



40-30-30 Weight Loss Diet | 3 Day Sample Meal Plan

KIANA FITNESS



40-30-30 Weight Loss Diet | 3 Day Sample Meal Plan

KIANA FITNESS

Aloha! Welcome to your 40-30-30 WEIGHT LOSS sample 3-day meal plan! On the next pages, you will find the suggested meal plan, along with an itemized grocery list, nutritional breakdown and the delicious recipes.

This plan is to be viewed as beneficial suggestions & guidelines for improved health.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Enjoy your meals and visit www.kiana.com - your key resource for healthy, flex appeal lifestyle living.

Sign up for my new [Flex & Lean Training Program](#), designed to help you fight age-related weight gain in the midsection, tighten and tone all over & improve your health! **>YES! KIANA GET ME FIT!**



DISCLAIMER

Consult a physician before starting this or any exercise or nutrition program. The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice, advice from a registered dietician, nutritionist or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



MON



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Brussels Sprouts Slaw with Chicken



SNACK 2
Yogurt & Berries



DINNER
Ground Turkey, Rice & Broccoli

TUE



BREAKFAST
Blueberry Zinger Smoothie



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Brussels Sprouts Slaw with Chicken



SNACK 2
Yogurt & Berries



DINNER
Ground Turkey, Rice & Broccoli

WED



BREAKFAST
Blueberry Zinger Smoothie



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Brussels Sprouts Slaw with Chicken



SNACK 2
Yogurt & Berries



DINNER
Ground Turkey, Rice & Broccoli

MON

FAT 31%

CARBS 37%

PROTEIN 32%

Calories 1483

Fat 54g

Carbs 144g

Fiber 34g

Sugar 49g

Protein 122g

Cholesterol 576mg

Sodium 1156mg

Vitamin A 5355IU

Vitamin C 488mg

Calcium 1701mg

Iron 14mg

TUE

FAT 31%

CARBS 38%

PROTEIN 31%

Calories 1483

Fat 54g

Carbs 145g

Fiber 32g

Sugar 53g

Protein 121g

Cholesterol 576mg

Sodium 1152mg

Vitamin A 5323IU

Vitamin C 467mg

Calcium 1679mg

Iron 13mg

WED

FAT 31%

CARBS 38%

PROTEIN 31%

Calories 1483

Fat 54g

Carbs 145g

Fiber 32g

Sugar 53g

Protein 121g

Cholesterol 576mg

Sodium 1152mg

Vitamin A 5323IU

Vitamin C 467mg

Calcium 1679mg

Iron 13mg



FRUITS

- 3 Lemon
- 2 1/4 tbsps Lemon Juice
- 3 cups Strawberries

SEEDS, NUTS & SPICES

- 3 tbsps Chia Seeds
- 1/8 tsp Garlic Powder
- 1/3 tsp Oregano
- 1/3 tsp Sea Salt

FROZEN

- 3 cups Frozen Berries
- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries

VEGETABLES

- 3 cups Broccoli
- 4 1/2 cups Brussels Sprouts
- 3 cups Purple Cabbage

BOXED & CANNED

- 3/4 cup Jasmine Rice

BREAD, FISH, MEAT & CHEESE

- 12 ozs Chicken Breast
- 12 ozs Extra Lean Ground Turkey

CONDIMENTS & OILS

- 1 1/2 tsps Coconut Aminos
- 1 1/8 tsps Coconut Oil
- 3 tbsps Extra Virgin Olive Oil

COLD

- 10 Egg
- 3 cups Plain Greek Yogurt
- 4 1/2 cups Unsweetened Almond Milk

OTHER

- 3/4 cup Vanilla Protein Powder



Raspberry Zinger Smoothie

3 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Frozen Cauliflower
3 cups Frozen Raspberries
3 Lemon (juiced)
3/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
4 1/2 cups Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	312	Cholesterol	4mg
Fat	10g	Sodium	317mg
Carbs	36g	Vitamin A	873IU
Fiber	16g	Vitamin C	100mg
Sugar	12g	Calcium	925mg
Protein	27g	Iron	4mg



Hard Boiled Eggs

5 SERVINGS 15 MINUTES



INGREDIENTS

10 Egg

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	56mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



Fresh Strawberries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin A	17IU
Fiber	3g	Vitamin C	85mg
Sugar	7g	Calcium	23mg
Protein	1g	Iron	1mg

DIRECTIONS

- 01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!



Brussels Sprouts Slaw with Chicken

3 SERVINGS 20 MINUTES



INGREDIENTS

12 ozs Chicken Breast (cut into cubes)
1/3 tsp Oregano (dried)
1/8 tsp Garlic Powder
1/3 tsp Sea Salt (divided)
2 1/4 tbsps Extra Virgin Olive Oil (divided)
4 1/2 cups Brussels Sprouts (shredded)
3 cups Purple Cabbage (sliced thin)
2 1/4 tbsps Lemon Juice
1 1/2 tsps Coconut Aminos

DIRECTIONS

- 01 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 02 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 03 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 04 Divide the slaw evenly between plates. Top with chicken and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	315	Cholesterol	82mg
Fat	14g	Sodium	448mg
Carbs	20g	Vitamin A	2025IU
Fiber	7g	Vitamin C	167mg
Sugar	7g	Calcium	104mg
Protein	31g	Iron	3mg



Yogurt & Berries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Plain Greek Yogurt
3 cups Frozen Berries (thawed)

DIRECTIONS

- 01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg



Ground Turkey, Rice & Broccoli

3 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Broccoli (chopped into florets)
2 1/4 tsps Extra Virgin Olive Oil
1 1/8 tsps Coconut Oil
12 ozs Extra Lean Ground Turkey
3/4 cup Jasmine Rice (dry)

NUTRITION

AMOUNT PER SERVING

Calories	406	Cholesterol	84mg
Fat	15g	Sodium	108mg
Carbs	44g	Vitamin A	650IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	67mg
Protein	27g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 04 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 05 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

