Welcome to the Fast Track Fat Loss 14 Day Meal Plan. I’ve personally handpicked this menu and tried to make it as easy as possible to follow with most foods taking little time preparation.

Now the great thing about this meal is that if you do have a little time and want to swap the below foods for some of my Fast Track Fat Loss foods from the recipe book then that is absolutely fine to do also.

The key is to follow the foods exactly in the meal plan below and the recipes book for best results. In the end it’s a 14 day commitment to dropping those inches and pounds off your body, so you really owe it to yourself to stay committed.

As you can see below and in the recipe book, this is a fad diet where you starve yourself and have to deprive yourself from eating good foods.

I really do recommend you make the effort over the next 14 days and get in the kitchen to cook up some of my most delicious recipes.

If you have a sweet tooth no problem, as I have some really tasty deserts too.

Now another point to remember that you can repeat over your favourite day’s meal in the next two weeks, as if you variety is not your thing just simply repeat what days you like most.

A meal or snack can be exchanged for another meal or snack from any other day in its category. So say for example you really like the dinner of day 3. You can eat it again on day 4 if you like. The same rule applies for other snacks and meal categories.

I recommend having mostly water to hydrate yourself throughout the day. Also green tea is good in the morning, and a glass of red wine is fine in the evening.

Just stay away from those sugary fizzy drinks (sodas) as they will ruin your fat loss results.
Take each day as it comes using the plan and recipes I have given you, and try to master each day one at a time.

### Day 1

<table>
<thead>
<tr>
<th><strong>BREAKFAST</strong></th>
<th>2 Eggs, Scrambled</th>
<th>Mushrooms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SNACK</strong></td>
<td>Handful Pecan Nuts</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Fried Chicken Breast</td>
<td>Broccoli</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Deli Meat</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Fried White fish cod/haddock</td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Butternut Squash</td>
<td></td>
</tr>
<tr>
<td><strong>TREAT</strong></td>
<td>Dark Chocolate (85% 1 oz)</td>
<td></td>
</tr>
</tbody>
</table>

### Day 2

<table>
<thead>
<tr>
<th><strong>BREAKFAST</strong></th>
<th>2 Eggs Fried</th>
<th>2 Bacon Strips</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SNACK</strong></td>
<td>Handful Almonds</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Canned Tuna</td>
<td>Lettuce, cucumber</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Hard Boiled Egg</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Grilled Steak</td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td>Cauliflower</td>
<td></td>
</tr>
<tr>
<td><strong>TREAT</strong></td>
<td>Dark Chocolate (85% 1 oz)</td>
<td></td>
</tr>
</tbody>
</table>
### Day 3

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cottage Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walnuts</td>
<td></td>
</tr>
<tr>
<td>SNACK</td>
<td>Serving of Cheese</td>
<td></td>
</tr>
<tr>
<td>LUNCH</td>
<td>Chicken Breast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mixed Green Salad</td>
<td></td>
</tr>
<tr>
<td>SNACK</td>
<td>Handful Pecans</td>
<td></td>
</tr>
<tr>
<td>DINNER</td>
<td>Grilled Salmon</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td></td>
<td>courgette (Zucchini)</td>
<td></td>
</tr>
<tr>
<td>TREAT</td>
<td>Dark Chocolate (85% 1 oz)</td>
<td></td>
</tr>
</tbody>
</table>

### Day 4

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 egg Omelette</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheese/mushroom</td>
<td></td>
</tr>
<tr>
<td>SNACK</td>
<td>Handful Walnuts</td>
<td></td>
</tr>
<tr>
<td>LUNCH</td>
<td>Grilled Hamburger (patty)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mixed Green Salad</td>
<td></td>
</tr>
<tr>
<td>SNACK</td>
<td>Deli Meat</td>
<td></td>
</tr>
<tr>
<td>DINNER</td>
<td>Grilled Pork Chops</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>TREAT</td>
<td>Dark Chocolate (85% 1 oz)</td>
<td></td>
</tr>
</tbody>
</table>
### Day 5

**BREAKFAST**
- 2 eggs scrambled
- Bacon

**SNACK**
- Handful Macadamia nuts

**LUNCH**
- Chicken Breast
- Avocado, cucumber

**SNACK**
- Hard Boiled Egg

**DINNER**
- Grilled White fish cod/haddock
- Cauliflower
- courgette (Zucchini)

**TREAT**
- Dark Chocolate (85% 1 oz)

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### Day 6

**BREAKFAST**
- Egg Muffins

**SNACK**
- Handful Walnuts

**LUNCH**
- Canned Tuna
- Mixed Green Salad

**SNACK**
- Apple

**DINNER**
- Chicken and Vegetable stir fry
- Bamboo sprouts are good

**TREAT**
- Dark Chocolate (85% 1 oz)
### Day 7

**BREAKFAST**
- Bacon
- Mushrooms

**SNACK**
- Deli Meat

**LUNCH**
- Chicken Breast
- Mixed Green Salad

**SNACK**
- Handful of Pecan nuts

**DINNER**
- Grilled Trout or salmon
- Cauliflower cheese

**TREAT**
- Dark Chocolate (85% 1 oz)

### Day 8

**BREAKFAST**
- Cottage Cheese
- Walnuts

**SNACK**
- Deli Meat

**LUNCH**
- Fried Chicken
- Broccoli

**SNACK**
- Handful of Almond nuts

**DINNER**
- Grilled Steak
courgette (Zucchini)

**TREAT**
- Dark Chocolate (85% 1 oz)
### Day 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BREAKFAST</td>
<td>Greek Yoghurt, Handful Blueberries</td>
</tr>
<tr>
<td></td>
<td>SNACK</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>LUNCH</td>
<td>Hamburger Patty, Pepper and cheese</td>
</tr>
<tr>
<td></td>
<td>SNACK</td>
<td>Walnuts</td>
</tr>
<tr>
<td></td>
<td>DINNER</td>
<td>Grilled White fish cod/haddock, Cauliflower cheese, Spinach</td>
</tr>
<tr>
<td></td>
<td>TREAT</td>
<td>Dark Chocolate (85% 1 oz)</td>
</tr>
</tbody>
</table>

### Day 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BREAKFAST</td>
<td>3 egg Omelette, Mushrooms</td>
</tr>
<tr>
<td></td>
<td>SNACK</td>
<td>Walnuts</td>
</tr>
<tr>
<td></td>
<td>LUNCH</td>
<td>Canned Tuna, Mixed Green Salad</td>
</tr>
<tr>
<td></td>
<td>SNACK</td>
<td>Cheese</td>
</tr>
<tr>
<td></td>
<td>DINNER</td>
<td>Grilled Salmon, Carrots, courgette (Zucchini)</td>
</tr>
<tr>
<td></td>
<td>TREAT</td>
<td>Dark Chocolate (85% 1 oz)</td>
</tr>
</tbody>
</table>
## Day 11

**BREAKFAST**
- Scrambled Eggs
- Bacon

**SNACK**
- Handful Almond Nuts

**LUNCH**
- Grilled Chicken
- Broccoli

**SNACK**
- Strawberries

**DINNER**
- Chicken and Vegetable stir fry
  - Bamboo sprouts

**TREAT**
- Dark Chocolate (85% 1 oz)

## Day 12

**BREAKFAST**
- Greek Yogurt and Berries

**SNACK**
- Apple

**LUNCH**
- Canned Tuna
  - Avocado & Mixed Green Salad

**SNACK**
- Walnuts

**DINNER**
- Grilled Pork Chops
  - Broccoli
  - Mushrooms

**TREAT**
- Dark Chocolate (85% 1 oz)
### Day 13

**BREAKFAST**
- 3 egg Omelette
- Cheese/mushroom

**SNACK**
- Handful Walnuts

**LUNCH**
- Grilled Hamburger (patty)
- Mixed Green Salad

**SNACK**
- Hard Boiled Egg

**DINNER**
- Grilled White fish cod/haddock
- Cauliflower
- courgette (Zucchini)

**TREAT**
- Dark Chocolate (85% 1 oz)

### Day 14

**BREAKFAST**
- 2 Eggs Fried
- 2 Bacon Strips

**SNACK**
- Handful Almonds

**LUNCH**
- Canned Tuna
- Lettuce, cucumber

**SNACK**
- Apple

**DINNER**
- Grilled Steak
- Mushrooms
- Cauliflower

**TREAT**
- Dark Chocolate (85% 1 oz)
Cooking With the Right Foods

Always cook with either olive or butter. Especially when frying those lovely eggs. Stay away from canola oil and margarine as they are hydrogenated and heavily processed.

Drinks and Beverages on the Fast Track Fat Loss Plan

Drinks are one of the main reasons why people all over the world are gaining more fat on their bodies than ever.

So the real question is, what drinks do I recommend on the FTFL 14 day plan?

The main drink to stick to always is what we are actually mostly made up from in our bodies, and that is water.

The key is to always keep hydrated, and especially when using the FTFL 10 minute workout guides.

A great way to signal whether you are drinking enough water is to check the colour of your urine. If it is a more dark yellow type colour, you need more water intake. But if it’s a more lighter clear colour then you are looking good with the water intake.

If you want to spice things up a little i recommend adding a slice of lemon or lime to the water you drink.

One of the best fat burning drinks around is Green Tea. When I travel over to Japan I love my green tea, and I always have it at home too.

The benefits are amazing. Try to always go organically as you want it pure and not sprayed with chemicals if you can.

Green tea has also been linked with preventing cancer as its high in antioxidants, which is obviously another plus sign for everyone.
I like mine a little weaker in taste, but it’s up to you how you like it. All I can say is make sure you drink this and you will get great results by the end of the 14 day plan.

If you like a coffee or a cup of tea in the morning or night that is fine to have also, but go for the milk that is low in sugar. In the usa you can use half and half and in the uk you can use whole milk.

If you like a glass of wine with your meal at night, stick to red wine. It won’t do any harm to your plan and it will keep you sane and on track.

You want to make sure that you sweeten with natural sweeteners like...

Stevia and Xylitol

Stay away from eating general sugar as it’s not a fat burning good food at all.

Believe in Yourself

This is now your time to show to yourself that you can do it. You are literally just 14 days away from kick starting your way to getting in the best shape of your life.

That is the whole reason why I develop this Fast Track Fat Loss Program, to give you great results and to get you pumped and motivated and for you to realise that you can do it if you know what to do and follow through with what you commit to.

Take each day as it comes and try to master that day. Don’t worry too much about what going to happen on day 13 or 3 months down the line. Focus on the now and today.

I believe in you, and I can’t wait to hear about your results.

All the best,

Richard Huntley