



7 DAY SHREDDING MEAL PLAN



BY SAM SLACK

SAM SLACK'S

7 DAY SHREDDING MEAL PLAN



ARE YOU READY TO **SHRED** BODY FAT IN JUST 7 DAYS?

Welcome!

Congratulations for taking action. For the next 7 Days you will be eating 4 meals each day. Space these meals out in 4-5 hour intervals. There are 7 options to choose from. These options all have the same calories and macros. If one of the options doesn't appeal to you, simply mix and match a option but do not swap the meals.

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WHO AM I AND WHY YOU SHOULD LISTEN TO ME?

I'm Sam Slack. I'm a 2 x British Bodybuilding Champion and a father of 2 daughters. Over the past 4 years, I've helped 100's of guys transform their physiques through my Online coaching programme.

WHAT EXACTLY IS THE 7 DAY SHREDDING MEAL PLAN?

The 7 Day Shredding Meal plan is a simple 4 meal per day plan that will help you shred fat fast while retaining muscle mass and strength.

WHY & HOW DOES IT WORK?

This meal plan has high protein, moderate carbohydrate, and low fat. Each option is around 1900 calories which will put you into a calorie deficit, providing you are weight training 3-4 times per week and are doing around 8-10k steps per day. This meal plan will work for most people but you may need to adjust the calories after the 7 days.

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In this 7 Day Shredding Meal Plan, I've given you 7 different options to choose from. You can mix and match the options as every option has 1900 calories and roughly the same protein, carbs and fats. You will not be able to swap the meals as they each have different calories.

WHAT KIND OF RESULTS SHOULD I EXPECT?

I've had clients lose anything from 5-7 pounds. This will be body fat and some water weight. Results will vary from person to person, but as long as you follow any of the 7 Options you will shred body fat fast.

WHAT'S NEXT?

Once we kick-start your fat loss, you'll be a great candidate for my Sustainable Shredding System where you can apply [here](#).

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7 DAY SHREDDING MEAL PLAN

OPTION 1

Calories	Carbs	Fat	Protein
1900	170	60	170

MEAL 1

4 Medium Eggs

200g Blueberries

100g Spinach

MEAL 2

150g Chicken breast

1 Tortilla Wrap

1 Red Pepper

1 Banana

MEAL 3

50g Whey protein (mix with water)

30g Almonds

MEAL 4

150g 5% Fat Beef Mince

250g Uncle Ben's

Mexican Rice

150g Broccoli

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SAM SLACK'S

7 DAY SHREDDING MEAL PLAN

OPTION 2

Calories	Carbs	Fat	Protein
1900	170	60	170

MEAL 1

150g 5% Fat Beef Mince

10g Coconut oil

150g Broccoli

2 Kiwis

MEAL 2

300g 0% Fat Greek Yoghurt

30g Natural Peanut Butter

20g Honey

MEAL 3

150g Chicken Breast

1 Pitta Bread

Mixed Leaf Salad

20g Hummus

MEAL 4

150g Salmon Fillet

400g White Potato

150g Green Beans

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SAM SLACK'S

7 DAY SHREDDING MEAL PLAN

OPTION 3

Calories	Carbs	Fat	Protein
1900	175	58	170

MEAL 1

40g Whey Protein
(mix whey with cooked oats)

60g Oats

15g Almond Butter

MEAL 2

2 Medium Whole Eggs

50g Avocado

100g Smoked Salmon

Mixed Leaf Salad

MEAL 3

4 Chicken Sausages

200g Sweet Potato

150g Broccoli

MEAL 4

200g Prawns

250g Uncle Ben's

White Basmati Rice

100g Spinach

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SAM SLACK'S

7 DAY SHREDDING MEAL PLAN

OPTION 4

Calories	Carbs	Fat	Protein
1900	170	55	175

MEAL 1

200g 0% Fat Greek Yoghurt

200g Raspberries

20g Cashews

MEAL 2

160g Tuna Chunks

1 Tortilla Wrap

20g Light Mayo

2 Salad Tomatoes

MEAL 3

150g Chicken Breast

90g Pasta (raw weight)

10ml Extra Virgin Olive Oil

MEAL 4

150g 5% Fat Beef Mince

2 Warburtons Thins

40g Cheddar Cheese

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7 DAY SHREDDING MEAL PLAN

OPTION 5

Calories	Carbs	Fat	Protein
1900	170	60	170

MEAL 1

150g Rump Steak

20g Brazil Nuts

5g Butter

100g Spinach

MEAL 2

40g Whey Protein (mix with water)

1 Banana

20g 85% Dark Chocolate

MEAL 3

200g Cod Loin

300g New Potatoes

150g Asparagus

MEAL 4

150g Chicken Breast

100g Cous-cous (raw weight)

60g Black Olives

150g Green Beans

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7 DAY SHREDDING MEAL PLAN

OPTION 6

Calories	Carbs	Fat	Protein
1900	170	60	170

MEAL 1

5 Medium Whole Eggs

5g Coconut Oil

1 Cinnamon & Raisin Bagel

100g Spinach

MEAL 2

300g 0% Fat Greek Yoghurt

1 Banana

10g Jam

MEAL 3

150g 5% Fat Beef Mince

250g White Potato

40g Feta Cheese

150g Broccoli

MEAL 4

6 Venison Meatballs

200g Sweet Potato

150g Carrots

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SAM SLACK'S

7 DAY SHREDDING MEAL PLAN

OPTION 7

Calories	Carbs	Fat	Protein
1900	170	60	170

MEAL 1

3 Turkey Sausages

60g Oats

2g Cinnamon (mix with oats)

MEAL 2

40g Whey Protein (mix with water)

4 Rice Cakes

20g Cashew Butter

MEAL 3

150g Chicken Breast

50g Avocado

150g Green Beans

1 Apple

MEAL 4

150g Rump Steak

250g Uncle Ben's

Spicy Mexican Rice

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7 DAY SHREDDING MEAL PLAN

"YES, I EAT LIKE THIS MYSELF"



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WHAT OTHERS ARE SAYING ABOUT MY SUSTAINABLE SHREDDING SYSTEM?



"It has been amazing for me with almost 2 stone lost in those 10 weeks"

"Sam put me on the right track with nutrition, understanding exercise rhythms, inspiration and accountability - it has been the best investment in myself that just keeps on giving!!"

Mark Stokes

(Entrepreneur, Business & Property Investor)



"His enthusiasm, knowledge, attention to detail and dedication is second to none and becomes infectious"

"There are a lot of people out there that just give generic diet plans to everyone. With Sam I had a diet plan and training plan designed specifically to fit around my work. This was achieved by filling out one of Sam's client questionnaires which touched on some things I'd never really considered."

John Macmillan

(Ground worker/Machine Operator)



"In the last 3 weeks alone, I've already lost 10 lbs which is amazing!"

"I'm never ever hungry, it's a really simple programme for me to follow and quite flexible. It's already made a massive difference. I'm really enjoying working with Sam he keeps me accountable. I highly recommend Sam."

Jamie Madill

(Entrepreneur & Property Investor)

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"I'm going to the gym more, eating better and I'm seeing the results."

"Sam keeps me accountable for what I should be doing on a daily and weekly basis. Since joining Sam's coaching programme, I'm heading towards my goals, following the diet and training plans he has set out for me. Get onto Sam's programme and educate yourself."

Andi Cooke

(Entrepreneur, Business owner & Property Investor)



"I have achieved a physique that I thought wasn't possible"

"I will be honest even though I did a plan last year I didn't think it was possible to get that lean naturally. I cannot fault Sam's approach to training and dieting. I am so happy with the result and it has only got me more addicted to training."

Matt Field

(Contracts Supervisor)



I lost a total of 92 lbs (6 st 8 lbs) using Sam's online coaching programme. I could not have done it without my coach and mentor Sam. His knowledge about all things health & fitness is second to none and his passion, enthusiasm and accountability make him a great coach.

Nathan Williams

Event planner & Chef

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7 DAY SHREDDING MEAL PLAN

WILL YOU BE OUR **NEXT SUCCESS STORY?**



I'M HERE TO HELP 300 MEN TRANSFORM
THEIR PHYSIQUES BY THE END OF 2019.

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