

THE *Everything Housewife*

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WHERE YOU CAN FIND A LITTLE BIT OF EVERYTHING



THE Everything Housewife

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My Weight Loss Journey

It's January 2020, and I'm focusing on an intricate part of my life that I haven't shared before—my own personal weight loss journey! I have always been a person that worked out, but I have struggled to maintain the physique that I've always wanted. After riding the roller coaster of up and down weight loss throughout the years, it has taken me some time to figure out the missing puzzle piece. How do I get that slim, toned figure I've been looking for, AND THEN how do I actually maintain it?

The Missing Piece

Along the road, I discovered that the secret to getting and maintaining that figure was not hidden in the workout, but rather it was always hidden in my diet. By simply changing my diet, I have been able to take the reins of my own physique and lose that dreaded flab that was hiding that toned figure I had been training at the gym over the last several years. This month, I am sharing all my secrets—everything I have learned on this weight loss journey.

Fat Loss Is Everything

I have done a lot of different diets throughout the years. I've tried Low Carb diets, Body Building diets, Counting Calories, Weight Watchers, Paleo, KETO and more—and on all of them, I lost weight, but I also gained it back. In addition to gaining it back on many of these diets, I still struggled to love that “naked” version of myself because I just didn't look toned and fit. Even when I did feel like I had finally lost enough body fat on these diets to look toned, these diets were so challenging to maintain, that the idea of living that way long term was something I mentally dreaded. So fast forward to the present—what did I learn? I learned that FAT LOSS IS EVERYTHING. Fat loss, NOT weight loss, is the key!

Join Me As I Get Fit

In this Fat Loss Guide, I am sharing meal planning secrets to help you gain the physique you are looking for. Lose the fat, and reveal that muscle that's already there. I am sharing my own custom meal plans, how I create recipes, and photos of my own transformation process. Are carbs really as evil as they have been made out to be? Should you weigh yourself daily? Is it okay to cheat, and what should cheating look like? Are all calories equal? Can't I just eat whatever I want as long as I stay in range? All these questions are answered and more in this Fat Loss Guide. You can also access more information on my website in my Fat Loss Video Series, and My Fat Loss Guide Articles and Meal Plans. Join me as I share with you my secrets to losing the fat!



Sincerely,
Jenny
A.K.A.
The Everything Housewife

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BEFORE YOU BEGIN...

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Don't Waste Your Time

On my website, there are several videos available that you will want to listen to in order to ensure your success. One of the biggest mistakes people make when starting a new diet program is that they aren't familiar with all the details up front. **DON'T WASTE WEEKS OF YOUR TIME DOING THIS PROGRAM INCORRECTLY!** Learn the correct steps to follow from the beginning, and then do it right from the beginning. The most discouraging thing I have experienced is doing a diet for weeks on end and not getting results because I was doing it incorrectly. This Fat Loss Guide is simple and easy, and the videos are an easy way to ingest large amounts of information without feeling overwhelmed. This Fat Loss Guide absolutely works, and it will change the way you prepare and understand weight loss AND fat loss.



Available for FREE

These Videos can be found on my website under my Fat Loss Guide section under the tab VIDEOS. They are free to watch, and so nothing is holding you back but YOU! Now, Let's Get Fit and Lose Fat!

VIDEO WATCH LIST

These Videos can be found on my website under my Fat Loss Guide Section under the tab VIDEOS. They are free to watch, and so nothing is holding you back but YOU!

Now, Let's Get Fit and Lose Fat!

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HERE ARE MY VIDEO WATCH LIST RECOMMENDATIONS:

- 1 BEFORE YOU BEGIN: PART 1, PART 2, AND PART 3 (27 MINUTES TOTAL)
- 2 TIMELINES, CHEAT MEALS, AND CARBS: PART 1, PART 2, AND PART 3 (21 MINUTES TOTAL)
- 3 STICK WITH THE PLAN, HAVE A ROUTINE: HOW I MEAL PREP, PART 1, PART 2, AND PART 3 (22 MINUTES TOTAL)
- 4 THE EASY GROCERY LIST (1 MINUTE)
- 5 EAT CHOCOLATE? WHY DOES FIBER MATTER? VEGAN VS WHEY PROTEIN? PART 1, AND PART 2 (11 MINUTES)
- 6 ROOT VEGETABLES THE EASY WAY (1 MINUTE)
- 7 SHOULD YOU WEIGH YOURSELF EVERYDAY?: PART 1 AND PART 2, (16 MINUTES)
- 8 OTHER VIDEO RECOMMENDATIONS: LET'S GET FIT IN THE NEW YEAR PART 1 AND PART 2 (THIS VIDEO IS AN INTRODUCTION TO THE FAT LOSS GUIDE, HOW IT STARTED, AND MY OWN PERSONAL EXPERIENCE WITH FAT LOSS).

FAT LOSS IS NOT THE SAME AS WEIGHT LOSS

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This is a Fat Loss Guide. Fat loss is not the same as weight loss. I have lost a lot more weight at a much quicker pace on other types of diets, HOWEVER, it was only at the beginning of the diet, and it would always taper off to the generic 1-2 pounds per week (which is where real fat loss is actually occurring.) Those beginning pounds are often water weight, not fat. The other issue I had on these diets is that I always gained all the weight back (and then some) when I came off the eating program. The eating programs were often difficult to do long term, and the food just didn't taste good after that 30 day window. How do you keep the fat off if you can't stand to eat that way long term? Well, the answer is that you can't, and won't, keep the fat off. Fast forward to the present, I have learned that **fat loss, NOT weight loss, IS KING**. Every January I start back into the groove, and this is the actual program I am following right now in REAL TIME. Can you see a difference? I can. Today is day 23 (January 22, 2020), and these are my 23-days-in results photos, because I'm not stopping, and I don't plan on stopping here.



DITCH THE TIMELINE

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The healthiest thing I ever did for myself mentally was ditch the timeline. That's when the weight came off and stayed off! Why? Because timelines are the secret saboteur of the entire process. Having a timeline was the worst thing I could do for myself mentally. The "idea" of the timeline, itself, mentally placed me in a position where I did something for 30, 60, or 90 days and then I would quit when I was on top. Don't ever quit when you are on top, RATHER, learn to balance and then get back in the game as soon as life permits, and of course, when the scale starts tipping in the wrong direction. It's not about having a beginning or an end. It's about developing habits that will keep you in a cycle.

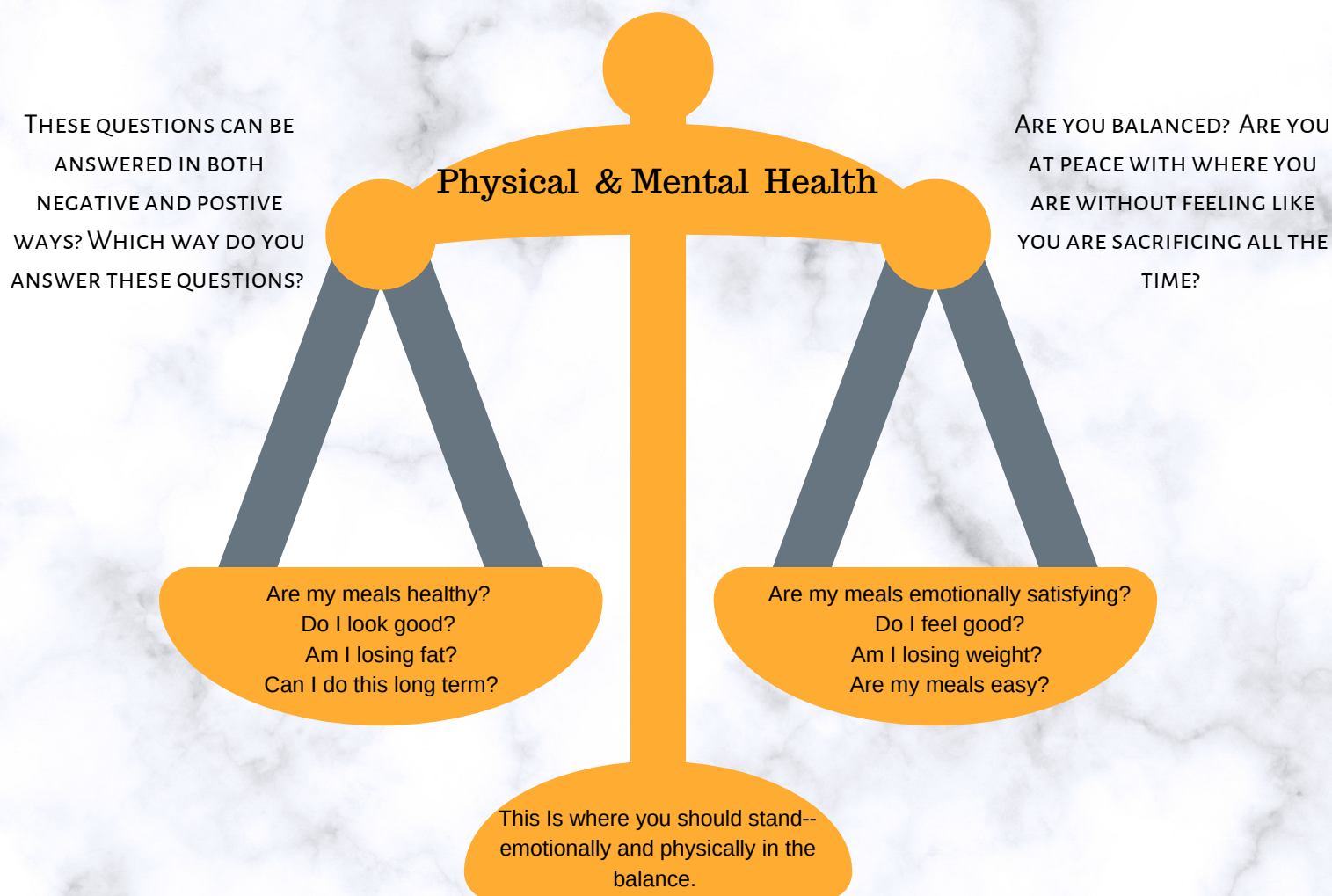
Living in the cycle is the secret to long term weight and fat loss. When you live in a cycle, instead of a timeline, you learn to balance between gaining and losing weight. Timelines have a definite beginning and end. Cycles never end. Learning to balance between a healthy range of ups and downs will allow you to live life, enjoy food (the healthy and naughty kind), and maintain a healthy and reasonable higher and lower weight. Losing the fat is always the harder part, but maintaining what you lose is EASY, and the secret to it all is found when you live life in a cyclical pattern--just like the changing of the seasons. **You should view this Fat Loss Guide as a tool to teach you HOW to live long term in a cyclical pattern.** THIS Fat Loss Guide is what my strict phase looks like--and it's totally doable people! Sometimes you're feasting, and sometimes you are strict, but most of the time, you're living in a balance between the two. You can do this! Let me show you how!



BALANCING THE SCALE

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Life is all about living in the balance of the scales—it's what brings us peace. It's important not to go too far one way or the other. It's important to not only live a balanced life, but also to be balanced when weighing yourself in the scale of life. Food is an intricate part of our existence. It's important that the food we eat not only be nutritionally healthy, but also emotionally fulfilling. That's why I like this example of the balanced scales. There are times in life to be strict, and there are times in life to feast. The beginning of the year, for me, is a great time to be strict, and the end of the year (during the holidays) is a great time for me to feast. I don't feast all the time, and I am also not strict all the time, but in order to keep the scale of life balanced (and the scale in the bathroom), I try to develop habits that will last long term. I eat healthy whenever I can WITHOUT emotionally foregoing the food that I love. I'm a cook! I love food! I love recipes! I love deserts, and I was raised in the South for heavens sake, and so I also love homestyle cooking. However, I remind myself when my plate is full and I am feasting, that all things are tied together. If I go too far one way, whether I am dieting or feasting, I will not feel emotionally or physically balanced. To discover what it feels like to be balanced, each individual must make the journey on their own! It truly is a process of self discovery on both sides of the scale, and you, as an individual, must learn to stand in THAT balance.

MEAL PLANNING

RULES TO LIVE BY

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Carbs are good and great for building and maintaining lean muscle mass—it's okay to include grains, pastas, and breads in your meals. Choose grains that are high in fiber—whole grains versus processed, and make sure you weigh your portions.

Lead with fruits and vegetables as a first choice for carbs. Always include as much vegetables and fruit as possible in each meal of the day. All calories are not created equal.

Eat lean proteins in the form of Lean Meats, like sirloin, 93% Lean Ground Turkey, Chicken Breast, White Fish, Tuna, and high quality whey or vegan protein powders. (See shopping list, meal plans, and sample meals for guides).

Don't add fats or oils to your meals. Find healthy substitutes when creating meals, like yogurt based dressings, flavored vinegars, peanut butter powders, yogurt spreads, or herbs and seasonings.

Make it easy! If your meals are too complex you won't stick with the program, and if you don't stick with the program, then, what was the point in starting it in the first place!

WHAT MY MEALS ACTUALLY LOOK LIKE

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A GUIDE TO CREATING YOUR OWN MEALS

This is a generic guide for calculating and creating a daily meal plan that will usually fit within your calorie deficit, fat, protein, and carbohydrate ranges. This is just a guide! Use it as a tool to help you build your own daily meal plans and recipes. Also, don't forget to refer to my meal plans that I have attached at the end of this guide.



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CREATING YOUR DAILY MEAL PLAN

VEGETABLES

2 PORTIONS (1 CUP EACH)

broccoli, asparagus,
spinach, cauliflower,
cucumbers, kale, lettuce,
onions, tomatoes,
zucchini, yellow squash

FRUITS

2 PORTIONS (1/2 CUP EACH)

Medium apple, Berries,
1/2 grapefruit,
Strawberries, 1/2
Banana, 1 Halo Orange

STARCHY CARBS

2 PORTIONS

1 slice whole grain toast,
1/2 cup rice, 1/2 medium
sweet potato, 1 banana,
1 med yukon gold
potato, 1/2 cup oatmeal

PROTEIN, LEAN MEATS

2 PORTIONS (PALM SIZE, 4 OZ)

tilapia, tuna, sirloin,
chicken breast, lean
ground turkey 93% or
less, pork tenderloin,
salmon, egg whites

PROTEIN, NON-MEAT

FIT PORTIONS IN TO FAT ALLOWANCES

hummus 2-4T, nuts, nut
butters, 1/3 c. beans, (i.e.
1 T peanut butter or
almond butter) 1/2 c.
Cottage Cheese, Yogurt
Dips and Dressings,

PROTEIN, WHEY SOURCES

2 PORTIONS

1 scoop whey protein, 1
Protein Bar,

Approximately 1200 to 1400 calories per day or less

Stick to a 40% Protein, 40% Carbs 20% Fats Breakdown

Use Nuts, Butters, and Oils Sparingly

Use a Macronutrient Calculator like MyNet Diary

THE FOUNDATIONS OF YOUR FAT LOSS- GUARANTEED RESULTS

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HOW DO I CALCULATE MY PERSONAL
MACRONUTRIENT RATIOS?

HOW MANY CALORIES SHOULD I
PERSONALLY EAT?

DO YOU WANT TO GUARANTEE YOUR
PERSONAL RESULTS?

PAIR THIS SECTION WITH THE VIDEO
TITLED, "BEFORE YOU BEGIN"

Guaranteed Results Doing It MY WAY



These meal plans are designed for quick fat loss, with an objective to gain a muscular, yet lean physique.



You must eat a calorie deficit, meaning you must eat less calories than your body burns.



For example: I am petite. I am 5'4 with a small frame. So, I personally shoot for a calorie range of 1200-1400 calories to stay within a calorie deficit.



You must weigh and measure your foods with a scale or measuring cup. It must be accurate.



Vegetables and Fruits are NOT freebie calories. Everything must be calculated, even small tastes of food.



You cannot deduct your "burned" calories from a workout, so that you can eat more food that day.



I attempt to balance my MacroNutrients in a 40% Protein, 40% Carbs, 20% Fat ratio.



For a person who wants to weigh 120lbs (like I do), I shoot for 120 grams of Protein, 120 grams of Carbs, and 40 grams or less of fat per day. This is not an exact science, but rather a "goal to shoot for" for daily ratios.



Eat the amount of Protein and Carbs that you WANT to weigh, NOT what you currently weigh. (Example: 120 grams of Carbs and Proteins to obtain a 120lb physique.



Use an App that calculates these ratios. Record everything daily.



Avoid drinking your calories in the form of milk, juices, or sodas. And don't add added oils when cooking. All calories must be counted.

HEALTHY MENTAL HABITS To GETTING THE BODY YOU WANT

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FOR HOW LONG SHOULD I FOLLOW THE
FAT LOSS GUIDE?

WILL CARBS HINDER MY FAT LOSS?

CAN I HAVE OCCASIONAL CHEAT MEALS?

PAIR THIS SECTION WITH THE VIDEO
TITLED, "TIMELINES, CARBS, AND CHEAT
MEALS."

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Healthy Mental Habits For GETTING THE BODY YOU ARE HAPPY WITH



Drop the timeline. Do NOT say, I want to weigh this, by "this date." Your body loses weight, and gains and retains water depending on hormones and even foods you consume. Don't mentally punish yourself by giving yourself a deadline. Rather, just stick with the program.



Give yourself CHEAT MEALS. What is a cheat meal? It's ONE meal, not several throughout the day, this does not include deserts. Don't eat until you're sick, rather eat until you are full. I do ONE to TWO cheat meals per week depending on my personal goals.



Give yourself one CHEAT DESSERT per week IF NEEDED. Keep it to one, small portion size. For example: (one small frozen yogurt or blizzard). An occasional treat is good for your emotional state when dieting.



If you have done low carb diets in the past, ignore the temptation to "cut" your carbs. You will need these carbs because you are eating low fat. It is also okay to "increase" your carbs by 40-50 grams of carbs on leg workout days. Just DON'T go over your calorie limit if you choose to do so.



It is okay to eat your carbs at any time of the day. Eat when you are hungry, and don't eat if you are not hungry. Just stay within your calorie range.



Scenario: It's your birthday, or your anniversary, or a holiday....Just eat like you normally would. Don't punish yourself. Remember, you don't have a timeline, so you can always start back tomorrow.



Scenario: It's someone else's birthday, family gathering, or office celebration...DON'T eat like you normally would. You're trying to cut fat and lose weight! Stick with the program.

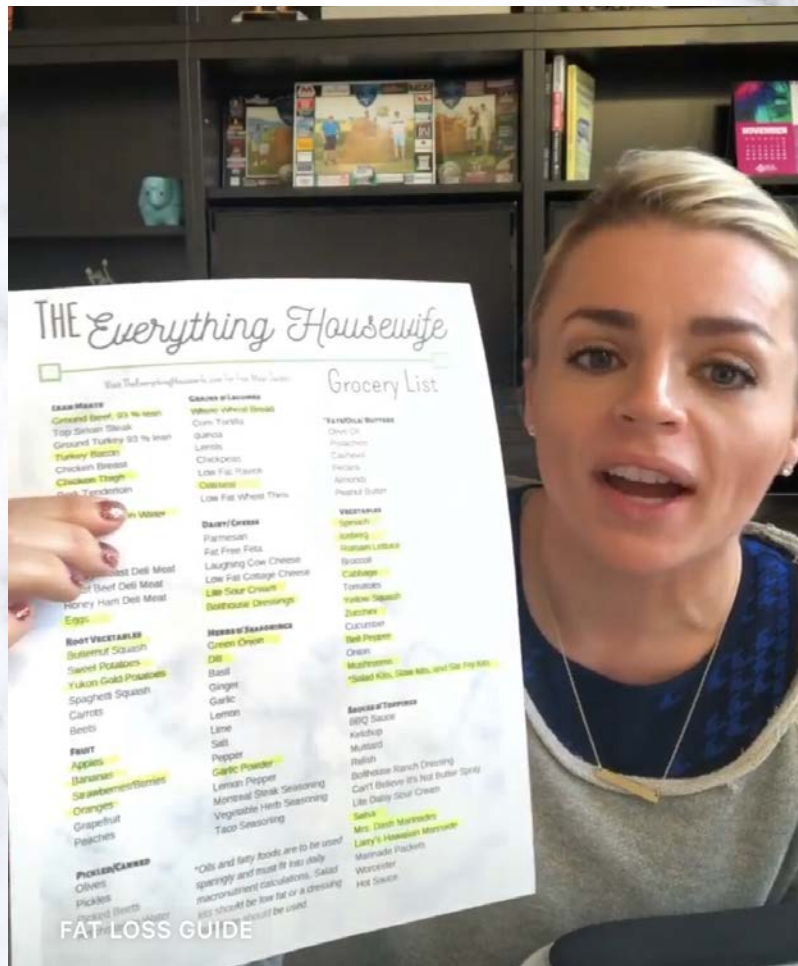
"MAKE IT EASY"

GROCERY LIST

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In this section of the Fat Loss Guide you will find your "Make It Easy" Grocery List. Just print and highlight the groceries you will need to make meal planning and grocery shopping easy! You can watch this video on my website where I discuss how I use this list.



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Grocery List

LEAN MEATS

Ground Beef, 93 % lean
Top Sirloin Steak
Ground Turkey 93 % lean
Turkey Bacon
Chicken Breast
Chicken Thigh
Pork Tenderloin
Tuna Steak
Canned Tuna in Water
Salmon
Tilapia
Shrimp
Turkey Breast Deli Meat
Roast Beef Deli Meat
Honey Ham Deli Meat
Eggs

ROOT VEGETABLES

Butternut Squash
Sweet Potatoes
Yukon Gold Potatoes
Spaghetti Squash
Carrots
Beets

FRUIT

Apples
Bananas
Strawberries/Berries
Oranges
Grapefruit
Peaches

PICKLED/CANNED

Olives
Pickles
Pickled Beets
Artichokes in Water

OTHER

Protein Powder
Peanut Butter Powder
Protein Bar

GRAINS & LEGUMES

Whole Wheat Bread
Corn Tortilla
Quinoa
Lentils
Chickpeas
Low Fat Ravioli
Oatmeal
Low Fat Wheat Thins

DAIRY/CHEESE

Parmesan
Fat Free Feta
Laughing Cow Cheese
Low Fat Cottage Cheese
Lite Sour Cream
Bolthouse Dressings

HERBS & SEASONINGS

Green Onion
Dill
Basil
Ginger
Garlic
Lemon
Lime
Salt
Pepper
Garlic Powder
Lemon Pepper
Montreal Steak Seasoning
Vegetable Herb Seasoning
Taco Seasoning

**Oils and fatty foods are to be used sparingly and must fit into daily macronutrient calculations, as should all other foods you consume. Salad kits should be low fat, or a dressing substitute should be used.*

*FATS/OILS/BUTTERS

Olive Oil
Pistachios
Cashews
Pecans
Almonds
Peanut Butter

VEGETABLES

Spinach
Iceberg
Romain Lettuce
Broccoli
Cauliflower
Asparagus
Cabbage
Tomatoes
Yellow Squash
Zucchini
Cucumber
Bell Pepper
Onion
Mushrooms

*Salad Kits, Slaw kits, and Stir Fry Kits

*SAUCES & TOPPINGS

BBQ Sauce
Ketchup
Mustard
Red Pasta Sauce
Relish
Bolthouse Ranch Dressing
Can't Believe It's Not Butter Spray
Lite Daisy Sour Cream
Salsa
Mrs. Dash Seasonings
Laury's Hawaiian Marinade
Marinade Packets
Worcester
Hot Sauce

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FAT LOSS DAILY MEAL PLANS (1-10)

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Fat Loss Meal Guide 1

BREAKFAST



Omelet, 5 egg whites, 1/4 cup orange bell pepper, 1/8 cup red onions, 6 cherry tomatoes, 1 T. Parmesan, 2 slices Columbus Turkey Bacon

237 Calories

33 Protein 10 Carbs 5 Fat 2 Fiber

LUNCH



Ratatouille Bowl, 4.5oz. Chicken Breast, 2 T. Parmesan, 1/2 c. Marinara, 1/4 c. of EACH, Zucchini, yellow squash, eggplant, bell pepper, and onion

334 Calories

44 Protein 20 Carbs 8 Fat 3 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



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DINNER

Ground Turkey Slaw Taco

4.5 oz 93% lean ground turkey, taco seasoning to taste, 2 T. Salsa, 1/2 c. angel hair cabbage, 1/4c. Bell Peppers, 1/4 c. Onions, 3 Corn Tortillas



253 Calories

33 Protein 15 Carbs 8 Fat 4 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
Banana



494 Calories

39 Protein 58 Carbs 13 Fat 7 Fiber

TOTAL CALORIES:

1274

128 Protein 105 Carbs 39 Fat 16 Fiber

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Fat Loss Meal Guide 2

BREAKFAST

4 Egg Whites
2 Slices Turkey Bacon
1 Cutie Orange



199 Calories

27 Protein 10 Carbs 5 Fat 2 Fiber

LUNCH

5 oz. Boneless Sirloin Marinated in
1 T. Worcestershire
1 Cup Califlower, steamed and mashed
w/ garlic salt



226 Calories

32 Protein 8 Carbs 8 Fat 2 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



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DINNER

Spinach Ricotta Raviolia (5 pieces)
w/ 1/2 cup Marinara, 1/2 cup
Squash, 4 oz. Grilled Chicken Breast



517 Calories

48 Protein 50 Carbs 14 Fat 7 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
Banana



305 Calories

14 Protein 37 Carbs 12 Fat 4 Fiber

TOTAL CALORIES: 1247

121 Protein 105 Carbs 39 Fat 15 Fiber

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Fat Loss Meal Guide 3



BREAKFAST

Maple Flavored Instant Oatmeal,
1/2 Cup Strawberries
1 Scool All Whey Protein



294 Calories

32 Protein 37 Carbs 4 Fat 9 Fiber

LUNCH

Tuna Patty w/ Cucumber Ranch
Chunk Light Tuna Creations Ranch Pouch
3 Ritz Crackers, 1 Egg White,
1 T. Cucumber Ranch Bolthouse Dressing
260 g Butternut Squash



257 Calories

22 Protein 36 Carbs 5 Fat 9 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



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DINNER

5oz Salmon
85 g. Sweet Potato
1 Cup Slaw, no dressing w/
2 Tbsp Bolthouse Cucumber Ranch



354 Calories

33 Protein 20 Carbs 14 Fat 4 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
Banana
1 Scoop Whey w/ Water



425 Calories

38 Protein 40 Carbs 13 Fat 4 Fiber

TOTAL CALORIES: 1330

125 Protein 111 Carbs 36 Fat 26 Fiber

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Fat Loss Meal Guide 4

BREAKFAST

4 Egg Whites
1 Medium Apple
3 Slices Turkey Bacon

314 Calories

33 Protein 30 Carbs 6 Fat 5 Fiber



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DINNER

180 Grams Yukon Gold Potato
2 T. Light Sour Cream
5 oz. 93% Lean Ground Turkey

363 Calories

35 Protein 34 Carbs 12 Fat 4 Fiber



LUNCH

1 Large Banana
2 T. PB Fit Peanut Butter
10 Grams of Pistachios
1 Scoop Whey mixed with Water

348 Calories

31 Protein 43 Carbs 8 Fat 7 Fiber



SNACKS

Peanut Butter Fudge
Power Crunch Bar

215 Calories

13 Protein 12 Carbs 13 Fat 1 Fiber



DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



TOTAL CALORIES: 1225

112 Protein 117 Carbs 38 Fat 17 Fiber

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Fat Loss Meal Guide 5



BREAKFAST

Maple Flavored Instant Oatmeal,
1/2 Cup Strawberries
1 Scool All Whey Protein



294 Calories

32 Protein 37 Carbs 4 Fat 9 Fiber



LUNCH

4.5 oz. Boneless, No skin, Chicken Thigh
1 T. Sweet Maple BBQ Sauce
260 grams Butternut Squash



282 Calories

32 Protein 35 Carbs 7 Fat 8 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



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DINNER

Spaghetti Squash Spaghetti
4 oz. 93% lean Ground beef, 1/4 c.
mushrooms, 1/4 c. onions, 1 Cup
Spaghetti Squash, 1/2 c. low
sodium Prego Sauce



304 Calories

28 Protein 27 Carbs 10 Fat 5 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
! Scoop Whey w/ Water
1 Medium Apple w/ 1 T. Peanut Butter



488 Calories

41 Protein 36 Carbs 21 Fat 5 Fiber

TOTAL CALORIES: 1368

133 Protein 135 Carbs 42 Fat 27 Fiber

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Fat Loss Meal Guide 6



BREAKFAST

Maple Flavored Instant Oatmeal,
1/2 Cup Strawberries
1 Scool All Whey Protein



294 Calories

32 Protein 37 Carbs 4 Fat 9 Fiber



LUNCH

Chicken, Spinach Ravioli Leftovers
4 oz. Grilled Chicken Breast
1/2 Cup Marinara
1/2 Cup Squash
1 Cup (5 pieces) Spinach Ricotta Ravioli



517 Calories

48 Protein 43 Carbs 14 Fat 7 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



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DINNER

10 Minute Tacos
4oz. 93% Lean Ground Turkey, w/
Taco seasoning, 3 Steamed Corn
Tortillas, 2 T. Lite Sour Cream, 2
T. Salsa



349 Calories

27 Protein 28 Carbs 11 Fat 4 Fiber

This Meal Plan includes a cheat dessert! I didn't eat my nightly protein bar or snacks because I didn't feel like I needed it after dessert!

SNACKS

Cheat Dessert at Yogurt Land,
Calories, I have no idea????



??? Calories

TOTAL CALORIES: 1160+ Cheat Dessert

107 Protein 119 Carbs 29 Fat 20 Fiber

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Fat Loss Meal Guide 7

BREAKFAST

4 Egg Whites
1 Medium Banana
3 Slices Turkey Bacon



264 Calories

27 Protein 38 Carbs 6 Fat 3 Fiber

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DINNER

Ground Turkey Lettuce Wraps
4.5 oz. 93% Lean Ground Turkey
1/4c. Shaved Carrot, 1/4c.
Green Onion, 1.5 T. ketchup, 1 T.
Teriyaki, 1 T. Lemon Juice, 1 Cup
Iceberg Lettuce,



257 Calories

27 Protein 16 Carbs 9 Fat 3 Fiber

LUNCH

Chicken, Bacon, Feta, Apple Salad
3 oz. Boneless, Skinless Chicken Thigh
1 Slice Turkey Bacon
1 oz. Fat Free Feta Cheese
1 oz. (4 Pieces) Artichoke Hearts in Water
6 Baby Pickled Beets
1/2 Medium Apple, chopped
2 T. Bolthouse Ranch Dressing
3 Cups Kale Salad Kit, without toppings



363 Calories

41 Protein 34 Carbs 12 Fat 12 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
1 Scoop Whey w/ Water
1 Medium Banana



425 Calories

38 Protein 40 Carbs 13 Fat 4 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



TOTAL CALORIES: 1309

133 Protein 118 Carbs 38 Fat 22 Fiber

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Fat Loss Meal Guide 8

BREAKFAST

Pancakes w/ Berry Syrup
1/2 Cup Kodiak, Buttermilk Protein
Pancake Mix, 1/2 Scoop Whey, 2 egg
whites, 1/2 tsp. Cinnamon, 1/2c.
Water,
Berry Syrup: 1/2 c. Frozen Berries
w/ stevia and water cooked down.



317 Calories

33 Protein 32 Carbs 2 Fat 8 Fiber

LUNCH

Chicken, Bacon, Feta, Apple Salad
3 oz. Boneless, Skinless Chicken Thigh
1 Slice Turkey Bacon
1 oz. Fat Free Feta Cheese
1 oz. (4 Pieces) Artichoke Hearts in Water
6 Baby Pickled Beets
1/2 Medium Apple, chopped
2 T. Bolthouse Ranch Dressing
3 Cups Kale Salad Kit, without toppings



363 Calories

41 Protein 34 Carbs 12 Fat 12 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



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DINNER

5oz. Salmon Filet
260 grams Butternut Squash



329 Calories

31 Protein 27 Carbs 12 Fat 8 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
Apple w/ 1 T. Peanut Butter



368 Calories

17 Protein 28 Carbs 20 Fat 5 Fiber

TOTAL CALORIES: 1341

133 Protein 114 Carbs 42 Fat 22 Fiber

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Fat Loss Meal Guide 9

BREAKFAST

4 Egg Whites
2 Slices Columbus Turkey Bacon
Sweet Potato Cake, 75 grams swt
potato mixed w/ 1/2 egg white and
seasonings



235 Calories

30 Protein 15 Carbs 4 Fat 2 Fiber

LUNCH

4 oz. Grilled Boneless Sknls Chicken Thigh
220 grams Butternut Squash



220 Calories

28 Protein 16 Carbs 6 Fat 7 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



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DINNER

Steak, Potatoes, & Caesar Salad
4.6 oz. Sirloin, Marinated in 1 T.
Worcestershire, Ceasar Kit, without
dressing. 1.5 T. Bolthouse Ranch, 1
tsp caesar, 150 grams Yukon Gold,
2 T. Light Sour Cream

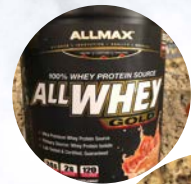


439 Calories

39 Protein 34 Carbs 16 Fat 5 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
1 Scoop Whey Protein Powder w/ water



320 Calories

37 Protein 12 Carbs 13 Fat 1 Fiber

TOTAL CALORIES: 1214

134 Protein 92 Carbs 39 Fat 15 Fiber

THE Everything Housewife

Fat Loss Meal Guide 10

BREAKFAST



Omelet, 5 egg whites, 1/4 cup orange bell pepper, 1/8 cup red onions, 6 cherry tomatoes, 1 T. Parmesan, 2 slices Columbus Turkey Bacon

237 Calories

33 Protein 10 Carbs 5 Fat 2 Fiber

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DINNER

5 oz. Beef Sirloin,
marinated in 1 T. Worcestershire
1/2 c. Broccoli
1 Medium Peach



253 Calories

33 Protein 15 Carbs 8 Fat 4 Fiber

LUNCH

Chicken Salad, 1 med apple
chopped, 1/4 c/ celery, 2 T.
Green Onions, 2 T. Kraft Mayo



290 Calories

23 Protein 22 Carbs 13 Fat 3 Fiber

SNACKS

Peanut Butter Fudge Power Crunch Bar
Navel Orange
Smoothie, 1 Banana, 1/2 cup mix frozen
berries, 1 Scoop whey protein



494 Calories

39 Protein 58 Carbs 13 Fat 7 Fiber

DRINKS (Optional)

Dragon Fruit AXIO, 15 Calories
XTEND BCAA, 0 Calories



TOTAL CALORIES:

1274

128 Protein 105 Carbs 39 Fat 16 Fiber

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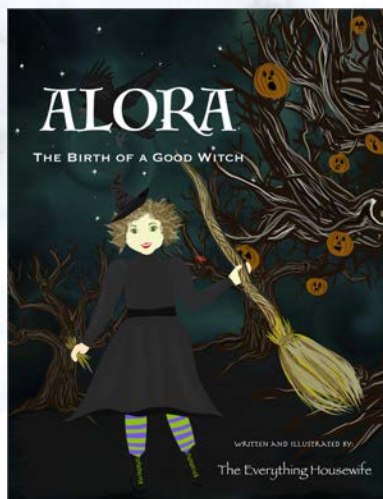
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About Me:



Hey There! My name is Jenny, and I am The Everything Housewife! I am a wife, mother, and writer who enjoys crafting, sewing, cooking, drawing, decorating, health and fitness, public speaking—and a whole lot more. I am the author and illustrator of the children's book, Alora, The Birth of a Good Witch from *The Realm of Halloween Series*. It is a book about the light that already exists within us all! I love Halloween, ancient history, and religious symbolism—my faith in God defines so much of me! So please take a stroll on my site “where you can find a little bit of everything!” I would love for you to learn more about me!

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