

Tim Ernst Presents...



2500 CALORIE

Done For You

FAT BURNING

MEAL PLAN

2500 Fat Burning Meal Plan

No Weights - No Torture Diets

Burn 2-3 Pounds of Belly Fat A Week

2500 Fat Burning Meal Plans

By Tim Ernst

www.TurnAroundFitness.com

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2500 Fat Burning Meal Plan

2500 Calorie NON-Training Day Meal Plans

This is what you will eat on your NON-training days to maximize muscle building and fat loss

20% Carbs 50% Protein 30% Fat

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
2 Large Egg	1 Sliced Avocado	4 Oz Butter ball Turkey	2 Boneless Chicken Breasts	8 oz Salmon
2 Slices Bacon	2 Cups Cottage Cheese	Handful Mixed Nuts	Sweet Potato	Cut Green Beans
1 Cup Egg-Whites	4 Oz Pork Sirloin Cutlet			1 Cup Quinoa
1/4 cup cheese				

2500 Fat Burning Meal Plan

2500 Calorie Training Day Meal Plans

This is what you will eat on your training days to maximize muscle building and fat loss

40% Carbs 30% Protein 30% Fat

Meal 1	Meal 2 Pre- Workout	Meal 3 Post Workout	Meal 4	Meal 5
2 Large Egg 1 Orange 1 Cup Egg-Whites	4 Oz Butter ball Turkey 1 Sliced Avocado 1 Cup 2% Cottage Cheese	Protein Shake Boneless Skinless Chicken 1 Cup White Rice	4 oz Pork Sirloin Cutlet Large Baked Sweet Potato 2 Cups Green Beans	4 oz Beef Round Steak Cubes 1 Cup Brown Rice

NOTE: Drink Protein Shake 1 Hour After Training Then Eat Post Workout Meal an Hour After Shake

2500 Fat Burning Meal Plan

INTERESTED IN A TRAINING PROGRAM TO LOSE BELLY FAT WHILE BUILDING MUSCLE?

[Click here to enroll in my 180 Muscle 12 Week Training Program](#)

The 180 Muscle Method Is A 12 Week Transformation Program That Uses The “Secret Metabolic Intensifier” Protocol That Turbocharges The Size Of Your Muscles, Give You Strength and Incinerate Stubborn Belly Fat...All At The Same Time!

Leaving You Feeling Leaner, Stronger, Motivated and Energized ALL In Only 180 Minutes A Week!



2500 Fat Burning Meal Plan



Tim Ernst - Founder of TurnAroundFitness.com

