
The

**LITTLE
BLACK
DRESS**

Project

SUCCESS GUIDE

2.0

Alpha Female Training



DISCLAIMER

Here's all the fun legal stuff my lawyer says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide, Alpha Female Training is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Alpha Female Training, you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Kimberley Tanis , there are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against Kimberley Tanis and/or other trainers of Alpha Female Training or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

IMPORTANT: Again, more fun things from my lawyer....This program is copyrighted and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.

TABLE *of Contents*



"Over the years I have learned that what is important in a dress is the woman who is wearing it."

YVES SAINT LAURENT

- 3** *Welcome to the Little Black Dress Project 2.0*
- 5** *Success Guide: Getting Started*
- 9** *LBD Detox Days*
- 11** *Skin and Hair Detoxification Guide*
- 13** *Detoxing Your Home*
- 15** *LBD Project Guidelines*
- 30** *Meals In A Pinch*
- 32** *Grab & Go Options*
- 34** *LBD Cheat Meals*
- 35** *LBD Food Exchange Guide*

WELCOME

to The Little Black Dress Project 2.0



The next four weeks are going to be amazing. You're going to make tremendous changes not only in how you look ... but also in how you feel.

That's because this is NOT just a 4-week "quick-fix" transformation challenge.

We're going to revamp your body from the inside out, mind, body and spirit. And it's going to be fun!

First, we are going to begin by feeding your body the food it craves, flooding it with much-needed nutrients. When you give your body excellent nutrition, it rewards you by burning fat more efficiently (more about that later).

Not only that, but you'll notice more energy, glowing skin AND a more positive mood.

Welcome to the *Little Black Dress Project 2.0*

We're also going to address mindset issues to help you create lifelong healthy habits ... so you will feel awesome about how you look in your little black dress for years to come!

If this sounds overwhelming ... relax! This program will give you EVERYTHING you NEED to create a healthy lifestyle. You'll know exactly what you should be doing, and you'll be getting valuable support along the way.

Remember: If you have questions, message or email me ANY TIME.

Chances are if you have a question, someone else is wondering the same thing!

Also feel free to reach out to your fellow LBD'ers... we're all in this together!

I look forward to the next four weeks with you!

Committed to Your Success,

Coach Kim

kim@alphafemaletraining.com



SUCCESS GUIDE

Getting Started



Please be sure to read this entire success guide before we start the challenge.

Doing so will help you stay organized, answer your questions and help you CUSTOMIZE the plan to YOUR needs ... basically, it will explain everything and anything you need to know!

Checklist for Success ✓

1 Complete Your Goal Sheet.

Once you determine your goals, email the sheet to me at kim@alphafemaletraining.com.

I won't share what you've written with anyone else, but I will do our best to hold you accountable to your goals! When you send your goals, please also include your "Before" photos (front and back).

2

Join Our “Little Black Dress Project Group” on Facebook.

Here’s the link: [LBD FACEBOOK GROUP](#)

3

Print Meal Guide & Grocery List for Week 1... and go shopping!

I can’t stress enough how important it is to plan ahead. It will guarantee your success.

4

Make sure to review the meal plan and use the food exchange sheet to swap out any foods that you wish.

****Choose at least THREE affirmations that make you feel empowered and beautiful.**

Yes, this might seem a little woo-woo, but it can have an incredible effect on your success.

Affirmations are short statements that work on your subconscious level, helping to attract success and improve different areas in your life.

After you choose a few affirmations that resonate with you, make time to repeat them a couple times a day (maybe first thing in the morning and before you go to bed).

You’ll love the results!

Success Guide: Getting Started

Below are a few examples. Feel free to create your own to make them more personal. Just be sure they are POSITIVE statements.

I treat my body with the loving care that it deserves.

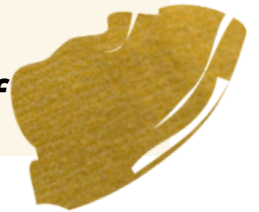
I am in complete control of my life, what I eat, what I do, and how I feel.

I have no fear of failure and I am drawn and committed to immeasurable success.

I am full of life and filled with gratitude.

My ability to conquer my challenges is limitless; my potential to succeed is infinite.

I am a strong, confident, and beautiful woman... inside and out.



Want to learn more about affirmations?

Check out the work of Louise Hay, who has written a few fabulous books on the subject.

5 Time For Some FUN: Pick out your Little Black Dress!

Maybe you already own an amazing dress, or perhaps you saw one in a store or online.

If you already have your dress, hang it up somewhere so you can SEE it every day. This will help to remind you of your goals.

And if you don't have your dress yet, go online and pick out one you want to buy. Print out a picture of the dress and hang it up!

You can hang the picture in your office, bedroom, bathroom mirror, on your refrigerator, or even your car. Put it anywhere you need a little extra motivation or to help to keep you on track. If you need

6 If you need ANYTHING, I'm here for you!

That's what I'm here for. I want this program to be a WILD success for you.

Let me know if there's anything I can do to help.

Message or email me any time.
Kim@alphafemaletraining.com



LBD

Detox Days



Days one and two are considered “detox days” on your meal guide.

These days form the backbone of the plan, because they’re designed to help your body function at its best by “cleaning” out the stuff that’s making it hard for it to burn fat optimally.

Don’t worry: these “detox” days are 100 percent natural and do NOT involve pills, drugs or juices.

They DO include lots of water, vegetables, fruit, and minimal protein.

Detox days are designed to support your body’s built-in self-cleansing system, which includes everything from your liver to your skin.

Our livers work hard every single moment of the day and we tend to take them for granted.

LBD Detox Days

Think of your liver as your body's post office. It handles pretty much everything you take in, processing it or shuttling it off to another part of your body. When it's busy dealing with toxins (from your food, the environment, and the stuff you put on your skin) it can make it hard for it to do its job properly.

By easing the load you're putting on your liver, you can help support its function. On detox days, when we focus on eating liver-friendly foods, your body can speed up the release of chemicals and toxins, which in turn will help rev up your metabolism to burn fat more efficiently.

You might notice some side effects, at least at first. You might feel tired, irritable, or get a light headache (especially if you normally drink caffeine). That's normal, as your body is eliminating the toxins.

NO CAFFEINE is allowed on detox days, and please limit over-the-counter drugs like Advil or Tylenol. All prescribed medications should still be taken.

Make sure to drink a LOT of water on your detox days, to help your body "flush out" those toxins!

The great news is that you're going to feel energized and amazing on the days following your detox days.

LBD

Skin & Hair Detoxification



While you're detoxing what goes INTO your body, it's a good idea to pay attention to what you put ON it, too.

Do you know what's IN your skin-and hair-care products or cosmetics?

If you don't, you're not alone, because manufacturers aren't required to tell us. Plus, scientists say many chemicals in beauty products are linked to serious health problems. Any Google search will reveal pretty disturbing research results.

Your best bet: whenever you can, try to use certified organic hair and skincare products to avoid unnecessary exposure to chemicals.

You're working hard to eliminate extra toxins in your food, so don't forget that everything you put onto your skin gets directly absorbed into the body.

"Whenever you can, try to use certified organic hair and skincare products to avoid unnecessary exposure to chemicals."

LBD Skin & Hair Detoxification

Parabens are one of the most toxic offenders. It's the single most widely used preservative in personal-care products.

Why does this matter? Parabens can mimic estrogen in the body and have been found in breast tumor tissue.

Here's a [great list](https://davidsuzuki.org/queen-of-green/dirty-dozen-cosmetic-chemicals-avoid) of your “Dirty Dozen” chemicals found in many beauty products. <https://davidsuzuki.org/queen-of-green/dirty-dozen-cosmetic-chemicals-avoid>

If you find any of the ingredients on this list in your shampoo, conditioner, body lotion, cleansers, etc., I would **STRONGLY** consider switching to another brand.

The good news is, there are great organic options available in most grocery and department stores! Just check your labels.



DETOXIFYING

Your Home



Ironically, many of us fill our homes with poisonous chemicals when we're actually are trying to keep them clean, safe and tidy.

Over the next 28-days, you'll be paying attention to what we put in and on our bodies – but it's also important to be mindful of the chemicals and toxins that may be in our own homes.

Ironically, many of us fill our homes with poisonous chemicals when we're actually are trying to keep them clean, safe, and tidy.

Want an eye-opening experience? Read the labels on your cleaning products! Some cause respiratory issues, while others can cause rashes and or have long-lasting effects on your health. They affect not just us, but our pets, children, family, and the environment.

Phosphates(www.nytimes.com/2010/09/19/science/earth/19clean.html), PCBs, phthalates, PFCs, and flame retardants **all can cause health issues** (<https://newsinhealth.nih.gov/2016/12/making-healthier-home>), including disrupting our immune system and potentially contributing to cancer and other diseases.

Detoxifying Your Home

Here's a [great resource](#) that breaks down the potential health and safety risks of hundreds of household products.

(<https://my.clevelandclinic.org/health/articles/11397-household-chemical-products-and-their-health-risk>)

I don't know about you, but when I think about the chemicals left behind by some of those harsh cleaners ... those sparkly surfaces don't seem so clean any more.



Good news! More companies than ever offer all-natural cleaning solutions that work just as well as the not-so-natural brands.

Here are just a few: Melaleuca, The Method, Seventh Generation, Ecos, Mrs. Meyers, Better Life, Norwex, and JR Watkins. (Plus they smell great. The Method's ylang-ylang shower spray is amazing!)

If you want to take even more control over the cleaners in your home, you actually can make your own, using simple and inexpensive products: lemon, vinegar, hydrogen peroxide, kosher salt, and more. Here's a starter list from [Food Network](http://www.foodnetwork.com/how-to/articles/homemade-natural-cleaning-products), (www.foodnetwork.com/how-to/articles/homemade-natural-cleaning-products) and if you want more, [check out this blog](https://wellnessmama.com/6244/natural-cleaning) (<https://wellnessmama.com/6244/natural-cleaning>) with tons of recipes.

LBD

Project Guidelines



These tips and strategies will help set you up for success during your journey over the next four weeks!

They will also help you build healthy, new, life-changing habits that have the potential to change the rest of your life.

One important thing to remember: It's not about being PERFECT. It's about being consistent.

The tips below will help you create your own health-promoting, clean-eating lifestyle, one that you can follow long after your LBD challenge is finished.

1 Clean out your refrigerator and pantry.

It's time to get rid of all the junk and everything that tempts you. Throw it out or donate it!

If you have finicky family members or children and you **HAVE** to keep other foods in the house, keep all of the “non-LBD approved” foods in a tucked-away place where you won't see them.

Toss ALL products with hydrogenated or partially hydrogenated oils or high fructose corn syrup (HFCS).

This even includes the foods you're hiding away for your finicky family members. You don't want them eating nasty additives. These ingredients are linked to all kinds of health issues, from heart disease to diabetes and more.

They're often found in crackers, cookies, sugary cereals, microwave popcorn, cereal bars, chips, pretzels, condiments & dressings, fat-free snacks, and many others ... including some protein bars.

Avoid all products with soy.

Check your labels. Soy seems to find its way into almost every processed food.

Nearly all soy has been genetically modified and then subjected to insane amounts of processing to make it consumable. Plus, it's blasted with pesticides while it's grown.

LBD Project Guidelines



Remove all bread, pasta, and other grains.

This might be the most challenging portion of the challenge for some of you. If that's you, think of this as an experiment to see how you feel after four weeks without eating these foods.

Bread (even whole wheat) and other grains can prevent you from reaching your goals.

By eliminating them, you'll notice you have a new level of energy, you'll recover faster from your workouts, and some of you will feel better than you ever have before.

2 Replenish your kitchen with health-giving foods.

At the grocery store, bring a list! Plan a quick get-in-and-get-out mission by planning ahead and only buying foods on your weekly grocery list.

Try to eat an apple or other LBD-approved snack before you hit the store if you're the least bit hungry. That way you'll be less tempted to toss off-limits foods into your cart.

LBD Project Guidelines



Buy organic foods whenever possible.

When it comes to proteins, specifically look for organic free-range poultry, meat and eggs. When it comes to deli meats make sure your choices are nitrate and nitrite-free.

If you can't buy organic, at least try to purchase antibiotic and hormone-free proteins.

When it comes to fruits and veggies, choosing organic produce is more important with some varieties than others.

Produce that has more exposed skin often have higher levels of toxin exposure than veggies that grow underground or produce with thick rinds.

If organic fresh produce isn't available, it's okay to purchase organic frozen. Frozen produce is picked at its height of ripeness and immediately frozen, which helps it maintain its nutrient quality.

LBD Project Guidelines

Here's a good reference list when it comes to choosing organic fruits and veggies:

DIRTY DOZEN

(produce with the highest pesticide)

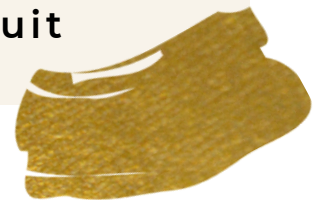
Strawberries
Spinach
Nectarines
Apples
Peaches
Celery
Grapes
Pears
Cherries
Tomatoes
Sweet Bell Peppers
Potatoes



CLEAN 15

(produce that has the least likelihood of containing pesticide residue)

Sweet Corn
Avocados
Pineapples
Cabbage
Onions
Frozen Sweet Peas
Papayas
Asparagus
Mangoes
Eggplant
Honeydew
Kiwifruit
Cantaloupe
Cauliflower
Grapefruit



LBD Project Guidelines

Buy and use healthy sources of fat.

You'll want to make sure to have healthy oils on hand that don't go rancid easily (a real problem with some of the healthier options!).

A healthy fat has a good ratio of omega 3 to omega 6 fatty acids. Why does this matter? Too much omega 6 and too little omega 3 can mean added inflammation in your body.

Olive oil is a top pick because it's rich in polyphenols, which are antioxidants with powerful anti-inflammatory properties. It's not the best for high-temp cooking though, because it has a low smoke point.

Avocado oil is another excellent choice can be used at higher temps, and it's packed with vitamin E, making it a great choice for boosting your immune system and improving your skin.



Coconut oil has once again become a controversial choice. One reason it's awesome: because it contains a special kind of saturated fat that's burned by the liver, your body tends to use it for energy instead of being stored as fat. But health officials remain mixed on how healthy it actually is, so it's a good idea to use a variety of healthy fats.

LBD Project Guidelines



Use REAL Nut Butters.

When choosing your almond or other nut butters, make sure the only ingredients they contain are NUTS.

Manufacturers often sneak sugar and salt (and even nasty hydrogenated fats!) into their products, so be on the lookout.

Peanuts are NOT nuts. They are a legume and don't contain as many healthy fats as real nuts, so avoid them whenever possible.

Switch to sea salt or kosher salt.

Most table salts have been overly processed and stripped of beneficial minerals ... and then subjected to anti-caking agents like aluminum.

LBD Project Guidelines



Get rid of:

- 1. Cane sugar***
- 2. Brown sugar***
- 3. All artificial sweeteners (including stevia, Splenda, Truvia, agave, etc.).***

Use these sweeteners (in moderation).

I know I'm not making any friends here, but there's a reason I'm telling you to get rid of those real and fake sweeteners.

They all mess with either your blood sugar, your body's complex hormonal system, and/or your body's hunger cues.

If you need a sweet fix, try using raw, local, organic honey or organic maple syrup IN MODERATION. Coconut sugar is also a great option because it's low on the glycemic scale.

These choices at least contain trace levels of beneficial ingredients, and honey also has potent antibacterial qualities. But remember: they're STILL SUGAR.

LBD Project Guidelines

Add spicy seasonings to your meals.

Spices like red pepper flakes, black pepper and ginger don't just taste great ... they actually can help rev up your metabolism by up to 8 percent.

Some spices can help you stay fuller, longer while offering you bonus health benefits.

For instance, ginger is a great anti-inflammatory that is also good for your digestion.

Cinnamon has also been shown to help regulate blood sugar levels, and turmeric's active compound (curcumin) helps your body battle inflammation.

So, spice it up! Experiment!



3 Lifestyle Boosters

Avoid Eating Before Bed.

Did you know that more than 80 percent of the growth hormone your body releases occurs while you're sleeping? Growth hormone is vital to your workout recovery and health.

To make the most of this timeline, don't eat within 2 to 3 hours of going to bed. If you have no choice, don't eat anything containing sugar.

Get at Least 7 hours of Sleep Each Night.

You might think you're resting, but your body actually works very hard when you're asleep, restoring itself and recovering from your workouts, daily stress, and activities of daily living.



Giving it enough time to do this vital task will make a HUGE difference in how you feel and move each day.

That's why it's imperative to get a minimum of 7 hours of sleep a night. You'll be shocked at how energized you feel when you start to get sleep on a regular basis.



Tips for Better Rest:

*****Try to turn off all electronics (TV, cellphone, tablet, and/or computer) at least 45 to 60 minutes before you go to bed. This will help to calm your mind to allow you to have a more restful sleep, plus help you avoid the sleep-disrupting blue light emitted by your devices.***

*****Before bed, write down everything you need to do the next day so you don't stress out trying to remember it all.***

Plan, Shop, & Prep Your Meals Ahead of Time.

Being prepared is the key to being successful with this plan (and pretty much everything else in life.)

You have to set yourself up for success if you want to see change.

Remember: if it is truly IMPORTANT to you, you will find a way to make this happen.

Use a Scale or Measuring Cups for Portion Control.

When you start to do this regularly, you'll soon be able to do it without them, but this can be a great eye-opening and learning tool.

In fact, I think it's a good self-check for everyone to do this occasionally, because it's pretty easy for portion sizes to creep up quickly.



4 Drink more water.

You need to drink at least HALF of your bodyweight in ounces in water every day! (Read that again!)

If you work out, either add an additional 8 to 10 ounces, or don't count the water you drink during your workout towards your required amount for that day.



Tips for drinking more water:

1 *Start each day with a big glass of water as soon as you wake up. (see morning mojo below!)*

2 *If you drink coffee or other caffeinated beverages, **DOUBLE** the amount of it you drink, in water. Example: if you have 8 ounces of coffee, drink an **ADDITIONAL** 16 ounces of water.*

3 *If you drink coffee to start your day, eat your breakfast **FIRST**.*

Why? Coffee is an appetite suppressant. If you don't eat breakfast, you will tend to binge eat late at night.

4 *Water will help you feel fuller, longer. Drink it before each meal and you'll eat less.*

Flavor your water with fresh sliced cucumber, strawberries, or lemon to keep things interesting.

BEFORE you put any junk into your mouth, ask yourself: **"Is this worth it?"**

How you know it's worth it: it'll make you feel great afterwards because it's helping you to move closer to your goals, rather than farther away from them.

5 Drink your Morning MOJO!

Option A: Wake-Up Mojo: Water, Lemon & Cayenne Pepper

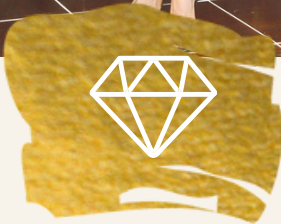
Grab your favorite mug and fill it with purified warm water, 1/4 fresh-squeezed lemon juice and a pinch of cayenne pepper.

Option B: Lemon Ginger Water

12 ounces of room temperature purified water, 1/2 fresh squeezed lemon, and then add 1/2" piece of finely grated ginger that you hand squeeze the juice out of into your water.



LBD Project Guidelines



***"Know who you are.
Know what you
want.
Know what you
deserve.
Don't settle for less.***

TONY GASKINS

Why You Need Your Morning Mojo, Baby...

This morning tonic will help purge toxins that built up in your body while you were sleeping. It will kick-start your metabolism and stimulate your circulatory system.

The lemon juice will help to alkalize your body's pH and cleanse. This will speed up the release of toxins from your body.

Your "Morning Mojo" will have a wonderful detoxifying effect on your body, enhance your immune system, help to give you clearer skin, and launch your metabolism to get your day started!

MEALS

In a Pinch



The meals in your Little Black Dress recipe manual are quick and easy to prepare, but sometimes life has other plans for us!

If you know you won't have time to prepare your meal on any given day, then try your best to prepare it ahead of time and refrigerate/freeze it.

If you find yourself in a pinch, here are some options:

1 Salad & Protein (tuna, chicken, turkey, etc.)

ALWAYS have ready-to-go homemade salad dressing in the house.

ALWAYS have fresh pre-washed lettuce mix and veggies in the fridge to throw together a salad in a pinch.



2 Protein & Veggies

You should always keep premade chicken, canned tuna, and/or frozen turkey burgers on hand for emergency situations.

Also, be sure to have a supply of frozen vegetables ready. They are really easy to throw in the microwave and heat up with your protein.

Pair your protein up with your veg and you are good to go!

GRAB & GO

Options



Need some easy solutions for when you're in a hurry?

Here are some LBD-approved choices to keep on-hand as your just-in-case backup plan.

1 Vinaigrette

Check labels. Avoid anything with hydrogenated fats, sugars, or other things you can't pronounce. Cindy's Kitchen (found at Whole Foods) is a good option.

2 Breakfast

- Protein shake + ½ fruit
- Greek yogurt and berries

Grab & Go Options



3 Snacks

- Apple & 1 tablespoon almond butter
- Lox salmon with sliced tomato (a few capers – optional)
- 4 oz. sliced Applegate turkey roll-ups with ½ sliced bell pepper (red, yellow, green)
- Greek yogurt & fresh berries (blueberries, raspberries, blackberries, strawberries)

4 Desserts

- Coco-Roon Macaroons (Whole Foods, Amazon.com)
- Hail Mary products (Whole Foods, Fresh Market)
- Chia Pods (Publix, Fresh Market)
- Quest Bar (GNC, Amazon, pretty much every supermarket – Chocolate Chip Cookie Dough is my favorite!)

LBD 2.0

Cheat Meals



Don't do anything that you will regret.

That's basically it.

The “cheat meals” included in this plan are designed to stop you feeling deprived of your absolute favorite foods.

One of my favorite quotes is “You will never out-train a bad diet.”

After being great with your diet all week, you do NOT want to ruin all of your hard work and preparation in one cheat meal.

LBD 2.0

Food Exchange Guide



If you have allergies, you may swap out foods. But otherwise, try to move a little out of your comfort zone! If there are foods in the plan that you normally wouldn't eat, try them before swapping them out.



***Food swap tip:
Always exchange a
protein for a
protein, a
carbohydrate for a
carbohydrate, and a
fat for a fat.***

NON-STARCHY VEGETABLE SWAP

A serving of a non-starchy vegetable is ½ cup of cooked vegetables or 1 cup of raw vegetables

Broccoli
Cabbage (green, bok choy)
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Greens (collard, kale, mustard, turnip)
Jicama
Mushrooms, all kinds, fresh
Okra
Onions
Peppers (all varieties)
Radishes
Sauerkraut
Spinach
Squash (summer, crookneck, zucchini)
Tomatoes, fresh and canned
Tomato sauce

STARCHY VEGETABLE SWAP

Plantain, ripe, 1/3 cup

Squash, winter (acorn, butternut), 1 cup

Yam, sweet potato, 1/2 cup or 1/2 medium with skin (3 ounce)

Yucca, 1/3 cup

FRUIT SWAP

Each serving has about 15 grams of carbs & 60 calories. One serving equals:

- Apple, small (4 oz.)
- Applesauce, unsweetened, 1/2 cup
- Banana, extra small (4 oz.), or 1/2 regular size
- Blackberries, 3/4 cup
- Blueberries, 3/4 cup
- Raspberries, 1 cup
- Strawberries, 1 1/4 cup whole berries
- Cantaloupe, small, 1/3 melon or 1 cup cubed (11 oz.)
- Cherries, sweet, fresh, 12 (3 oz.)
- Dried fruits (blueberries, cherries, cranberries, raisins, etc.), 2 Tbsp.
- Grapefruit, large, 1/2 fruit (11 oz.)
- Grapes, small, 17 (3 oz.)
- Guava, 1/2 cup
- Kiwi (3 1/2 oz.)
- Mango, small, 1/2 fruit (5 oz.) or 1/2 cup
- Orange, small (6 1/2 oz.)
- Papaya, 1/2 fruit or 1 cup cubed (8 oz.)
- Passion fruit, 1/4 cup
- Peach, fresh, medium (6 oz.)
- Pear, fresh, large, 1/2 fruit (4 oz.)
- Pineapple, fresh, 3/4 cup
- Plums, fresh, 2; or dried (prunes)

VERY LEAN PROTEIN SWAP

Each serving has about 35 calories and 1g fat per serving. One serving equals:

Turkey breast or chicken breast, skin removed, 1 oz.
Fish fillet (flounder, sole, scrod, cod, etc.) 1 oz.
Canned tuna in water, 1 oz.
Shellfish (clams, lobster, scallops, shrimp) 1 oz.
Cottage cheese, nonfat or low-fat, $\frac{3}{4}$ cup
Egg whites (2)

LEAN PROTEIN SWAP

Each serving has about 55 calories and 2-3g fat per serving. One serving equals:

Chicken—dark meat, skin removed, 1 oz.
Turkey—dark meat, skin removed, 1 oz.
Salmon, swordfish, herring, 1 oz.
Lean beef (flank steak, London broil, tenderloin, roast beef) 1 oz.
Veal, roast or lean chop, 1 oz.
Lamb, roast or lean chop, 1 oz.
Pork tenderloin or fresh ham, 1 oz.
4.5% cottage cheese, $\frac{1}{4}$ cup
Whole Egg

FAT SWAP

Each serving has about 45 calories and 5g fat per serving. One serving equals:

Extra Virgin Olive, 1 tsp.

Coconut Oil, 1 tsp.

Salad dressing, 1 tsp.

Avocado 1/8th

Large Black olives (8)

Bacon, 1 slice

Nut Butters, 1 ½ tsp

ONE LAST

Note



Your wings are ready. Time to soar.

It's going to be an amazing four weeks!

I'm thrilled to be on this journey with you.

If you need ANYTHING, message or email me any time!

Kim@alphafemaletraining.com