

HGC BLOCK PLAN DAY 7

Breakfast: 1 Low- Fat Greek yogurt and a banana

Morning snack: 1 apple + 1 oz raw almonds (23 almonds or/ 100 calorie pack!)

Lunch: 4 oz grilled or pan seared salmon (about the palm of your hand) + ¼ avocado + 1 cup mixed greens (no butter only oil on salmon) + 1 tablespoon vinaigrette

Afternoon snack: 1 cup carrots & 1 cup sugar snap peas + 2 tablespoons hummus

Dinner: You did it!!!! Please eat whatever you want, within reason of course.

Example:

2 slices veggie pizza + 1 cup salad greens + 1 tablespoon vinaigrette + 5 fl oz red wine

OR

Sushi with brown rice- make sure it's actual Brown Rice. Some sushi restaurants put soy on white rice to make it appear brown (Fun Fact)

Weekly GOAL:

By changing your diet, you will feel tired the first few days, maybe even have a headache. Although, I bet you FEEL BETTER NOW on day 7, don't you?! CONGRATULATIONS!

Overtime, this will only get easier, and before you know it, it will become a lifestyle you enjoy!

Consistently you should average a weight loss of 1-4lbs a week to start, then 2-3lbs a week to follow until you reach your best body 😊