Option 1 **Grilled To Perfection Chicken or Steak with Sautéed Vegetables**

6 oz Grilled Chicken Breast or Steak (Sirloin or Round Tip)

3 oz Baked (or micro waved) red potato, yam or sweet potato (with 1Tbsp Smart Balance Butter)

Asparagus, Squash and Broccoli sautéed in 2 Tbsp virgin extra olive oil, seasoned with Spike or Mrs. Dash.

(All You Can Eat Extras) Any and all veggies and pepper

Option 2 Deliciously Baked From The Sea

Baked 6oz Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia

Small Salad – Mixed greens, ½ Avocado Cubed, Spectrum Caesar Dressing (see Shopping List) (any veggies you want)

Option 3 Fill You Up Till Morning Chicken Soup

16 Oz Organic Broth (Chicken, Vegetable or Beef)

6 Oz Chopped Chicken Breast *or* Scrambled Egg Whites *or* Extra Firm Tofu cubed

1 cup Frozen Mixed Vegetables

½ Avocado Cubed

Spices – Pepper, and Spike (if desired)

Suggestions Pre-Cook the Chicken or eggs. Also Pre-cook the brown Basmati Rice.

Directions – add the Chicken, Scrambled eggs or Tofu to the Broth in a medium pot.

Option 4 Healthy Crunchy Chicken or Fish Tacos

6 Oz Chopped Chicken Breast or fish (Baked or Grilled)

2-3 Corn Tortillas

½ Avocado *or* 1oz Shredded cheese

All You Can Eat Extras – Shredded Lettuce, Salsa, Hot Sauce and veggies

Directions:

Pour 2 Tbsp Virgin Olive Oil in Pan, then use paper towel to spread it around and wipe out the excess.

Divide the ½ Avocado or 1 oz shredded cheese and spread it on the corn Tortillas.

Place Tortillas on heated pan.

Put chopped chicken Breast or fish on the tortillas and take them out when the bottom of the tortilla gets slightly brown and crispy

Add Extras, fold in half (like a taco) and crunch away

Option 5 You can select any option from the breakfast and lunch choices

OPTIONAL SNACK

Option 1 Sweet Tooth Chai Tea

2 Teabags of Yogi Mayan Cocoa Spice Tea

12-16oz No Sugar Added Almond Milk

Dash of Stevia

Directions:

Boil Almond milk in Micro-wave or on the stove.

Put in 2 Teabags of Yogi Mayan Cocoa Spice Tea

Add tiny dash of stevia (very sweet)

Enjoy this filling sweet tooth busting, virtually no-calorie treat

Option 2 Mouth Watering Cucumber Jicama Snack

Peel and chop cucumber

Peel and chop jicama

Chop up and enjoy

All you can eat extras - lemon, salsa, pepper, balsamic vinegar

List Of Snacks

Fat Burning Fruits (recommended with a handful of nuts for synergistic, fat burning result)

Apples

Oranges

Cherries 2 cups

Grapefruit

Apricots

Pears

Peaches

Plums

Grapes 1 cup

Nuts

(I avoid peanuts because of some research that suggests negative health effects)

Raw almonds

Raw Cashews

Raw Sunflower Seed

Raw Walnuts

Raw Brazilian Nuts

Veggies

Celery (all you can eat)

Celery with 1 Tbsp Raw, no salt added almond butter

Cucumber (all you can eat)

Cucumber with 3 Tbsp Hummus

Carrots

Carrots with spectrum organic Caesar dressing

Steamed Broccoli with spectrum organic Caesar dressing

Jicama (All you can eat)

Jicama with squeezed lemon or lime and cayenne pepper

Baked Blue Corn Chips (a handful – not the whole bag!!!) with salsa and/or guacamole

Cottage Cheese – 1 cup low fat 2%

Cottage Cheese with sliced apples – ½ cup low fat Cottage Cheese, 1 Small Apple

Cottage Cheese with Peaches – ½ cup Cottage Cheese, 1 small peach (fresh not canned)

String Cheese – 1 stick

Yogurt – Plain low fat – 8oz

Yogurt with blueberries – 8 oz Plain low fat yogurt, ½ cup blueberries

Yogurt with peaches - 8 oz Plain low fat yogurt, 1 small sliced peach

Yogurt with nuts – 8 oz fat free plain yogurt, hand full of nuts (about 15)

Low Carb Tortilla with hummus – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp hummus

Low Carb Tortilla with Peanut Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp peanut butter

Low Carb Tortilla with Almond Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp almond butter

Low Carb Tortilla with Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp smart balance butter

Low Carb Tortilla with salsa and avocado – 1 La Tortilla Factory Low Carb Tortilla, with salsa, 1/3 avocado

Corn Tortilla with salsa and avocado – 1 corn tortilla with salsa, 1/3 avocado

Protein Shake – 1 scoop whey protein, 16 oz no sugar added almond milk

Cucumber Tuna Boat

Peel cucumber,

Cut in half lengthwise

Scoop out seeds

Fill with canned whit tuna fish in water that has been mixed with Vegannaise (YUM J)

Sweet Tooth Chai Tea

2 Teabags of Yogi Mayan Cocoa Spice Tea

12-16oz No Sugar Added Almond Milk

Dash of Stevia

Mouth Watering Cucumber Jicama Snack

Peel and chop cucumber

Peel and chop jicama

Chop up and enjoy

What to Get If You Go Out To EAT!

If you eat out, here are some tips:

Eat before you go out so you are not starving.

Ask for no bread or tortillas chips. When they bring it to the table, have them take it back, or if that's not possible , just don't eat it.

Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.

Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.

Drink water or tea (unsweetened)

Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself.

No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!

Restaurants

Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server.

-Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.

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SPECIFY – no butter, no oil.

Only order what you intend to eat.

There are a lot of restaurants to choose from; keep these tips in mind when selecting a place:

Mexican

The majority of Mexican restaurants serve chips and salsa when you sit down. Don't get out of control with it, send it back so you don't stuff yourself with it before your meal arrives.

- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, guacamole and a little cheese

- Try ceviche(fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad; leave out the dressing and use salsa instead

Sushi

Avoid the tempura and anything else that's deep fried; the majority of rolls come with rice, ask your server to leave it out.

- Order Sashimi (no rice),
- Edamame,
- Hand rolls with no rice (they're pretty good), I like salmon and tuna. You can also ask for vegetable
- Sashimi Salad
- Miso soup
- Ask for low sodium soy sauce

Italian

Beware of the bread, have the waiter take it away. Now-a-days, a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce.
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing,

Fast Food – This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner, look for a choice of grilled food over fried.

