

*14 Day Pilates Fat Loss Program*

# 14 Day Pilates Fat Loss Program

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## Nutrition Plan



### Considerations

Consult with a physician before beginning the nutrition plan in this book. A physician can determine which nutritional meals are appropriate for you, and if any should be avoided or modified.

### Disclaimer

**14 Day Pilates Nutrition Plan** is primarily an nutritional educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you or your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and nutrition are inevitable. The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in nutritional content, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Please note: For your information and reference, I have included URLs and hyperlinks to web pages I've researched, relevant to the contents of this manual/guide/book. While I am unable to guarantee that these links will remain active, should you have any questions regarding my online research, please contact me directly.

## **CONGRATULATIONS!**

**You are just a few quick steps from becoming the very next SUCCESS STORY!**

**Your 14 Pilates Fat Loss Program will make reaching your fitness goals and living healthy easier**

**You are going to be surprised at how easy this nutrition plan will fit into your daily busy lifestyle and how fast the pounds and inches will fly off as you build strong, sleek, lean muscle.**

**This simple, easy to follow nutrition plan has helped hundreds of women lose unwanted weight, melt fat, lower blood pressure, lower cholesterol, have healthier younger looking skin and more energy then ever before...and it WILL work for YOU too!**

## The 7 Tips (Secrets to Getting Lean and Healthy)

Here are your simple tips for quick and easy permanent fat loss and a lean, toned body.

**Tip #1 - 21 Day Mind Set** – Don't cheat on your nutrition plan for the next 14 days.. When you want to make a change, don't tell yourself that you are doing it for life; rather, tell yourself that you are going to try it for only 14 days. Now, when you have completed this for 14 days and continue on to 21 days, your conscious mind has the choice of stopping it or carrying on, or so it thinks. Your neural pathways have formed already and you will more than likely continue with your new habit. You will have seen the benefits along the way and your subconscious will want to continue if it has been beneficial.

**Tip #2 - Be Prepared** – *Most of the time, women eat poorly because they did not bring food with them or did not prepare.*

**Moms** - Time is a precious commodity. Between taking the kids to school, dance or baseball practice, you can barely get a meal in here and there and when you do, it's usually leftovers from your kid's plate. Throw the leftovers away; don't feel obligated to eat it. Make sure when you get something to eat for your child, get something for you, too. Don't say, "I'll just eat what they don't."

**Ladies** – The one major complaint is, "I had nothing to eat so I grabbed a bag of chips." Be prepared! Always carry something with you, then you have no excuse. And if you're meeting the girls for an evening out, eat before you leave the house and take your snacks!

Bring healthy snacks with you like apples and almonds (see snack section). If you can, bring some Tupperware containers or a cooler with healthy meals. Keep it simple. If you don't feel like bringing food, then plan out some healthy restaurants or stores that you can eat at (see eating out section)

- ✓ Get a rice cooker and keep some long grain brown Basmati rice cooking on your counter. Also pre-cook some chicken or fish. It will only take a few minutes to prepare 1 or 2 meals and grab a few snacks to bring with you.
- ✓ Take five minutes to plan out what you are going to eat the night before.

**Tip #3 - Keep a food diary for at least one week** – Write down everything you eat and drink. You have to write it down right before the food or drink is consumed. By writing it down first, you will have a moment to stop and think if this decision is going to belly fat or pack it on.

- ✓ Have someone agree to review your food journal every day. Make an agreement that for each day you do not give them your journal, you owe them \$10.00 and every time you cheat, you owe \$1.00. Doing this will help keep you accountable.

***Tip # 4 - The Magical Glycemic Index*** - Not all carbohydrate foods are created equal; in fact, they behave very differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small changes in our blood glucose and insulin levels - is the secret to long-term health, reducing your risk of heart disease and diabetes and is the key to sustainable weight loss.

- ✓ Eat every 3 hours. This will keep your metabolism and energy on turbo mode so the fat melts off. This is also a great way to curb the kind of extreme hunger that will have you making the kind of bad choices you will quickly regret.

***Tip # 5 – Eat Real Food To Get Lean*** – Stay away from poison- (eeeh heem), I mean processed foods. The food companies strip out the good stuff like fiber and nutrients. What you have left is a food that has way more calories than normal. Plus the worst part is that they are highly glycemic, which means our body treats it like sugar. The good news is once you cut out these processed foods for a couple of weeks, you lose your cravings. I'm not saying to not have a life. I eat burgers, pizza or have a piece of cake from time to time.

- ✓ Watch out for foods and drinks that people think are "healthy" like bagels, pretzels and sports drinks like vitamin water. Consuming these is like eating table sugar.

***Tip # 6 – Warning: artificially sweetened "sugar free" foods and drinks make you fat*** - Did you know that most foods labeled as "sugar free" or "low carb" actually contain fattening artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, actually causing your body to store more belly fat and increase cravings!

***Tip # 7 - Eat Snacks-- Don't Be Starving*** – Use snacks and drinks (see snack section) that'll fill you up, and curb your cravings but won't add any significant extra calories. When you feel starved, you'll crave foods which will add unwanted body fat and make you feel really guilty.

- ✓ When you get a late night sweet tooth, try a delicious homemade Chai Tea. This is how I make it. Put two Yogi Mayan Cocoa Spice tea bags in a cup (I use a big 20oz ceramic cup) of boiling water. Add a tiny dash (it's very sweet) KAL brand Stevia. Let it steep for a few minutes then add a little no-sugar added Silk Soy Milk.
- ✓ Cut up cucumber, jicama or celery. Munch away all you want!

## ***The Nutrition Plan!***

Your Ultimate Women's "Sleek Body" 14 Pilates Fat Loss Program™ is packed with Lean Muscle toning, Stomach Defining, Belly Fat Busting Meals and Snacks.

This is by far the easiest, quickest, most "realistic" meal plan for toning muscle and burning fat on the entire planet.

Congratulations in advance for being the next showcased success story!

### **BREAKFAST**

#### **Option 1     High Energy and Fiber Oatmeal**

½ cup rolled oats (Dry)

1 scoop whey protein (I really like MRM Whey Protein – See shopping list)

12 almonds or 1 tsp olive or flax seed oil or fish oil

½ cup mixed organic frozen berries or a hand full of raisins

Dash of stevia and or cinnamon if desired to make sweeter

#### **Option 2     Happy Scrambled Eggs**

4-6 oz Liquid Egg Whites (about 2-4 Large Eggs)

½ cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz) or 1 Slice Ezekiel Bread

½ Avocado or 1 oz shredded cheese or 1 tsp Smart Balance butter

(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

#### **Option 3     Chocolate Shake**

1 Scoop Whey Protein

16 oz of water, No Sugar Added Almond Milk, or No Sugar Added Soy Milk

1 Piece of Ezekiel Bread or Whole Wheat Bread or Ezekiel Cinnamon Raisin Bread

1 TBSP Peanut or Almond Butter or Smart Balance Butter

Option 4 You can select any option from the lunch or dinner choices

## SNACK

### Fruits and Nuts Munchies

1 Apple, 1 Pear, 1 Orange, 1 Peach, or 2 cups Cherries,

1 Oz (about the palm of your hand) Almonds, Peanuts, Cashews or any nuts, preferably RAW  
(For more choices, see Complete list of snacks section)

## LUNCH

Option 1 Rice Bowl

1 Chicken Breast (6oz) or 98% Trader Joes Ground Beef (6oz) or Salmon or Tuna (6oz)

½ Cup Brown Long Grain Basmati Rice or 1 Red Potato (6oz)

1 TBSP Virgin Olive Oil or ½ Avocado or 1 TBSP Smart Balance Butter

(All You Can Eat Extras) Veggies, Black Pepper, Balsamic Vinegar and Salsa

Option 2 Healthy Sandwich

6oz Can Tuna (White in Water) or Turkey Slices (6oz) or Chicken Breast (6oz)

2 Slices Ezekiel Bread or 2 Slices Whole Wheat Bread

½ Avocado or 1 Slice Cheese

(All You Can Eat Extras) 1 Tbsp Veganaise or Organic Mayonnaise, Mustard, Lettuce

Or Veggies

Option 3 Lite and Healthy Salad

1 Chopped Chicken Breast (6oz) or Salmon or Tuna (6oz) or Extra Firm Tofu (6oz)

**Green Leaf Lettuce and/or Spinach (As much as you want)**

**½ Avocado cubed and 1 Tbsp. Sunflower seeds**

**Dressing – Balsamic Vinegar with 1 Tsp, Virgin Olive Oil or Spectrum Organic Vegan Caesar Dressing (Refer to Shopping List for more choices)**

**(All You Can Eat Extras) Veggies, Jicama, Cucumber, Shredded Carrots, Sprouts etc**

**Option 4**      **Egg White Delight**

**4- 6oz Liquid Egg Whites (about 2-4 Large Eggs)**

**½ cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz) or 1 Low Carb Tortilla**

**½ Avocado or 1 oz shredded cheese**

**(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper**

**Option 5**      **You can select any option from the breakfast and dinner choices**

**SNACK**      **Dutch Chocolate Shake**

**1 Scoop Whey Protein (refer to shopping list)**

**1 Cup Frozen Berries**

**About 1 cup No Sugar Added Almond Milk (depending your personal preference)**

**Blend and enjoy**

**Added Extras that I like (1/3 cup almonds, 1 Tbsp Flax Seeds, 1/8 cup dried shredded coconut, 1 Tbsp Raw Cocoa Nibs (See Shopping List)**

**(My suggestions – I use the Magic Bullet Blender; it's easy to clean and doesn't take up much space, plus you can bring it to work)**



(For more choices, see complete list of snacks section)

## **DINNER**

### **Option 1 Grilled To Perfection Chicken or Steak with Sautéed Vegetables**

**6 oz Grilled Chicken Breast or Steak (Sirloin or Round Tip)**

**4 oz Baked (or micro waved) red potato, yam or sweet potato (with 1Tbsp Smart Balance Butter)**

**Asparagus, Squash and Broccoli sautéed in 2 Tbsp virgin extra olive oil, seasoned with Spike or Mrs. Dash.**

**(All You Can Eat Extras) Any and all veggies and pepper**

### **Option 2 Deliciously Baked From The Sea**

**Baked 6oz Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia**

**½ cup Steamed Brown Basmati Rice**

**Small Salad – Mixed greens, ½ Avocado Cubed, Spectrum Caesar Dressing (see Shopping List) (any veggies you want)**

### **Option 3 Fill You Up Till Morning Chicken Soup**

**16 Oz Organic Broth (Chicken, Vegetable or Beef)**

**6 Oz Chopped Chicken Breast *or* Scrambled Egg Whites *or* Extra Firm Tofu cubed**

**1 cup Frozen Mixed Vegetables**

**½ Cup Brown Basmati Rice**

**½ Avocado Cubed**

**Spices – Pepper, and Spike (if desired)**

**Suggestions Pre-Cook the Chicken or eggs. Also Pre-cook the brown Basmati Rice.**

**Directions – add the Chicken, Scrambled eggs or Tofu to the Broth in a medium pot.**

**Next, Add the Brown Rice, Avocado and the Veggies (I just use Frozen)**

**Add spices and enjoy**

**Option 4     Healthy Crunchy Chicken or Fish Tacos**

**6 Oz Chopped Chicken Breast or fish (Baked or Grilled)**

**2-3 Corn Tortillas**

**½ Avocado *or* 1oz Shredded cheese**

**All You Can Eat Extras – Shredded Lettuce, Salsa, Hot Sauce and veggies**

**Directions:**

**Pour 2 Tbsp Virgin Olive Oil in Pan, then use paper towel to spread it around and wipe out the excess.**

**Divide the ½ Avocado or 1 oz shredded cheese and spread it on the corn Tortillas.**

**Place Tortillas on heated pan.**

**Put chopped chicken Breast or fish on the tortillas and take them out when the bottom of the tortilla gets slightly brown and crispy**

**Add Extras, fold in half (like a taco) and crunch away**

**Option 5     You can select any option from the breakfast and lunch choices**

## **OPTIONAL SNACK**

### **Option 1      Sweet Tooth Chai Tea**

**2 Teabags of Yogi Mayan Cocoa Spice Tea**

**12-16oz No Sugar Added Almond Milk**

**Dash of Stevia**

#### ***Directions:***

**Boil Almond milk in Micro-wave or on the stove.**

**Put in 2 Teabags of Yogi Mayan Cocoa Spice Tea**

**Add tiny dash of stevia (very sweet)**

**Enjoy this filling sweet tooth busting, virtually no-calorie treat**

### **Option 2      Mouth Watering Cucumber Jicama Snack**

**Peel and chop cucumber**

**Peel and chop jicama**

**Chop up and enjoy**

**All you can eat extras – lemon, salsa, pepper, balsamic vinegar**

# ***Complete List Of Snacks***

***Fat Burning Fruits (recommended with a handful of nuts for synergistic, fat burning result)***

***Apples***

***Oranges***

***Cherries 2 cups***

***Grapefruit***

***Apricots***

***Pears***

***Peaches***

***Plums***

***Grapes 1 cup***

## **Nuts**

***(I avoid peanuts because of some research that suggests negative health effects)***

***Raw almonds***

***Raw Cashews***

***Raw Sunflower Seed***

***Raw Walnuts***

***Raw Brazilian Nuts***

## **Veggies**

***Celery (all you can eat)***

***Celery with 1 Tbsp Raw, no salt added almond butter***

***Cucumber (all you can eat)***

***Cucumber with 3 Tbsp Hummus***

## Carrots

*Carrots with spectrum organic Caesar dressing*

*Steamed Broccoli with spectrum organic Caesar dressing*

*Jicama (All you can eat)*

*Jicama with squeezed lemon or lime and cayenne pepper*

*Baked Blue Corn Chips (a handful – not the whole bag!!!) with salsa and/or guacamole*

*Cottage Cheese – 1 cup low fat 2%*

*Cottage Cheese with sliced apples – ½ cup low fat Cottage Cheese, 1 Small Apple*

*Cottage Cheese with Peaches – ½ cup Cottage Cheese, 1 small peach (fresh not canned)*

*String Cheese – 1 stick*

*Yogurt – Plain low fat – 8oz*

*Yogurt with blueberries – 8 oz Plain low fat yogurt, ½ cup blueberries*

*Yogurt with peaches - 8 oz Plain low fat yogurt, 1 small sliced peach*

*Yogurt with nuts – 8 oz fat free plain yogurt, hand full of nuts (about 15)*

*Low Carb Tortilla with hummus – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp hummus*

*Low Carb Tortilla with Peanut Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp peanut butter*

*Low Carb Tortilla with Almond Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp almond butter*

*Low Carb Tortilla with Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp smart balance butter*

*Low Carb Tortilla with salsa and avocado – 1 La Tortilla Factory Low Carb Tortilla, with salsa, 1/3 avocado*

*Corn Tortilla with salsa and avocado – 1 corn tortilla with salsa, 1/3 avocado*

***Protein Shake – 1 scoop whey protein, 16 oz no sugar added almond milk***

**Cucumber Tuna Boat**

***Peel cucumber,***

***Cut in half lengthwise***

***Scoop out seeds***

***Fill with canned whit tuna fish in water that has been mixed with Vegannaise (YUM J)***

**Sweet Tooth Chai Tea**

***2 Teabags of Yogi Mayan Cocoa Spice Tea***

***12-16oz No Sugar Added Almond Milk***

***Dash of Stevia***

**Mouth Watering Cucumber Jicama Snack**

***Peel and chop cucumber***

***Peel and chop jicama***

***Chop up and enjoy***

## ***Shopping List...***

*I have created a complete shopping list to make going to the market easy for you. I have also added the stores that I personally shop at to buy these items for your convenience.*

### ***Nuts & Seeds***

- Raw Brazilian Nuts*** - Any health food store
- Raw Walnuts*** - Any health food store
- Raw Peanuts*** - Any health food store
- Raw Sunflower Seeds*** - Any health food store
- Raw Cashews*** - Any health food store
- Raw Almonds*** - Any health food store
- Flax Seeds*** - Any health food store

### ***Oils***

- Flax Seed Oil*** - Barlens Brand - Any health food store
- Fish Oil*** - Carlson Brand – Any health food store
- Extra Virgin Olive Oil*** - Any health food store

### ***Herbs & Spices***

- Stevia*** – Any health food store
- Cinnamon*** – Any health food store
- Black Pepper*** – Any health food store
- Cayenne Pepper*** – Any health food store
- Spike*** - Any health food store

**Mrs. Dash** - Any health food store

**Dairy**

**Liquid Egg Whites** - Eggology or All Whites – Most Stores (not egg beaters)

**Shredded Cheese**

**Sliced Cheese** - Henry's/Trader Joes

**Cottage Cheese** - Horizon Organic Lowfat 2% - Most stores

**String Cheese** - Horizon Organic Lowfat – Most stores

**Yogurt** - Horizon Organic Lowfat – Most stores

**Grains & Bread**

**Rolled Oats (Oatmeal)** - Any health food store

**Brown Long Grain Basmati Rice** - Any health food store

**Ezekiel Bread (refrigerate immediately)** - Any health food store

**Ezekiel Cinnamon Raisin Bread (refrigerate immediately)** – Any health food store

**Whole Wheat Bread** -Orowheat 100% Whole Wheat Light, Milton's Whole Grain Plus

**Vegetables**

**Red Potato**

**Avocado**

**Green Lettuce**

**Spinach**

**Celery**



*Jicama*

*Cucumber*

*Carrots*

*Shredded Carrots*

*Sprouts*

*Broccoli*

*Yam*

*Sweet Potato*

*Asparagus*

*Frozen Mixed Vegetables*

*Mixed Green Salad*

*Condiments & Dressings*

*Salsa*

*Hot Sauce*

*Balsamic Vinegar*

*Veganaise*

*Organic Mayonnaise*

*Mustard*

*Caesar Dressing*

*Raw No Salt Peanut Butter*

*Raw No Salt Almond Butter*

*Smart Balance Butter*

**Fruits**

**Apple**

**Blueberries**

**Pear**

**Orange**

**Peach**

**Cherries (fresh unsweetened)**

**Grapefruit**

**Apricots**

**Plums**

**Grapes**

**Organic Frozen Berries**

**Meats**

**Chicken Breast (I use free range organic)**

**98% Lean Ground Beef**

**Turkey Slices**

**Sirloin Steak**

**Round Tip Steak**

**Seafood**

**Ahi (ocean caught not farm raised)**

***Mahi Mahi (ocean caught not farm raised)***

***Halibut (ocean caught not farm raised)***

***Orange Roughy (ocean caught not farm raised)***

***Tilapia (ocean caught not farm raised)***

***Salmon (ocean caught not farm raised)***

***Tuna***

***Canned White Tuna in Water***

**Miscellaneous**

***Extra Firm Tofu***

***Dried Shredded Coconut - No Sugar Added***

***Raw Coco Nibs***

***Corn Tortillas***

***Tortillas - La Tortilla Factory Low Carb***

***Corn Tortilla Chips - Baked Blue Corn Chips –***

***Organic Chicken Broth (low sodium)***

***Organic Vegetable Broth (low sodium)***

***Organic Beef Broth (low sodium)***

***No Sugar Added Almond -Blue Diamond Almond Milk***

***Tea - Yogi –Mayan Coco Spice –***

***– Green Tea Mint Garden***

***- Green Tea Super Antioxidant***

**- Green Tea Energy**

**- Echinacea Immune Support**

## ***Supplements...***

### **So Your Joints Wont Hurt**

**Glucosamine and Chondroitin**

### **For Strong Bones**

**Calcium** - Should have anywhere from 1500 to 2000 mg a day

### **To Get All Your Vitamins And Minerals**

**Centrum** - Basic Multi Vitamin

### **Lowers Your Cholesterol**

**Pomegranate concentrate**

### **Super Supplement for the Heart and Over All Health**

**Coenzyme Q10**

### **To Easily Get High Quality Protein**

**Whey Protein** MRM Brand – It's relatively inexpensive, 100% all natural, no artificial sweeteners or flavors and there is 1000mg of L-Glutamine added per serving (to increase recovery time after workouts)

## ***What to Get If You Go Out To Eat!***

If you eat out, here are some tips:

Eat before you go out so you are not starving.

Ask for no bread or tortillas chips. When they bring it to the table, have them take it back, or if that's not possible, just don't eat it.

Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.

Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.

Drink water or tea (unsweetened)

Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself.

No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!

### **Restaurants**

Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server.

-Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.

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SPECIFY – no butter, no oil.

Only order what you intend to eat.

There are a lot of restaurants to choose from; keep these tips in mind when selecting a place:

### **Mexican**

The majority of Mexican restaurants serve chips and salsa when you sit down. Don't get out of control with it, send it back so you don't stuff yourself with it before your meal arrives.

- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, guacamole and a little cheese

- Try ceviche(fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad; leave out the dressing and use salsa instead

## **Sushi**

Avoid the tempura and anything else that's deep fried; the majority of rolls come with rice, ask your server to leave it out.

- Order Sashimi (no rice),
- Edamame,
- Hand rolls with no rice (they're pretty good), I like salmon and tuna. You can also ask for vegetable
- Sashimi Salad
- Miso soup
- Ask for low sodium soy sauce

## **Italian**

Beware of the bread, have the waiter take it away. Now-a-days, a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce.
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing,

**Fast Food** – This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner, look for a choice of grilled food over fried.

## *Resources...*

[www.calorieking.com](http://www.calorieking.com) - I use this website to find out the calories, carbs, fat, protein etc. of hundreds of thousands of foods. It's easy to use and it's FREE!

[www.glycemicindex.com](http://www.glycemicindex.com) – This website has tons of information of how the glycemic index is related to getting rid of excess body fat and being healthy.