



www.jaydecystal.com



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LOSE 5 - 10LBS IN 7 DAYS

7 Day Hiit

MEAL STRUCTURE - WELCOME

Welcome to your 7 day HIIT Challenge Food Guide!
Here is how to build your meals with the focus on macros, nutrients and clean eating!

We will NOT be counting calories, we will be counting nutrients! I want you to commit to yourself and your health for the next 7 days! Choosing lean protein, fresh raw or steamed veggies, healthy fats. Replace dessert with fruits -which contain fresh natural sugars, vitamins, and mineral and taste AMAZING!

Come on its only 7 days right?!

Don't be afraid to let your imagination soar, look up clean recipes on Pinterest!

Don't hesitate to reach out to me via any of my social media channels or email if you have any questions!



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7 Day Hüt

FOOD MAROS & GUIDELINES

Guidelines & Macros

Keep all meals light, fresh and CLEAN. Look at the labels and ensure you are eating fresh, clean, living foods that are simple. That contain high nutrients, mineral, and vitamins.

Carbs: healthy whole grain organic carbs
We recommend: Overnight oats, brown rice cereal, Ezekiel bread (avocado toast); yams & sweet potatoes; quinoa, lentils, beans; “cauliflower rice” recipe below

Protein: lean protein source - boiled eggs, chicken, turkey, fish, bison, elk, venison, lentils, beans

Healthy Fats: healthy balance fat intake of saturated, monosaturated and polyunsaturated
We recommend: avocado, coconut, and olive oils; fresh (organic) cheese, goat cheese or feta cheese, eggs, coconut milk





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Meal 1: Optional Meal - If skipped add macros to last meal
Carbs: 10g
Protein: 10g
Healthy Fats: 26g

Meal 2: Fat Incineration Option (FIO) #1- Optional "Snack":
High-quality sucralose & sugar-free protein powder based
smoothie

Meal 3: Optional Meal - If skipped add macros to last meal
Carbs: 0g
Protein: 10g
Healthy Fats: 10g

Meal 4: FIO #2: consumed within 20 mins of finishing your
HIIT workout

Post workout "Shake" - High-quality sucralose & sugar-free
protein powder based smoothie

Meal 5: Post-Workout Meal - consumed 1-2 hours after
FIO2 (Most crucial meal)
Carbs: 30
Protein: 25g
Healthy Fats: 42g





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7 DAY MEAL PLAN SUPPLEMENT

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Cheat Day
Meal 1							
Protein	3 eggs scrambled with spinach and tomatoes, salsa served with salsa in Flax Wrap shell	3 egg + Bowl of cream brown rice cereal, small handful berries + Stevia or xyotiol	3 eggs + 1/3 Avocado thinly sliced with tomato + salsa + Dijon mustard sandwiched in Ezekiel Bread	3 eggs + bowl of oats, chopped apple + cinnamon+ Stevia or xyotiol	3 eggs + bowl of cream of wheat with 1/2 protein vanilla protein powder + cinnamon and 8 raw almonds	3 eggs scrambled with spinach and tomatoes, salsa served with salsa in Flax Wrap shell	Cheat Day
Veggies	Steamed Broccoli with Garlic powder and LIGHT splash of olive oil	Add kale, spinach, grape tomatoes to eggs	Carrots with 1/2c Hummus	Cauliflower Rice	Steamed Broccoli with Garlic powder and LIGHT splash of olive oil	Steamed Cauliflower with Garlic powder and LIGHT splash of olive oil	
Carbs							
Fruit							
Fat	1-2 Tbsp Fresh non-processed Cheese	1-2 Tbsp Feta	1/2c Greek Yogurt	1-2 Tbsp Fresh non-processed Cheese	1/2 an Avocado	1-2 Tbsp Feta	
Meal 2							
Protein	Protein Powder - Beef Collagen,	Protein Powder - Beef Collagen,	Protein Powder - Beef Collagen,	Protein Powder - Beef Collagen, Casian or	Protein Powder - Beef Collagen, Casian or	Protein Powder - Beef Collagen, Casian or	Cheat Day
	Tea	Tea	Tea	Tea	Tea	Tea	
	Stevia	Stevia	Stevia	Stevia	Stevia	Stevia	
Meal 3	Optional Meal for muscle building or extra energy						
Protein	3 Oz Cod	3 oz Halibut	3 Oz Cod	3 Oz Salmon	3 oz Halibut	3 Oz Salmon	Cheat Day
Veggies	Cabbage sautéed in coconut oil	Cabbage sautéed in coconut oil	Cabbage sautéed in coconut oil	Steamed Cauliflower	Steamed Broccoli	Carrots	
Carbs	1 baked potato	1 c Brown Rice	Cauliflower Rice	1 c Brown Rice	Cauliflower Rice	Black Bean Pasta	
Fat	olive, coconut or pumpkin seed oil	olive, coconut or pumpkin seed oil	olive, coconut or pumpkin seed oil	olive, coconut or pumpkin seed oil	olive, coconut or pumpkin seed oil	olive, coconut or pumpkin seed oil	
Meal 4	Per workout Fuel						
Protein	Protein Powder - Beef Collagen,	Protein Powder - Beef Collagen,	Protein Powder - Beef Collagen,	Protein Powder - Beef Collagen, Casian or	Protein Powder - Beef Collagen, Casian or	Protein Powder - Beef Collagen, Casian or	Cheat Day
Veggies	Kale, Spinach, Parsley, Sweet Peppers	Kale, Spinach, Parsley, Sweet Peppers	Kale, Spinach, Parsley, Sweet Peppers	Kale, Spinach, Parsley, Sweet Peppers	Kale, Spinach, Parsley, Sweet Peppers	Kale, Spinach, Parsley, Sweet Peppers	
Carbs	Fruits - Berries & Optional Stevia	Fruits - Berries & Optional Stevia	Fruits - Berries & Optional Stevia	Fruits - Berries & Optional Stevia	Fruits - Berries & Optional Stevia	Fruits - Berries & Optional Stevia	
Fruit	1 Tsp - 1 Tbsp	1 Tsp - 1 Tbsp	1 Tsp - 1 Tbsp	1 Tsp - 1 Tbsp	1 Tsp - 1 Tbsp	1 Tsp - 1 Tbsp Coconut	
Meal 5	Biggest meal of the day - Post workout MEAL						
Protein	5oz Chicken Breast	5oz Chicken Breast	5oz Steak	5oz Chicken Breast	5oz Chicken Breast	5oz Chicken Breast	Cheat Day
Veggies	Stir-fry veggies (frozen cooked with chicken)	Cauliflower Rice	Stir-fry veggies (frozen cooked with chicken)	Steamed Cauliflower	Chopped Radishes, Beets and Agrula with Citrus	Spinach Salad - Citrus fruit or balsamic vinegar for dressing	
Carbs							
	1 tbsp oil for stir fry	1 tbsp oil for stir fry	1 tbsp oil for stir fry	1/3 Avocado	1/3 Avocado	1/3 Avocado	
Notes:	Protein option can be replaced with beans recipes just keep the sauce sugar free - stick to clean and healthy recipes						