

# SHREDDED AFTER 40

## 7 DAY MEAL PLAN



**BY SCOTT TOUSIGNANT**

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You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The authors shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

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**AT TIMES THROUGHOUT YOUR TRANSFORMATION JOURNEY, THE CHALLENGES AND STRUGGLES YOU FACE WILL FEEL LIKE YOU'RE CLIMBING A MOUNTAIN...**



**JUST KNOW THAT THE VIEW FROM THE TOP IS ABSOLUTELY WORTH IT!**

# WHAT TO EXPECT

The Shredded After 40 Meal Plan provides you with the structure you've been seeking to help you consistently stick with your diet so you can finally shred that stubborn fat and carve out the ripped physique you deserve.

The meals are simple, easy to prepare, and absolutely delicious! Making this your recipe for fat loss success.

Each meal includes the ingredients, directions, calorie, and macro breakdown. It's simple to modify each meal and portion size to suit your individual needs.

Please set aside some time to [watch the Shredded After 40 Meal Plan video](#), because it provides you with a breakdown of how each meal is prepared in addition to getting a glimpse into my overall lifestyle and the rationale that goes into the food choices I make and timing of each meal.

You'll be happy to know that I ***"kept it real"*** with this meal plan. At the spur of the moment I was invited to a Detroit Lions football game. I knew there would be alcohol and fast food involved in the occasion. Being that it was the final day of this diet plan to get shredded I could have turned down the opportunity and stuck to a *"perfect diet"*. But that's no fun. That's not living life to the fullest.

So what I decided to do was have a ***"responsible cheat day"*** where I enjoyed some craft beers and burgers while maintaining a slight caloric deficit. I enjoyed the experience to the fullest while still taking strides towards my goal of getting shredded after 40.

That's what this journey is all about. Getting shredded after 40 should enhance all areas of your life. Not take away from living your best life.

So if you're ready to cut through the diet confusion and overwhelm by eliminating all of the guesswork with this time tested and proven 7 day meal plan to get shredded after 40...

Let's get started!



# HOW TO PERSONALIZE THE SHREDDED AFTER 40 DIET PLAN



The Shredded After 40 Meal Plan includes an **adequate amount** of protein, carbs, and fat and is based on an 1800 calorie diet, which works out to be an approximate 700 calorie deficit for me.

You can easily **adapt this meal plan to your personal needs** by making slight modifications to the portion sizes.

## How To Determine Your Personal Caloric Intake

Using this simple [calculator tool](#) you can determine your approximate Total Daily Energy Expenditure (TDEE), which is the amount of calories you would consume to maintain your weight. The moderate exercise factor seems to work best for most physique minded folks.

Note: As with all caloric intake calculators, this is an estimation. It's simply your starting point.

You will then subtract 500-700 calories from your TDEE depending on how aggressive you want to be with your diet.

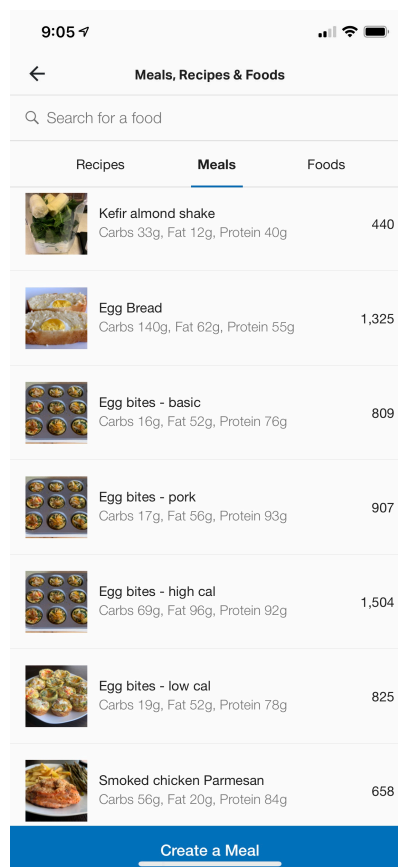
## Tracking Made Easy

You can easily make the adjustments to your personalized portion sizes by saving each meal in [MyFitnessPal](#).

★ Here's a [video tutorial](#) showing you how to save a meal in MyFitnessPal.

When you first start out, I do recommend that you use a food scale to weigh your food portions.

It may sound a bit anal, but trust me, it's a very eye opening experience for you in regards to portion sizes and portion control. I'm certain you'll find it to be an incredible education in and of itself.



## Your Optimal Rate Of Fat Loss

I typically recommend starting a bit more aggressive with your weight loss in the beginning. Then taper it to a more slow and steady approach as you get closer to achieving your goal.

There are four reasons for this approach;

**1)** The risk of losing muscle mass during a fat loss phase is lower when your body fat is higher. Therefore you can afford to be more aggressive with your diet.

The leaner you are, the greater risk of muscle loss while cutting. A slow and steady approach will reduce the risk of muscle loss when you are lean.

**2)** Being a bit more aggressive with your diet in the beginning and seeing a nice drop on the scale is motivating. You see that your hard work is paying off and it makes you want to continue pushing forward.

It's a delicate balancing act though. If you push too hard and are too strict with your diet it can lead to a binge. Or worse, you may even feel that your diet is too difficult to stick with and you'll give up all together.

So be aggressive, but not too aggressive.

**3)** The deeper you get into a fat loss phase, the tougher it is to stick with a deficit and fight off cravings. When you slowly bump up calories throughout the fat loss process you won't feel as restricted toward the end.

**4)** As you near the end of your fat loss phase you will be close to your maintenance level calories, which makes the transition to maintenance a heck of a lot easier and eliminate the typical rebound weight gain.

Therefore, for optimal results at the beginning of your fat loss phase you should aim for a rate of weight loss of approximately 1% of body weight per week.

**Note:** The first week of your fat loss phase you will likely lose more than the recommended amount due to less food volume in your digestive

system, reduced water weight, and reduced glycogen stored in your muscles.

Once you start dipping below 10% body fat (20% for women) you should slow down the rate of weight loss to approximately 0.5% of your body weight per week for maximum muscle retention.

If you find that after two weeks of consistently following the Shredded After 40 Meal Plan you aren't achieving your target weight loss goal either week, you can reduce your intake slightly (100 calories) and see how your body responds.

If your weight loss is faster than 1% of your body weight (aside from the initial rapid drop the first week), it would be wise to bump up your intake a bit.



# SUPPLEMENTS

Here are the supplements that I consumed along with the Shredded After 40 Meal Plan.

## **Whey Protein**

Whey is a fast acting, quality source of protein. It's convenient and a fairly cost effective way to consume an adequate amount of protein to fuel muscle growth. There have also been many health benefits associated with the consumption of whey protein.

I consumed one scoop of whey isolate with the kefir almond shake each day.

## **Creatine Monohydrate**

Creatine is already stored in your body (as creatine phosphate) and works to generate adenosine triphosphate (ATP), which is the energy source used in weight lifting. Trouble is, creatine is in limited supply in our body.

Ingesting 5 grams of creatine daily, will increase the amount of creatine stored in your body, which allows for faster and greater recharging of ATP... resulting in the ability to perform more work (increased reps, sets, or weight lifted), during your training session. It's that extra work, which promotes muscle growth.

Creatine may also increase the hydration of your muscle cells, making your muscles appear fuller... which is a very good thing and one of the key ingredients we are aiming for as Physique Artists.

There's no need for the fancy, dressed up creatine blends. Simply opt for creatine monohydrate. It's inexpensive and has the most research behind it.

I consumed 5 grams of creatine in warm water (to help it completely dissolve) post workout.

## **Fish Oil**

In addition to the health benefits of consuming a fish oil supplement, research has also reveals fat loss and muscle building benefits when the concentrated dose is approximately 4 grams, containing 1.86 grams EPA and 1.5 grams DHA.

Consuming concentrated fish oil appears to have both an anti-catabolic effect and anabolic effect on muscle.

I consumed 1.4mg of fish oil (600 EPA 300 DHA) first thing in the morning.

## **Vitamin D3**

Studies are beginning to reveal an increase in the rates of vitamin D3 deficiency. This can have a negative impact on your hormones, immune system and performance in the gym. It's a good idea to get your blood work checked for vitamin D3 deficiency.

During the winter months when you are less exposed to the sun's rays, it's typically a good idea for many of us to supplement with vitamin D3.

I consumed 1000 iu of vitamin D3 first thing in the morning with the fish oil. The fish oil helps with the absorption process of vitamin D3.

## **Magnesium**

Studies are beginning to reveal an increase in magnesium deficiency among many of us. Supplementing with magnesium helps support tissue repair, which is great in helping recover from a strenuous workout where you break down your muscle tissue.

Magnesium has several other health benefits and may even improve your sleep quality if you have been deficient in magnesium prior to taking the supplement.

I consumed 300 mg of magnesium 1 hour prior to going to bed.

# MEAL PLAN AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake	coffee with unsweetened almond milk	coffee with unsweetened almond milk	coffee with unsweetened almond milk	coffee with unsweetened almond milk	coffee with unsweetened almond milk	coffee with unsweetened almond milk	coffee with unsweetened almond milk
Meal 1	Kefir shake	Kefir shake	Kefir shake	Kefir shake	Kefir shake	Kefir shake	Kefir shake
Meal 2	Greek yogurt and berries	Almond butter energy bites	Egg bites	Egg bites with oatmeal and apple	Egg salad sandwich	Stuffed peppers	Wahlburgers Thanksgiving Day burger
Meal 3	Scrambled eggs & oatmeal & berries	Roast beef, sweet potato, and broccoli	Greek yogurt and berries	Greek yogurt and berries	Greek yogurt and berries	hard boiled eggs and an apple	3 craft beers
Meal 4	Chicken fajita stir fry		Salmon, Brussels sprouts, and homemade fries	Tuna steak with basmati rice and asparagus	Chicken parmesan with homemade fries and Brussels sprouts		Bacon wrapped chicken loaf

# MONDAY

FOODS	Calories	Carbs	Fat	Protein
<b>Meal 1</b>				
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 2</b>				
Perfect - Perfect Whey 100% New Zealand Whey Chocolate Fudge, 1 scoop (35g)	129	2g	1g	28g
Chiqui - Banana, 126 g	110	15g	0g	1g
Spinach - Raw, 3 cup	21	3g	0g	3g
Homemade - Kefir, 1 cup	150	12g	8g	8g
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 3</b>				
Liberté (Canada) - 0% Plain Greek Yogurt 500g, 1.13 cup (175g)	150	9g	0g	26g
Europe's best - 4 berry mix, 140 grams	70	15g	1g	1g
<b>Meal 4</b>				
Farmer's Market - Grape Tomatoes, 100 gram	20	4g	0g	1g
Genghis Grill - Green Onions, 3 oz	30	6g	0g	2g
Pam - Original With Canola Oil, 2 second spray	16	0g	2g	0g
Europe's best - 4 berry mix, 140 grams	70	15g	1g	1g
Quaker - Quick Oats, 0.33 cup	120	20g	2g	4g
Grey Ridge - Egg - Large, 4 large egg	280	4g	20g	24g
<b>Meal 5</b>				
Onions, sweet, raw, 0.5 NLEA serving	24	6g	0g	1g
Pam - Original With Canola Oil, 2 second spray	16	0g	2g	0g
Organic - Red Sweet Peppers, Raw, 223.5 gr	69	14g	1g	2g
PC - Basmati Rice (1/4 cup), 45 gram	160	37g	0g	4g
Presidents Choice - Fajita Seasoning Mix, 16 grams	50	12g	0g	1g
Protein - Tyson Chicken Breast, 9 oz	248	0g	9g	54g
<b>TOTAL:</b>	<b>1,793</b>	<b>176g</b>	<b>53g</b>	<b>163g</b>



## **Wake:**

2 cups of coffee with unsweetened almond milk.

1000 iu vitamin D3 with 1.4mg of fish oil (600 EPA 300 DHA)

## **Meal 1: Kefir Shake**

Blend up 1 cup home-made kefir, 1 cup unsweetened almond milk, 1 scoop whey isolate, spinach, and a banana.

Here's a video of [how I make home-made kefir](#) and why I started drinking it 3 years ago for gut health and better absorption of nutrients.

## **Meal 2: Scrambled Eggs and Oatmeal**

Scramble 4 large eggs with green onion. 100 grams of cherry tomatoes on the side. In the side bowl combine 1/3 cup oats and 140 grams frozen berries. Add water and cook in the microwave for approximately 1 minute. Add a dash of cinnamon.

## **Meal 3 (pre-workout): Greek Yogurt and Berries**

Mix 260 grams of plain Greek yogurt with 140 grams frozen berries and a dash of cinnamon.

Consumed 5 grams creatine monohydrate with warm water immediately after the workout.

## **Meal 4: (post-workout) Chicken Fajita Stir Fry**

Fry diced up 9 oz chicken breast and add 16 grams fajita mix. Fry up 1 1/2 red pepper and 1/2 an onion. Cook 1/4 cup (measured dry) basmati rice. Combine together.

# TUESDAY

FOODS	Calories	Carbs	Fat	Protein
<b>Meal 1</b>				
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 2</b>				
Perfect - Perfect Whey 100% New Zealand Whey Chocolate Fudge, 1 scoop (35g)	129	2g	1g	28g
Chiqui - Banana, 126 g	110	15g	0g	1g
Spinach - Raw, 3 cup	21	3g	0g	3g
Homemade - Kefir, 1 cup	150	12g	8g	8g
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 3</b>				
Perfect - Protein Shake, 23.33 gram	85	1g	1g	19g
All Natural - Almond Butter, 63.99 g	380	12g	34g	14g
Vanilla extract, imitation, alcohol, 0.33 tsp	3	0g	0g	0g
panic pancakes - pancake syrup, 20.33 ml	0	0g	0g	0g
Quick oats - Oatmeal, 1/3 cup 40g	100	18g	2g	3g
<b>Meal 4</b>				
President's Choice - Broccoli Florets (Frozen), 255 g	90	15g	0g	9g
Sweet potato, raw, unprepared, 7 oz(s)	171	40g	0g	3g
Homemade - Sirloin Tip Roast, 398.13 g	479	4g	16g	80g
<b>TOTAL:</b>	<b>1,778</b>	<b>124g</b>	<b>68g</b>	<b>170g</b>

## **Wake:**

2 cups of coffee with unsweetened almond milk.

1000 iu vitamin D3 with 1.4mg of fish oil (600 EPA 300 DHA)

## **Meal 1: (pre-workout) Kefir Shake**

Blend up 1 cup home-made kefir, 1 cup unsweetened almond milk, 1 scoop whey isolate, spinach, and a banana.

Consumed 5 grams creatine monohydrate with warm water immediately after the workout.

## **Meal 2: (post-workout) Almond Butter Energy Bites**

Combine 192 grams crunchy almond butter, 1 cup oats, 2 scoops vanilla protein powder, and 1 tsp vanilla extract. Roll into 9 balls and place in a container and store in the freezer.

Makes 9 energy bites. I consumed 3.

## **Meal 3 Slow Cooker Roast**

Placed the roast and sweet potatoes in the slow cooker on low for 6 1/2 hours. Final hour added frozen broccoli. My portion size was 14oz roast and 9oz sweet potato.

# WEDNESDAY

FOODS	Calories	Carbs	Fat	Protein
<b>Meal 1</b>				
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 2</b>				
Perfect - Perfect Whey 100% New Zealand Whey Chocolate Fudge, 1 scoop (35g)	129	2g	1g	28g
Chiqui - Banana, 126 g	110	15g	0g	1g
Spinach - Raw, 3 cup	21	3g	0g	3g
Homemade - Kefir, 1 cup	150	12g	8g	8g
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 3</b>				
Farmer's Market - Grape Tomatoes, 50 gram	10	2g	0g	1g
Giorgio - Mushrooms, 1.5 oz	10	2g	0g	1g
Organic - Red Sweet Peppers, Raw, 83.81 gr	26	5g	0g	1g
Pam - Original With Canola Oil, 2 second spray	16	0g	2g	0g
Salt, 0.5 tsp	0	0g	0g	0g
Spice - Black Pepper - Ground, 0.5 tsp	3	1g	0g	0g
Parkhurst - Onion Green Whole, 5 Tbs	10	2g	0g	1g
Queen Victoria (Ippolito) - Baby Spinach, 1 cup (65 g)	15	2g	0g	2g
Sensations - Tex Mex - Finely Shredded Cheeses, 0.33 cup (30g)	110	1g	9g	7g
Kirklands Signature - Egg Whites, 94.5 g	45	0g	0g	11g
Grey Ridge - Egg - Large, 3 large egg	210	3g	15g	18g
<b>Meal 4</b>				
Raspberries - Raw, 1 cup	64	15g	1g	1g
Liberté (Canada) - 0% Plain Greek Yogurt 500g, 1.13 cup (175g)	150	9g	0g	26g
Europe's best - 4 berry mix, 140 grams	70	15g	1g	1g
<b>Meal 5</b>				
President's Choice - 100% Maple Syrup, 1 tbsp	50	13g	0g	0g
Salmon, 11 oz.	275	6g	3g	58g



Sprout's - Brussels Sprouts, 20 sprout (19g)	160	34g	2g	12g
Farmers Market - Yellow Fleshed Potatoes, 150 g	120	26g	0g	3g
<b>TOTAL:</b>	<b>1,814</b>	<b>170g</b>	<b>48g</b>	<b>185g</b>

## Wake:

2 cups of coffee with unsweetened almond milk.

1000 iu vitamin D3 with 1.4mg of fish oil (600 EPA 300 DHA)

## Meal 1: Kefir Shake

Blend up 1 cup home-made kefir, 1 cup unsweetened almond milk, 1 scoop whey isolate, spinach, and a banana.

## Meal 2: Egg Bites

Here's a [video demonstration](#) showing how I make a couple different egg bites.

For this recipe combine 6 whole eggs, 6 egg whites and seasonings in a large bowl and mix together. Fry up some spinach, mushrooms, green onions, and a red pepper.

Spray muffin tin with non-stick cooking spray. Pour in the egg mixture. Add the fried veggies. Add diced cherry tomatoes. Add 30 grams of Tex-Mex cheddar cheese.

Bake in oven at 350 degrees for 20 minutes. Sprinkle 30 grams Tex-Mex cheese on top.

## Meal 3 (pre-workout): Greek Yogurt and Berries

Mix 260 grams of plain Greek yogurt with 140 grams frozen berries and a dash of cinnamon. 1 cup fresh raspberries on the side.

Consumed 5 grams creatine monohydrate with warm water immediately after the workout.

#### **Meal 4: (post-workout) Smoked Salmon**

Place 11oz salmon in a Tupperware container and cover with a brine comprised of 1 cup brown sugar, 1/4 cup Kosher salt, and ground black pepper. Cover and place in fridge for 4-12 hours. I went with 6 hours this time.

Rinse off brine. Pat dry with a paper towel and lightly coat with 100% maple syrup. Place on a barbecue or smoker.

Cut up 150 grams yellow potato into fries and place on barbecue or smoker.

Place 20 small frozen Brussels sprouts on barbecue or smoker.

# THURSDAY

FOODS	Calories	Carbs	Fat	Protein
<b>Meal 1</b>				
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 2</b>				
Perfect - Perfect Whey 100% New Zealand Whey Chocolate Fudge, 1 scoop (35g)	129	2g	1g	28g
Chiqui - Banana, 126 g	110	15g	0g	1g
Spinach - Raw, 3 cup	21	3g	0g	3g
Homemade - Kefir, 1 cup	150	12g	8g	8g
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 3</b>				
Washington - Honey Crisp Apple, 177 g (1 large)	110	29g	0g	1g
Quaker - Quick Oats, 0.67 cup	240	40g	4g	8g
Farmer's Market - Grape Tomatoes, 25 gram	5	1g	0g	0g
Giorgio - Mushrooms, 0.75 oz	5	1g	0g	1g
Organic - Red Sweet Peppers, Raw, 41.91 gr	13	3g	0g	0g
Pam - Original With Canola Oil, 1 second spray	8	0g	1g	0g
Salt, 0.25 tsp	0	0g	0g	0g
Spice - Black Pepper - Ground, 0.25 tsp	1	0g	0g	0g
Parkhurst - Onion Green Whole, 2.5 Tbs	5	1g	0g	0g
Queen Victoria (Ippolito) - Baby Spinach, 0.5 cup (65 g)	8	1g	0g	1g
Sensations - Tex Mex - Finely Shredded Cheeses, 0.17 cup (30g)	55	1g	5g	4g
Kirklands Signature - Egg Whites, 47.25 g	23	0g	0g	5g
Grey Ridge - Egg - Large, 1.5 large egg	105	2g	8g	9g
<b>Meal 4</b>				
Europe's best - 4 berry mix, 140 grams	70	15g	1g	1g
Liberté (Canada) - 0% Plain Greek Yogurt 500g, 1.13 cup (175g)	150	9g	0g	26g
<b>Meal 5</b>				
Asparagus - Cooked, boiled, drained, 1 cup	40	7g	0g	4g

Mushrooms, white, raw, 1 cup, pieces or slices	15	2g	0g	2g
Genghis Grill - Green Onions, 3 oz	30	6g	0g	2g
Bertolli - Extra Virgin Originale, 2 tsp (10 mL)	80	0g	9g	0g
PC - Basmati Rice (1/4 cup), 45 gram	160	37g	0g	4g
Olivia - Yellowfin Tuna, 2 fish (100g)	226	0g	2g	54g
<b>TOTAL:</b>	<b>1,819</b>	<b>189g</b>	<b>45g</b>	<b>164g</b>

## Wake:

2 cups of coffee with unsweetened almond milk.

1000 iu vitamin D3 with 1.4mg of fish oil (600 EPA 300 DHA)

## Meal 1: Kefir Shake

Blend up 1 cup home-made kefir, 1 cup unsweetened almond milk, 1 scoop whey isolate, spinach, and a banana.

## Meal 2: Egg Bites and Apple Oatmeal

3 egg bites left over from Wednesday plus a bowl of 2/3 cup oats, a honey crisp apple diced up, and a dash of cinnamon.

## Meal 3 (pre-workout): Greek Yogurt and Berries

Mix 260 grams of plain Greek yogurt with 140 grams frozen berries and a dash of cinnamon.

Consumed 5 grams creatine monohydrate with warm water immediately after the workout.

## Meal 4: (post-workout) Tuna Steak

Lightly coat a tuna steak with olive oil. Dip into your favourite seasonings. Pan fry on high with a bit of olive oil for approximately 2 minutes per side. Do not over cook.



On the side 1/4 cup basmati rice mixed with fried green onions and mushrooms. Steamed asparagus also on the side.

# FRIDAY

FOODS	Calories	Carbs	Fat	Protein
<b>Meal 1</b>				
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 2</b>				
Perfect - Perfect Whey 100% New Zealand Whey Chocolate Fudge, 1 scoop (35g)	129	2g	1g	28g
Chiqui - Banana, 126 g	110	15g	0g	1g
Spinach - Raw, 3 cup	21	3g	0g	3g
Homemade - Kefir, 1 cup	150	12g	8g	8g
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 3</b>				
Old Mill - 100% Whole Wheat Bread (58g), 2 Slices (75g)	180	34g	3g	7g
Hellmann's - Canadian Mayonnaise, 1 tablespoon	100	0g	10g	0g
Grey Ridge - Egg - Large, 1.5 large egg	105	2g	8g	9g
<b>Meal 4</b>				
Liberté (Canada) - 0% Plain Greek Yogurt 500g, 1.13 cup (175g)	150	9g	0g	26g
Europe's best - 4 berry mix, 140 grams	70	15g	1g	1g
<b>Meal 5</b>				
Generic - Brussle Sprouts, 12 whole	90	18g	0g	6g
Farmers Market - Yellow Fleshed Potatoes, 187.5 g	150	33g	0g	4g
Classico Di Firenze - Florentine Spinach & Cheese Pasta Sauce, 0.17 cup (125 ml)	20	2g	1g	1g
Pastene - Italian Flavoured Bread Crumbs, 7.5 gram	28	5g	0g	1g
Kraft - 100% Parmesan Cheese (Shredded), 9.33 g (1/4 cup)	37	0g	3g	3g
Vegetable - Fresh - Tomato, 25 g	5	1g	0g	0g
San Danielle - Prosciutto, 1.0 slices	30	0g	2g	3g
Protein - Tyson Chicken Breast, 10.5 oz	289	0g	11g	63g
Pams - Butter, 3 g	22	0g	2g	0g
<b>TOTAL:</b>	<b>1,746</b>	<b>153g</b>	<b>56g</b>	<b>166g</b>

## **Wake:**

2 cups of coffee with unsweetened almond milk.

1000 iu vitamin D3 with 1.4mg of fish oil (600 EPA 300 DHA)

## **Meal 1: Kefir Shake**

Blend up 1 cup home-made kefir, 1 cup unsweetened almond milk, 1 scoop whey isolate, spinach, and a banana.

## **Meal 2: Egg Salad Sandwich**

3 hard boiled large eggs mixed with 1 tbsp of mayo and ground black pepper on two slices of whole wheat bread.

## **Meal 3 (pre-workout): Greek Yogurt and Berries**

Mix 260 grams of plain Greek yogurt with 140 grams frozen berries and a dash of cinnamon.

Consumed 5 grams creatine monohydrate with warm water immediately after the workout.

## **Meal 4: (post-workout) BBQ Chicken Parmesan**

Here's a [video demonstration](#) of how I prepare this recipe.

Slice the chicken breast in half and stuff with 1 slice of prosciutto, 1 slice of tomato, a bit of pasta sauce, and a bit of parmesan cheese. Top with a bit of pasta sauce, and parmesan cheese. Place on barbecue at 350 degrees and cook until internal temperature reaches 165 degrees.

Also cook 150 sliced home-made fries and 20 frozen Brussels sprouts on the barbecue for 20-25 minutes.

# SATURDAY

FOODS	Calories	Carbs	Fat	Protein
<b>Meal 1</b>				
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 2</b>				
Perfect - Perfect Whey 100% New Zealand Whey Chocolate Fudge, 1 scoop (35g)	129	2g	1g	28g
Chiqui - Banana, 126 g	110	15g	0g	1g
Spinach - Raw, 3 cup	21	3g	0g	3g
Homemade - Kefir, 1 cup	150	12g	8g	8g
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 3</b>				
Kraft - Pizza Mozzarella, 22.5 g	60	0g	4g	7g
PC - Basmati Rice (1/4 cup), 45 gram	160	37g	0g	4g
Red bell pepper, 1.25 large	64	12g	1g	2g
Raw Green Pepper - Green Bell Pepper, 0.5 medium raw	12	3g	0g	1g
Pastene - Petite Diced Tomatoes, 0.79 Cup (126g)	40	6g	0g	2g
Onions, sweet, raw, 0.13 NLEA serving	6	1g	0g	0g
Mushrooms, white, raw, 0.25 cup, pieces or slices	4	1g	0g	1g
Superstore - Lean Ground Pork, 150 g	345	2g	26g	27g
Pc - Lean Ground Beef, 150 g	330	0g	23g	30g
<b>Meal 4</b>				
Grey Ridge - Egg - Large, 4 large egg	280	4g	20g	24g
Washington - Honey Crisp Apple, 177 g (1 large)	110	29g	0g	1g
<b>TOTAL:</b>	<b>1,881</b>	<b>129g</b>	<b>89g</b>	<b>141g</b>

## Wake:

2 cups of coffee with unsweetened almond milk.

1000 iu vitamin D3 with 1.4mg of fish oil (600 EPA 300 DHA)

### **Meal 1: Kefir Shake**

Blend up 1 cup home-made kefir, 1 cup unsweetened almond milk, 1 scoop whey isolate, spinach, and a banana.

### **Meal 2: Stuffed Peppers**

Pan fry 600 grams of lean ground beef and 600 grams of ground pork. Also pan fry mushrooms and onion. Combine together in a pot with 3 cups diced tomatoes and seasonings.

Prepare 1 cup of basmati rice in a rice cooker then add to the pot. Allow to simmer for 20-30 minutes.

Slice 7 peppers in half (sliced from top to bottom).

Add filling to peppers and cook at 375 degrees for 30 minutes. Top with mozzarella cheese and bake for 2 minutes.

Makes 14 halves. For this meal plan I had 3 halves.

This was an early dinner consumed mid afternoon as we went out for a long hike afterwards and were gone for the remainder of the day. Typically this would be your dinner and not meal #2.

### **Meal 3: Hard Boiled Eggs and an Apple**

3 large hard boiled eggs and a honey crisp apple.

# SUNDAY

FOODS	Calories	Carbs	Fat	Protein
<b>Meal 1</b>				
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 2</b>				
Perfect - Perfect Whey 100% New Zealand Whey Chocolate Fudge, 1 scoop (35g)	129	2g	1g	28g
Chiqui - Banana, 126 g	110	15g	0g	1g
Spinach - Raw, 3 cup	21	3g	0g	3g
Homemade - Kefir, 1 cup	150	12g	8g	8g
Almond Milk 1 - Almond Milk (Unsweetened Vanilla), 1 cup	30	1g	3g	1g
<b>Meal 3</b>				
Wahlburgers - Thanksgiving Turkey Burger With Toasted Bun, 1 Sandwich	573	48g	33g	28g
<b>Meal 4</b>				
Founders - Centennial Ipa, 36 oz	672	60g	--g	--g
<b>Meal 5</b>				
PC - Basmati Rice (1/4 cup), 45 gram	160	37g	0g	4g
Red bell pepper, 0.34 large	17	3g	0g	1g
Onions, raw, 0.17 cup, chopped	11	3g	0g	0g
Raw Green Pepper - Green Bell Pepper, 0.34 medium raw	8	2g	0g	0g
Diana Sauce - SAUCE BBQ Miel et ail, 25.5 ml	51	13g	0g	0g
Compliments - Old Cheddar Cheese Slices , 32.3 gram	136	0g	10g	9g
Bacon - Bacon, 2.04 pieces	82	1g	7g	5g
Protein - Tyson Chicken Breast, 3.4 oz	94	0g	3g	20g
<b>TOTAL:</b>	<b>2,274</b>	<b>201g</b>	<b>68g</b>	<b>109g</b>

This turned into an impromptu responsible cheat day. I had plans to consume quality meals and hit my 1800 calorie target this day, but life presented me with the wonderful opportunity to attend a Detroit Lions game.

So rather than provide you with a 'picture perfect' meal plan, I decided to keep it real.

You could consider this a cheat day because of the food choices, but at the end of the day I was still in a slight caloric deficit. I was able to enjoy craft beers and 'naughty' foods and still make progress.

Typical cheat days have you overeat. Leaving you feeling stuffed, uncomfortable, gross, sluggish, and bloated. The responsible cheat day has you feeling satisfied, victorious, and keeps you moving forward. Truly, it sets you up for long term success as it teaches you that you can 'live a little' and don't have to pig out to have a good time.

NOTE: You can choose to have your own responsible cheat day with your favourite foods (up to, but no over your maintenance level caloric intake) or roll with the meals from another day in this plan.

### **Wake:**

2 cups of coffee with unsweetened almond milk.

1000 iu vitamin D3 with 1.4mg of fish oil (600 EPA 300 DHA)

### **Meal 1: Kefir Shake**

Blend up 1 cup home-made kefir, 1 cup unsweetened almond milk, 1 scoop whey isolate, spinach, and a banana.

### **Meal 2: Thanksgiving Day Burger (Wahlburgers)**

Went to the Detroit Lions football game and enjoyed this delicious burger from the Wahlburgers food truck outside of the stadium.

### **Meal 3: Craft Beers**

3 delicious IPA craft beers.



## **Meal 4: Back Wrapped Chicken Loaf**

Line a loaf pan with bacon. Layer 5 chicken breasts, cheddar cheese, barbecue sauce, green pepper, and onion. Cover with foil and bake at 350 for 1 hour.

# CONCLUSION

You now have a complete 7 day fat loss meal plan to help you get shredded after 40.

You can make things even easier on yourself by doubling up the dinner recipes and having leftovers the following day. This will cut down on how many meals you need to prepare each week. That's typically what I do myself.

And when you combine this meal plan with the workouts and accountability found in the [Jacked After 40 Club](#) you'll be absolutely UNSTOPPABLE.



I'm looking forward to sharing this experience with you.

Sculpt a Masterpiece,

Coach Scott Tousignant