



Slim Sister Abs Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1 - 3/4 cup cooked old fashioned oats -1/2 grapefruit OR 1/2 cup berries	Meal 1 - 1 egg with 3 egg whites -1 cup chopped bell peppers	Meal 1 - 3/4 cup cooked old fashioned oats -1/2 grapefruit OR 1/2 cup berries	Meal 1 - 1 egg with 3 egg whites -1 cup chopped bell peppers	Meal 1 - 3/4 cup cooked old fashioned oats -1/2 grapefruit OR 1/2 cup berries	Meal 1 - 1 egg with 3 egg whites -1 cup chopped bell peppers	Meal 1 - 3/4 cup cooked old fashioned oats -1/2 grapefruit OR 1/2 cup berries
Meal 2 1 medium apple -10 almonds	Meal 2 -2 cups broccoli and cauliflower -1 tbsp low calorie sugar free dressing	Meal 2 1 medium apple -10 almonds	Meal 2 -2 cups broccoli and cauliflower -1 tbsp low calorie sugar free dressing	Meal 2 1 medium apple -10 almonds	Meal 2 -2 cups broccoli and cauliflower -1 tbsp low calorie sugar free dressing	Meal 2 1 medium apple -10 almonds
Meal 3 -1/2 cup brown rice cooked -4oz baked chicken breast -1 cup veggies of choice	Meal 3 - 4 oz chicken -1 cup asparagus steamed -3 cups salad -1 tbsp low cal, sugar free dressing	Meal 3 -1/2 cup brown rice cooked -4oz baked chicken breast -1 cup veggies of choice	Meal 3 - 4 oz chicken -1 cup asparagus steamed -3 cups salad -1 tbsp low cal, sugar free dressing	Meal 3 -1/2 cup brown rice cooked -4oz baked chicken breast -1 cup veggies of choice	Meal 3 - 4 oz chicken -1 cup asparagus steamed -3 cups salad -1 tbsp low cal, sugar free dressing	Meal 3 -1/2 cup brown rice cooked -4oz baked chicken breast -1 cup veggies of choice
Meal 4 -2 cups celery -1tbsp almond butter	Meal 4 -1 cucumber sliced -15 almonds	Meal 4 -2 cups celery -1tbsp almond butter	Meal 4 -1 cucumber sliced -15 almonds	Meal 4 -2 cups celery -1tbsp almond butter	Meal 4 -1 cucumber sliced -15 almonds	Meal 4 -2 cups celery -1tbsp almond butter
Meal 5 -6oz grilled white fish -1 cup steamed broccoli -2 cups salad	Meal 5 - 4 oz chicken breast baked -1 cup steamed or grilled zucchini -3 cups mixed salad-1 tbsp low call ,sugar free dressing	Meal 5 -6oz grilled white fish -1 cup steamed broccoli -2 cups salad	Meal 5 - 4 oz chicken breast baked -1 cup steamed or grilled zucchini -3 cups mixed salad -1 tbsp low call ,sugar free dressing	Meal 5 -6oz grilled white fish -1 cup steamed broccoli -2 cups salad	Meal 5 - 4 oz chicken breast baked -1 cup steamed or grilled zucchini -3 cups mixed salad -1 tbsp low call ,sugar free dressing	Meal 5 -6oz grilled white fish -1 cup steamed broccoli -2 cups salad
Meal 6 -1 cup mixed berries	Meal 6 -2 oz tuna with dill -1 cup mixed bell peppers	Meal 6 -1 cup mixed berries	Meal 6 -2 oz tuna with dill -1 cup mixed bell peppers	Meal 6 -1 cup mixed berries	Meal 6 -2 oz tuna with dill -1 cup mixed bell peppers	Meal 6 -1 cup mixed berries