
TEAM **RIPPED**

2000 CALORIE FAT SHREDDING



DESIGNED FOR PEOPLE 160-180 POUNDS
MEALS, RECIPES, MACROS

COACH WAYNE - TEAMRIPPED.COM - ALL RIGHT RESERVED - SHARE BUT DON'T COPY OR EDIT. BRING IT!

TEAMRIPPED GETS RESULTS!

TEAMRIPPED.COM

ALL RIGHTS RESERVED[®] TEAMRIPPED LLC, 2015

YOU ARE FREE TO SHARE THIS EBOOK! BUT PLEASE RESPECT THE TIME AND EFFORT THAT WAS GIVEN TO CREATE IT. YOU MAY NOT EDIT, CHANGE, RE-SELL, OR REPACKAGE THIS IN ANY FORM. IN PART OR IN WHOLE. USE IT TO GET RIPPED!

EMAIL ME ANYTIME: COACHWAYNE@TEAMRIPPED.COM

LIKE [TEAMRIPPED ON FACEBOOK!](#)

TABLE OF CONTENTS



INTRODUCTION TO FAT SHREDDING	5
BREAKFAST OPTIONS	7
LUNCH OPTIONS	10
DINNER OPTIONS	12
BULK COOKING SUGGESTIONS	17
SNACKS	18
WEEK 1 MEAL PLAN	19
WEEK 2 MEAL PLAN	22
SUPPLEMENT RECOMMENDATIONS	23
RESOURCES	24

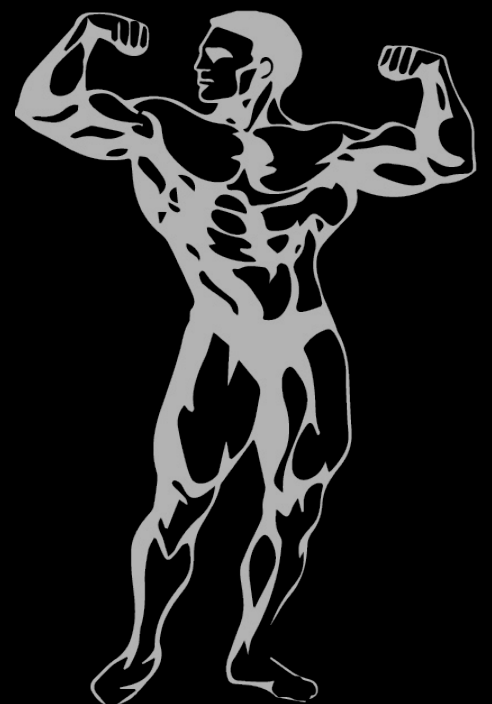
INTRODUCTION 2000 CALORIE **FAT SHREDDING**

START WITH THE 10,000 FT VIEW ON THIS PLAN.

EACH DAY WILL BE 2000 +/- 100 CALORIES.

MACROS WILL HAVE SOME VARIATION, BETWEEN 40/40/20 AND 50/30/20.

BASICS BUT ESSENTIALS.





INTRODUCTION **FAT SHREDDING**

2000 CALORIE PLAN

WELCOME TO MY FIRST, OFFICIAL MEAL PLAN E-BOOK! I'M REALLY EXCITED TO SHARE THIS WITH YOU, AND I HOPE IT WILL HELP YOU GET STARTED ON YOUR FAT LOSS JOURNEY.

IT'S NO SECRET THAT PROPER NUTRITION IS WHAT ALLOWS EACH AND EVERY PERSON TO REACH THEIR GOALS. EACH PERSON IS DIFFERENT AND EACH PERSON'S GOALS ARE DIFFERENT, SO ONE SIZE DOES NOT FIT ALL. WHAT YOU'LL FIND CONTAINED IN THIS E-BOOK ARE EXAMPLES AND GUIDELINES TO FOLLOW IF YOU WANT TO LOSE BODY FAT AND GET RIPPED. I DESIGNED THIS PLAN WITH A FEW THINGS IN MIND:

- **YOU ARE WORKING OUT WITH AN INTENSE PROGRAM AND PLAN (LIKE THE MANY OFFERED BY BEACHBODY).**
- **YOU HAVE A NORMALLY FUNCTIONING METABOLISM.**
- **YOUR STARTING WEIGHT IS BETWEEN 160 AND 180 POUNDS, AND YOU ARE LOOKING TO LOSE WEIGHT.**

MANY OF YOU ARE TEAMRIPPED VETERANS, SO A LOT OF THIS SHOULD GO WITHOUT SAYING, BUT FOR MORE RESOURCES PLEASE VISIT TEAMRIPPED.COM.

LET'S GET INTO IT!



INTRODUCTION FAT SHREDDING - TRACKING TOOLS

2000 CALORIE PLAN

THIS PLAN WILL REQUIRE YOU TO TRACK YOUR NUTRITION. NUTRITION TRACKING MEANS WEIGHING AND MEASURING YOUR FOOD TO APPROPRIATE PORTIONS AND SIZES. THE NUTRITION TRACKING TOOLS I RECOMMEND ARE:

- **A DIGITAL KITCHEN SCALE.**
- **MEASURING CUPS AND SPOONS.**
- **TUPPERWARE FOR BULK COOKING.**

I RECOMMEND USING [MyFitnessPal](#) OR SIMILAR MACRO TRACKING PROGRAM. EVEN IF YOU FOLLOW THIS PLAN TO A 'T', USING A TRACKING PROGRAM WILL ALLOW YOU TO TRANSITION THIS INTO A LIFESTYLE.

FOR A WALK THROUGH ON SETTING UP MFP CLICK [HERE](#)

BREAKFAST OPTIONS

2000 CALORIE PLAN

PB CUP SHAKEOLOGY

341 CALS - 48P/24C/6F

- 1 SCOOP CHOCOLATE SHAKEOLOGY**
- 1 SCOOP CHOCOLATE WHEY (I USED ISO 100)**
- 2 TBSP PB2 - POWDERED PB**
- 3/4 C ALMOND MILK**



ADD ALL TO BLENDER WITH ICE. BLEND UNTIL SMOOTH!

I LIKE USING ANOTHER CUP OF WATER AND A LOT OF ICE. THAT MAKES THE SHAKE REALLY BIG AND I CAN DRINK IT THROUGH THE MORNING RUSH OF GETTING ALL THE KIDS READY TO GO FOR SCHOOL. TO AMP IT UP IN CALORIES, I NOW ADD A BANANA AND SOMETIMES USE REAL PEANUT BUTTER. PB2 IS STILL AN AWESOME OPTION FOR THE CALORIE SAVINGS. IT TASTES AMAZING!

BREAKFAST OPTIONS
2000 CALORIE PLAN

HASHBROWN OMELET

300 CALS – 38P/22C/7F

1.25 C ORE IDA SHREDDED HASHBROWNS
3/4 C EGG BEATERS EGG WHITES
2 OZ DELI HAM
1/4 C SHREDDED 2% CHEDDAR



WARM A SKILLET TO MEDIUM AND SPRAY WITH PAM.
LAYER HASH BROWNS IN PAN EVENLY AND COVER WITH LID.
COOK ONE SIDE UNTIL THEY START TO BROWN, AND THEN
FLIP WHOLE LAYER.
COVER COOKED SIDE OF HASH BROWNS WITH EGG WHITES,
DICED HAM, AND 1/4 CUP CHEESE.
RETURN COVER AND COOK.

FEEL FREE TO ADD A LITTLE WATER (2 TBSP OR SO) TO
THE EDGE OF THE PAN AND COVER QUICKLY. THIS WILL
PRODUCE SOME STEAM AND COOK THE TOP OF THE EGGS TO
FINISH THE OMELET.

FOLD AND EAT!

BREAKFAST OPTIONS

2000 CALORIE PLAN



LOADED OATMEAL

325 CALS – 36P/40C/5F

1/2 C DRY QUICK OATS
1 SCOOP CHOCOLATE WHEY (I USED ISO 100)
2 TBSP PB2 – POWDERED PB
1/2 CUP STRAWBERRIES (CUT IN HALVES)
(OPTIONAL – 2 PKT STEVIA IN THE RAW)

MAKE OATS FOLLOWING DIRECTIONS – EITHER ADD A LITTLE EXTRA WATER OR MICROWAVE A LITTLE LESS TO ENSURE YOU HAVE A LITTLE EXTRA WATER TO MIX THE WHEY AND PB2 IN.

MIX IN WHEY, PB2, AND STEVIA. MIX WELL.

TOP WITH STRAWBERRIES.

LUNCH OPTIONS
2000 CALORIE PLAN



CHICKEN TACOS

368 CALS - 50P/39C/7F

2 LATORTILLA FACTORY HIGH FIBER SHELLS
6 OZ GRILLED CHICKEN CHOPPED UP
(FEEL FREE TO USE TACO SEASONING)
2 TBSP FRESH SALSA
10 BABY CARROTS

[OPTIONS] ADD GREEN PEPPERS, ONIONS, ETC
WITH LITTLE CALORIES ADDED.

[OPTIONS] USE 0% PLAIN GREEK YOGURT AS SOUR
CREAM. TRACK IT THOUGH!

PLACE CHICKEN AND GOODIES ON SHELLS.
ROLL.
EAT.
REPEAT!

LUNCH OPTIONS
2000 CALORIE PLAN

TUNA SALAD LUNCH

406 CALS - 47P/47C/5F

2 CANS TUNA (IN WATER) - DRAINED

2 TBSP SWEET RELISH

1-2 TSP MUSTARD

1 BROWNBERRY WHOLE WHEAT SANDWICH THIN

20 BABY CARROTS

DRAIN TUNA, MIX WITH RELISH AND MUSTARD. PLACE ON SANDWICH THIN.

EAT ANY EXCESS TUNA SALAD WITH FORK.

MUNCH CARROTS.

DRINK YOUR WATER.



DINNER OPTIONS
2000 CALORIE PLAN

CHILI WITH CHICKEN AND BEANS

MORE LABOR INTENSIVE... BUT COOK IT ONCE AND ENJOY ALL WEEK!

EACH SERVING IS ROUGHLY **372** CALS, **45P/36C/6F**

SERVINGS **6** (~2 CUP SERVINGS)

- 1 T OLIVE OIL**
- 1 T CUMIN SEEDS**
- 2 ONIONS, FINELY CHOPPED**
- 5 CLOVES OF GARLIC, COARSE CHOP**
- 1 GREEN PEPPER, CHOPPED**
- 2 LB CHICKEN BREAST IN SMALL CUBES (1/2" - 1")**
- 1 T CHILI POWDER**
- 1 T DRIED OREGANO**
- 1 BAY LEAF**
- 28 OZ CAN DICED TOMATOES**
- 2.5 CUPS CHICKEN BROTH**
- 2 - 15 OZ CANS KIDNEY BEANS (DRAIN/RINSE)**



DIRECTIONS ON NEXT PAGE....



DINNER OPTIONS
2000 CALORIE PLAN

CHILI WITH CHICKEN AND BEANS

COOKING DIRECTIONS

IN A LARGE POT, HEAT OIL AND CUMIN OVER MEDIUM HEAT UNTIL CUMIN IS TOASTED. ADD GARLIC, PEPPERS, AND ONION. COOK UNTIL TENDER AND GOLDEN (~15 MINUTES).

DURING THE VEGGIE BROWNING... PRE-COOK CHICKEN IN SKILLET WITH PAM OR A LITTLE OIL. SEAR ALL SIDES, 2-3 MINUTES IN ALL. SET ASIDE. (FINAL COOKING WILL BE IN THE CHILI)

BACK TO THE POT. ADD CHILI POWDER, BAY LEAF, AND CUMIN. COOK FOR 30 SECONDS AND ADD THE TOMATOES (JUICE AND ALL). STIR AND BRING TO A SIMMER. ADD BROTH AND BEANS. STIR.

BRING TO A SIMMER AND THEN REDUCE HEAT TO MEDIUM/LOW/ GENTLE SIMMER, UNCOVERED UNTIL IT THICKENS (~45 MINUTES). ADD IN CHICKEN AND COOK UNTIL CHICKEN IS TENDER, ABOUT 15 MORE MINUTES.

DINNER OPTIONS

2000 CALORIE PLAN

BURRITO BOWLS

499 CALS – 52P/46C/9F

INGREDIENTS:

GROUND MEAT, RICE, BLACK BEANS, SALSA.

OPTIONAL – GREEK YOGURT TO TOP.

TACO MEAT

(LEAN BEEF OR TURKEY – THIS WAS 95% LEAN BEEF)

- **BROWN MEAT AND DRAIN ALL THE FAT.**
- **ADD TACO SEASONING AND FOLLOW PACKAGE (USE A LOW SODIUM OPTIONS HERE TOO IF YOU NEED THAT)**
- **SET ASIDE UNTIL YOU COMBINE IN YOUR CONTAINER.**

BROWN RICE

- **COOK BROWN RICE BY DIRECTIONS ON BOX OR BAG.**

BLACK BEANS

- **GRAB A CAN OR USE DRIED BEANS (A LITTLE LONGER PROCESS... GOOGLE IT IF YOU NEED DIRECTIONS ON PREPARING DRIED BLACK BEANS).**
- **OPEN SAID CAN BUT LEAVE LID ATTACHED JUST A BIT.**
- **DRAIN BEANS.**
- **POUR INTO BOWL OR POT.**
- **THEN HEAT UNTIL WARM (DOESN'T HAVE TO BE TOO LONG)**
- **SET ASIDE.**

CONTINUED ON NEXT PAGE...

DINNER OPTIONS

2000 CALORIE PLAN

BURRITO BOWLS - CONTINUED

MAKE YOU MEALS FOR YOUR MACROS!

ON YOUR PLATE, LAYER:

1/2 C COOKED RICE

1/2 C BEANS

6 OZ COOKED TACO MEAT (THIS WAS 95% LEAN BEEF).

TOP WITH 2-4 TBSP OF SALSA. IF IT WORKS IN YOUR MACROS, TRY TOPPING WITH 2 TBSP OF PLAIN 0% GREEK YOGURT IN PLACE OF SOUR CREAM. I DOUBT YOU'LL BE ABLE TO TELL THE DIFFERENCE! 499 CALORIES 52P, 46C, 9F, AND 9 FIBER. THAT WAS WITH 2.0 OZ OF 0% GREEK YOGURT TOO!

WHAT YOU'D NEED FOR 5 MEALS -

2LB 4OZ RAW GROUND BEEF OR TURKEY

2.5 C COOKED RICE

2.5 CUPS COOKED BLACK BEANS

SALSA AS NEEDED

GREEK YOGURT AS DESIRED

***** YOU CAN ADD THINGS LIKE BELL PEPPERS, ONIONS, CHOPPED UP TOMATOES WITH LITTLE TO NO CHANGE IN THE MACROS. LOAD UP THE VEGGIES! *****



DINNER OPTIONS
2000 CALORIE PLAN

TACO SALAD

528 CALS - 67P/27C/18F

2 C SHREDDED LETTUCE
8 OZ 95/5 GROUND BEEF OR GROUND TURKEY
1/2 C BLACK BEANS
2 TBSP SALSA
1/4 C 2% SHREDDED CHEESE
2 TBSP 0% PLAIN GREEK YOGURT

LAYER LETTUCE, LEFT OVER TACO MEAT, BEANS, CHEESE, SALSA, CHEESE, AND GREEK YOGURT ON PLATE.

EAT.

THANK ME LATER!

***** YOU CAN ADD THINGS LIKE BELL PEPPERS, ONIONS, CHOPPED UP TOMATOES WITH LITTLE TO NO CHANGE IN THE MACROS. LOAD UP THE VEGGIES! *****



BULK COOKING

2000 CALORIE PLAN

IT WILL HELP YOU TO COOK IN BULK. EVEN WHEN YOU MAKE THESE MEALS, MAKE BIGGER PORTIONS. HERE ARE MY SUGGESTIONS:

BULK CHICKEN

GRILL IT UP AND REHEAT

TACO MEAT

BROWN AND PREPARE 1-2#S OF LEAN GROUND BEEF OR TURKEY TO USE WITH TACO SALADS, BURRITO BOWLS, ETC.

RICE

YOU MIGHT NOT NEED THIS WITH OUR LIMITED CARBS. USE YOUR TRACKING AND BEST JUDGEMENT.

****LINKS TO TWO GREAT EXTRA RESOURECES****

[MEAL PREP FOR FAT LOSS](#)

[MORE MEAL PREP FOR FAT LOSS](#)



SNACKS FOR FAT SHREDDING

2000 CALORIE PLAN

HERE ARE THE TYPICAL SNACKS I WILL USE IN THIS PLAN. YOU CAN ADD IN OTHERS, BUT PLEASE TRACK YOUR MACROS TO KNOW YOU ARE STILL WITHIN YOUR LIMITS.

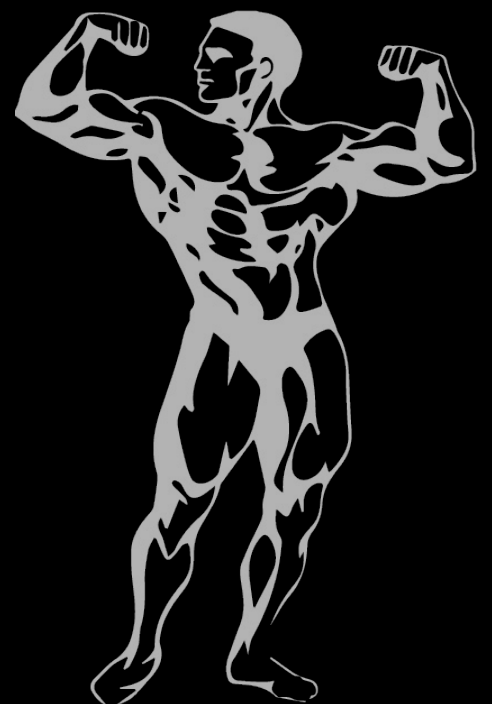
- **MEDIUM APPLES**
- **MEDIUM BANANAS**
- **JACK LINK'S BEEF JERKY**
- **WHEY PROTEIN (I USE DYMATIZE ISO 100)**
- **ALMONDS (PLAIN)**
- **COTTAGE CHEESE**
- **OIKOS TRIPLE ZERO GREEK YOGURT**
- **QUEST BAR PROTEIN BARS**
- **PURE PROTEIN BARS (CHOCOLATE DELUXE)**

WEEK 1 - 2000 CALORIE **FAT SHREDDING**

HERE IS YOUR WEEK 1 PLAN.

SUCCESS DEPENDS ON YOUR TRACKING AND ONLY EATING THE PORTIONS OUTLINED IN THIS PLAN.

LET'S GET TO IT!



WEEK 1 - FAT SHREDDING

2000 CALORIE PLAN

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
BFAST	PB CUP SHAKEOLOGY	HASHBROWN OMELET	PB CUP SHAKEOLOGY
SNACK	1 SCOOP WHEY 1 MED APPLE	1 SCOOP WHEY IN WATER 12 ALMONDS	1 SCOOP WHEY 1 MED BANANA
LUNCH	8 OZ CHICKEN 2 C GREEN BEANS	CHICKEN TACOS	CHILI - 2 C 1/4 C 2% CHEESE
SNACK	2 OZ JACK LINK'S BEEF JERKY 24 ALMONDS	1 PURE PROTEIN BAR + MED APPLE	2 OZ JACK LINK'S BEEF JERKY 24 ALMONDS
DINNER	CHILI - 2 C 1/4 C 2% CHEESE	TACO SALAD DINNER (MAKE EXTRA GB IF ABLE)	8 OZ CHICKEN 2 C GREEN BEANS 1 MED APPLE
NIGHT SNACK	1 CUP FF COTTAGE CHEESE + 1 MED BANANA	1 CUP FF COTTAGE CHEESE	1 CUP FF COTTAGE CHEESE 0.5 C STRAWBERRIES
TOTALS	1958 CALS - 241P/151C/41F	1955 CALS - 234P/150C/46F	1918 CALS - 239P/143C/42F

WEEK 1 - FAT SHREDDING
2000 CALORIE PLAN

	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
BFAST	LOADED OATMEAL	HASHBROWN OMELET	PB CUP SHAKEOLOGY
SNACK	2 OZ JACK LINK'S BEEF JERKY 24 ALMONDS	1 SCOOP WHEY IN WATER 12 ALMONDS	1 SCOOP WHEY 24 ALMONDS
LUNCH	TUNA SALAD LUNCH	CHICKEN TACOS	10 OZ CHICKEN 1 MED APPLE 2 C GREEN BEANS 5" SWEET POTATO
SNACK	1 QUEST BAR	1 PURE PROTEIN BAR + MED APPLE	1 PURE PROTEIN BAR
DINNER	BURRITO BOWL DINNER (USE LEFT OVER GB)	TACO SALAD DINNER (LEFT OVER GROUND BEEF)	HASHBROWN OMELET 1 OIKOS TRIPLE ZERO YOGURT CUP
NIGHT SNACK	1 CUP FF COTTAGE CHEESE	1 CUP FF COTTAGE CHEESE	1 CUP FF COTTAGE CHEESE 0.5C STRAWBERRIES
TOTALS	1943 CALS - 225P/173C/46F *A LITTLE OVER ON CARBS DUE TO THE FIBER IN QUEST BARS.	1955 CALS - 234P/150C/46F	1971 CALS - 245P/153C/40F

Sunday - Repeat your favorite Day

WEEK 2 - FAT SHREDDING

2000 CALORIE PLAN

FOR WEEK 2, IT'S TIME FOR YOU TO APPLY WHAT YOU HAVE LEARNED. YOU CAN EASILY REPEAT WEEK 1 IF YOU NEED TO KEEP PRACTICING. USE THE RECIPES AND MIX AND MATCH.

ON SUNDAY, PRE-PLAN MONDAY. HERE'S AN EXAMPLE -

- PICK A BREAKFAST MEAL
- PICK A LUNCH MEAL
- PICK A DINNER
- USE YOUR MORNING, AFTERNOON, AND EVENING SNACK TO FILL IN YOUR MACROS.

GENERAL RULE:

PLAN YOUR MEALS

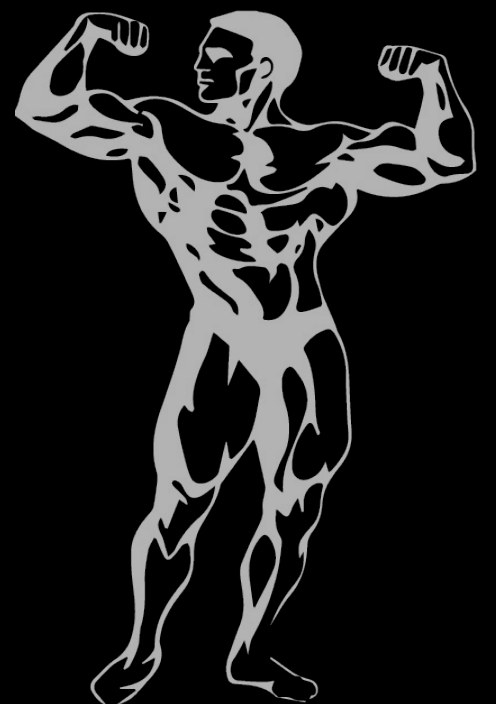
FILL IN YOUR SNACKS TO USE UP YOUR BUDGETS

<u>Proteins</u>	<u>Carbs</u>	<u>Fats</u>
Whey Protein Powder	Oats	Nuts (and nut butters)
Egg Whites	Beans	Oils (moderately if you use them to prepare food - olive oil, coconut oil, etc)
Skinless Chicken Breast	Sweet Potatoes	Whole Eggs (will add to protein too)
Lean Deli Lunch Meats	Veggies, veggies, veggies	Fats from some of your proteins (beef, pork, fish, etc)
Beef/Turkey Jerky	Some fruit - easy to pack on carbs with fruit - apples, bananas, strawberries, raspberries, melon	Fish Oil Supps
Lean Ground Meats (90/10 or better)	Rice	
Tuna	Whole Wheat Breads (you can find high fiber and high protein types often)	
Salmon (track that fat)	High fiber tortillas	
Fat Free Cottage Cheese		
FF Greek Yogurt		

SUPPLEMENTS - FAT SHREDDING



WHAT CAN SUPPLEMENTS DO TO MAXIMIZE YOUR RESULTS? FIND OUT HERE.



SUPPLEMENTS - **FAT SHREDDING**

2000 CALORIE PLAN

LET ME START THIS OFF BY SAYING, YOU DON'T **NEED** SUPPLEMENTS TO MAKE THIS A SUCCESS. I HAVE INCLUDED **SHAKEOLOGY** IN THIS PLAN BECAUSE IT IS WHAT I HAVE USED AND CONTINUED TO USE TO HAVE SUCCESS. I BELIEVE IN IT. IT IS THE HEALTHIEST MEAL YOU CAN GIVE YOURSELF.

THAT BEING SAID, IF YOU CAN'T AFFORD **SHAKEOLOGY** YOU CAN SUB IN OTHER MEALS TO MEET THOSE MACROS.

RECOMMENDING SUPPLEMENTS:

****EACH IS LINKED WITH MORE INFO****

SHAKEOLOGY - MEAL REPLACEMENT, SUPERFOOD, ALL YOUR VITAMINS

WHEY PROTEIN - I USE **ISO 100**. LOOK AT THE MACROS. **ON GOLD STANDARD** IS ANOTHER GOOD OPTION. THE CHEAPEST IS **SIX STAR ISOLATE**.

CREATINE - EFFECTIVE AND PROVEN. YOU MIGHT GAIN SOME WATER WEIGHT, BUT IT DOES **NOT** SLOW FAT LOSS. THE BENEFITS OUT WEIGH THE LITTLE WATER WEIGHT.

THANKS FOR READING

About Coach Wayne:



Wayne Wyatt is an Independent 8-Star Diamond Beachbody Coach and Beachbody's TOP COACH 2011 and 2012. Wayne started the teamRIPPED community after getting awesome results with P90X! It started as a small community of people who wanted to follow in his footsteps and get extreme results with P90X, but teamRIPPED has since grown into the largest community of people working together and encouraging each other with ALL of the Beachbody programs, nutrition, and supplements.

I am here to help you set goals, stay focused on your goals, and REACH those goals! Start by clicking the link below.

[Make Wayne Your Coach](#)

CONTACT COACH WAYNE:

coachwayne@teamRIPPED.com

[teamRIPPED On Facebook](#)

[Instagram @wayne_wyatt](#)

