



## PHASE 1 MEAL PLANS

Its GO time! Included in this document you'll find your meal plans for the next 30 days...

The below meal plans have the exact macros we would like you to eat each day. I highly recommend getting a food scale as it's an integral part of achieving maximal results with this program. I want to make sure you are getting the correct amount of food for what we are trying to accomplish and guessing is like flushing your money down the toilet. Take a few extra minutes each week and make sure you're measuring your food portions correctly.

I went ahead and calculated the macros for you on these plans so you can **choose the proper meal plan for yourself based on your height**. You'll notice we have them listed all labeled accordingly. NOTE: Do **NOT** choose a meal plan for shorter women thinking it will get you better results... It will do the exact opposite. We have calculated very precise plans to make sure we help you burn the most fat while sparing lean muscle and getting that lean and toned look. Cutting food and calories will be detrimental to your goals.

You will have the freedom to choose the foods you desire most with this plan as long as it works with your macros for that meal. Please keep in mind our goal is HEALTH and fat loss so make sure to reference the "Various Program Instructions" document for our food guidelines and recommendations of what to eat and more detailed instructions.

You'll notice the first meal is listed as "post workout" on your meal plan. This is to be eaten wherever it falls in the day after your workout. If you have a rest day you can eat your post workout meal as meal 1 but YOU STILL NEED TO EAT IT. You need to make sure you are getting in all of your meals all day every day. ALSO, I don't recommend doing this on a regular basis, but the goal of our programs is to help you make sustainable and realistic lifestyle shifts, so if there is a holiday, special occasion, etc. during your phase 1, it's okay to combine two of your meals one day to allow more macros for a particular meal (i.e. anniversary dinner), but be mindful of portion sizes and do your best to make it fit.


Additionally, aim to get at least 12 hours between your last meal of the day and your first meal of the following day. This allows your body proper time to go through the full digestive cycle and perform functions that are critical for cellular repair.

If you're struggling with meal ideas, check out our cookbook Bikini Boss in the Kitchen. Lastly, please feel free to share any related recipes, meal prep or other ideas in the FB group, because you never know who you might help, and hashtag #BikiniBoss28DayShred on social, too!

Time to get cooking!

XO,  
Allie


## 5'2" and under

	<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 (24g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
<b>Meal 1</b>	3 oz (20g)	0g	3 oz	7g (1/2 TBSP)		1 cup	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	14g (1 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:** 105g    **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"

	<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>Meal 1</b>	3.25 OZ (21g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	3.25 OZ (21g)	0g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 3</b>	3.25 OZ (21g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
<b>Meal 4</b>	3.25 OZ (21g)	25g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil

**Total Daily Macros: Protein:** 110g      **Carbs:** 100g      **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.


5'7"-5'10"

	<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>Meal 1</b>	3.5 oz (23g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	3.5 oz (23g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 3</b>	3.5 oz (23g)	25g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	3.5 oz (23g)	25g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Anytime</b>				7g (1/2 TBSP)			FISH OIL supplementation

**Total Daily Macros: Protein:** 115g      **Carbs:** 125g      **Fat:** 49g

**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

	<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>Meal 1</b>	3.75 oz (24g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
<b>Meal 2</b>	3.75 oz (24g)	35g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or MCT oil
<b>Meal 3</b>	3.75 oz (24g)	35g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Meal 4</b>	3.75 oz (24g)	35g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil
<b>Anytime</b>				7g (1/2 TBSP)			FISH OIL supplementation

**Total Daily Macros: Protein: 120g Carbs: 155g Fat: 56g**

**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.