



# 21 Day FIT Abs Nutrition Plan

*Flatten Your Belly... Tone Your Body  
With This Easy-to-Follow Nutrition Plan*

- ★ No Starvation Diets
- ★ Step-by-Step Plan
- ★ Fast and Simple
- ★ Meals to Prepare



by SYLVIA FAVELA  
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## **360PILATES WORKOUT – 21-Day Fit Abs Nutrition Plan**

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# 21-Day Fit Abs Nutrition Plan

The word diet does not mean STARVE. A diet is simply the food you consume and on this plan you will be consuming some food. You must eat 5 3 full meals and 2 additional snacks per day. The only drinks allowed are either no calories or low calorie such as coffee, tea and water.

DO NOT ADD SODIUM OR EAT HIGH SODIUM FOODS!!!!

This Diet combined with 4 days of 30-60 minutes of Pilates exercise will help to shed away the unwanted pounds. Once you have gone through Monday- Sunday continue from the beginning.

## Week 1

### **Monday**

#### **Breakfast**

4-6 egg whites scrambled  
1 slice whole-grain toast  
½ cup blueberries  
6 oz. Unsweetened vanilla almond milk

#### **Snack**

½ cup fat-free Greek yogurt topped with ¼ cup strawberries or blueberries

#### **Lunch**

Salad:

4 oz. chopped grilled chicken breast  
¼ cup cooked sweet potato  
1 tablespoon shredded low-fat cheddar  
2 cups spinach  
Grilled veggies (2 tablespoons onion, 1/4 cup diced zucchini, 1/2 cup bell pepper),  
1 tablespoon low-fat vinaigrette (look for olive oil base ingredient)

#### **Snack**

2 tablespoons hummus and 6 baby carrots

## **Dinner**

4oz. Grilled Salmon or Tilapia

cup red potatoes

¼ cup sliced avocado

1 cup baby spinach with 1 teaspoon each olive oil, balsamic vinegar, and grated Parmesan

## ***Tuesday***

### **Breakfast**

½ cup rolled oats prepared with water; stir in ½ cup water

2 links country-style turkey sausage

1 cup blueberries

### **Snack**

1 scoop Protein powder

6 oz. Unsweetened almond milk

3 oz. Frozen blueberries

### **Lunch**

Salad

4 oz. water-packed tuna

1 cup chopped Romaine lettuce

½ cup sliced bell pepper

¼ cup chopped green onions topped

2 tablespoons low-fat Italian dressing

### **Snack**

½ cup fat-free cottage cheese

½ cup salsa

### **Dinner**

5oz. Ground turkey (93% lean)

¾ cup roasted cauliflower

¾ cup roasted broccoli florets

¼ cup sweet potato

1 cup spinach salad with 1 tablespoon light balsamic vinaigrette

# ***Wednesday***

## **Breakfast**

Omelet

4 egg whites + 1 whole egg

¼ cup chopped broccoli

diced onion, mushrooms

1 tablespoon salsa

1 slice whole wheat toast

## **Snack**

1 medium Gala apple

1 scoop protein powder with 8oz. water

## **Lunch**

Salad

4 oz. Grilled Chicken breast

½ cup chopped celery

½ cup diced mushrooms

2 tablespoons shredded low-fat cheddar

1 tablespoon balsamic vinaigrette

¼ cup avocado

¼ cup butternut squash

## **Snack**

½ cup Greek vanilla yogurt

1 scoop protein powder

## **Dinner**

4 oz. Grilled or sautéed Mahi-Mahi with 1 teaspoon olive oil and 1 teaspoon chopped garlic

5 Asparagus spears

¼ cup red potatoes

# Thursday

## Breakfast

4oz. Scrambled egg whites

¼ cup salsa

1 light whole-grain English muffin

1 tablespoon peanut or almond butter

1 cup skim milk or almond milk

## Snack

1 cup low-fat vanilla Greek yogurt

2 tablespoons blueberries

1 scoop protein powder

## Lunch

Wrap

4 oz. thinly sliced lean roast beef,

1 6-inch whole wheat tortilla,

¼ cup spinach

3 medium tomato slices

1 teaspoon Dijon or brown mustard

¼ cup black beans

1 teaspoon chopped basil

1 tablespoon light Caesar dressing

## Snack

Protein Shake – 1 scoop protein powder – mixed with water in a shaker cup

## Dinner

5 oz. Grilled Tilapia

½ cup sliced mushrooms sautéed with 1 teaspoon olive oil, ¼ cup chopped yellow onion, and 1 cup green beans

Salad:

1 cup arugula leaves

½ cup halved cherry tomatoes

1 teaspoon balsamic vinaigrette

# *Friday*

## **Breakfast**

Burrito

- 1 medium whole-wheat tortilla
- 4 scrambled egg whites
- ¼ cup black beans, 2 tablespoons salsa
- 2 tablespoons grated low-fat cheddar
- 1 teaspoon fresh cilantro
- ½ cup blueberries

## **Snack**

- 1 medium green apple
- 1 scoop protein powder with 8oz. water

## **Lunch**

5oz. Grilled chicken breast Turkey

Salad:

- 1 cup baby spinach
- ¼ cup halved cherry tomatoes
- ¼ cup cooked black beans
- 2 teaspoons grated Parmesan
- 1 tablespoon balsamic vinaigrette dressing
- ¼ cup sliced avocado

## **Snack**

Protein shake

- 1 scoop protein powder mixed with 8oz. water
- 1 tablespoon almond butter on 1 rice brown rice cakes (unsalted)

## **Dinner**

5 oz. Grilled wild salmon

- ¼ cup brown or wild rice
- 2 cups mixed baby greens with 1 tablespoon low-fat Caesar dressing

# Saturday

Replace one meal on this day with any “Treat Meal”, and I mean only 1 meal that you would like to eat. A treat meal, then get right back on your plan.

## Breakfast

Omelet

4 large egg whites

2 tablespoons diced bell peppers

2 teaspoons chopped spinach

2 tablespoons part-skim shredded mozzarella

1 slice ezekiel cinnamon raisin bread

6 oz. Unsweetened vanilla almond milk

## Snack

½ cup low-fat Greek vanilla yogurt

1 scoop protein powder

¼ cup blueberries

## Lunch

4 oz. Sliced turkey breast

Tomato-cucumber salad:

5 slices tomato

1/4 cup sliced cucumber

1 tablespoon fat-free Italian dressing

1 medium orange

## Snack

Smoothie

1 scoop protein powder

¾ cup Unsweetened Vanilla almond milk

½ frozen banana

## Dinner

5oz. Tilapia

½ cup spaghetti squash with 1 teaspoon olive oil 2 teaspoon grated Parmesan cheese

1 cup steamed green beans

¼ cup avocado



# *Sunday*

## **Breakfast**

4oz. Scrambled egg whites with  $\frac{1}{4}$  cup salsa

1 light whole-grain English muffin with 1 tablespoon peanut or almond butter

6oz. Unsweetened Vanilla Almond milk

## **Snack**

$\frac{1}{4}$  cup fat-free cottage cheese

$\frac{1}{4}$  cup cherries

1 tablespoon slivered almonds

## **Lunch**

Salad

4oz. Grilled Chicken

2 cups baby spinach

1 tablespoon chopped dried cranberries

3 slices avocado

2 tablespoons low-fat vinaigrette

1 apple

## **Snack**

$\frac{1}{4}$  cup plain fat-free Greek yogurt

1 tablespoon ground flaxseed

1 scoop protein powder

## **Dinner**

4oz. Lean pork tenderloin stir-fried with onions, garlic, broccoli, and bell pepper

$\frac{1}{4}$  cup roasted red potatoes

5 medium tomato slices with 1 teaspoon each chopped ginger, chopped cilantro, light soy sauce,

# Week 2

## Monday

### Breakfast

4 large egg whites scrambled, seasoned with Mrs.Dash – can add any green veggies

1 slice ezeziel cinnamon raisin bread

6 oz. Unsweetened vanilla almond milk

### Snack

1 scoop protein powder with 6 oz water mixed in a shaker cup

1 banana

1 tablespoon almond butter

### Lunch

Rice Bowl

1 6oz. Grilled Chicken breast

1/3 cup brown long grain basmati rice

¼ avocado slices

All you can eat veggies

2 tablespoons balsamic vinaigrette dressing

### Snack

1 medium apple

1 4oz. grilled chicken breast, seasoned with Mrs. Dash, can add salsa

### Dinner

6oz. Grilled Steak

3oz. baked sweet potato

1 cup asparagus, seasoned with lemon pepper or Mrs. Dash

# ***Tuesday***

## **Breakfast**

4 large egg whites scrambled, seasoned with Mrs.Dash

¼ cup steamed brown long grain basmati rice

¼ avocado

1 cup sautéed spinach or kale, seasoned with garlic powder in coconut oil or olive oil

6 oz. Unsweetened vanilla almond milk

## **Snack**

1 scoop protein powder with 6 oz water mixed in a shaker cup

1 slice Ezekiel cinnamon raisin bread

1 tablespoon almond butter

## **Lunch**

6oz. can tuna (white in water)

2 slices Ezekiel bread or 2 slices whole wheat bread

½ avocado

1 tablespoon Dijon, yellow or brown mustard

All the extras: veggies

## **Snack**

1 medium apple

1 scoop protein powder with 6oz. water mixed in a shaker cup

## **Dinner**

6oz. Chopped grilled chicken

Green leaf lettuce, spinach and kale

½ avocado

¼ cup sweet potato

All you can eat veggies

2 tablespoons balsamic vinaigrette dressing or salsa

# ***Wednesday***

## **Breakfast**

½ cup rolled oats(dry) then cooked in water

1 scoop protein powder

4oz. blueberries

## **Snack**

1 scoop protein powder

½ cup frozen berries

16oz. water

handful of ice

## **Lunch**

Tacos

6oz. Baked or grilled tilapia

2-3 corn tortillas

¼ avocado

All you can eat extras: veggies, shredded lettuce, salsa

## **Snack**

½ cup fat-free Greek yogurt

¼ cup strawberries or blueberries

## **Dinner**

5oz. Grilled Salmon or Tilapia

1/3 cup wild rice

1 cup steamed spinach

# ***Thursday***

## **Breakfast**

½ cup steel-cut or old-fashioned oatmeal prepared with water: stir in ½ cup water  
2 links country-style turkey sausage or bacon  
1 cup blueberries

## **Snack**

½ cup fat-free cottage cheese with ½ cup raspberries or blueberries

## **Lunch**

Salad

4 oz. Tuna (white in water)  
½ cup chopped romaine lettuce  
½ cup chopped spinach  
¼ cup chopped green onions  
2 tablespoons low-fat Italian dressing

## **Snack**

1 scoop protein powder with 12 oz. water mixed in shaker cup  
1 medium apple

## **Dinner**

1 4oz. Lean turkey patty  
¾ cup roasted cauliflower and broccoli florets  
1 cup spinach salad with 1 tablespoon balsamic vinaigrette

# ***Friday***

## **Breakfast**

Omelet

4 egg whites, 1 whole egg

¼ cup chopped broccoli

As much as you want -> diced onion, diced mushrooms, and salsa

1 slice Ezekiel cinnamon raisin bread with 1 teaspoon almond butter

## **Snack**

1 scoop protein powder with 16oz. water mixed in shaker cup

1 banana

## **Lunch**

Wrap

4oz. Lean Turkey Slices

1- 6-inch whole-wheat tortilla

½ cup chopped spinach

3 medium tomato slices

1 teaspoon horseradish

1 teaspoon Dijon or brown mustard

¼ sliced avocado

## **Snack**

4oz. Grilled chicken

1 medium apple

## **Dinner**

5oz. Lean Ground turkey with sautéed onions and parsley, seasoned with Mrs. Dash, black pepper

Salad- 1 cup baby spinach

¼ cup halved cherry tomatoes

¼ cup asparagus

1 tablespoon balsamic vinaigrette dressing

¼ cup sliced avocado

## ***Saturday***

**Replace one meal on this day with any “Treat Meal”, and I mean only 1 meal that you would like to eat. A treat meal, then get right back on your plan.**

### **Breakfast**

Omelet

4 large egg whites

2 tablespoons diced bell peppers

2 teaspoons chopped spinach

2 tablespoons part-skim shredded mozzarella

1 slice Ezekiel cinnamon raisin bread

6 oz. Unsweetened vanilla almond milk

### **Snack**

½ cup low-fat Greek vanilla yogurt

1 scoop protein powder

¼ cup blueberries

### **Lunch**

4 oz. Sliced turkey breast

Tomato-cucumber salad:

5 slices tomato

1/4 cup sliced cucumber

1 tablespoon fat-free Italian dressing

### **Snack**

Smoothie

1 scoop protein powder

¾ cup Unsweetened Vanilla almond milk

½ frozen banana

### **Dinner**

5oz. Tilapia

½ cup spaghetti squash with 1 teaspoon olive oil 2 teaspoon grated Parmesan cheese

1 cup steamed green beans

¼ cup avocado

# *Sunday*

## **Breakfast**

4oz. Scrambled egg whites with  $\frac{1}{4}$  cup salsa  
1 light whole-grain English muffin with 1 teaspoon peanut or almond butter  
6oz. Unsweetened Vanilla Almond milk

## **Snack**

$\frac{1}{4}$  cup fat-free cottage cheese  
 $\frac{1}{4}$  cup cherries  
1 tablespoon slivered almonds

## **Lunch**

Salad  
4oz. Grilled Chicken  
2 cups baby spinach  
1 tablespoon chopped dried cranberries  
3 slices avocado  
2 tablespoons low-fat vinaigrette  
1 apple

## **Snack**

$\frac{1}{4}$  cup plain fat-free Greek yogurt  
1 tablespoon ground flaxseed  
1 scoop protein powder

## **Dinner**

4oz. Lean pork tenderloin stir-fried with onions, garlic, broccoli, and bell pepper  
 $\frac{1}{4}$  cup roasted red potatoes  
5 medium tomato slices with 1 teaspoon each chopped ginger, chopped cilantro, light soy sauce,



# Week 3

## **Monday**

### **Breakfast**

4-6 egg whites scrambled

1 slice whole-grain toast

½ cup blueberries

6 oz. Unsweetened vanilla almond milk

### **Snack**

½ cup fat-free Greek yogurt topped with ¼ cup strawberries or blueberries

### **Lunch**

Salad:

4 oz. chopped grilled chicken breast

¼ cup cooked sweet potato

1 tablespoon shredded low-fat cheddar

2 cups spinach

Grilled veggies (2 tablespoons onion, 1/4 cup diced zucchini, 1/2 cup bell pepper),

1 tablespoon low-fat vinaigrette (look for olive oil base ingredient)

### **Snack**

2 tablespoons hummus and 6 baby carrots

### **Dinner**

4oz. Grilled Salmon or Tilapia

cup red potatoes

¼ cup sliced avocado

1 cup baby spinach with 1 teaspoon each olive oil, balsamic vinegar, and grated Parmesan

## ***Tuesday***

### **Breakfast**

½ cup rolled oats prepared with water; stir in ½ cup water

2 links country-style turkey sausage

1 cup blueberries

### **Snack**

1 scoop Protein powder

6 oz. Unsweetened almond milk

3 oz. Frozen blueberries

### **Lunch**

Salad

4 oz. water-packed tuna

1 cup chopped Romaine lettuce

½ cup sliced bell pepper

¼ cup chopped green onions topped

2 tablespoons low-fat Italian dressing

### **Snack**

½ cup fat-free cottage cheese

½ cup salsa

### **Dinner**

5oz. Ground turkey (93% lean)

¾ cup roasted cauliflower

¾ cup roasted broccoli florets

¼ cup sweet potato

1 cup spinach salad with 1 tablespoon light balsamic vinaigrette

# ***Wednesday***

## **Breakfast**

Omelet

4 egg whites + 1 whole egg

¼ cup chopped broccoli

diced onion, mushrooms

1 tablespoon salsa

1 slice whole wheat toast

## **Snack**

1 medium Gala apple

1 scoop protein powder with 8oz. water

## **Lunch**

Salad

4 oz. Grilled Chicken breast

½ cup chopped celery

½ cup diced mushrooms

2 tablespoons shredded low-fat cheddar

1 tablespoon balsamic vinaigrette

¼ cup avocado

¼ cup butternut squash

## **Snack**

½ cup Greek vanilla yogurt

1 scoop protein powder

## **Dinner**

4 oz. Grilled or sautéed Mahi-Mahi with 1 teaspoon olive oil and 1 teaspoon chopped garlic

5 Asparagus spears

¼ cup red potatoes

# Thursday

## Breakfast

4oz. Scrambled egg whites  
¼ cup salsa  
1 light whole-grain English muffin  
1 tablespoon peanut or almond butter  
1 cup skim milk or almond milk

## Snack

1 cup low-fat vanilla Greek yogurt  
2 tablespoons blueberries  
1 scoop protein powder

## Lunch

Wrap  
4 oz. thinly sliced lean roast beef,  
1 6-inch whole wheat tortilla,  
¼ cup spinach  
3 medium tomato slices  
1 teaspoon Dijon or brown mustard  
¼ cup black beans  
1 teaspoon chopped basil  
1 tablespoon light Caesar dressing

## Snack

Protein Shake – 1 scoop protein powder – mixed with water in a shaker cup

## Dinner

5 oz. Grilled Tilapia  
½ cup sliced mushrooms sautéed with 1 teaspoon olive oil, ¼ cup chopped yellow onion, and 1 cup green beans  
Salad:  
1 cup arugula leaves  
½ cup halved cherry tomatoes  
1 teaspoon balsamic vinaigrette

# *Friday*

## **Breakfast**

Burrito

1 medium whole-wheat tortilla

4 scrambled egg whites

¼ cup black beans, 2 tablespoons salsa

2 tablespoons grated low-fat cheddar

1 teaspoon fresh cilantro

½ cup blueberries

## **Snack**

1 medium green apple

1 scoop protein powder with 8oz. water

## **Lunch**

5oz. Grilled chicken breast Turkey

Salad:

1 cup baby spinach

¼ cup halved cherry tomatoes

¼ cup cooked black beans

2 teaspoons grated Parmesan

1 tablespoon balsamic vinaigrette dressing

¼ cup sliced avocado

## **Snack**

Protein shake

1 scoop protein powder mixed with 8oz. water

1 tablespoon almond butter on 1 rice brown rice cakes (unsalted)

## **Dinner**

5 oz. Grilled wild salmon

¼ cup brown or wild rice

2 cups mixed baby greens with 1 tablespoon low-fat Caesar dressing

# Saturday

Replace one meal on this day with any “Treat Meal”, and I mean only 1 meal that you would like to eat. A treat meal, then get right back on your plan.

## Breakfast

Omelet

4 large egg whites

2 tablespoons diced bell peppers

2 teaspoons chopped spinach

2 tablespoons part-skim shredded mozzarella

1 slice Ezekiel cinnamon raisin bread

6 oz. Unsweetened vanilla almond milk

## Snack

½ cup low-fat Greek vanilla yogurt

1 scoop protein powder

¼ cup blueberries

## Lunch

4 oz. Sliced turkey breast

Tomato-cucumber salad:

5 slices tomato

1/4 cup sliced cucumber

1 tablespoon fat-free Italian dressing

1 medium orange

## Snack

Smoothie

1 scoop protein powder

¾ cup Unsweetened Vanilla almond milk

½ frozen banana

## Dinner

5oz. Tilapia

½ cup spaghetti squash with 1 teaspoon olive oil 2 teaspoon grated Parmesan cheese

1 cup steamed green beans

¼ cup avocado

# ***Sunday***

## **Breakfast**

4oz. Scrambled egg whites with  $\frac{1}{4}$  cup salsa  
1 light whole-grain English muffin with 1 teaspoon peanut or almond butter  
6oz. Unsweetened Vanilla Almond milk

## **Snack**

$\frac{1}{4}$  cup fat-free cottage cheese  
 $\frac{1}{4}$  cup cherries  
1 tablespoon slivered almonds

## **Lunch**

Salad  
4oz. Grilled Chicken  
2 cups baby spinach  
1 tablespoon chopped dried cranberries  
3 slices avocado  
2 tablespoons low-fat vinaigrette  
1 apple

## **Snack**

$\frac{1}{4}$  cup plain fat-free Greek yogurt  
1 tablespoon ground flaxseed  
1 scoop protein powder

## **Dinner**

4oz. Lean pork tenderloin stir-fried with onions, garlic, broccoli, and bell pepper  
 $\frac{1}{4}$  cup roasted red potatoes  
5 medium tomato slices with 1 teaspoon each chopped ginger, chopped cilantro, light soy sauce,