

## 4 Hour Body Fat Loss Program *Example Meal Plan*

	Breakfast	Lunch	Dinner	Extra Meal
<b>Sunday</b>	Scrambled eggs w/ spinach, beans of choice	Salmon salad on romaine lettuce	Ground meat, beans, mixed veggies	Fried egg on refried beans
<b>Monday</b>	Fried eggs on refried beans, kimchee on side	Leftover dinner	Steak, black beans w/ onion, veggies of choice	6-8 brazil nuts
<b>Tuesday</b>	Scrambled eggs w/ spinach, beans of choice	Leftover dinner	Chili: leftover steak and black beans cooked together. Baked Broccoli.	Egg salad on romaine lettuce
<b>Wednesday</b>	Fried eggs on refried beans, kimchee on side	Salmon salad on romaine lettuce	OUT: Thai food stir fries, extra veggies instead of rice	Fried egg on refried beans
<b>Thursday</b>	Scrambled eggs w/ spinach, beans of choice	Leftover Thai food	Ground meat, beans, mixed veggies	6-8 brazil nuts
<b>Friday</b>	Scrambled eggs w/ spinach, beans of choice	OUT: Burrito bowl - burrito of choice in bowl, substitute veggies for rice.	Leftover dinner	Egg salad on romaine lettuce
<b>Saturday</b>	<b>Cheat Day! Party like it's 1999!</b>			

This example meal plan gives you 2 breakfast alternatives, 3 dinners alternatives, and a lunch (which is alternated with leftovers). Included is eating out one lunch a week and one dinner a week. All the meals are (1) exceedingly simple, (2) can meet protein goals, (3) includes protein, beans, and veggies. It's enough variety to keep from going insane, while still having enough repetition to meet the 4 Hour Body fat loss goals. Tips: hot sauce can help reduce gaseousness from eating beans.

**Other resources:**      [4 Hour Body Shopping List](#)      [4 Hour Body Cheat Sheet](#)

### Recipes

<b>Scrambled eggs w/ spinach:</b>	Put 1 cup spinach in a medium saute pan, and cook until mostly wilted. Add 3 eggs (2 w/ yolks), and scramble in pan with spinach. Serve with beans of choice, such as refried beans, white kidney beans, or black beans. Cook until done. Cooking time: ~10 minutes.
<b>Salmon Salad on Romaine Lettuce</b>	Buy whole leaf romaine lettuce in supermarket. Open one can of salmon (or tuna if you prefer.) Add about 1-2 tablespoons mayo. If desired, add diced celery. If desired, add wasabi. Mix. Put mixed salmon salad on whole lettuce leaves, like a wrap. Cooking time: ~5 minutes.
<b>Ground meat, beans, veggies</b>	Saute 1 pound ground meat (beaf, chicken, or turkey) in frying pan, until cooked through, about 7-10 minutes, seasoning with salt, onion, garlic if desired. Place in bowl. Saute frozen mixed veggies package in same pan until done, ~5 minutes. Add to bowl. Saute one can drained beans (cannelli or similar) in frying pan until warm. Add to bowl. Mix contents of bowl. Serve with a little hot sauce if desired. Cooking time: ~20 minutes.
<b>Black beans with onion</b>	Saute onion in pot until cooked. Add canned black beans, bay leaf, garlic and salt seasoning, and simmer gently for ~15 minutes.
<b>Chili</b>	Saute leftover steak for 1 minute (or use cubed raw meat, and saute until browned). Add black beans. Chili seasoning. If desired, diced onion, green peppers, etc. Cooking time: 10 minutes if using cooked meat, 30-45 minutes if starting with raw meat.
<b>Baked Broccoli</b>	Preheat oven to 425 degrees. Slice broccoli into slabs approximately 1/4 inch thick. Said another way, cut each floret and stem in half the long way. Lightly oil a baking pan, spread broccoli in a single layer. Bake for ten minutes, then turn broccoli over, and bake for ten more minutes. Broccoli will be crisp and slightly browned on the edges. Sprinkle with coarse grained salt. Cooking time: 5 minutes prep plus 20 minutes cooking.