



## **PHASE 3 THE BURN - MEAL PLAN & INSTRUCTIONS**

Ok, ladies... It's time to uncover all of your hard work! You've reached phase 3 and now it's time to switch from the muscle-building phase back to a sculpting and leaning phase, which I like to call **THE BURN**.

The goal with this phase is to speed up our metabolism and torch fat, so we will be pairing an extremely effective meal plan with a particular method of workouts that really target your fat burning hormones and will have you looking like a lean machine!

### **About your workouts:**

This phase of workouts is designed to be a 5-day plan. You will see on your spreadsheet that there are 3 days of lifting AND 2 days of combination cardio. **YOU WILL HAVE TWO COMPLETE REST DAYS.**

For cardio, I have listed the breakdown of HIIT intervals in the notes section of your plan. For example: 30 seconds hard / 30 seconds slow / repeat meaning I want you to sprint as fast as you can for 30 seconds, walk slow for 30 seconds and repeat that for a 10 minute interval. You can do treadmill sprints, outdoor sprints, rowing machine sprints, or spin bike sprints. If you do not have access to a cardio machine or are unable to utilize the outdoors, use plyometric moves like squat jumps, burpees, mountain climbers, etc. as your cardio movements. Whichever method you choose, make sure you're giving it your all!

### **About your meal plans:**

The meal plan provided is designed to be a carb cycling plan, to accelerate fat loss as much as possible without starving your body and preventing muscle catabolism. While most people will feel amazing on this plan and see major results (and fast), a few may have a more difficult time so I am giving you the option to revert back to your meal plan from phase 1 if you so choose. If you go with the carb cycling plan and feel really hungry on your normal days (days 1, 2, 3, 5, & 6), add in some extra non-starchy veggies to fill you up.

**Every 4th and 7th day of the week, you will have a “Re-feed day”,** meaning you will need to eat roughly 350 calories more than your daily meal plan instructs (see re-feed meal table). This is required from carbohydrates to replenish the glycogen stores we just depleted. **DO NOT SKIP THIS STEP** in fear of the extra calories. This is the most important part of the plan! Trust the process. We are strategically feeding your body so we can speed up your fat loss so do not stress about the excess calories. Enjoy it!!

### **Approved Carbohydrate List: For Re-Feed Days ONLY**

This list is **ONLY** for your re-feed (high carb/carb-load) days, not your conventional meal plan. On your typical meal plan days we encourage you to eat only whole, unprocessed, “clean” foods as discussed in your various instructions guide. Due to the amount of carb grams required for refeed days, it’s more beneficial for you to eat simple carbohydrates and/or processed carbohydrates because of their lack of fiber. Eating large amounts of complex and fibrous carbs can leave you bloated and uncomfortable.

All foods will react differently with all individuals. We encourage you to do a test run with different carbohydrates and take notes if they are agreeable or cause any kind of bloating or reaction. Below we will list our recommended carb list for your refeed (high carb/carb-load) days, but we want you to choose both what works best with your body and what you prefer. If you decide to eat things such as pre-made cakes etc., make sure to count towards all your appropriate macros (i.e. fat) and not just carbs. Please post any questions in the Facebook group or contact me at [allie@bikinibossfitness.com](mailto:allie@bikinibossfitness.com).

XO,  
Allie

## **Carbs to Avoid:**

- All whole grains
- Wheat or whole wheat products
- Oats or oatmeal
- Whole grain rice
- Quinoa
- Sprouted grain bread

## **Approved Carbs:**

- Potatoes, white, red or sweet
- Gluten free products (processed) such as crackers, cakes, cookies, breads
- Rice cakes, white (if agreeable)
- Potato chips (baked only)
- Rice flour Pancakes (gluten free)
- Waffles (gluten free)
- Rice pasta

*DISCLAIMER: Bikini Boss Fitness is a health-oriented program, however there are occasionally times when we have to veer a bit from what's healthiest to get the most benefit and result aesthetically; carb loading days are such an instance. Processed carbohydrates are not healthy if used frequently so please stick with your whole food list for normal meal plan days. Carb cycling is not meant to be used as a long-term strategy or lifestyle/maintenance practice.*

## 5'2" and under (Days 1, 2, 3, 5, & 6)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	2.75 oz (18g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	2.75 oz (18g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	2.75 oz (18g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	2.75 oz (18g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	2.75 oz (18g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil

**Total Daily Macros: Protein:** 115g      **Carbs:** 50g      **Fat:** 35g

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

## 5'2" and under (Days 4 & 7 Re-feed)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	2.5 oz (16g)	0g	3 oz	0g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	2.5 oz (16g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	2.5 oz (16g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	2.5 oz (16g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	2.5 oz (16g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil

**Total Daily Macros: Protein:** 105g      **Carbs:** 150g      **Fat:** 28g

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

## 5'3" – 5'6" (Days 1, 2, 3, 5, & 6)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	3 oz (20g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	3 oz (20g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	3 oz (20g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	3 oz (20g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	3 oz (20g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil

**Total Daily Macros: Protein:** 125g      **Carbs:** 75g      **Fat:** 35g

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

## 5'3" – 5'6" (Days 4 & 7 Re-feed)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	2.75 oz (18g)	0g	3 oz	0g		1 cup	Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	2.75 oz (18g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	2.75 oz (18g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	2.75 oz (18g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	2.75 oz (18g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: extra virgin olive oil

**Total Daily Macros: Protein:** 115g      **Carbs:** 170g      **Fat:** 28g

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

## 5'7" – 5'10" (Days 1, 2, 3, 5, & 6)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	3.5 oz (23g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	3.5 oz (23g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	3.5 oz (23g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	3.5 oz (23g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	3.5 oz (23g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: extra virgin olive oil

**Total Daily Macros:**    **Protein:** 140g    **Carbs:** 100g    **Fat:** 35g

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

## 5'7" – 5'10" (Days 4 & 7 Re-feed)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	3.25 oz (21g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	3.25 oz (21g)	35g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	3.25 oz (21g)	35g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	3.25 oz (21g)	35g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	3.25 oz (21g)	35g	3 oz	7g (1/2 TBSP)			Suggested fat source: extra virgin olive oil

**Total Daily Macros: Protein: 130g Carbs: 190g Fat: 35g**

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

## 5'11" and Up (Days 1, 2, 3, 5, & 6)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	4.25 oz (28g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	4.25 oz (28g)	0g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	4.25 oz (28g)	0g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	4.25 oz (28g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	4.25 oz (28g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: extra virgin olive oil

**Total Daily Macros: Protein:** 165g      **Carbs:** 115g      **Fat:** 42g

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

## 5'11" and Up (Days 4 & 7 Re-feed)

	<b>Protein:</b> Meat (ounces) / grams per meal	<b>Carbs</b> (grams per meal)	<b>Veggies</b> (ounces per meal)	<b>Liquid Fat</b> (grams per meal)	<b>Protein Shake</b>	<b>Fruit</b>	<b>Notes</b>
<b>Post Workout Meal</b>	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Pre Workout Meal</b>	3.75 oz (24g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
<b>Meal 1</b>	3.75 oz (24g)	40g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	3.75 oz (24g)	40g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 3</b>	3.75 oz (24g)	40g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	3.75 oz (24g)	40g	3 oz	7g (1/2 TBSP)			Suggested fat source: extra virgin olive oil

**Total Daily Macros: Protein:** 145g      **Carbs:** 210g      **Fat:** 42g

**Note:** You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.