



3

DAY

SHRED PLAN

Heather Newman Fitness

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Heather's secret weapon for looking SUMMER READY!

Maybe you want to drop a few pounds for an upcoming wedding or event. Maybe you want to make a splash at the beach this weekend.

Or maybe you need to reboot to recover from a party of some sort where you might have overindulged in the chips and dip.

That's where my 3-Day Shred comes in. I use this plan to prep for the beach. It's not something you want to do for any longer than three days, but if done occasionally, it's a great way to lose a little weight, fast!

Use my 3 Day Shred plan as needed, but I also suggest integrating it into the end of my regular 21-Day program, starting with Day 19, so that you can really maximize your results!

My 3 Day Shred Plan can be pretty challenging, so be ready for it. And if it isn't for you, you can still get great results just sticking with the eating plan.

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THE DETAILS

FOOD:

Veggies: I recommend broccoli, asparagus, green beans, zucchini, cucumbers, cauliflower or bell peppers.

Fish: I recommend light white fish like cod and tilapia

Seasonings: Lemon juice, lime juice, and spices are allowed, but **NO SALT!** You can also use cinnamon, nutmeg or 1/2 single serve packet or 1-2 liquid drops of stevia to flavor your oatmeal.

FLUIDS & HYDRATION:

Water: Drink at least 1 gallon a day. Yes a full gallon. Spread it out as much as possible, starting with a glass when you first wake up. It'll help you feel full and keep you hydrated!

Coffee/Tea: Stick to one to two 8-oz. cups of either per day. Avoid creamers and sweeteners - except stevia (1/2 single-serve packet or 1/2 liquid drops).

Coconut Oil: Drink with meals. To prepare, place the desired amount into micorwave-safe bowl and zap it for 10-15 seconds.

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Timing

Space your meals approximately two hours apart.

I recommend using the 3-Day Shred during the last three days of my 21 day program (starting on day 19) for maximum results! If you are not familiar with my 21 Day program and want to get started there, please email me at HeatherNewmanFitness@gmail.com

What's with the EXTRA VIRGIN COCONUT OIL?

I swear by the benefits of extra-virgin coconut oil, making it a must have for the 3 Day Shred.

Coconut oil contains something called medium chain triglycerides (MCT), a hard to find type of fat that's been scientifically shown to increase energy expenditure, meaning it gives you a little extra energy for your workouts while on this ultimate 3 Day Shred Plan.

MCT's are also especially good at making you feel full - also very useful while cycling through the 3 Day Shred.

Once the 3 Day Shred is over, you're welcome to incorporate extra -virgin coconut oil into your regular diet - in fact, I recommend it - but don't use it thinking you can eat less for longer periods of time. Nothing can replace a balanced diet when it comes to getting results while staying fit and healthy.

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THE FINE PRINT!

If you have any unique medical conditions such as concerns with blood sugar regulation, dietary restrictions or other health concerns, please first consult your physician before starting this 3 Day Shred Plan. Also, listen to your body - if you are feeling light headed or experiencing discomfort, you should return to the standard eating plan recommended by Heather or your physician/dietician.



Chart for containers:
If you do not have or use my containers, I will give you the equal values so you don't necessarily have to have them to follow my 3-Day Shred Plan.
If you'd like to get yourself the containers, just email me at HeatherNewmanFitness@gmail.com and I will send you the link.

CONVERSION CHART:
Green = Veggies = 1 cup
Purple = Fruits = 1 cup
Red = Protein = ¾ cup
Yellow = Carbs = ½ cup
Blue = Healthy Fats = 1/3 cup
Orange = Seeds & Dressings = 2 Tablespoons



FIND YOUR PLAN BELOW: Note that there are NO Purple containers (fruits), Blue containers (Healthy Fats), or Orange containers (seeds & dressings).



Calorie Target Range	1200-1499 calories PLAN A	1500-1799 calories PLAN B	1800-2099 calories PLAN C	2100-2299 calories PLAN D	2300p-2499 calories PLAN E	2500-2800 calories PLAN F
GREEN-VEGGIES	4	4	5	6	7	8
PURPLE-FRUIT	0	0	0	0	0	0
RED-PROTEIN	6	7	9	10	11	12
YELLOW-CARBS	1	1	2	3	3	3
BLUE-HEALTHY FATS	0	0	0	0	0	0
ORANGE-SEEDS & DRESSINGS	0	0	0	0	0	0
OILS & NUT BUTTERS (1-TBSP)	4	5	6	7	8	9



This is the equation to use

- A.** Take your current body weight in pounds and multiply that number by 11 to calculate your baseline calories.
- B.** Then, add 400 to your baseline calories to equal your daily caloric needs.
- C.** And then, subtract 750 from your caloric needs – this equals your calorie target.

IF YOUR CALORIE TARGET IS LESS THAN 1200 ROUND UP TO 1200 PLAN A

IF YOUR CALORIE TARGET IS MORE THAN 2800 ROUND DOWN TO 2800 PLAN F

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SAMPLE MEAL PLAN:

Here is Heather's secret to losing a little weight, fast! Just choose your calorie level and follow that eating plan for 3-days, along with the guidelines and hints in the DETAILS SECTION. Below is Heather's sample day for Eating Plan C at the 1800-2099 calorie level.

Meal 1	1 yellow-oatmeal (prepared with water)	1 red-egg whites	1 tbsp coconut oil
Meal 2	1 red-chicken	1 yellow-yams	
Meal 3	1 red-fish	1 green-veggies	1 tbsp coconut oil
Meal 4	1 red-lean ground turkey (greater than 93% lean)	1 green-veggies	1 tbsp coconut oil
Meal 5	1 red-fish	1 green-veggies	1 tbsp coconut oil
Meal 6	1 red-chicken	1 green-veggies	
Meal 7	1.5 red-fish	½ green-veggies	1 tbsp coconut oil
Meal 8	1.5 red-fish	½ green-veggies	1 tbsp coconut oil

How do I determine which MEAL PLAN to follow?

It is important to use your current weight to find your appropriate calorie bracket. Use the formula to calculate your Calorie Target. Do not go down a bracket hoping to lose weight faster. Trust the process and follow it the way it is designed for best results.



FORMULA:

(use formula on previous page)

SHRED PLAN

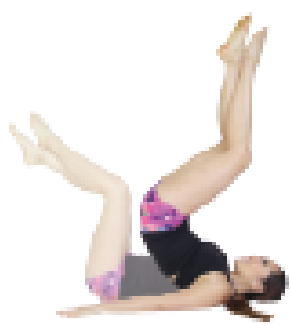
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Team

NOLA FIT 30 Day Ab Challenge



Reverse Crunch



Double Leg Lift



Ankle Reach



Criss-Cross



Roll-Up

<div>1</div> <div><input type="checkbox"/> 5 Roll-Ups <input type="checkbox"/> 5 Ankle Reaches <input type="checkbox"/> 5 Leg Lifts</div> <div></div>	<div>2</div> <div><input type="checkbox"/> 6 Roll-Ups <input type="checkbox"/> 6 Ankle Reaches <input type="checkbox"/> 6 Leg Lifts</div> <div></div>	<div>3</div> <div><input type="checkbox"/> 7 Roll-Ups <input type="checkbox"/> 7 Ankle Reaches <input type="checkbox"/> 7 Leg Lifts</div> <div></div>	<div>4</div> <div><input type="checkbox"/> 8 Roll-Ups <input type="checkbox"/> 8 Ankle Reaches <input type="checkbox"/> 8 Leg Lifts</div> <div></div>	<div>5</div> <div><input type="checkbox"/> 9 Roll-Ups <input type="checkbox"/> 9 Ankle Reaches <input type="checkbox"/> 9 Leg Lifts</div> <div></div>	<div>6</div> <div><input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts</div> <div></div>
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These BONUS recipes are NOT on my 3 day shred plan - it's pretty intense. However, once you've completed the 3 DAY SHRED, these are some healthy options to start with just watch your serving sizes of course!



CHICKEN BURRITO BOWL

MAKES 4 SERVINGS

INGREDIENTS

2 cups cooked brown rice
1/2 cup plain Greek yogurt
1 cup black beans, warm
2 1/4 cup cooked shredded chicken, warm
1/4 cup salsa
1/2 cup Monterey Jack cheese
3 cups chopped romaine lettuce
Optional: 2 tbsp. fresh cilantro, chopped, 1 tbsp. fresh lime juice

DIRECTIONS

1. Combine rice, lime juice, and cilantro in a medium bowl; mix well. Set aside.
2. Evenly divide lettuce between four serving bowls.
3. Top evenly with rice mixture, beans, chicken, cheese, salsa, and avocado.
4. Top each bowl with 2 Tbsp. of yogurt; serve immediately.

MASON JAR PREP: These are great make-ahead mason jar lunches. Place salsa at the bottom and layer with yogurt, beans, chicken, brown rice, lettuce and cheese. Keeps in refrigerator for 3-4 days.

PORTION FIX: 1 GREEN, 1 RED, 1.5 YELLOW, 1 BLUE

2B MINDSET: A great lunch. Replace brown rice and beans with veggies for dinner



CHICKEN TACOS

MAKES 4 SERVINGS, 2 TACOS EACH

INGREDIENTS

1 lb. shredded chicken, warm
8 6-inch corn tortillas
1 cup fresh salsa
1 medium ripe avocado, sliced
1 cup nonfat refried beans, warm
Optional: fresh cilantro & lime

DIRECTIONS

1. Evenly divide chicken between tortillas. Top evenly with salsa, avocado, and optional lime juice and cilantro.
2. Serve two tacos with 1/4 cup refried beans; serve immediately.
3. Can add shredded cheese, be sure to add a blue if following portion fix.

2 TACOS

PORTION FIX: 1.5 YELLOW, 1 RED, 1 BLUE

2B MINDSET: Add veggies or a side salad for lunch