

Fat Loss Program Male

Here's your free 1 week menu and shopping list.

Here's some info about this software for you.

The Menu Creator makes eating a synch. It lets you save hours from guessing and figuring how much you should eat every day. Instead of staring at nutrient labels for hours trying to figure out which foods have enough carbs, protein and fats and which don't you can take 2 minutes each week and have your entire 25 meals planned.

You don't even need the internet, you just need your computer. You type in your goals and hit go and it does the rest for you! It's so simple you won't believe it. It really does take 2 minutes or less and you can completely customize it, too.

It just takes a click to choose all the following elements.

Diet Type – Bodybuilder, Zone Diet, Low Carb, etc.

Carb Type – High, Medium or Low Glycemic

Gain Muscle, Lose Fat, Maintain Weight

You even have complete control over the foods that show up by being able to have access to every food in the database and clicking on whether or not you want to include them in your program.

You also have complete control over the exact percentages of the macronutrients – carbohydrates, proteins and fats. Want a diet of 10% carbs, 60% protein and 30% fat? Just input those numbers. Want it to be 37% carbs, 39% protein and 24% fat? That's fine, too.

I used to rig up the craziest meals during the day just to attempt at getting my protein fats and carbohydrates in the right ratios. One of my favorite mixes was peanut butter, whey protein powder, a scoop of yogurt and a scoop of raw oatmeal with 6 egg whites. Hey it worked! But even that mix was not the correct ratio for each meal of the day

The key to The Menu creator is eating real, good tasting, food. It is not only healthier for you, it tastes better, which means you will do it longer. With The Menu Creator, you won't have to eat anything you can't buy at the local grocery stand. You can even eat out!

One of the most refreshing aspects of the The Menu Creator program is its ability to integrate, not interfere, with your lifestyle. Many users have told us how un-intrusive our diet plan is on their life schedule. The power of software lets you eat a perfect diet, while you can focus your time on your life, family or maybe even girlfriends. Within just a few weeks of this diet you can master the concepts of an effective diet and live a longer happier life that thousands of other people just like you are enjoying.

Instead of finding the time to spend hours a week devising a proper nutrition plan, getting the ratios right, dividing up the meals, determining the amounts for shopping, etc., you can spend two minutes with the Menu Creator each week.

To lose fat and gain lean mass, your diet should be your first priority.

It's real easy to go to the gym and start throwing weights around or jump on the stationary bike, but you can find yourself spending hours just trying to come up with an adequate diet plan where you have exact percentages of protein, carbs and fats. If there is one thing most people don't understand, it's how to eat correctly.

I'm talking about consuming the exact amount of protein, fat , carbohydrates and calories every time you eat. You will jack up your metabolism to burn fat and put your body in a prime anabolic state to starting adding lean muscle mass.

This amazing system will automatically

- Structure your diet to keep burn fat
- Put you body into growth cycle every feeding (for muscle gain)
- Speed up the muscle building process
- Increase your testosterone levels
- Increase your natural HGH levels
- Show you which "fast food" choices are best for muscle gain, when you are pressed for time
- Set up the best time to eat for increased muscle gain and minimize fat gain
- Speed up your metabolism to burn more fat

Once my charity bike ride was completed the weekend of September 20th, I took two minutes to create my next week's new muscle building nutrition plan. As of October 19th, I've added 9 ½ pounds and according to skin fold caliper measurements, it's all muscle.

With the Menu Creator, I never have to worry about my nutrition plan anymore. Along with a scale and skin fold calipers, I have everything I need to make sure my training and nutrition plan are working perfectly together and it only takes me a couple of minutes

each week.

Look, like you, I'm extremely busy and there never seems to be enough time in the day to get everything finished. I don't have hours a week to make sure my nutrition plan is the way it ought to be in order to reach my fitness goals (not to mention have the energy to accomplish everything else in life – if you aren't eating right, your whole life suffers, not just your fitness program).

The Menu Creator frees up a lot of free time, eliminates a lot of hassle, and helps me reach my fitness goals faster and easier.

As a reader of the Fit Physique newsletter, you know I don't endorse many products and I keep ads out of the newsletter (It survives by people like you purchasing my book, or the very few other products I do recommend, all of which I use myself). I have to tell you, you'll absolutely love what the Menu Creator can do for you.

If this information sounds like "hype" or too "salesy", I apologize as that's not my intention. I'm just excited about a piece of nutrition software that finally delivers. You'll love it like I do.

Here's your 1 week plan. Remember, I used the standard info, including the database as foods. If you were to run a plan yourself, you could do a lot more customizing.

Thanks for being a loyal subscriber of Fit Physique.

Sincerely,

Gregg Gillies

Founder, <http://www.buildleanmuscle.com>

Author, Fit Physique, <http://www.buildleanmuscle.com/fp.html>

The Menu Creator – <http://www.buildleanmuscle.com/diet-software.html>

Your plan starts on the following page.

Weekly total percentages should be within 90% to 110% of target in each cal/carb/fat/prot category to achieve desired weight goals.

Shopping List for Week 1

Qty	Portion	Food Description
8	cups	Asparagus, cooked, chopped
3/4	medium	Avocado
10	ounces	Beans, dried, cooked
30	ounces	Beef, Chuck, Arm Pot Roast, braised
10 1/2	ounces	Beef, Eye Round Roast, roasted
46 1/2	ounces	Beef, Tenderloin Steak, broiled
1/4	cup	Broccoli, chopped, cooked
1	cup	Cabbage, shredded
1	cup	Cauliflower, raw
3/4	ounce	Cheese, American
2 1/4	ounces	Cheese, Mozzarella Fat Free
7 1/2	ounces	Cheese, Swiss
11	3.5 ounces	Chicken Thigh, skinned, baked
1	cup	Collard Greens
6	cups	Cottage Cheese, lowfat
10	whole	Crackers, Saltine
3	whole	Egg, fried
4 1/2	whole	Egg, large
24	ounces	Ground Beef, 10% fat, broiled
3	ounces	Ground Beef, extra lean
28 1/2	ounces	Ham, baked, lean only
1/4	cup	Ice Cream, vanilla, lowfat

13	1/2 cups	Low Calorie Gelatin
5	2 ounces	Low fat sausage
3 3/4	cups	Milk, Skim
3 1/2	tbsps	Peanut Butter
1 1/4	ounces	Peanuts, dry roasted
4	whole	Pickle, Dill
	3/4 cup	Pineapple. raw
4	scoops	Protein Whey Powder
1	ounce	Smoked sausage
2 1/2	cans	Soft Drink, diet
5 1/2	cups	Spinach, cooked
1	ounce	Sunflower Seeds, dry roasted
4	ounces	Turkey sausage

Week 1 - Day 1

Meal 1

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1/2	cup	Cottage Cheese, lowfat	82	3	3	14
4 1/2	ounces	Ham, baked, lean only	90	2	3	18
1	tbsp	Peanut Butter	95	4	8	4
Meal Total			267	9	14	36

Meal 2

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
6	ounces	Beef, Chuck, Arm Pot Roast, braised	360	0	14	56
2	whole	Crackers, Saltine	25	4	0	0
1/2	medium	Avocado	150	6	15	2
Meal Total			535	10	29	58

Meal 3						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1	scoop	Protein Whey Powder	110	2	2	22
1/2	cup	Spinach, cooked	20	3	0	3
1 1/4	ounces	Cheese, Mozzarella Fat Free	44	0	0	9
	3/4 cup	Pineapple. raw	0	0	0	0
1	can	Soft Drink, diet	3	1	0	0
Meal Total			177	6	2	34
Meal 4						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
10 1/2	ounces	Beef, Tenderloin Steak, broiled	630	0	32	84
Meal Total			630	0	32	84
Meal 5						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
4	ounces	Beans, dried, cooked	150	27	1	10
Meal Total			150	27	1	10
Meal 6						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
2	3.5 ounces	Chicken Thigh, skinned, baked	300	0	14	42
1/4	ounce	Cheese, Swiss	26	0	2	2
4	1/2 cups	Low Calorie Gelatin	32	0	0	8
Meal Total			358	0	16	52
Actual			2117	52	94	274
Target			2232	54	96	276
Percentage			95%	96%	98%	99%
Totals for Day 1						

Week 1 - Day 2**Meal 1**

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1/2	cup	Cottage Cheese, lowfat	82	3	3	14
7 1/2	ounces	Ham, baked, lean only	150	2	5	30
1/2	tbsp	Peanut Butter	48	2	4	2
Meal Total			280	7	12	46

Meal 2

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
2	2 ounces	Low fat sausage	140	8	4	16
2	ounces	Cheese, Swiss	210	2	16	16
4	1/2 cups	Low Calorie Gelatin	32	0	0	8
Meal Total			382	10	20	40

Meal 3

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
7 1/2	ounces	Beef, Chuck, Arm Pot Roast, braised	450	0	18	70
Meal Total			450	0	18	70

Meal 4

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1	ounce	Smoked sausage	40	3	2	4
1/4	ounce	Peanuts, dry roasted	41	2	4	2
1	cup	Milk, Skim	85	12	0	8
2	cups	Asparagus, cooked, chopped	30	6	0	4
Meal Total			196	23	6	18

Meal 5

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
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Meal 5

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
10 1/2	ounces	Beef, Tenderloin Steak, broiled	630	0	32	84
Meal Total			630	0	32	84

Meal 6

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
2	ounces	Beans, dried, cooked	75	14	0	5
1	cup	Spinach, cooked	40	6	0	6

Meal Total			115	20	0	11
Actual			2053	60	88	269
Target			2232	54	96	276
Percentage			92%	111%	92%	97%

Week 1 - Day 3

Meal 1

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1 1/2	cups	Cottage Cheese, lowfat	246	9	9	42
Meal Total			246	9	9	42

Meal 2

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
3	ounces	Beef, Tenderloin Steak, broiled	180	0	9	24
2 1/2	ounces	Cheese, Swiss	262	2	20	20
1	cup	Spinach, cooked	40	6	0	6
Meal Total			482	8	29	50

Meal 3

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
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Meal 3

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
6	ounces	Ham, baked, lean only	120	2	4	24
1	scoop	Protein Whey Powder	110	2	2	22
	3/4 cup	Pineapple, raw	0	0	0	0
2	whole	Pickle, Dill	24	6	0	0
Meal Total			254	10	6	46

Meal 4

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1 1/2	whole	Egg, large	112	0	8	9
4 1/2	ounces	Ground Beef, 10% fat, broiled	315	0	16	40
1/4	medium	Avocado	75	3	8	1
1	can	Soft Drink, diet	3	1	0	0
1	cup	Cabbage, shredded	20	4	0	0
Meal Total			525	8	32	50

Meal 5

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
3/4	ounce	Cheese, Mozzarella Fat Free	26	0	0	5
4 1/2	ounces	Beef, Eye Round Roast, roasted	210	0	6	38
Meal Total			236	0	6	43

Meal 6

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
2	ounces	Turkey sausage	100	4	6	8
3	whole	Egg, fried	270	3	21	18
1 1/2	1/2 cups	Low Calorie Gelatin	12	0	0	3
4	cups	Asparagus, cooked, chopped	60	12	0	8

Meal 6

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
Meal Total			442	19	27	37
Actual			2185	54	109	268
Target			2232	54	96	276
Percentage			98%	100%	114%	97%

Week 1 - Day 4

Meal 1

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1 1/2	cups	Cottage Cheese, lowfat	246	9	9	42
Meal Total			246	9	9	42

Meal 2

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
6	ounces	Beef, Tenderloin Steak, broiled	360	0	18	48
1	cup	Milk, Skim	85	12	0	8
Meal Total			445	12	18	56

Meal 3

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
3	ounces	Beef, Chuck, Arm Pot Roast, braised	180	0	7	28
1	cup	Spinach, cooked	40	6	0	6
1/4	ounce	Cheese, Swiss	26	0	2	2
Meal Total			246	6	9	36

Meal 4

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
4	3.5 ounces	Chicken Thigh, skinned, baked	600	0	28	84

Meal 4							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
			Meal Total	600	0	28	84
Meal 5							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
4	ounces	Beans, dried, cooked	150	27	1	10	
			Meal Total	150	27	1	10
Meal 6							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
10 1/2	ounces	Ground Beef, 10% fat, broiled	735	0	38	94	
			Meal Total	735	0	38	94
			Actual	2422	54	103	322
Totals for Day 4			Target	2232	54	96	276
			Percentage	109%	100%	107%	117%
Week 1 - Day 5							
Meal 1							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
1	cup	Cottage Cheese, lowfat	164	6	6	28	
2	ounces	Turkey sausage	100	4	6	8	
			Meal Total	264	10	12	36
Meal 2							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
4 1/2	ounces	Beef, Tenderloin Steak, broiled	270	0	14	36	
1	tbsp	Peanut Butter	95	4	8	4	
1	cup	Collard Greens	35	8	0	2	

Meal 2							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
			Meal Total	400	12	22	42
Meal 3							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
3	ounces	Beef, Chuck, Arm Pot Roast, braised	180	0	7	28	
1/2	cup	Milk, Skim	42	6	0	4	
2	cups	Asparagus, cooked, chopped	30	6	0	4	
			Meal Total	252	12	7	36
Meal 4							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
1 3/4	ounces	Cheese, Swiss	184	2	14	14	
2	3.5 ounces	Chicken Thigh, skinned, baked	300	0	14	42	
			Meal Total	484	2	28	56
Meal 5							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
1	2 ounce	Low fat sausage	70	4	2	8	
1/4	cup	Broccoli, chopped, cooked	12	2	0	2	
4	whole	Crackers, Saltine	50	9	1	1	
1/4	ounce	Cheese, Mozzarella Fat Free	9	0	0	2	
1 1/2	1/2 cups	Low Calorie Gelatin	12	0	0	3	
			Meal Total	153	15	3	16
Meal 6							
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots	
9	ounces	Ground Beef, 10% fat, broiled	630	0	33	81	
			Meal Total	630	0	33	81

Totals for Day 5	Actual	2183	51	105	267
	Target	2232	54	96	276
	Percentage	98%	94%	109%	97%

Week 1 - Day 6

Meal 1

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1/2	cup	Cottage Cheese, lowfat	82	3	3	14
3	ounces	Ham, baked, lean only	60	1	2	12
1/2	tbsp	Peanut Butter	48	2	4	2
1	scoop	Protein Whey Powder	110	2	2	22
Meal Total			300	8	11	50

Meal 2

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
3	ounces	Beef, Tenderloin Steak, broiled	180	0	9	24
1/4	ounce	Cheese, Swiss	26	0	2	2
1	cup	Spinach, cooked	40	6	0	6
1/2	ounce	Peanuts, dry roasted	82	3	7	4
Meal Total			328	9	18	36

Meal 3

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
6	ounces	Beef, Chuck, Arm Pot Roast, braised	360	0	14	56
1	cup	Cauliflower, raw	20	4	0	2
2	whole	Crackers, Saltine	25	4	0	0
	3/4 cup	Pineapple, raw	0	0	0	0
1/2	can	Soft Drink, diet	2	0	0	0

Meal 3						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
Meal Total			407	8	14	58
Meal 4						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1	2 ounce	Low fat sausage	70	4	2	8
1 1/2	whole	Egg, large	112	0	8	9
3/4	ounce	Sunflower Seeds, dry roasted	124	5	10	4
	cup	Asparagus, cooked, chopped	0	0	0	0
Meal Total			306	9	20	21
Meal 5						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
6	ounces	Beef, Eye Round Roast, roasted	280	0	8	50
3/4	cup	Milk, Skim	64	9	0	6
1	1/2 cup	Low Calorie Gelatin	8	0	0	2
Meal Total			352	9	8	58
Meal 6						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
3	ounces	Ground Beef, extra lean	265	0	16	28
1/2	ounce	Cheese, American	52	0	4	3
1/4	cup	Ice Cream, vanilla, lowfat	65	8	4	1
Meal Total			382	8	24	32
Actual			2075	51	95	255
Target			2232	54	96	276
Percentage			93%	94%	99%	92%
Totals for Day 6						

Week 1 - Day 7**Meal 1**

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1/2	cup	Cottage Cheese, lowfat	82	3	3	14
7 1/2	ounces	Ham, baked, lean only	150	2	5	30
1/2	tbsp	Peanut Butter	48	2	4	2
Meal Total			280	7	12	46

Meal 2

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
9	ounces	Beef, Tenderloin Steak, broiled	540	0	27	72
Meal Total			540	0	27	72

Meal 3

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1	2 ounce	Low fat sausage	70	4	2	8
1	cup	Spinach, cooked	40	6	0	6
1/2	ounce	Cheese, Swiss	52	0	4	4
2	whole	Crackers, Saltine	25	4	0	0
1	1/2 cup	Low Calorie Gelatin	8	0	0	2
Meal Total			195	14	6	20

Meal 4

Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
3	3.5 ounces	Chicken Thigh, skinned, baked	450	0	21	63
1 1/2	whole	Egg, large	112	0	8	9
	cup	Asparagus, cooked, chopped	0	0	0	0
1	scoop	Protein Whey Powder	110	2	2	22
	3/4 cup	Pineapple, raw	0	0	0	0

Meal 4						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
2	whole	Pickle, Dill	24	6	0	0
Meal Total			696	8	31	94
Meal 5						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
1/2	cup	Milk, Skim	42	6	0	4
1/4	ounce	Sunflower Seeds, dry roasted	41	2	4	2
Meal Total			83	8	4	6
Meal 6						
Qty	Portion	Food Description	Cals	Carbs	Fats	Prots
4 1/2	ounces	Beef, Chuck, Arm Pot Roast, braised	270	0	10	42
1/4	ounce	Cheese, American	26	0	2	2
1/2	ounce	Peanuts, dry roasted	82	3	7	4
Meal Total			378	3	19	48
Actual			2172	40	99	286
Target			2232	54	96	276
Percentage			97%	74%	103%	104%
Actual			15207	362	693	1941
Target			15624	378	672	1932
Percentage			97%	96%	103%	100%
Actual			15207	362	693	1941
Target			15624	378	672	1932
Grand Totals			15624	378	672	1932

Percentage

97%

96%

103%

100%