



## Helen Elizabeth

Miss Arkansas USA 2014  
"Miss USA 2014 Best Body"  
Award Winner

### RULES

- No carbs at least 2 hours before workouts.
- Drink Protein, and/or eat carbs directly following workouts. Try to eat carbs before 1pm.
- Try to do at least 45 minutes of cardio or exercise. I was doing an hour to an hour and half prior to competition.
- Drink Water with fresh squeezed Lemon Juice, and/or Green Tea.
- Stop eating at least 4 hours before bed.

## Miss USA 14 Day Diet Plan

### BREAKFAST OPTIONS

Option 1: 1 egg, 1.5 serving egg white; or, 2 servings egg white.

Option 2: Go lean cereal, .5 c Skim Milk or Low-Fat Vanilla Greek Yogurt

Option 3: Protein Drink, 3 pineapple rings

### MORNING SNACK OPTIONS

Option 1: String cheese (low fat)

Option 2: 100 cal single package almonds

Option 3: ½ cucumber with Apple Cider Vinegar

Option 4: Protein Drink

### LUNCH OPTIONS

Option 1: Sandwich thins, Shaved turkey breast, spinach, mustard (if wanted), dip in fat-free raspberry vinaigrette.

Option 2: Sandwich thin Grilled Chicken Breast with a Spinach Salad (Same dressing as above).

Option 3: Grilled Chicken Breast, Wilted Spinach, Drizzle with Lemon, Half Sweet Potato.

### AFTERNOON SNACK OPTIONS

Option 1: .5 c Low-Fat Greek Yogurt, ¼ c Go Lean cereal

Option 2: Shaved Turkey Breast + String Cheese

### DINNER OPTIONS

Option 1: Turkey Burger Patty, cooked spinach and over easy egg on top, Any Green Veggie, half sweet potato

Option 2: Grilled fish (swai, tilapia, or salmon), Any Green Veggie, Half Sweet Potato.

### EVENING SNACK OPTIONS

Option 1: ¼ c. oats with 1 tbs honey

Option 2: 1-3 Sugar-Free Popsicles

Option 3: Iso100 Protein Drink

\*Note: I drank iso100 because that is what my trainer had me drink (it's 100 cal and has fewer carbs), but if you have a protein you like then stick with that. Also, if you're not going to be working out as much as suggested, or not doing as much cardio, take the bread off a few of the above options.