



14-DAY RAPID FAT LOSS

MEAL PLAN



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14 MEAL PLAN!

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Introduction

Your Simple Solution!

Hey! My name is Kelsey and myself, along with my husband Dennis are the co-founders of HIITBURN. Along with our wonderful HIITBURN Team, we strive to help people see long-term results with their health and wellness.

We are so excited that you have decided to take this journey with us. You are about to learn how to implement a focused carb cycle so that you can kick start incredibly fast results over the next 14-days.

HIITBURN 14-Day Rapid Fat Loss is meant to jump start your fat loss through focusing on foods that will keep your hunger satisfied while revving up your metabolism to burn fat. This will provide a healthy jumpstart as it sets you up for long term results.

We are cheering you on and can't wait to hear about your amazing results!

4 Common Carb Cycling Mistakes

Mistake #1

Not Eating Enough Food

Eat when you are hungry and until your hunger is satisfied. You do not want to be absolutely starving OR so full you are stuffed to the brim. Those who stall in their fat loss are often not eating enough food and their bodies go into "starvation mode" by holding onto fat because it is not getting enough fuel. Make sure you are eating enough food!

"Eat when you are hungry and until you are satisfied."

Mistake #2

Eating processed "healthy" foods

For the next 14-days, stick to unprocessed foods that only have one ingredient.

People often fall into the "healthy food" trap of processed snacks that are labeled as healthy, gluten free, etc. but are filled with preservatives, artificial sweeteners and things that are nearly impossible to pronounce. These types of foods may not have extra calories, sugar, gluten, or carbs, but the artificial additives can hinder results.



4 Common Carb Cycling Mistakes

Mistake #3

Not Eating Enough Protein and Veggies

It's important to eat protein with every meal to keep your hunger satisfied and keep your energy up.

If you find you are hungry between meals, eat some extra protein and veggies. This will ensure you are getting enough food to stay fueled.

"Just move!"

Mistake #4

Sitting Still

For the next 14-days, find 30-minutes each day to move your body. Get in a walk, lift some weights, do some sprints, or a bodyweight circuit, or following a HIITBURN workout program. Just move!

A common mistake is to only focus on nutrition or to only focus on workouts to get results. The truth is, you need both. You don't need to spend hours in the gym, just get in 30 minutes of movement per day for the next 14-days.





14-Day Goal

The Carb Cycle Breakdown

The main goal for you over the next 14-days is to prime your body for the fastest and healthiest jump start toward your desired results.

This plan is more focused than a typical lifestyle so that you can get fast results over the next 14-days. However, even though it is more focused, you will still be eating lots of great foods and you will never go hungry!

You will be focusing on eating certain foods that we outline for this plan, and then we will teach you the lifestyle of flexible carb cycling to follow after the 14-days.

Since this is an outline for types of foods to focus on, we give ranges for amounts. The key is sticking to the types of foods

as outlined. If you find you are still hungry, eat more of the outlined foods.

Here is your Carb Cycle Breakdown and how your plan will work:

Shopping List

In the next sections, we will give you a shopping list for your 14-day plan. We will then take the foods from the shopping list and outline the structure to follow for each day of the plan.

Eat Food You Enjoy

You can make substitutions to the foods from the list that we outline so that you will look forward to each meal!

Eat When You're Hungry

You will not be counting calories or macros for this plan. You will focus on eating when you are hungry and until you are satisfied. If you are still hungry after your first serving, you can always eat some more protein and veggies until your hunger is satisfied.

Carb Cycle Breakdown

Carb Cycling

Carb Cycling is specifically designed for you to get fast results over the next 14-days, while keeping your hunger satisfied and body energized. That simply means to rotate between lower carb days and higher carb days.

As mentioned, you will NOT be counting calories or macros. The purpose of this plan is to focus on the TYPES of foods you are eating that will get you the fastest results.

Types of Food

You will be eating mostly protein, veggies and healthy fats over the next 14-days for optimum fat burning. We will then add in carbs on specific days to help boost your metabolism and increase results!

Low Carb Days will be focused on high protein, low carbohydrate and high fat meals. You will be getting your energy from the healthy fats. These phases are focused on depleting your glycogen stores so your body will burn extra fat as fuel.

For High Carb Days, you will be adding in some of the best carb sources you can eat: sweet potatoes, fruit, rice and steel cut oats.

These carbs will re-fuel your glycogen stores in your muscles and give you tons of energy to re-prime your body for even more fat burning.

REMEMBER...

You want to maintain flexibility on this program. So if you go out to eat with friends, roll with it and order what you want. Just do your best to stick with the plan and give yourself grace in the process!

Sample Shopping List

These are the foods and amounts included in your meals. It is split in half so you are shopping for a few days at a time.

If you wish to make substitutions, each section below lists several substitution options. If you are very active, you may want to buy larger portions that are indicated below. We outline a range for amounts so you can adjust according to your needs.

If you are still hungry, you can always eat more protein and veggies, so feel free to stock up on the protein and veggies!

DAYS 1-5

Protein

- Chicken Breasts - 3-6
- Grass-Fed Beef - 1-2 pounds
- Ground Turkey - 1-2 pounds
- Eggs - 1 dozen
- Vanilla Protein Powder:
<http://tracking.vitalproteins.com/SH1BX>

If you want to make substitutions, here are some options:

- Bison
- Pork
- Lamb
- Fish
- Plain Greek Yogurt

Veggies

- Broccoli - 2-4 cups
- Cauliflower - 2-4 cups
- Asparagus - 3-5 cups
- Spinach - 10-12 cups
- Brussel Sprouts - 6-7 cups
- Onion - 1
- Cucumber - 1-3

Substitutions if you want other options:

- Zucchini
- Peppers
- Kale
- Mushrooms
- Any other veggie you like!

Healthy Fats

- Avocado - 1-3
- Almonds - 1-2 cups/4-8 ounces
- Almond Butter - 1 jar
- Cheese - 1-2 cups/4-8 ounces
- Olive Oil - 2-4 tablespoons
- Coconut Oil - 3-6 tablespoons

We recommend using Grass-fed Butter, Avocado Oil or Coconut Oil for cooking.

Substitutions if you want more options:

- Any nut butter (with no added oils or sugar)
- Grass-Fed Butter

Carbohydrates

- Sweet Potatoes - 2-4 medium sized
- Berries - 1-2 cups *Rice, Brown Rice

Other Items

- Balsamic Vinegar - 4-8 tablespoons
- Salsa - 1 jar
- Hummus - 1-2 containers (8-16 ounces)
- Coffee or tea (if you want coffee or tea!)
- Unsweetened Coconut Milk
- Honey
- Salt + Pepper
- Rice Cakes - 1 package

DAYS 6-10

Protein

- Chicken Breasts - 4-8
- Chicken Sausage - 16 ounces
- Grass-Fed Beef - 1-2 pounds
- Ground Turkey - 1-2 pounds
- Eggs - 1 dozen
- Plain Greek Yogurt - 2-3 cups

If you want to make substitutions, here are some options:

- Bison
- Pork
- Lamb
- Fish

Veggies

- Broccoli - 3-4 heads
- Cauliflower 3-6
- Asparagus - 3-6 cups
- Spinach - 2-4 cups
- Brussel Sprouts - 3-6 cups
- Onion - 1/2
- Cucumber - 1-3

Substitutions if you want other options:

- Zucchini
- Peppers
- Kale
- Mushrooms
- Any other veggie you like!

Healthy Fats

- Avocado - 1-2
- Almonds - 1-2 cups/4-8 ounces
- Cheese - Only if you need more
- Olive Oil - 1-2 tablespoons
- Coconut Oil - 1-2 tablespoons

We recommend using Grass-fed Butter, Avocado Oil or Coconut Oil for cooking.

Carbohydrates

- Sweet Potatoes - 3-5 medium sized
- Rice - 1-2 cups
- Berries - 1-3 cups

Other Items

- Hummus - 1-2 containers
- Salsa - if you need more
- Rice Cakes - If you need more

DAYS 11-14

Protein

- Chicken Breasts - 4-6
- Grass-Fed Beef - 1-2 pounds
- Ground Turkey - 1-2 pounds
- Eggs - 1 dozen
- Plain Greek Yogurt - 2-3 cups

If you want to make substitutions, here are some options:

- Bison
- Pork
- Lamb
- Fish

Veggies

- Asparagus - 3-6 cups
- Spinach - 3-5 cups
- Brussel Sprouts - 3-6 cups
- Onion - 1
- Cucumber - 1-3

Substitutions if you want other options:

- Zucchini
- Peppers
- Kale
- Mushrooms
- Any other veggie you like!

Healthy Fats

- Avocado - 1-2
- Almonds - 1-2 cups/4-8 ounces
- Cheese - Only if you need more
- Olive Oil - 1-2 tablespoons
- Coconut Oil - 1-2 tablespoons

We recommend using Grass-fed Butter, Avocado Oil or Coconut Oil for cooking.

Carbohydrates

- Sweet Potatoes - 3-5 medium sized
- Black Beans - 1 can
- Rice - 1-2 cups
- Berries - 1-3 cups
-

Other Items

- Hummus - 1-2 containers
- Salsa - if you need more
- Nut butter - if you need more
- Rice Cakes - If you need more

Day 1 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to prime your body for fat burning.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 1/4 -1/2 pound of ground turkey
- 1-2 cup brussel sprouts
- 1/4-1/2 of an avocado or sprinkle of cheese

Snack

- 1-2 small handfuls of almonds

Meal 2

- 1/4 -1/2 pound of ground turkey
- 1-2 cup asparagus
- 1/4-1/2 of an avocado or sprinkle of cheese

Snack

- 1-2 cup of sliced cucumber
- 1/4-1/2 cup of hummus

Meal 3

- 3 cups of spinach
- 1/4-1/2 pound of beef
- 1/4-1/2 of an avocado or sprinkle of cheese
- 1/8 cup of diced onion
- 4 tablespoons of salsa

Day 2 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to prime your body for fat burning.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 1/4-1/2 of an avocado or sprinkle of cheese
- 2-3 whole eggs
- 1-2 cups of spinach

Snack

- 1-2 cup of sliced cucumber
- 1/4-1/2 cup of hummus

Meal 2

- 3 cups of spinach
- 1/4-1/2 pound of beef
- 1/4-1/2 of an avocado or sprinkle of cheese
- 1/8 cup of diced onion
- 4 tablespoons of salsa

Snack

- 1-2 Rice Cakes with almond butter

Meal 3

- 1/4-1/2 pound of ground turkey
- 3 cups of cauliflower
- 1 tablespoon of olive oil
- 2 tablespoons of balsamic vinegar

Day 3 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to prime your body for fat burning.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1-2 cup of broccoli

Snack

- 1-2 Rice Cakes with almond butter

Meal 2

- 3 cups of spinach
- 1-2 chicken breast
- 1/4-1/2 of an avocado or sprinkle of cheese
- 1/8 cup of diced onion
- 4 tablespoons of salsa

Snack

- Protein shake (feel free to blend protein powder with some ice, spinach, almond butter, and coconut or almond milk)

Meal 3

- 1/4-1/2 pound of beef
- 2-3 cups of asparagus or a handful of stalks

Day 4 - HIGH CARB

Today is focused on adding in some quality carbohydrates to help refuel your muscles and give you tons of energy. You will be eating protein, veggies and healthy carbs.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1/2 cup - 1 cup berries

Snack

- 1-2 cup of cucumber
- 1/4-1/2 cup hummus

Meal 2

- 1-2 chicken breast
- 1-2 cup broccoli
- 1-2 medium sweet potato

Snack

- 1-2 cup of carrots
- 1/4-1/2 cup of hummus

Meal 3

- 1/4-1/2 pound of ground turkey
- 1-2 cup of brussel sprouts
- 1-2 medium sweet potato

Day 5 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to help your body optimize fat burning before the final phase.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1/4 avocado or sprinkle of cheese

Snack

- 1-2 cup of cucumber
- 1/4-1/2 cup of hummus

Meal 2

- 3 cups of spinach
- 1/4-1/2 pound ground turkey
- 1/4-1/2 of an avocado or sprinkle of cheese
- 1/8 cup of diced onion
- 4 tablespoons of salsa

Snack

- 1-2 rice cakes with almond butter

Meal 3

- 1-2 chicken breast
- 2-3 cups of brussel sprouts

Day 6 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to help your body optimize fat burning before the final phase.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1-2 cup of asparagus

Snack

- 1-2 cup of cucumber
- 1/4-1/2 cup of hummus

Meal 2

- 1/4-1/2 pound of ground turkey
- 3 cups of cauliflower
- 1 tablespoon of olive oil
- 2 tablespoons of balsamic vinegar

Snack

- 1/2-1 cup of Plain Greek Yogurt
- 1-2 tbsp of almond butter
- 1-2 handful of strawberries

Meal 3

- 1/4-1/2 pound of beef
- 2-3 cups of broccoli
- Sprinkle of cheese

Day 7 - HIGH CARB

Today is focused on adding in some quality carbohydrates to help refuel your muscles and give you tons of energy. You will be eating protein, veggies and healthy carbs.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1/2-1 cup berries

Snack

- 1-2 cup of cucumber
- 1/4-1/2 cup hummus

Meal 2

- 1/4-1/2 pound of ground turkey
- 3 cups of cauliflower
- 1 tablespoon of olive oil
- 2 tablespoons of balsamic vinegar
- 1-2 medium sweet potatoes

Snack

- Protein shake (feel free to blend protein powder with some ice, spinach, banana or berries, and coconut or almond milk)

Meal 3

- 1-2 chicken breasts
- 1-2 cup of brussel sprouts
- 1-2 medium sweet potato

Day 8 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to help your body optimize fat burning before the final phase.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- Protein shake (feel free to blend protein powder with some ice, spinach, almond butter, and coconut or almond milk)

Snack

- 1/2 cup Plain Greek Yogurt
- 1 tsp honey
- 1-2 handful of strawberries

Meal 2

- 1-2 chicken breast
- 1-2 cup brussel sprouts
- Sprinkle of cheese

Snack

- 1-2 handfuls of almonds

Meal 3

- 1/4-1/2 pound of ground beef
- 1-2 cup of asparagus

Day 9 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to help your body optimize fat burning before the final phase.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1/4 avocado or sprinkle of cheese

Snack

- 1/2 cup Plain Greek Yogurt
- 1 tsp honey
- 1-2 handful of strawberries

Meal 2

- 1-2 chicken breast
- 1-2 cup broccoli
- Sprinkle of cheese

Snack

- 1-2 handfuls of almonds

Meal 3

- 1/4-1/2 pound of ground beef
- 1-2 cup of asparagus

Day 10 - HIGH CARB

Today is focused on adding in some quality carbohydrates to help refuel your muscles and give you tons of energy. You will be eating protein, veggies and healthy carbs.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1/2-1 cup berries

Snack

- 1-2 cup of cucumber
- 1/4-1/2 cup hummus

Meal 2

- 1-2 chicken breasts
- 1-2 cup of brussel sprouts
- 1-2 medium potato

Snack

- Protein shake (feel free to blend protein powder with some ice, spinach, banana or berries, and coconut or almond milk)

Meal 3

- 1/4-1/2 pound ground beef
- 1-2 cup cups rice
- 1-2 cups broccoli

Day 11 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to help your body optimize fat burning before the final high carb day.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1-2 cups of spinach

Snack

- 1-2 rice cakes with almond butter

Meal 2

- 1 chicken breast
- 1-2 cup brussel sprouts
- Sprinkle of cheese

Snack

- 1/2-1 cup of Plain Greek Yogurt
- 1-2 tbsp of almond butter
- 1-2 handful of strawberries

Meal 3

- 1/4-1/2 pound of ground turkey
- 1-2 cup of asparagus

Day 12 - HIGH CARB

Today is focused on adding in some quality carbohydrates to help refuel your muscles and give you tons of energy. You will be eating protein, veggies and healthy carbs.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 1/4-1/2 lb ground turkey
- 1/2 green pepper
- 1/4 onion diced

Snack

- 1-2 cups oats (equals about 1/2 cup when uncooked)
- Handful of strawberries

Meal 2

- 1 chicken breast
- 1-2 cup brussel sprouts
- 1 medium sweet potato

Snack

- 1-2 cup of cucumbers
- 1/4-1/2 cup of hummus

Meal 3

- 1-2 chicken breasts
- 1-2 cup cups rice
- 1/4-1/2 cup black beans
- Salsa

Day 13 - LOW CARB

Today is focused on eating protein, veggies and healthy fats to help your body optimize fat burning before the final high carb day.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 2-3 whole eggs
- 1-2 cups of spinach

Snack

- 1-2 rice cakes with almond butter

Meal 2

- 1 chicken breast
- 1-2 cup brussel sprouts
- Sprinkle of cheese

Snack

- Protein shake (feel free to blend protein powder with some ice, spinach, almond butter, and coconut or almond milk)

Meal 3

- 1/4-1/2 pound of ground beef
- 1-2 cup of asparagus

Day 14 - HIGH CARB

Today is focused on adding in some quality carbohydrates to help refuel your muscles and give you tons of energy. You will be eating protein, veggies and healthy carbs.

If you find you are still hungry, you can eat additional protein and veggies.

Meal 1

- 1/4-1/2 pound ground beef
- 1/2 green pepper
- 1/4 onion diced

Snack

- 1-2 cups oats (equals about 1/2 cup when uncooked)
- Banana

Meal 2

- 1 chicken breast
- 1-2 cup asparagus
- 1 medium potato

Snack

- 1-2 cup of cucumbers
- 1/4-1/2 cup of hummus

Meal 3

- 1/4-1/2 pound ground beef
- 1-2 cup cups rice
- 1/4-1/2 cup black beans
- Salsa

CONGRATS

ON FINISHING YOUR 14-DAY MEAL
PLAN!



Next Steps: After the 14-Days

Continue the Progress

You've made great progress over the last 14-Days. Now, let's continue that progress. You want to make sure you are using something that is proven. That's where our Lean Fast Program comes in.

Take Action

Now you need to take action to make it happen.

This 14-Day plan was more focused and the next steps include building in a lot more variety and delicious foods to create a more flexible nutrition approach. The built-in flexibility will help you reach your next goal in a fast and healthy way, and will be incredibly easy to maintain as a lifestyle.

Here's How...

We want you to get and keep results for life. We've created a program called LEAN FAST!

-We show you how to continue seeing results using two very simple strategies. This is the plan I follow year round, as do thousands of my clients.

- Extra Recipes and Resources - We give resources along the way to help know exactly how to adopt our principles as a lifestyle that can be sustained LONG-TERM!

The goal is that after getting LEAN FAST, you will not need us anymore! It's our goal to empower you to know exactly how to eat for your body and goals!

You can find more information about this program and how to purchase here:

<https://hiitburn.com/lean-fast-start-today/>



FAQ

Your Questions Answered

Q: I'm still hungry. Can I eat more? What should I eat?

A: If you're still hungry, eat more! It's always ok to eat more protein and veggies.

Q: I don't like some of the food in the plan. What can I eat instead?

A: On the Shopping List, we outline lots of great substitutions you can make if you don't care for some of the food that is outlined.

Q: What if I don't want to include one of the recipes?

A: Simply follow the carb cycling principles for low or high carb days and include the foods we mention in the shopping list to build that meal.

Q: What drinks can I have?

A: We suggest sticking to water, black coffee (you can add a teaspoon of plain heavy cream if you want), unsweetened tea, and sparkling water (Perrier, La Croix).

Q: Can I have dessert?

A: After the 14-days, we will outline how you can build in lots of flexibility into your nutrition to make it a lifestyle. That said, if you have a sweet tooth, enjoy 1-2 squares of dark chocolate (at least 70% dark) or a piece of fruit or a rice cake with nut butter!

Q: Can I add spices and sauces to my meals?

A: You can add any one-ingredient spices you would like (think oregano, cayenne, rosemary...and not mixed spices like Lawry's Seasoning Salt.) If you want sauces, we suggest salsa!

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