

NUTRITION PLAN



CHOOSE ANY FOODS FROM
EACH COLUMN TO MAKE
YOUR MEALS WITH THE
AMOUNTS BELOW

LEAN PROTEINS

TOFU
FISH
LEAN GROUND BEEF
LEAN STEAK
GROUND TURKEY
QUORN
(USE 2X MEAL PLAN WEIGHT)
SKIM MILK
(USE 3X MEAL PLAN WEIGHT)
FAT FREE GREEK YOGURT
(USE 3X MEAL PLAN WEIGHT)
TURKEY BREAST
CHICKEN BREAST
SHELLFISH
(SHRIMP, CRAB, SCALLOPS, ETC.)
EGG WHITES
(USE 3X MEAL PLAN WEIGHT)

OTHER LEAN PROTEIN CHOICES

VEGETABLES

ZUCCHINI
TOMATOES
RED PEPPERS
YELLOW PEPPERS
GREEN PEPPERS
ASPARAGUS
ONIONS
CUCUMBERS
LETTUCE
SPINACH
CAULIFLOWER
BROCCOLI
CELERY

OTHER VEGETABLE CHOICES

FRUITS

BANANAS
GRAPES
BLUEBERRIES
CHERRIES
APPLES
STRAWBERRIES
RASPBERRIES
ORANGES
PEACHES
PEARS
HONEYDEW MELONS
CANTALOUPE
WATERMELONS

OTHER FRUITS CHOICES

GRAINS

WHOLE GRAIN WRAPS
WHOLE GRAIN
BREAD
OATMEAL (STEEL CUT)
BEANS (ANY KIND)
LENTILS (ANY KIND)
CORN
REGULAR PASTA
WHOLE WHEAT PASTA
SWEET POTATOES
WHITE RICE
BROWN OR WILD RICE
QUINOA
BUCKWHEAT

OTHER GRAIN CHOICES

HEALTHY FATS

CANOLA OIL
OLIVE OIL
FLAXSEED OIL
ALL NUT BUTTERS (NATURAL)
SUNFLOWER SEEDS
MACADAMIA NUTS
PISTACHIOS
CASHEWS
PECANS
PEANUTS
WALNUTS
ALMONDS
AVOCADOS

OTHER HEALTHY FAT CHOICES

MEAL 1
WITHIN AN HOUR OF WAKING

100G (3OZ) IN WEIGHT OF
COOKED LEAN PROTEIN

2 CUPS OF VEGETABLES

3/4 CUP COOKED GRAINS/BEANS OR 1/3 CUPS FRESH FRUIT
OR 1 3/4 OF WHOLE GRAIN BREAD

1 TBS OF OIL/NUT BUTTER
OR 30G OF NUTS

MEAL 2
MIDDAY

100G (3OZ) IN WEIGHT OF
COOKED LEAN PROTEIN

2 CUPS OF VEGETABLES

3/4 CUP COOKED GRAINS/BEANS OR 1/3 CUPS FRESH FRUIT
OR 1 3/4 OF WHOLE GRAIN BREAD

1 TBS OF OIL/NUT BUTTER
OR 30G OF NUTS

MEAL 3
EVENING

100G (3OZ) IN WEIGHT OF
COOKED LEAN PROTEIN

2 CUPS OF VEGETABLES

3/4 CUP COOKED GRAINS/BEANS OR 1/3 CUPS FRESH FRUIT
OR 1 3/4 OF WHOLE GRAIN BREAD

1 TBS OF OIL/NUT BUTTER
OR 30G OF NUTS

SNACK
WHENEVER!

UP TO 175 CALORIES OF ANY FOOD YOU'D LIKE TO EAT!