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7-DAY CRANK START

Done-For-You Meal Plans
for Men and Women to

SHED FAT IN ONLY 7 DAYS



Mike Whitfield with Lori Kennedy, RHN

Welcome from Mike Whitfield & Workout Finishers



Mike Before



Mike After

Inside this manual is a 7-day diet plan for women to shed as much fat as possible in only 7 days. But the key to NOT losing precious muscle is to do perform resistance training while on this diet.

That way, you don't just become a smaller, weaker version of yourself 😊

And of course, a big thank-you to Lori Kennedy, RHN for putting together this meal plan just for you. It doesn't get much simpler than this:

- 1) Hit print
- 2) Follow the meal-by-meal plan
- 3) Lose belly fat.

This will be your go-to when you need to shed fat fast for any event coming up or if you ever want a jumpstart to your fat loss. This plan will do just that. It's also a great way to smash through any plateau you may face.

And be sure to check out <http://www.wowweightloss.ca/> for more solid nutrition information.

**To finishing your goals strong,
Mike Whitfield, CTT
Author, Workout Finishers**

PS – For more metabolic finishers, check out these sites:

www.WorkoutFinishers.com - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

7-Day Crank Start Diet with Lori Kennedy, RHN

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast - Steel Cut Oats Cooked, Berries, Chia And Yoghurt

½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
½ cup	Cereal, oats, steel cut, cooked	2.50	13.50	1.00	75.00
Totals:		20.25	36.05	5.60	269.12

AM Snack - Guacamole With Celery

¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
3 each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
Totals:		1.15	10.25	8.80	122.50

Lunch - Grill Chicken W/ Lrg Salad, Light Feta & Dressing

10 beans (4" long)	Beans, snap, green, raw	1.00	3.92	0.07	17.05
½ cup, shredded	Cabbage, freshly harvest, raw	0.42	1.88	0.06	8.40
5 medium	Carrots, baby, raw	0.32	4.12	0.07	17.50
½ ounce cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
4 teaspoon	Oil & Vinegar Salad Dressing	0.00	0.00	4.00	46.76
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:		32.76	29.62	10.21	356.59

PM Snack - Tuna salad on crackers

1 cup	Cucumber - slices	0.80	2.80	0.00	14.00
1 tablespoon	Mayonnaise, fat free	0.00	3.00	0.00	8.00
1 tablespoon	Relish	0.10	5.30	0.10	20.00
3 ounce(s)	Tuna, light in water	22.50	1.50	1.50	105.00
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		25.40	26.60	1.60	207.00

Dinner - Broil Or Grill Fish, Steam Broccoli

½ cup	Broccoli, frozen, chopped, steamed, no salt	2.85	4.92	0.11	25.76
4 ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1 tablespoon	Oil & Balsamic Vinegar	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:		34.25	16.32	5.41	250.76

Evening Snack - Eat Almond Butter With A Spoon

1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
Totals:		2.41	3.40	9.46	101.28

Actual Totals for Day **116.23** **122.24** **41.08** **1307.25**

Actual % of Total Calories: **35.13** **36.94** **27.93**

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast - Mix Avocado, Cucumber, Tomato & Eat With Eggs

¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
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1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
2 large	Eggs, Organic Valley large brown egg, hard boiled	2.00	0.00	10.00	140.00
3 slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
Totals:		13.95	7.05	18.80	258.50

AM Snack - Apple With Nuts

1 each	Apple - medium with peel	0.30	21.00	0.50	81.00
½ ounce	Nuts, walnuts,	2.13	1.92	9.13	91.56
Totals:		2.43	22.92	9.63	172.56

Lunch - Fish, Buckwheat And Asparagus

8 spears	Asparagus, frozen, broiled, drained, no salt	3.54	2.30	0.50	21.60
½ cup	Buckwheat	5.63	30.39	1.45	145.78
3 ounces	Fish, halibut, cooked, dry heat	22.69	0.00	2.50	119.00
Totals:		31.86	32.69	4.45	286.38

PM Snack

1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		16.00	16.94	1.86	143.92

Dinner - Chicken With Sweet Pot. Add Your Own Spices.

½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
4 ounce(s)	Chicken breast, organic	24.00	0.00	0.00	124.00
1 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
½ cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals:		28.26	35.80	1.72	295.30

Evening Snack - Brazil Nuts

1 ounce (6-8 kernels)	Nuts, brazil nuts, raw	4.06	3.48	18.83	185.98
Totals:		4.06	3.48	18.83	185.98

	Actual Totals for Day	96.56	118.88	55.29	1342.63
	Actual % of Total Calories:	28.41	34.98	36.60	

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Yoghurt Parfait					
½ cup	Fiber One cereal	2.40	24.30	0.81	59.10
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		23.63	49.19	5.62	277.20

AM Snack - Hard boiled egg with peppers

1 large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
1 whole	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
Totals:		7.20	9.20	5.20	108.00

Lunch - Turkey and spinach salad

¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
¼ cup	Beans, adzuki, mature seeds, boiled, no salt	4.32	14.24	0.06	73.60
3 cups	Spinach, raw	2.57	3.27	0.35	20.70
3 ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
1 tablespoon	Salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	1.00	2.00	22.50
¼ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		33.55	24.76	11.81	332.80

PM Snack - Apple And Cottage Cheese

1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		14.14	10.42	1.24	109.56

Dinner - Bake Or Grill Chicken Top With Cheese & Salsa

1 cup	Broccoli, frozen, chopped, steamed, drained, no salt	5.70	9.84	0.22	51.52
1/3 cup	Brown Rice - cooked	1.47	14.91	0.36	69.60
1 ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
3 ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3 tablespoon(s)	Salsa – Garden Fresh	0.00	0.00	0.00	4.00
Totals:		34.67	25.75	6.78	298.12

Evening Snack - Almond Butter On A Cracker

1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
2	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:		3.41	10.40	9.46	131.28

Actual Totals for Day: 116.61 129.72 40.11 1256.96

Actual % of Total Calories: 34.65 38.54 26.81

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Eggs On Toast					
1 slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
2 large	Egg, whole, scrambled	13.53	2.68	14.90	202.52

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1 cup	Spinach, boiled, drained, no salt	5.35	6.75	0.47	41.40
1 small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:		23.88	30.13	16.26	349.92

AM Snack - Blackberries And Raw Pumpkin Seeds

1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ ounce (85 seeds)	Seeds, pumpkin and squash seeds, whole, roasted, no salt	2.63	7.62	2.75	63.22
Totals:		4.63	21.46	3.46	125.14

Lunch - Tuna Salad With Lentils And Veggies

6 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
3 each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
½ cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1 tablespoon	Mayonnaise – light	0.00	3.00	0.00	8.00
1 tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
4 ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals:		40.91	41.17	2.55	333.84

PM Snack - Apple And Cottage Cheese

1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		14.14	10.42	1.24	109.56

Dinner - Beef, Sweet Potato And Salad

3 ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	23.00	0.00	7.00	164.90
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:		25.61	23.83	8.39	283.90

Evening Snack - Walnuts

½ ounce (14 halves)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
Totals:		2.13	1.92	9.13	91.56

Actual Totals for Day:	111.30	128.93	41.03	1293.92
Actual % of Total Calories:	33.47	38.77	27.76	

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast - Scrambled Eggs, Spinach, Mushrooms & Crackers

1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	3.50	0.50	4.50	55.00
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
1/2 cup	Egg, white, raw	13.24	0.89	0.21	63.18
1/2 cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1 cup	Spinach, raw	0.86	1.09	0.12	6.90
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		27.38	18.92	12.24	292.78

AM Snack - Greek Yoghurt, Peaches And Cinnamon

1/2 teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 small	Peaches, raw	0.72	7.54	0.20	30.81
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
Totals:		15.87	16.07	0.30	123.14

Lunch - Turkey Meatballs With Spaghetti Squash

1 cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1 cup	Squash, winter, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
1 cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
4	Turkey Meatballs (recipe included)	20.00	8.00	8.00	200.00
1/2 cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		25.08	36.37	9.17	332.89

PM Snack - Fruit And Nuts

1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
Totals:		4.13	15.81	5.77	119.72

Dinner

1 tablespoon	BBQ sauce	0.00	6.00	0.50	25.00
1 cup	Beans, snap, green, frozen, drained no salt	2.01	8.71	0.23	37.80
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1 tsp, chopped	Chives, raw	0.03	0.04	0.01	0.30
1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
1/2 cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals:		29.49	34.19	4.24	286.35

Evening Snack

12	Nuts, organic almonds	0.00	0.00	0.00	69.36
Totals:		0.00	0.00	0.00	69.36

Actual Totals for Day: 101.94 121.37 31.71 1224.24

Actual % of Total Calories: 34.60 41.19 24.22

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast – Toast + P.B., Yoghurt W/ Fruit And Flax

1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
½ tablespoon	Peanut Butter - all natural smooth style	2.00	1.50	4.00	52.50
1 tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:		18.83	36.73	9.42	297.82

AM Snack

1 each	Apple - small with peel	0.15	10.50	0.25	40.50
Totals:		0.15	10.50	0.25	40.50

Lunch - Add Egg & Bean Salad Toss W/Oil-Vinegar

½ cup	Beans, adzuki, mature seed, boiled, with salt	8.65	28.49	0.12	147.20
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
2 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:		17.74	51.85	8.02	354.70

PM Snack - Peppers And Nuts

½ ounce (14 halves)	Nuts, walnuts,	2.13	1.92	9.13	91.56
1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:		3.61	10.90	9.58	130.30

Dinner - Broil Or Grill Fish, Top Potato W/Salsa

3 ounce(s)	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70
2 ounce(s)	Green beans - string boiled & drained	1.04	4.44	0.14	20.00
1 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
½ cup	Potato - white medium	2.10	20.55	0.09	90.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
3 tablespoon	Salsa – Garden Fresh	0.00	0.00	0.00	6.00
Totals:		26.16	36.39	8.44	335.70

Evening Snack - Ice Cream

½ cup	Ice creams, BREYERS, No Sugar Added, Vanilla	2.54	15.12	4.28	98.67
Totals:		2.54	15.12	4.28	98.67

Actual Totals for Day: 69.03 161.49 39.99 1257.69

Actual % of Total Calories: 21.54 50.39 28.07

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Top Eng Muffin W/Almond Butter					
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
1 each	Orange - small	1.10	17.40	0.30	69.00
Totals:		11.52	33.11	11.03	264.55
AM Snack - Yogurt With Flax And Cinnamon					
1/3 teaspoon	Cinnamon	0.09	1.62	0.06	5.40
1 tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:		10.37	7.14	3.01	92.78
Lunch - Top Potato W/Broccoli And Salsa					
1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
3 ounce(s)	Potato – sweet potato	2.10	20.55	0.09	90.00
3 tablespoon	Salsa – Garden Fresh	0.00	0.00	0.00	6.00
1 cup	Lentil Vegetable soup – homemade (recipe included)	2.00	9.00	2.00	60.00
Totals:		9.80	39.39	2.31	207.52
PM Snack					
6 ounce(s)	Yogurt, Greek, non-fat, plain, sweetened with vanilla	16.50	6.42	0.00	91.67
Totals:		16.50	6.42	0.00	91.67
Dinner - Top Chicken W/Sauce And Cheese & Pasta					
½ cup	Angel hair – buckwheat, cooked,	5.25	31.50	0.75	157.50
½ tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
4 ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
½ cup	Marinara sauce – Low Sodium	4.00	10.00	6.00	110.00
2 tablespoon	Oil & Vinegar	0.20	3.80	1.80	32.00
1 medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
Totals:		44.86	59.65	11.87	539.27
Evening Snack					
3 cups	Popcorn – Air popped plain	2.01	8.01	3.00	69.00
Totals:		2.01	8.01	3.00	69.00
Actual Totals for Day:		95.07	153.72	31.22	1264.79
Actual % of Total Calories:		29.80	48.18	22.02	

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More Resources to Fat-Torcing Finishers To Use With Your Favorite Workouts

www.WorkoutFinishers.com - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

www.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

Winner of the 11th Turbulence Training Transformation Contest, Philip Lost 34 lbs in Just 12 Weeks!



“Mike really changed up my vision of a workout” – Philip

I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin