



FIRST MONTH: DAILY MEALS

You will find 5 separate meal lists. On each day, choose 1 meal from each list so that you have 5 meals per day. Try not to skip meals.

On each list you will have 10 options to choose from. This allows for a great deal of variety!

Each meal is roughly 300 calories. There are ways to increase the calories to 400-500 depending on your needs. There are also 100-200 calorie food blocks to either eat with meals or as snacks.

SECOND MONTH: EAT MORE!

At this point, your body should be burning more calories than it did during month one. To increase your calories during this period there are 100 calorie complex carbs listed. This will depend on your goals and if adding them into your meals, choose from one to three of them to your earlier meals.

LET'S DETERMINE YOUR CALORIC NEEDS

At first glance, this may seem lengthy and complex, but it is best to estimate your caloric needs based on this formula.

Women: $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $66 + (6.23 \times \text{weight in lbs}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years}) = \text{weight maintenance calories.}$

To lose weight, subtract 500; to gain weight add 500

Once you have this number, multiply it from the number listed below that best describes your exercise level:

- 1.2 (little or no exercise)
- 1.375 (light exercise 1-3 days/week)
- 1.55 (moderate exercise 3-5 days/week)
- 1.7 (hard exercise 6-7 days/week)
- 1.9 (hard daily)

This number now gives you caloric needs for weight maintenance. Since we are looking for you to lose weight subtract 500 calories per day from your number as generated from the above equation.

WHEN TO EAT:

Eat every few hours:

- Meal 1: Breakfast
- Meal 2: Mid-morn snack
- Meal 3: Lunch time
- Meal 4: Afternoon snack
- Meal 5: Dinner

Timing meals is important! Not allowing more than 3-4 hours pass will be crucial to keep you fueled and to aid in prevention of eating the wrong/easy foods which as we know, are not the good choices! You can divide your calories any way you choose at each meal to cover the caloric needs for the day.

There are also results and recovery formula drinks that you can add in to meet your caloric needs. These are not in addition to your needs, but can be added in along with your meals to equal what you should be ingesting.

MEAL 1 OPTIONS:

ProteinOatmeal:

2/3 cup cooked oatmeal, made with water	307 cal
1 scoop of protein powder	26g protein
½ cup fresh or frozen berries	34g carbs
1.5 Tbsp. chopped walnuts	9g fat
¼ cup of skim, almond, rice or soy milk	9g fiber

Cottage Cheese with Fruit

1 cup cottage cheese made w/1% milk	293 cal
1 cup of mixed fruit of choice	30g protein
½ cup whole-grain cereal of your choice (bran flakes, fiber one, etc)	36g carbs
	6g fat
	5g fiber

Protein Smoothie with Berries

1.5 scoops of protein powder	36g protein
½ cup fresh or frozen berries	36g carbs
1 cup skim, almond, rice or soy milk	3g fat
	3.5g fiber

306cal

Bagel and Lox

½ whole wheat bagel	291 cal
1 Tbsp whipped cream cheese	23g protein
2 oz. smoked salmon (lox)	35g carbs
2 slices tomato	8g fat
½ large grapefruit	5.5g fiber

Egg White and Fruit Plate

3 hard-boiled eggs, whites only	293cal
1/3 canteloupe sliced	23g protein
4 pieces whole wheat melba toast	35g carbs
1 slice reduced fat swiss cheese	7g fat
	3.5g fiber

Egg White Breakfast Wrap	296 cal
4 egg whites	32g protein
1 whole-grain tortilla	34g carbs
½ cup part skim mozzarella cheese	5.5g fat
Sliced tomato	3g fiber
½ cup melon	

Cereal Bowl	299 cal
1 cup high-protein whole grain cereal (kasha go lean example)	22g protein
1 Tbsp flaxseeds	55g carbs
2/3c skim, soy, almond or rice milk	4.5g fat
½ cup bananas, sliced	13g fiber

Peanut Butter Toast	280cal
1 slice whole-grain toast	22g protein
1 Tbsp. all-natural peanut butter or almond butter	28g carbs
1 tsp all fruit preserves	11g fat
½ cup cottage cheese made with 1% milk	4g fiber

Veggie Omelet	301cal
2 whole eggs	24g protein
2 egg whites	25g carbs
Mushrooms and onions to taste (or veg of choice)	11g fat
1 slice whole-grain wheat toast	3g fiber
1 Tbsp. all-fruit preserve	

MEAL 2 OPTIONS:

Mexican Style Eggs

2 large eggs
1 whole grain tortilla
¼ cup low-fat cheddar cheese
½ cup fresh or frozen berries

301cal
23g protein
28g carbs
12g fat
6g fiber

Warm Cereal Bowl

¾ cup cream of wheat or steel cut
oats
2 Tbsp raisins
1 Tbsp slivered almonds, toasted
¼ cup skim, soy, almond or rice milk
1 scoop whey protein powder

314cal
25g protein
40g carbs
6g fat
3.5g fiber

Protein Pancake

1 whole egg
2 egg whites
1 scoop whey protein powder
¼ cup instant oatmeal
Combine with a few spoonfuls of
water
Sugar free syrup or Tbsp fruit
preserves

313cal
31g protein
27g carbs
8g fat
5g fiber

Egg Sandwich

1 whole egg
2 egg whites
1 whole grain English muffin
2 slices turkey bacon
Sliced tomato to taste

23g protein
29g carbs
11g fat
4.5g fiber

307cal

Protein Omelet

1 whole egg
3 egg whites
2 oz. deli-style turkey breast sliced

½ cup sliced mushrooms or onions
(or veg of choice)
1 slice whole grain bread
½ melon

298cal
21g protein
40g carbs

7.5g fat
5.5g fiber

Vanilla Berry Protein Shake
1 cup skim, almond, soy or rice milk
1 scoop protein powder
1 cup frozen berries
T tsp. vanilla extract
½ banana
Ice

296cal
13g protein
50g carbs
2g fat
5.5g fiber

Yogurt Bowl
1 cup nonfat plain Greek yogurt
1 apple diced
2 Tbsp. walnuts chopped
T tsp honey

299 cal
13g protein
50g carbs
9g fat
3.5g fiber

Nutrition Bar
1 nutrition bar (any approx 200cal,
fewer than 25g sugar at least 10g
protein)
½ cup 1% cottage cheese

280cal
29g protein
26g carbs
7.5g fat
2g fiber

MEAL 3 OPTIONS:

Grilled Chicken Salad
3 oz grilled chicken breast
3 cups mixed dark greens
½ apple, chopped
1 Tbsp pecans chopped
Cucumber sliced

283cal
30g protein
25g carbs
8.5g fat
6g fiber

Sushi
1 tuna or salmon roll, brown rice if possible
Mixed green small salad
2 Tbsp Asian ginger dressing

311cal
26g protein
32g carbs
12g fat
5.5g fiber

Black Bean Soup and Half Sandwich
1 cup of canned black bean soup
1 slice whole grain bread
2 oz. deli style turkey breast
2 thin sliced pieces of avocado
Dijon mustard

299cal
20g protein
41g carbs
6g fat
12g fiber

Roast Beef Sandwich
4 oz. lean roast beef
½ 6 inch whole wheat pita pocket
Sliced cherry tomatoes
Romaine lettuce
Dark salad greens

Sliced bell peppers
Sliced cucumbers
Sliced mushrooms
292cal
30g protein
37g carbs
5g fat
8g fiber

Teriyaki Grilled Tuna
4 oz tuna steak
2 Tbsp teriyaki sauce, low fat
Fresh spinach
1 tsp olive oil
1/3 cup brown rice

295cal
36g protein
25g carbs
7g fat
7.5g fiber

Protein Shake

1 scoop protein powder
1 whole banana
½ cup almond, soy, rice or 1% skim milk
½ cup water
Ice

299cal
22g protein
50g carbs
3g fat
5.5g fiber

Chicken Ranch Wrap

1 6 inch whole grain tortilla
3 oz grilled chicken breast
Sliced tomato
Lettuce
Red bell pepper sliced
Celery sticks

1 Tbsp reduced fat ranch dressing

307cal
31g protein
33g carbs
8g fat
5g fiber

Lean Burger

4 oz extra lean ground beef
Mixed greens
½ cup mixed berries and/or melon

27g protein
17g carbs
14g fat
4g fiber

302cal

Whole Wheat Pasta with Veg and Feta

¾ cup whole wheat pasta
1 cup mixed steamed veg
1/3 cup crumbled feta

304cal
17g protein
37g carbs
11g fat
7.5g fiber

Salmon Nicoise Plate

3 oz salmon
2 cups mixed salad greens
1 cup green beans steamed
1 small red potato boiled
5 black olives
Fresh lemon, salt and pepper to taste

301cal
28g protein
30g carbs
8.5g fat
7.5g fiber

MEAL 4 OPTIONS:

Sashimi	319cal
3 oz. (6 pieces) sashimi	24g protein
½ cup brown rice	27g carbs
Mixed green salad	12g fat
2 Tbsp low fat dressing	3.5g fiber

Nut Butter and Jelly Sandwich	289cal
1 slice whole grain bread	22g protein
1 Tbsp all natural peanut butter or almond butter	29g carbs
1 Tbsp all fruit preserves OR ¼ banana	11g fat
½ cup 1% cottage cheese	4g fiber

Cold Cut Platter	289cal
2 oz. deli style turkey	27g protein
2 oz. ham sliced	20g carbs
1 oz reduced fat swiss cheese	12g fat
Sliced tomato	3.5g fiber
Whole grain crackers (100 calories worth)	

Tuna Salad in a Tomato	½ whole-grain English muffin
4oz tuna in water	289cal
¼ cup chopped celery	30g protein
¼ cup chopped red onion	21g carbs
1 Tbsp mayo w/olive oil	9g fat
1 tsp Dijon mustard	3.5g fiber
1 large tomato, hollowed out	
3 pieces whole grain melba toast	

Turkey Lettuce Wrap and Bean Salad	¼ cup chopped celery
2 oz deli style turkey	¼ cup chopped tomato
Sliced tomato	1 tsp olive oil
1 Tbsp reduced fat Russian dressing	Lemon juice, salt pepper to taste
Large romain or boston lettuce leaves	308cal
¼ cup chick peas	20g protein
¼ cup kidney beans	34g carbs
	11g fat
	7g fiber

Turkey Chili	
1 cup homemade or store bought turkey or veggie chili	310cal
Mixed greens	23g protein
2 hard boiled egg whites	30g carbs
Red wine vinegar	10g fat
1 Tsp olive oil	7g fiber

Protein Pizza Muffin	313cal
1 whole grain English muffin	31g protein
¼ cup tomato sauce	33g carbs
¼ cup part skim mozz	8g fat
2 oz grilled chicken breast	8g fiber
1 cup broccoli steamed	

Shrimp Cocktail Platter	
4 oz cooked shrimp	286cal
2 Tbsp cocktail sauce	28g protein
Lemon wedges	33g carbs
1 whole wheat dinner roll or 1 slice of whole grain bread	4g fat
1 cup mixed veg	3.5g fiber

Rotisserie Chicken and Salad	314cal
1 4oz skinless rotisserie chicken	38g protein
Mixed greens	20g carbs
1 tsp olive oil	10g fat
Lemon juice	4.5g fiber
1 granny smith apple sliced	

Roast Beef Wrap	
4 oz lean roast beef	307cal
2 thin slices avocado	28g protein
Tomato slices	40g carbs
1 6 inch whole grain tortilla	8g fat
1 cup mixed fresh or frozen berries	7g fiber

MEAL 5 OPTIONS:

Baked Cod with Steamed carrots
and Cauliflower

4 oz baked cod

1 tsp olive oil

2 Tbsp seasoned bread crumbs

Salt/pepper to taste

Steamed veg medley carrots corn
cauliflower

286cal

27g protein

28g carbs

6g fat

4g fiber

Dinner Omelet

1 whole egg

2 egg whites

¼ cup feta cheese

1 cup baby spinach

1 slice of whole wheat bread or
whole grain English muffin

302cal

23g protein

20g carbs

14g fat

3.5g fiber

Steak w/Broccoli

3-4oz steak, filet or sirloin

Olive oil

Sea salt/pepper to taste

1 small baked potato

Dijon mustard

2 cups steamed broccoli

Lemon juice to taste

304cal

30g protein

33g carbs

6g fat

7.5g fiber

Chicken Meatballs

3 oz lean ground chicken

1 egg white

1 Tbsp seasoned bread crumbs

½ cup whole grain pasta cooked

½ cup tomato sauce

1 cup steamed green beans

296cal

28g protein

40g carbs

3g fat

7g fiber

Grilled Salmon w/Asparagus
4 oz salmon
1 tsp honey mustard
Steamed asparagus
½ cup cooked whole grain pasta

3g fiber
294cal

30g protein
25g carbs
9g fat

Turkey Burger
4 oz lean ground turkey
2 Tbsp salsa
2 Tbsp chopped red onion
1 whole grain hamburger bun or
English muffin
Steamed green beans

310cal
25g protein
24g carbs
9g fat
5g fiber

Brown Rice Bowl
½ cup cooked brown rice
2 oz grilled chicken breast diced
1/3 corn nibblets
1/3 cup cooked peas

318cal
25g protein
45g carbs
3.5g fat
7g fiber

Citrus baked Chicken w/glazed
carrots
4 oz boneless skinless chicken
breast
½ tbsp olive oil
2 Tbsp lemon juice
½ tsp paprika
Sea salt/pepper to taste
1 cup carrots

2 tsp honey
297cal
24g protein
28g carbs
9g fat
5g fiber

Chicken Stir Fry w/Broccoli,
Mushrooms, Snow Peas
4 oz boneless skinless chicken
breast cut into 1 inch cubes
1 cup broccoli florets
½ cup sliced mushrooms
1/2c snow peas
2 tsp reduced sodium soy sauce
2 Tbsp chicken broth

1 tsp sesame oil
1/3 cup steamed brown rice
307cal
31g protein
27g carbs
9g fat
6.5g fiber

Pasta Seafood Marinara	31g protein
½ cup whole grain pasta cooked	33g carbs
3 oz shrimp	4g fat
½ cup tomato sauce	8g fiber
1 Tbsp Parmesan cheese	287cal
1 cup steamed spinach	
Fresh lemon juice to taste	

EXTRA'S:

These are designated to help you meet your daily caloric needs. They can be used as a snack or as additions to your meals. Make certain you are eating the calories you need to continue burning stored fat for fuel. Remember, to continue losing, you need to INCREASE your caloric consumption, especially as your metabolism speeds up. If your body thinks you are starving it because you are eating less, your metabolism will slow to protect your body.

100-calorie additions:

- ½ cup cottage cheese with ¼ cup berries
- ½ cup nonfat vanilla yogurt with 1 Tbsp. Grape Nuts or other high fiber cereal
- ½ an apple with ½ oz. reduced fat cheese
- 1 hard boiled egg with baby carrots
- 1 banana
- 12 raw almonds
- 1 cup skim, almond or rice milk
- 2 oz. sliced turkey on 1 slice of high fiber whole wheat bread
- ½ whole-grain English muffin with 1 slice of tomato and a thin slice of reduced fat cheese

200-calorie additions:

- ½ cup oatmeal, measured dry then cooked with water topped with 1 Tbsp. of slivered almonds or chopped walnuts
- 1 banana with 1 Tbsp. natural peanut butter
- 1 slice wheat toast with 1 oz. sliced turkey and 1 oz. reduced fat cheese.
- 1 whole-grain rice cake topped with 1 Tbsp. all natural peanut butter or almond butter and half of an apple
- 1 cup non-fat Greek or vanilla yogurt with 2 Tbsp. Grape Nuts or other high fiber cereal
- 1 cup of whole-grain high-fiber cereal with ¾ cup skim, almond or rice milk
- 1 large navel orange and 12 raw almonds
- 3 oz. tuna in water mixed with 1 Tbsp. olive oil based mayo on half of a whole grain English muffin or whole grain rice cake
- Egg salad made with two whites and 1 whole egg with 1 Tbsp. olive oil based mayo on ½ whole grain English muffin

ADDING COMPLEX CARBS IN MONTH TWO:

Fat burns in a carbohydrate flame; therefore complex carbs allows your body to continue burning fat for fuel. Choose wisely!

1 small baked potato with skin
1 small baked sweet potato
½ cup brown rice; cooked measure
½ cup barley, cooked measure
2/3 cup cooked oatmeal
½ cup canned beans, well rinsed
2/3 cup high fiber breakfast cereal
½ cup whole wheat couscous
1 whole wheat English muffin
¾ cup cooked corn

Bear in mind the more color you have in your diet, the more well balanced your nutrition. Eating a variety of vegetables, of various colors, is a great way to insure you are getting the vitamins and mineral required for good health. The additional fiber will also keep your metabolism fired up as well as help you feel satiated. Adding a cup or two of vegetables at each meal is a great way to get your calories in and provide a balanced eating plan.