



1-Day Diet

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Welcome to the 1-Day Rapid Fat Loss Diet!

This is a simple 24-hour protocol that you can use to burn more fat...

Lose weight...

And start melting away inches from your belly, hips, and thighs.

The meal plan below is for one day, however...

You can repeat it for as many days in a row as you'd like..

Enjoy!

Mon

Breakfast



Mushroom Scrambled Eggs
with Grapefruit

Lunch



Chicken & Zucchini Skillet

Dinner



Beef & Cauliflower Skillet

Fruits

- 1/2 Grapefruit
- 1 1/2 tsps Lemon Juice

Seeds, Nuts & Spices

- 1/2 tsp Dried Chives
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt

Frozen

- 2 cups Cauliflower Rice

Vegetables

- 4 cups Baby Spinach
- 1 Carrot
- 8 Cremini Mushrooms
- 1/2 Yellow Onion
- 2 Zucchini

Bread, Fish, Meat & Cheese

- 10 ozs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Chicken

Condiments & Oils

- 1 tbsp Coconut Aminos
- 1 tbsp Extra Virgin Olive Oil

Cold

- 1 1/2 tsps Butter
- 2 Egg



Mushroom Scrambled Eggs with Grapefruit

1 serving
15 minutes

Ingredients

- 1 1/2 tps Butter
- 8 Cremini Mushrooms (medium, chopped)
- 1/2 tsp Dried Chives
- 1/8 tsp Sea Salt
- 2 Egg (whisked)
- 1/2 Grapefruit

Directions

- 1 Heat the butter in a pan over medium heat. Add the mushrooms and cook for five to six minutes until browned and softened. Add the chives and salt and cook for another minute.
- 2 Move the seasoned mushrooms to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the mushrooms into the egg once the eggs are cooked through. Season with additional salt if needed.
- 3 Serve with the grapefruit and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use olive oil or avocado oil instead of butter.

More Flavor: Add onions, garlic, black pepper, red pepper flakes, or other dried herbs.

More Veggies: Add spinach, kale, or bell pepper.



Chicken & Zucchini Skillet

4 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 Carrot (large, diced)
- 1 Zucchini (large, diced)
- 1/4 tsp Sea Salt (to taste)
- 1 lb Extra Lean Ground Chicken
- 1/2 tsp Garlic Powder
- 1 tbsp Coconut Aminos
- 4 cups Baby Spinach

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Cook the carrot and zucchini until fork tender, about five minutes. Season with salt and transfer to a bowl.
- 2 In the same skillet, heat the remaining oil over medium heat. Cook the ground chicken until cooked through, about 10 minutes, breaking it up as it cooks. Drain any excess liquid.
- 3 Stir in the garlic powder, coconut aminos, spinach, and cooked veggies. Once the spinach is wilted and liquid is mostly absorbed, divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one cup.

More Flavor: Add minced garlic, onion, ginger, lime juice, or green onions.

Additional Toppings: Add pineapple chunks or toasted cashews.

No Coconut Aminos: Use soy sauce or tamari instead.



Beef & Cauliflower Skillet

2 servings

20 minutes

Ingredients

- 10 ozs Extra Lean Ground Beef
- 1/2 Yellow Onion (chopped)
- 1 Zucchini (halved lengthwise, seeds removed, and diced)
- 2 cups Cauliflower Rice
- 1 tsp Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 1/2 tsps Lemon Juice (optional)

Directions

- 1 Heat a large skillet over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer to a bowl and drain any excess drippings from the pan if needed, leaving behind a small splash of beef fat to keep the pan greased.
- 2 Add the onion to the pan and cook for two to three minutes until just translucent. Add the zucchini and continue to cook for three to five minutes until the zucchini has softened. (Add a few drops of water to the pan if the zucchini or onions begin to stick.)
- 3 Add the beef and cauliflower rice to the pan and stir to combine with the zucchini and onion. Season with Italian seasoning, garlic powder, and salt. Continue to cook for two to three minutes or until the beef is warmed through and the cauliflower is cooked to the desired doneness.
- 4 Remove the pan from the heat and stir in the lemon juice (if using) and season with additional salt to taste. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately equal to two cups.

More Flavor: Add other dried herbs and spices to taste.

Additional Toppings: Green onion, fresh herbs, or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Zucchini: Use red pepper or mushrooms instead.