

# 4-MINUTE FIX

**Fat Blasting Meal Plan**



**Meredith Shirk, CPT**

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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# Week 1

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Sunday</b>	Ultimate Healthy Fruity Bowl	Crowd Pleasing Curry	Weekend Dinner Chicken
<b>Monday</b>	Protein Packed Smoothie	Dive Cabbage	Scrumptious Stuffed Steak
<b>Tuesday</b>	Unique Filled Avocado	Delectable Vegetable Noodles	Spicy Chopped Chicken Salad
<b>Wednesday</b>	Best Ever Chia Seeds Pudding	Aromatic Roasted Tomatoes	Warming Turkey Soup
<b>Thursday</b>	Delish Savory Pancakes	Crunchy Veggie Salad	Classic Grilled Chicken
<b>Friday</b>	SuperFood Smoothie	Flavorsome Shrimp	Filling Seafood Soup

<b>Saturday</b>	Impressive Veggies and Eggs Bake	Winner Salmon Burgers	Gorgeous Lamb and Green Peas
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## Week 2

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Sunday</b>	Delish Savory Pancakes	Freshly Tasty Scallops and Asparagus	Sophisticated Salmon Parcel
<b>Monday</b>	Superfast Omelet	Winner Salmon Burgers	Fiesta Chicken and Salsa
<b>Tuesday</b>	Ultimate Healthy Porridge	Irresistible Warm Salad	Celebration Lamb Chops
<b>Wednesday</b>	Baked Spinach and Eggs	Aromatic Roasted Tomatoes	Hot and Spicy Halibut
<b>Thursday</b>	Ultimate Healthy Fruity Bowl	Mouth Watering Kabobs	All In One Beef Salad

<b>Friday</b>	Gourmet Breakfast	Super Light Lettuce Wraps	Awesome Vegetable Medley
<b>Saturday</b>	Fabulous Rosemary Bread	Delectable Vegetable Noodles	Succulent Lamb Stew