

Warrior Diet

Join the Warrior X-Fit Community in losing 10 pounds in 21 days. Commit today to transforming your life. Begin the program and live in the best shape of your life.

Female Diet

Week 1

Meal 1

- ¾ cup oatmeal (not instant) or 12 oz protein shake
- 1 orange or banana

Meal 2

- 1 apple

Meal 3

- 4 oz lean meat, or fish (baked or grilled)
- ½ cup rice (preferably brown, or jasmine)
- 1 cup squash or zucchini

Meal 4

- 2 cups celery
- 1 tbsp natural nut butter (peanut, almond or cashew)

Meal 5

- 6 oz. lean meat, or fish
- 1 cup zucchini or asparagus
- 1 cup spinach
- 3 cups salad (no dressing, you can add lemon juice and splash vinegar)

Meal 6

- 1 cup mixed berries

Week 2

Meal 1

- ¾ cup oatmeal (not instant)
- 1 orange or banana

Meal 2

- 2 cups raw celery or 8-10 cherry tomatoes

Meal 3

- ½ baked potato
- 4 oz skinless chicken breast, fish, or meat substitute
- 2 cups steamed spinach

Meal 4

- 2 cups celery or 1 bell pepper
- 1 tbsp natural nut butter (almond, peanut, or cashew)

Meal 5

- 6 oz fish or chicken or meat substitute
- 1 cup zucchini
- 1 cup asparagus
- 3 cups mixed salad

Week 3

Meal 1

- 1 Egg
- 3 egg whites
- 2 cups broccoli

Meal 2

- 2 cups raw celery
- 1 tbsp natural nut butter (almond, peanut, or cashew)

Meal 3

- 4 oz skinless chicken breast, fish, or meat substitute
- 1 cup squash
- 1 cup asparagus
- 3 cups salad with 1 tbsp low calorie dressing

Meal 4

- 2 cups raw celery
- 1 tbsp natural nut butter (almond, peanut, or cashew)

Meal 5

- 2 oz tuna
- 1 cup broccoli

Meal 6

- 6 oz chicken breast, fish, or meat substitute
- 1 cup zucchini
- 1 cup steamed tomatoes
- 3 cups mixed salad

Male Diet

Week 1

Meal 1

- 1 cup oatmeal (not instant)
- 1 orange or banana

Meal 2

- 1 apple
- 1 egg (hard boiled)

Meal 3

- 6 oz. lean meat, or fish (baked or grilled)
- 1 cup rice (brown or jasmine)
- 1 cup zucchini or squash

Meal 4

- 2 cups celery
- 1 tbsp natural nut butter (peanut, almond, cashew)
- 4 oz. tuna

Meal 5

- 6 oz. lean met or asparagus
- 1 cup spinach
- 3 cups salad (no dressing, you can add lemon juice and a splash of vinegar)
- 1 cup zucchini or fish

Meal 6

- 1 cup mixed berries

Week 2

Meal 1

- 1 cup oatmeal (not instant)
- 1 orange or banana

Meal 2

- 2 cups raw celery or 8-10 cherry tomatoes
- 4 oz tuna

Meal 3

- 1 baked potato
- 6 oz. skinless chicken breast, fish or meat substitute
- 4 oz tuna

Meal 4

- 2 cups celery or 1 bell pepper
- 1 egg
- 1 tbsp natural nut butter (almond, peanut, cashew)

Meal 5

- 6oz. fish or chicken or meat substitute
- 1 cup zucchini
- 1 cup asparagus
- 3 cups mixed salad

Week 3

Meal 1

- 1 egg
- 3 egg whites
- 2 cups broccoli

Meal 2

- 2 cups raw celery
- 1 tbsp nut butter (almond, peanut, or cashew)
- 4 oz tuna

Meal 3

- 6 oz skinless chicken breast, fish, or meat substitute
- 1 cup squash
- 1 cup asparagus
- 3 cups salad with 1 tbsp low calorie dressing

Meal 4

- 2 cups raw celery
- 1 tbsp natural nut butter (almond, peanut, or cashew)
- 1 egg

Meal 5

- 4 oz tuna
- 1 cup broccoli

Meal 6

- 6 oz chicken breast, fish, or meat substitute
- 1 cup zucchini
- 1 cup steamed tomatoes
- 3 cups mixed salad