

MARIA BRILAKI FOR FITNESS RELOADED LLC

# THE 8-WEEK WEIGHT LOSS MEAL PLANNER



WEEKLY MEAL PLAN & GROCERY  
LIST



MARIA BRILAKI

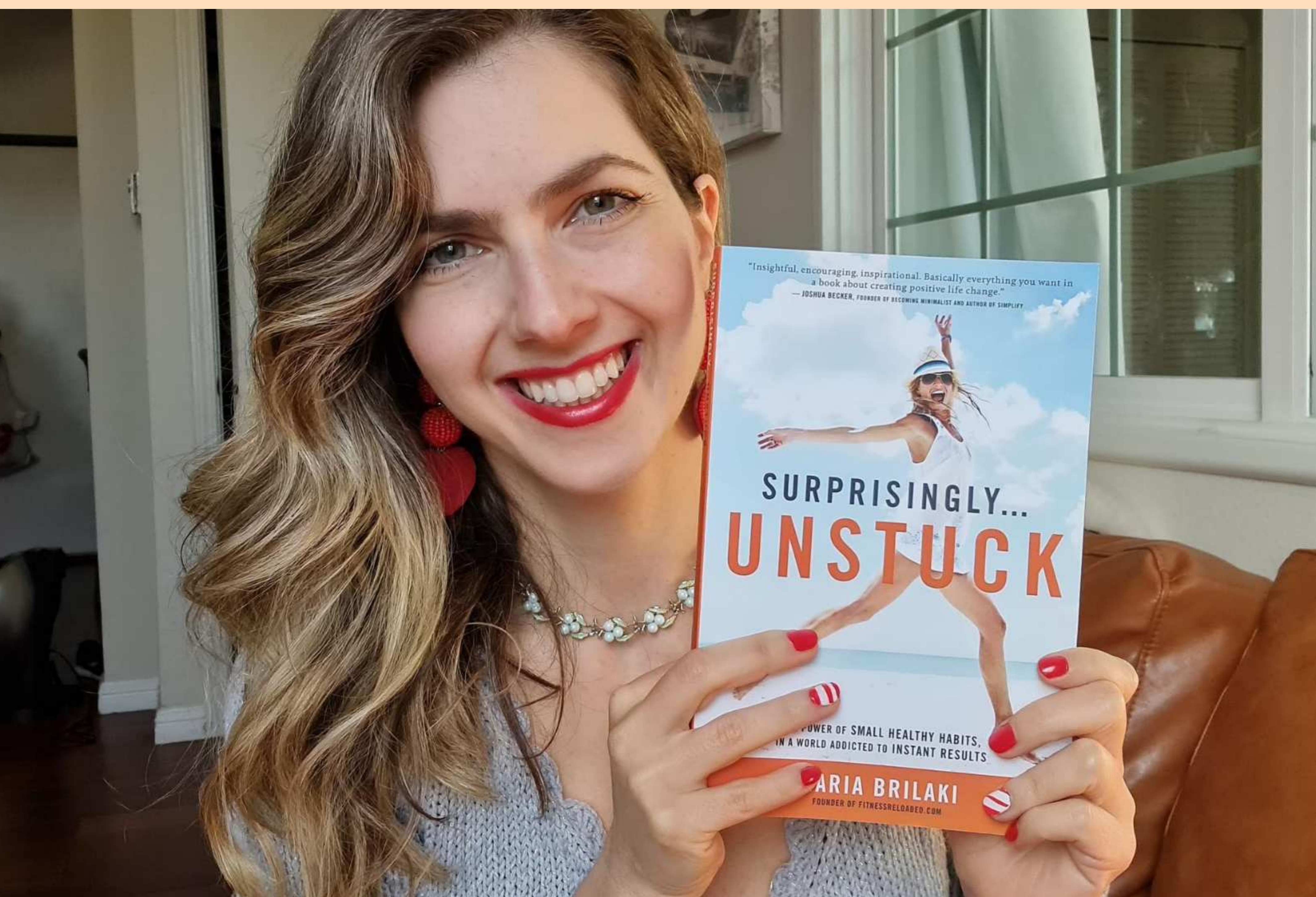
# **THE 8-WEEK WEIGHT LOSS MEAL PLANNER**

## Health Disclaimer

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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## CAN YOU LOSE MORE FAT WITH PLANNING THAN BY RUNNING 15 MILES A WEEK?

*Yes! When you go from a beginner to suddenly spending hours on cardio every week, you're very likely to quit in a month or two. So how much weight will you have lost by then, 10 lbs?*

*But when you become a planner, you can keep on going and going, and lose all 30, 40, 50 lbs and beyond!*

Ever since I wrote my best-selling book "Surprisingly...Unstuck: The power of small healthy habits in a world addicted to instant results." I've been pointing the importance of habits.

Unless you change your habits, i.e., what comes naturally to you, then any effort to change will feel like a struggle.

Planning is the one habit that takes so little time yet brings on disproportionate results. When you plan you make it so much easier on yourself to stick to a schedule.

And guess what? All the clients I've had in the Academy cite "sticking to the plan" as their Nr. 1 reason for not already having lost the weight.



# **WHAT WE'LL COVER**

## **Calorie Investing**

This is the Method we use in the Habits Academy to lose weight without feeling hungry. I'll describe a quick overview here.

## **Top 10 Foods To Lose 50 lbs**

These are some food examples to eat more of when you're doing Calorie Investing

## **8 Weeks Worth of Weekly Meal Plans**

Time to get into action! To change your eating pattern you'll need to plan. Planning starts now!

## **8 Weeks Worth of Weekly Grocery Shopping**

Here's your grocery shopping template that's designed with Calorie Investing principles.

# INTRODUCING CALORIE INVESTING

## WHAT DO I NEED TO LOSE WEIGHT?

To lose fat, you have to be on a calorie deficit. In other words, you have to consume fewer calories than your body needs for maintenance. To calculate what that number is for you, please visit <https://fitnessreloaded.com/calorie-calculator/>

## HOW CAN I STAY ON A DEFICIT FOR AS LONG AS IT TAKES SO THAT I LOSE ALL THE WEIGHT?

To make sure you won't quit you need to eat in a way that satisfies you so you're not hungry. If you're hungry you can't last with weight loss.

## HOW DO I MAKE SURE I DON'T REGAIN THE WEIGHT?

When you change your eating pattern into one that is satisfying you with fewer calories, then that protects you from rebound weight.

## WHAT IS CALORIE INVESTING?

Calorie Investing is a Method of eating that optimizes for satiety while eating fewer calories. When you get to be satisfied in fewer calories weight loss - and weight maintenance - become really easy!

## WHAT FOODS SHOULD I EAT WHEN I DO CALORIE INVESTING?

Foods high in fiber and water will keep you satiated for longer than foods that are calorie-dense, e.g., canola oil.

## IS THERE ANYTHING I CANNOT EAT WHEN I DO CALORIE INVESTING?

You can eat anything you want! You get to adjust your investment "portfolio." Some people prefer to make space for alcohol or sweets. Others want to be more strict. It's up to you. But overall the better, more high fiber choices you make, the easier it'll be to eat fewer calories while feeling full!

## WHAT ARE SOME EXAMPLES OF FOODS TO EAT MORE OF?

Please view our top 10 list for some examples that are good calorie investments.

**YES, YOU CAN EAT  
ANYTHING YOU WANT!**



# TOP 10 FOODS TO EAT TO LOSE 50 LBS



## EGGPLANT

At 16 g of fiber per 1136 kcal few foods can compete with the powerhouse that is an eggplant!



## LENTILS

Lentils require no soaking and are both protein and fiber rich! You can't go wrong!



## LIMA BEANS

Lima beans, black beans, kidney beans, basically all beans are fiber rich and if you have a pressure cooker they're ready in 30 min without soaking!



## CAULIFLOWER

Cauliflower can be polarizing but have you tried it baked with lime, cilantro, and cayenne pepper? Extremely fiber rich, do not miss out!



## GREEN BEANS

In a pressure cooker it takes just 2 min to steam them! Our clients can easily eat 1 lb a day, what about you?

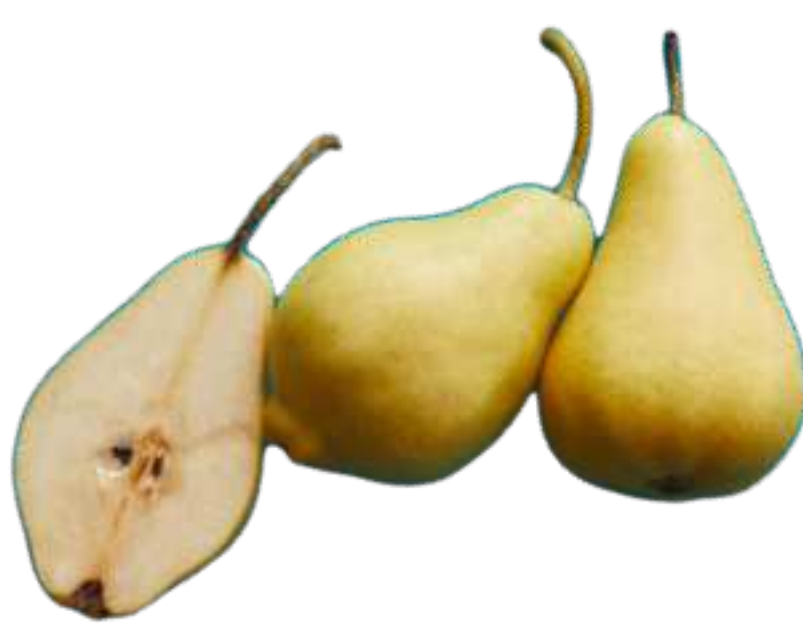


# TOP 10 FOODS TO EAT TO LOSE 50 LBS



## STRAWBERRIES

Packed with antioxidants, with fiber, and water, double down on strawberries (and also blueberries and blackberries) to melt the pounds!



## PEARS

When it comes to high fiber fruits, pears top off the list with 6g per fruit!



## BANANAS

Not only are they high in potassium and fiber, the starchiness of bananas gives you the deep satisfaction feeling.



## PRAWNS

It's hard to find a leaner source of protein than prawns.



## CHIA SEEDS

With 10g of fiber per 138 cal chia seeds should be sprinkled on every salad!

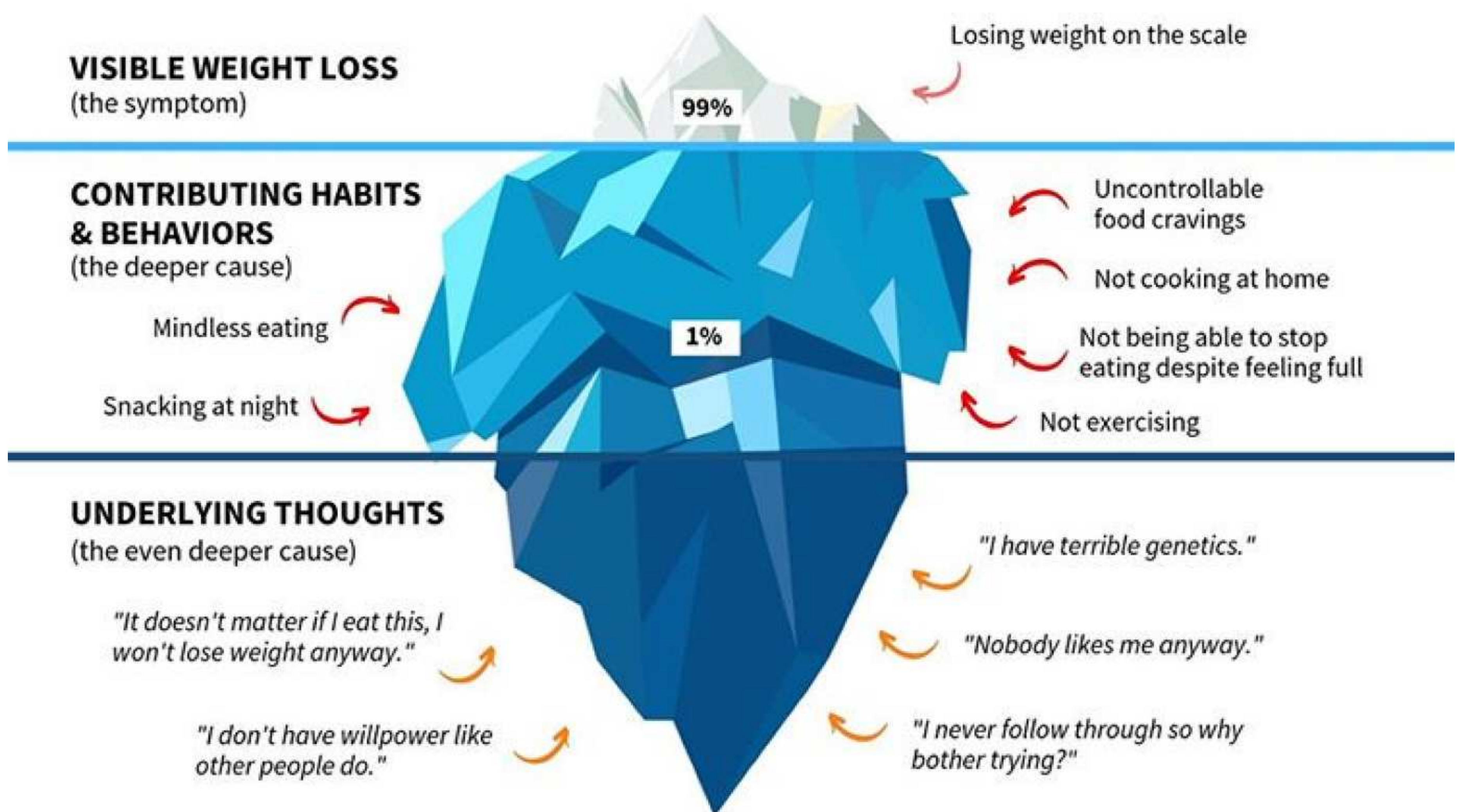


# WHAT WE BELIEVE IN THE HABITS ACADEMY

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## How to lose weight like the 1%

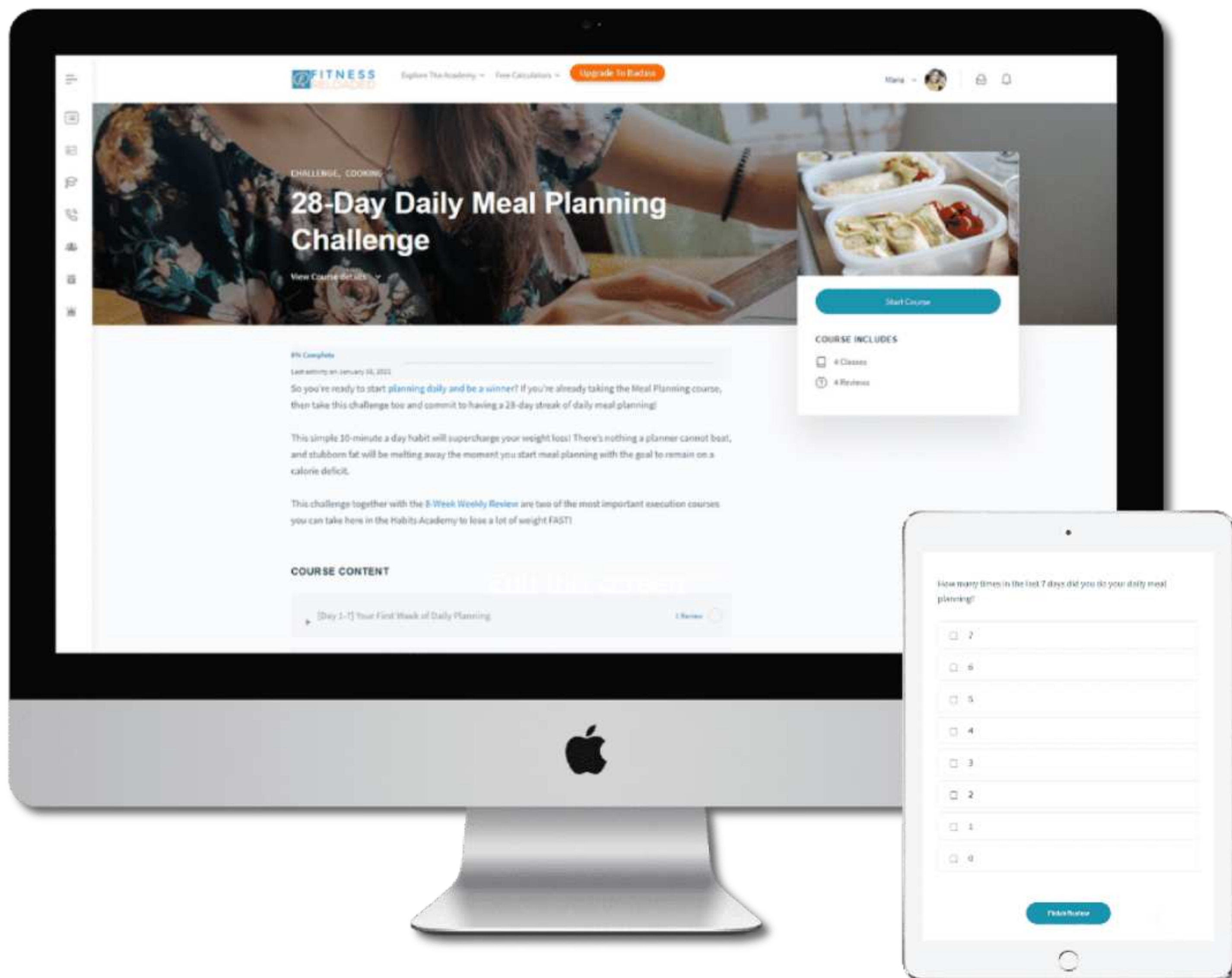
*And never have to complain about your size ever again.*



99% of women just try to lose weight, addressing the symptom (the weight), without also addressing the causes (the contributing habits & behaviors.) That's why the 99%, despite any short-lived successes, won't lose all 30, 50 or 100lbs (they might lose 5-10lbs and either stall or gain it back) and they'll keep complaining about their weight for years to come.

# THE EASIEST WAY TO CHANGE HOW YOU EAT IS BY PLANNING!





Give yourself all the resources you need!

Join the "Meal Planning In Under 10 Minutes A Day" course and "28-day Meal Planning Challenge" in the Habits Academy now!

<https://fitnessreloaded.com/courses/meal-planning/>

**8 WEEKS OF PLANNING  
START NOW!**



WEEK: \_\_\_\_\_

# WEEKLY MEAL PLAN



MONDAY	B. L. D. S.
TUESDAY	B. L. D. S.
WEDNESDAY	B. L. D. S.
THURSDAY	B. L. D. S.
FRIDAY	B. L. D. S.
SATURDAY	B. L. D. S.
SUNDAY	B. L. D. S.



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**TUESDAY**

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**WEDNESDAY**

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# WEEKLY GROCERY LIST



## FRUITS

- apples
- bananas
- oranges
- strawberries
- blackberries
- blueberries
- grapes
- pears
- peaches
- mandarins
- apricots
- lemons
- 
- 
- 

## CANNED

- tomato sauce
- mushrooms
- broth
- beans
- 
- 

## CONDIMENTS

- olive oil
- canola oil
- rice vinegar
- balsamic vinegar
- soy sauce
- 
- 

## VEGETABLES

- spinach
- kale
- eggplant
- cauliflower
- zucchini
- peppers
- onion
- carrots
- garlic
- tomatoes
- cucumber
- potatoes
- sweet potatoes
- green beans
- mushrooms
- broccoli
- 
- 

## GRAINS

- bread
- pasta
- tortilla
- rice
- oats
- 

## SNACKS

- meal bar
- popcorn
- almonds
- 

## LEGUMES

- lima beans
- black beans
- black-eyed beans
- red beans
- great northern beans
- garbanzo beans
- pinto beans
- brown lentils
- red lentils
- green lentils
- beluga lentils
- split peas
- 
- 

## FROZEN

- peas
- mixed veggies
- green beans
- berries
- pizza
- ice-cream
- 
- 

## DAIRY

- milk
- cheese
- butter
- eggs
- 
- 

## MEAT

- salmon
- tilapia
- prawn
- chicken
- beef
- pork
- tofu
- 
- 

## BAKING

- sugar
- flour
- sugar altern.
- chocolate chips
- 
- 

## SPICES/HERBS

- basil
- oregano
- cumin
- mint
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## OTHER

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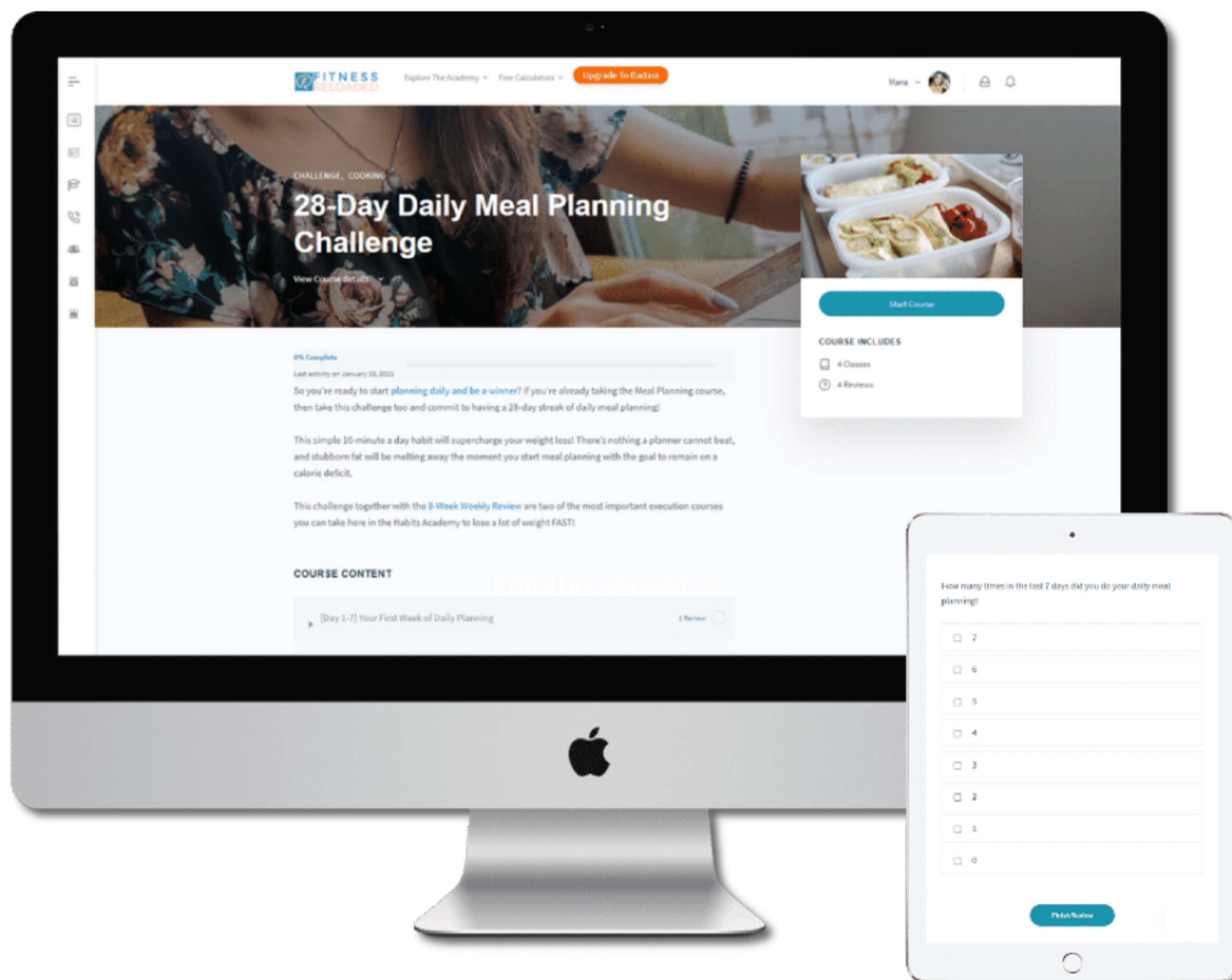
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**LOSE 30,40, 50 LBS AT  
THE FITNESS RELOADED  
HABITS ACADEMY**