



JULY VIP DIET

*Refuel Meal 1x/week (Saturday)

LOOK OUT FOR RECIPE IDEAS THAT ARE COMPATIBLE WITH ALL MEAL PLANS

Meal	MONDAY, TUESDAY, THURSDAY, SATURDAY
Meal #1	5 egg whites 1 slice Ezekiel bread with 2 oz avocado
Meal #2	Gina's famous Zucchini loaf 1/3 cup oatmeal 1 scoop protein 2 egg whites 1 shredded zucchini 1 tsp baking powder, cinnamon, stevia, to taste Mix and bake at 350, until fully cooked or make into a pancake
Meal #3	4 oz lean protein of your choice 1/2 cup brown rice or quinoa veggies/salad, no oil Thursday- 4 oz lean protein 3 oz yam or sweet potato, veggies/salad no oil
Meal #4	1.25 scoop protein shake
Meal #5	4 oz lean protein of your choice ¼ cup brown rice veggies/salad with no oil
Meal #6	6 egg white/veggie omelet –or- 1 scoop protein shake Monday- 2 cups air popped popcorn

Gina Aliotti FITNESS



Meal	WEDNESDAY, FRIDAY & SUNDAY
Meal #1	5 egg whites veggie omelet 1 whole egg
Meal #2	1.25 scoop protein shake 2 cups unsweetened almond milk greens 2 oz avocado
Meal #3	4 oz lean protein of your choice 2 oz avocado salad with NO oil
Meal #4	1.25 scoop protein shake 1 small apple 1 tbsp nuttzo or natural almond butter (Nuttzo is amazing)
Meal #5	2x/week- 4 oz lean protein and veggies, salad with 1 tbsp avocado oil 1x/week- 4 oz fresh water salmon and veggies no oil
Meal #6	1 scoop protein, 2 egg whites –or- 1.25 scoop protein shake 1 tbsp chia seeds

***Meals to be eaten every 2-3 hours.**
Veggies are FREE

The goal with your monthly challenge diet or ANY of my plans is consistency! I promise you results if you follow the plan as laid out and are consistent with your efforts. I will be sending you out recipe ideas and ways to spice up the menu to keep it fun, fresh and exciting! I promise, you will never feel like you are on a diet and most of all, love how your body responds and how you feel!

**NOTE: The Protein recommended is [Devotion Nutrition](#). It is the most versatile protein on the market. Bakes incredible, blends into ice cream and will make it so much easier to stay on track. Formulated with the highest ingredients, your taste buds and tummy will thank you for it. Devotion's Flex Flavors (Sugar Free, Calorie Free Flavored Stevia for your) food can be used freely throughout the plan as a fun way to add flavor and crush cravings. They are NOT required to get results however will make your menu more fun and exciting! 😊*