

THE BODY FAT SOLUTION

BY TOM VENUTO

**Exercises, Charts,
Food Database, Menu Plans**

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RATING OF PERCEIVED EXERTION (RPE)

Score	Traditional Borg Scale	Type of Cardio/Activity	Abbreviation
0	Nothing at all	Sitting or lying in bed	BMR
1	Very weak	Nonexercise work or activity	NEAT
2	Weak	Nonexercise work or activity	NEAT
3	Moderate	Low-intensity steady state	LISS
4	Somewhat strong	Low-intensity steady state	LISS
5	Strong	Moderate-intensity steady state	MISS
6		Moderate-intensity steady state	MISS
7	Very strong	Intense steady state	HISS
8		Intense long interval	HIIT
9		Intense short interval	HIIT
10	Very, very strong	All-out maximum sprint	HIIT

Beginner Interval Workout (4 rounds @ 1:2 work/recovery ratio)—Month 1

Warm up for five minutes steady state at a low RPE.

Work interval: perform one minute of moderately intense work at 7 to 8 RPE.

Recovery Interval: perform two minutes of steady state pace at 3 to 4 RPE.

Repeat for four more work intervals.

Cool down for five minutes at a low RPE.

Total workout time: 22 minutes.

Intermediate Interval Workout (6 rounds @ 1:1 work/recovery ratio)—Month 2

Warm up for five minutes steady state at a low RPE.

Work interval: perform one minute of intense work at 8 to 9 RPE.

Recovery interval: perform one minute of steady state pace at 3 to 4 RPE (recovery interval).

Repeat for six to eight work intervals

Cool down for five minutes at a low RPE.

Total workout time: 22 to 26 minutes.

Advanced Interval Workout (8 to 10 rounds @ 1:1 work/recovery ratio)—Month 3 and Beyond

Warm up for five minutes steady state at a low RPE.

Work interval: perform one minute of very intense work at 9 to 10 RPE.

Recovery interval: perform one minute of steady state pace at 3 to 4 RPE.

Repeat for eight to ten work intervals.

Cool down for five minutes at a low RPE.

Total workout time: 26 to 30 minutes.

1

Arm Circles

15 forward, 15 backward (30 total)



2

Tai chi Twists

15 to each side (30 total)



3

Trunk Circles

10 in each direction (20 total)





4

Body weight prisoner lunges

15 per leg (30 total)





Rep category	Rep range	Weight	Benefit
Low	5–7	Heavier	Maximum strength
Medium	8–12	Moderate	Maximum muscle development, some strength
High	13–20	Lighter	Muscular endurance, metabolic conditioning, little strength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout A	Off	Workout B	Off	Workout A	Off	Off
Workout B	Off	Workout A	Off	Workout B	Off	Off
Workout A	Off	Workout B	Off	Workout A	Off	Off
Workout B	Off	Workout A	Off	Workout B	Off	Off

The Workouts

Workout A

- A1 Dumbbell squat (quads emphasis, lower body)
- A2 Bird dog (lower back and glutes)
- B1 Dumbbell split squat/static lunge (quads emphasis, lower body)
- B2 Dumbbell row (horizontal pull)
- C1 Dumbbell bench press (horizontal push)
- C2 Plank (core)
- D1: One-legged toe raises (calves)

Workout B

- A1 Romanian dead lift (hip emphasis lower body)
- A2 Shoulder press (vertical push)
- B1 One-legged hip extension (hip dominant lower body)
- B2 Dumbbell pullover (vertical pull)
- C1 Reverse crunch (lower abs)
- C2 Cross knee crunch (abs and rotation)
- D1 Dumbbell curl (biceps)
- D2 Two-dumbbell extension (triceps)

The dumbbell squat

Place your feet slightly wider than shoulder-width apart, toes pointing forward or angled slightly outward. Holding dumbbells in each hand on the outside of each leg, begin the movement by breaking at the hips and squat down as if you were going to sit in a chair. Drop to parallel or slightly below parallel, keeping your head up and your back flat or slightly arched (do not round over your back). Using the quadricep and hip muscles, stand back up to the start position.

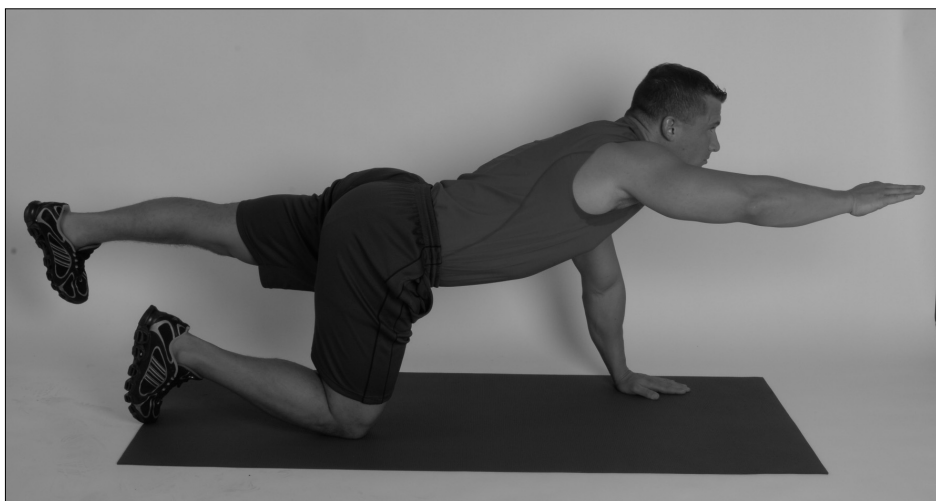
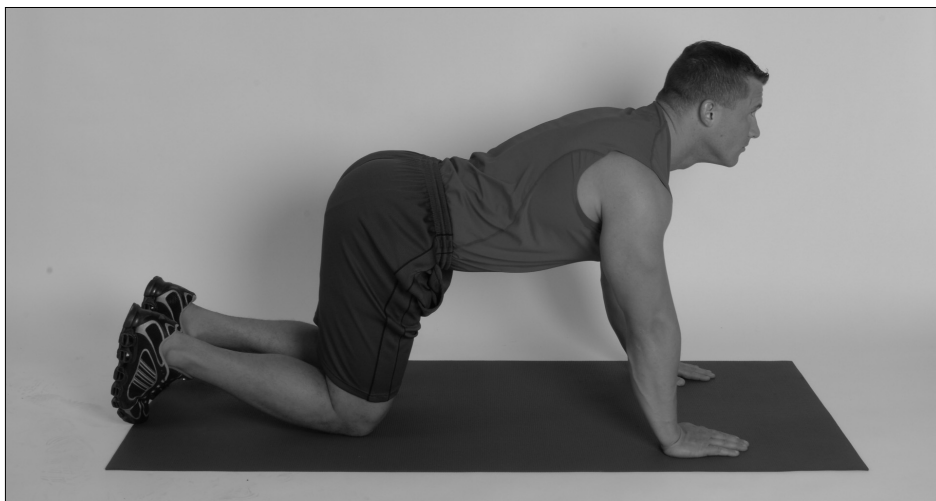
- **Alternates:** dumbbell front squat, dumbbell sumo squat, static lunge, step-up, one-legged squat.



Bird Dog

Kneel on a mat or soft surface on your hands and knees. Simultaneously raise your right arm and left leg at the same time, keeping your abdominals braced. At the top of the movement, your right arm and left leg should be fully extended to form a straight line from hand to foot. Hold momentarily at the top position and repeat on the other side. Performed properly, this exercise is more challenging than it may look.

■ **Alternates:** cobras, reverse hyperextensions, hyperextensions.



The dumbbell split squat (static lunge)

Holding a dumbbell in each hand on the outside of your legs, step forward with your right leg into the lunge position. Adjust your left foot behind you if necessary until you feel balanced. Slowly squat down on your right leg, focusing on the left knee dropping straight down to the floor. Push back up to the start position, but do not stand all the way up. Keep your right knee bent the entire time. As you perform each rep, keep your head up, chest up, and torso as vertical as possible (do not lean forward).

■ **Alternates:** dumbbell front squat, dumbbell sumo squat, Bulgarian split squat, step-up.



Dumbbell Romanian dead lift

Stand with your feet shoulder-width apart, toes pointing forward. Hold two dumbbells in front of your thighs, palms facing toward your legs. Keep your knees unlocked and slightly bent throughout the movement. Bend forward at the waist, keeping your head up and your butt out. Maintain a flat back as you lower the weights. Lower the dumbbells to about mid-shin height, or as your hamstring flexibility allows. Stop the movement if your back rounds. Skip this exercise if you have any spinal or lower back injury and stop immediately if you feel any lower back pain.

- **Alternates:** barbell Romanian dead lift, one-legged Romanian dead lift, Swiss ball leg curl, dumbbell between feet leg curl, lying leg curl machine, seated leg curl machine.



One-legged hip extension

Lie on your back with your knees bent and your feet flat on the floor. Straighten out your left leg completely, while keeping your right leg planted firmly on the floor. Using your glute muscles, lift your hips up off the floor until your body forms a straight line, keeping your abs braced. Lower your hips back down slowly, but not all the way to the floor.

- **Alternates:** two-legged hip extension, glute-ham raise, hyperextension, reverse hyperextension.



Plank

Lie on your stomach on an exercise matt or carpeted surface. Prop your body up on your forearms and position your body in a straight line from head to feet. Hold the straight line position with your body several inches off the floor for the prescribed number of seconds.

- **Alternates:** side plank, plank off a Swiss ball, one-legged plank.



One-legged calf raise

Stand on the edge of a step, a block of wood, or a thick book with the ball of your right foot on the edge. Holding a dumbbell in your right hand, rise up on the ball of your foot as high as you can go all. Drop your heel below the edge until you feel a slight stretch in your calf. Repeat for the desired number of reps, then without stopping, switch to the left leg and repeat.

■ **Alternates:** standing calf machine, seated calf machine.



Dumbbell bench press

Grab a set of dumbbells and lie on your back on a bench. Begin with the dumbbells at arm's length over your chest, palms facing toward your feet. Lower the dumbbells to the sides of your chest, then press them back up to the starting position.

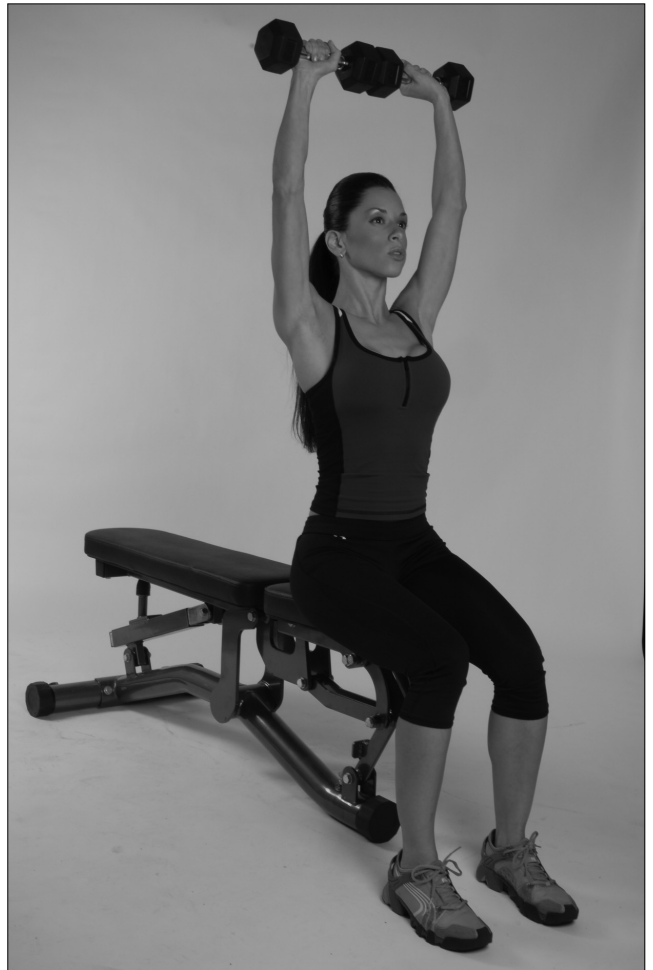
■ **Alternates:** push-ups, barbell bench press, incline bench press.



Dumbbell shoulder press

Grab a set of dumbbells and sit on the edge of a bench or chair. Begin with the dumbbells at shoulder height with your palms facing away from your body. Press the dumbbells up until your arms are straight overhead. Slowly lower back to the starting position. This exercise can also be done standing.

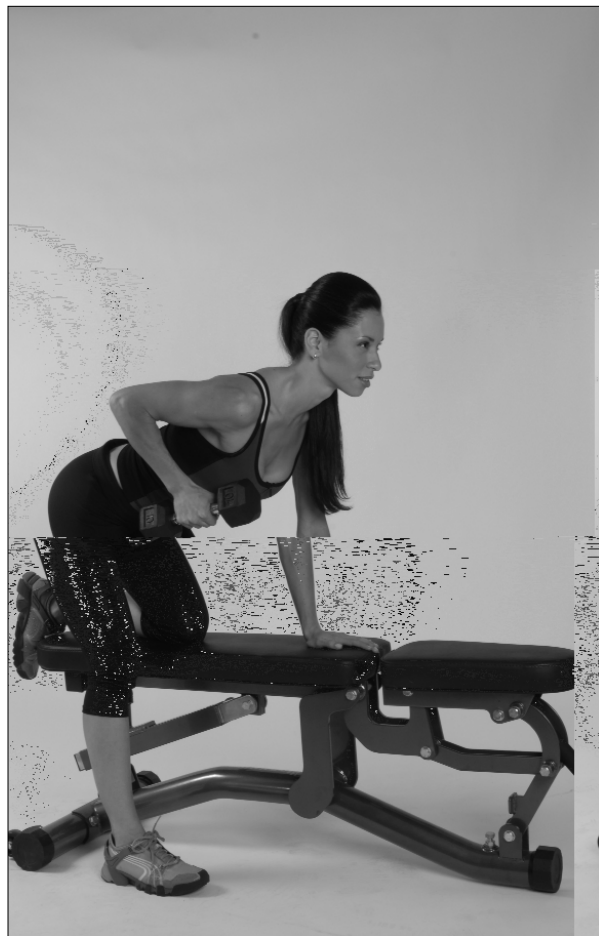
- **Alternate:** barbell shoulder press.



Dumbbell rows

Grab a dumbbell with your right hand and place your left hand and left knee on a bench. From arm length, bend your elbow and pull the dumbbell up toward your waist. Keep your palm facing your body. Keeping your head up and back flat throughout the exercise, slowly lower the dumbbell back down until your arm is straight and you feel a stretch.

■ **Alternates:** seated cable row, barbell row, inverted row.



Two dumbbell pullover

Grab two dumbbells and lie flat on your back on a bench. Very slowly lower the dumbbells behind your head, until you begin to feel a slight stretch in the lat muscles under your armpits. Pull the dumbbells at arm's length over your face and back to the starting position over your chest. Keep your elbows slightly bent, but maintain that locked arm position throughout the movement.

■ **Alternates:** single dumbbell pullover, pull-ups, pulldowns, pullover machine.



Reverse Crunch

Lie flat on your back on a matt or soft surface with your feet in the air, knees bent at a 90-degree angle and hips bent at a 90-degree angle. Place your hands underneath your hips or flat on the floor to your sides. Gently, using the abdominal muscles, rock your knees back over your chest or far enough so your hips roll up off the floor. Return slowly to start position with control, using the abdominal muscles.

■ **Alternates:** hip lifts, incline reverse crunches, hanging knee up, hanging leg raises.



Cross knee crunch

Lie flat on your back on a matt or soft surface with your knees bent and feet flat on the floor. Place your left foot across your right knee. Crunch across your body, right elbow to left knee. After completing prescribed number of reps on the right side, switch sides and repeat.

- **Alternates:** Swiss ball crunch, cable woodchopper, dumbbell woodchopper, upper-body Russian twists, lower-body Russian twists.



Dumbbell curls

Take a shoulder-width stance, holding a dumbbell in each hand with your palms facing up. Curl both dumbbells up together to shoulder height. At the top of the movement, your palms should be facing your body. Hold the contraction briefly and squeeze the biceps, then slowly return the dumbbells to the starting position. Keep your torso vertical and avoid leaning backward.

- **Alternates:** barbell curls, incline dumbbells curls, preacher bench curls.



Two dumbbell tricep extensions

Lie on your back on a bench holding two dumbbells at arm's length over your upper chest or face. Bend at the elbows and slowly lower both dumbbells together along the sides of your forehead. When your arms are bent at a 90-degree angle, extend your arms back up to the starting position.

- **Alternates:** dumbbell extension behind the head, dumbbell kickbacks, tricep cable pushdowns, close grip bench press, parallel bar dips.



Body Fat Rating Scale

	men	women
Extremely lean (“ripped”)	3–6%	9–12%
Very lean (excellent)	< 9%	<15%
Lean (good)	10–14%	16–20%
Average (fair)	15–19%	21–25%
Below average (poor)	20–25%	26–30%
Major improvement needed (very poor)	26–30%+	31–40%+

BODY FAT SOLUTION RECOMMENDED FOODS

LEAN PROTEINS

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Beef, ground, 90% lean	4 oz uncooked	113	199	22.7	0	11.3	0.0
Beef, ground 95% lean	4 oz uncooked	113	155	24.3	0	6.0	0.0
Beef, round, top, lean (select)	4 oz uncooked	113	146	26.1	0	3.8	0.0
Beef, round tip, lean (select)	4 oz uncooked	113	138	24.2	0	3.8	0.0
Beef, round, eye of, lean (select)	4 oz uncooked	113	134	25.2	0	3.0	0.0
Beef, flank steak, lean (select)	4 oz uncooked	113	155	24.2	0	5.6	0.0
Beef, sirloin, top, lean (select)	4 oz uncooked	113	144	25	0	4.0	0.0
Beef, tenderloin (filet)	4 oz uncooked	113	167	25	0	6.7	0.0
Buffalo (bison) steak, top round	4 oz uncooked	113	138	26.3	0	2.7	0.0
Buffalo (bison) steak, top sirloin	4 oz uncooked	113	128	24.2	0	2.7	0.0
Chicken breast, light meat, skinless, 99% lean	4 oz uncooked	113	110	26	0	1.0	0.0
Chicken breast, canned	4 oz	113	100	18	0	2.0	0.0
Chicken breast, ground, lean	4 oz uncooked	113	100	24	0	0.5	0.0
Clams, raw	1/2 cup (4 oz)	113	84	14.5	2.9	1.1	0.0
Crab, fresh, raw (Dungeness, U.S. King or Stone)	4 oz uncooked	113	95	20.8	0	0.7	0.0
Crawfish	4 oz raw meat only	113	87	18.1	0	1.1	0.0
Egg whites, liquid	1 cup (8.6 oz)	244	120	26	1	0.0	0.0
Egg whites, large	6	198	102	21	1.8	0.0	0.0
Egg, whole, large	1	50	75	6.3	0.6	5.0	0.0
Elk (game meat)	4 oz uncooked	113	125	25.9	0	1.6	0.0
Fish, Bass, Striped	4 oz uncooked	113	110	20.1	0	2.7	0.0
Fish, Catfish	4 oz uncooked	113	108	18.6	0	3.3	0.0
Fish, Cod, Pacific	4 oz uncooked	113	93	20.2	0	0.8	0.0
Fish, Flounder (flatfish)	4 oz uncooked	113	104	21.4	0	1.4	0.0
Fish, Halibut, Pacific	4 oz uncooked	113	124	23.6	0	2.6	0.0
Fish, Mackerel, Atlantic	4 oz uncooked	113	230	21	0	15.8	0.0
Fish, Mackerel, Pacific (Jack)	4 oz uncooked	113	179	22.8	0	9.0	0.0
Fish, Mackerel, canned in olive oil	1 can (3.9 oz)	110	290	24	0	22.0	0.0
Fish, Mahi-mahi, U.S.	4 oz uncooked	113	97	21	0	0.8	0.0
Fish, Pollack	4 oz uncooked	113	104	22.1	0	1.1	0.0
Fish, Tuna, canned in water, chunk light	4 oz	113	120	26	0	1.0	0.0
Fish, Tuna, canned in water, albacore	4 oz	113	140	26	0	2.0	0.0
Fish, Tuna, Yellowfin (tuna steak)	4 oz uncooked	113	123	26.5	0	1.1	0.0
Fish, Rainbow trout	4 oz uncooked	113	135	23.2	0	3.9	0.0
Fish, Salmon (wild)	4 oz uncooked	113	206	28.8	0	9.2	0.0
Fish, Tilapia	4 oz uncooked	113	110	23	0	2.0	0.0
Lamb, loin	4 oz roasted	113	217	32.1	0	8.8	0.0
Lobster	4 oz uncooked	113	102	21.3	0.6	1.0	0.0
Mussels	4 oz raw	113	98	13.5	4.2	2.5	0.0
Pork tenderloin	4 oz uncooked	113	123	23.6	0	2.6	0.0
Prawns	4 oz raw	113	119	22.7	1	1.9	0.0
Ostrich steak	4 oz uncooked	113	135	28	0	3.5	0.0
Oysters, Pacific	4 oz raw	113	92	10.7	5.6	2.6	0.0
Protein powder, casein (a milk protein)	1 scoop	31	110	23	3	0.5	1.0
Protein powder, hemp (vegetarian)	1 scoop	31	110	23	3	0.5	1.0
Protein powder, soy (vegetarian)	1 scoop	31	120	25	2	1.5	0.0
Protein powder, whey (a milk protein)	1 scoop	24	90	18	2	2.0	0.0
Scallops	4 oz raw	113	100	19	2.7	0.9	0.0
Sardines (herring), canned in water	1 can (3.2 oz)	91	150	19	0	8.0	0.0
Sardines (herring), canned in olive oil	1 can (3.2 oz)	91	191	22.7	0	10.5	0.0
Salmon, wild Alaskan	4 oz uncooked	113	206	28.8	0	9.2	0.0
Salmon burgers	1 burger (3.2 oz)	91	80	18	1	0.1	1.0
Salmon, canned, pink	4 oz	113	158	16.8	0	6.9	0.0
Shrimp	4 oz	113	120	23	1	2.0	0.0
Squid	4 oz raw	113	104	17.7	3.5	1.6	0.0
Tempeh (vegetarian protein)	1/2 cup (2.9 oz)	82	160	15.4	7.8	9.0	3.3
Tofu, firm, raw (vegetarian protein)	2.9 oz raw	117	117	12.8	3.5	7.1	0.0
Turkey Breast, skinless	4 oz uncooked	113	178	33.9	0	3.7	0.0
Turkey, ground 99% lean	4 oz uncooked	113	120	28	0	1.0	0.0
Venison steak (deer meat)	4 oz uncooked	113	136	25.9	0	2.7	0.0

STARCHY VEGETABLES, GRAINS, BEANS & LEGUMES (NATURAL COMPLEX CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Beans, Adzuki, canned	1/2 cup (4.1 oz)	116	147	8.7	28.5	0.1	8.4
Beans, Black, canned	1/2 cup (4.6 oz)	130	100	7	20	0.5	8
Beans, Kidney, canned	1/2 cup (4.5 oz)	127	110	7	20	0.5	8
Beans, Garbanzo (chickpeas), canned	1/2 cup (4.6 oz)	130	120	7	19	1.5	5
Beans, Navy, canned	1/2 cup (4.6 oz)	130	110	7	20	0.5	7
Beans, Pinto, canned	1/2 cup (4.2 oz)	119	100	6	18	0	6
Black eye peas, canned or frozen	1/2 cup (4.6 oz)	130	90	6	16	1	4
Cassava (Yucca root)	1/2 cup (3.5 oz)	99	165	1.4	39.2	0.3	1.8
Chickpeas (Garbanzos), canned	1/2 cup (4.6 oz)	130	120	7	19	1.5	5
Corn, canned	1/2 cup (5.4 oz)	153	70	2	18	1	3
Lentils	1/2 cup cooked (3.5 oz)	99	115	9	20	0	7.8
Lima beans, canned	1/2 cup (4.5 oz)	127	120	7	23	1	8
Oatmeal, steel-cut (no sugar added)	1/4 cup dry (1.4 oz)	40	150	5	27	2.5	4
Oatmeal, old-fashioned (no sugar added)	1/2 cup dry (1.4 oz)	40	150	5	27	3	4
Peas, split, green, dried	1/4 cup (1.6 oz)	45	160	12	24	1	4
Plantains	1/2 med (3.9 oz)	110	180	0	22	0	5
Potato, white	1 lg. uncooked (7 oz)	198	160	4.2	36.3	0.2	3.2
Potato, sweet	1 med uncooked (6 oz)	170	136	2.1	31.6	0.4	3.9
Pumpkin, canned	1 can (15 oz)	425	174	3.6	35	0	14
Rice, brown, long grain, dry	1/2 cup dry (3.3 oz)	94	320	8	64	3	4
Rice, brown, long grain, cooked	1 cup cooked (6.8 oz)	96	216	5	44.8	1.8	3.6
Rice, brown, basmati, dry	1/2 cup dry (3.3 oz)	94	320	8	64	3	4
Rice, brown, basmati, cooked	1 cup (8.6 oz)	6.9	216	5	44.8	1.8	3.6
Rice, wild, dry	1/4 cup (2.8 oz)	79	160	6	34	0.5	3
Rice, wild, cooked	1 cup (5.8 oz)	164	166	6.5	35	0.6	1.5
Squash, raw, winter, (acorn, butternut)	1 cup cubed (4.9 oz)	138	56	1.1	14.6	0.1	2.1
Yam	1 med uncooked (5 oz)	141	180	2.2	39.6	0.2	5.8

DAIRY PRODUCTS (LEAN PROTEIN & NATURAL SIMPLE CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Milk, skim	1 cup (8 fl oz)	-	90	8	12	0	0
Milk, 1% low fat	1 cup (8 fl oz)	-	100	8	11	2	0
Milk, 2% low fat	1 cup (8 fl oz)	-	121	8.1	11.7	4.7	0
Milk, soy, light (dairy substitute; contains sucrose)	1 cup (8 fl oz)		100	7	8	4	1
Milk, soy, nonfat (dairy substitute; contains sucrose)	1 cup (8 fl oz)		70	6	10	0	0
Milk, soy, unsweetened (dairy substitute)	1 cup (8 fl oz)		90	7	5	4	1
Cheese, American, non fat	2 slices (2 oz)	56	60	10	4	0	0
Cheese, cheddar, non fat, shredded	1/2 cup (2 oz)	56	90	16	4	0	0
Cheese, cheddar, low fat, block	2 inch cube (2 oz)	56	120	18	1	2.5	0
Cheese, feta low fat	2 oz	56	120	12	0	8	0
Cheese, feta non fat	2 oz	56	60	12	4	0	0
Cheese, mozzarella, non fat, shredded	1/2 cup (2 oz)	56	80	18	2	0	0
Cheese, mozzarella, shredded low fat (part skim)	1/2 cup (2 oz)	56	160	16	2	9	0
Cheese, Parmesan, non fat	2 tbsp (0.4 oz)	11	25	3.3	3.3	0	0
Cheese, Swiss, low fat	2 slices (2 oz)	56	100	15.9	1.9	2.9	0
Cheese, Swiss, non fat slices	2 slices (2 oz)	56	81	13.5	5.4	0	0
Cream cheese, non fat	2 tbsp (1.2 oz)	33	30	4	2	0	0
Cottage cheese, nonfat	1/2 cup (4 oz)	113	100	16.2	7.5	0	0
Cottage cheese, 2% low fat	1/2 cup (4 oz)	113	102	15.5	4.1	2.2	0
Cottage cheese, 1% low fat	1/2 cup (4 oz)	113	100	17.5	5	1.3	0
Sour cream low fat	2 tbsp (1.1 oz)	31	31	1	3	2	0
Sour cream, non fat	2 tbsp (1.1 oz)	31	25	2	4	0	0
Yogurt, plain, nonfat	1 yogurt (8 oz)	226	110	10	18	0	0
Yogurt, plain, 1% low fat	1 yogurt (8 oz)	226	143	11.9	16	3.5	0
Yogurt, fruit, low fat	1 yogurt (8 oz)	226	240	9	47	2	0
Yogurt, fruit, non fat	1 yogurt (8 oz)	226	200	16	32	0	0

BREAD, CEREAL, PASTA AND GRAINS (LIGHTLY PROCESSED COMPLEX CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Amaranth, whole grain	1/4 cup (1.7 oz)	49	180	7	31	3	7
Bagel, multi-grain	1 bagel (3.7 oz)	104	270	11	47	1.5	5
Bagel, plain, whole wheat	1 bagel (3.7 oz)	104	270	12	55	2	1
Bagel, plain, whole wheat high fiber	1 bagel (3.3 oz)	94	220	11	47	1.5	6
Barley, flaked	1/3 cup dry (1.3 oz)	37	110	4	28	1	5
Barley, cracked	1/3 cup (1.6 oz)	46	140	5	33	1	6
Bread, whole wheat	1 slice (1 oz)	28	100	5	20	1.5	2
Bread, whole wheat, bakery light (reduced calorie)	1 slice	21	40	2.5	8.5	0.25	2.5
Bread, whole wheat, light (reduced calorie)	1 slice (.75 oz)	21	60	5	8	1.5	3
Bread, multi-grain	1 slice (1 oz)	28	90	5	19	0.5	4
Bread, multi-grain, light (reduced calorie)	1 slice (.75 oz)	21	60	5	9	1.5	3
Bread, rye	1 slice (1 oz)	28	80	2	215	1.5	1
Bread, rye, light (reduced calorie)	1 slice (.75 oz)	21	60	5	9	1.5	3
Bread, sprouted grain (Ezekiel)	1 slice (1.2 oz)	34	80	4	15	0.5	3
Buckwheat groats (Kasha)	1/2 cup (2.9 oz)	82	284	9.6	61.5	2.2	8.4
Bulgur (whole grain), dry	1/2 cup (2.5 oz)	71	240	8.6	53.2	1	12.8
Bulgur (hot cereal)	1/4 cup dry (1.6 oz)	45	150	5	34	0.5	4
Cereal, hot, multi-grain (rye, barley, oats, wheat)	1/2 cup dry (1/4 oz)	40	130	5	29	1	5
Cereal, hot, multi-grain (oats, rye, barley, triticale, flax)	1/2 cup dry (1.4 oz)	40	140	6	26	2	5
Cereal, hot multi-grain (wheat, oats, barley, flax)	1/2 cup dry (1.4 oz)	40	150	6	28	2	6
Couscous, whole wheat, uncooked	1/4 cup dry (1.5 oz)	43	210	8	45	1	7
Cream of buckwheat (hot cereal)	1/4 cup dry (1.8oz)	50	180	2	41	0	0
Cream of rice (hot cereal)	1/4 cup dry (1.6 oz)	45	170	3	38	0	0
Cream of rye (hot cereal)	1/3 cup dry (1.3 oz)	36	110	5	25	1	5
Cream of wheat (hot cereal)	1/3 cup dry (1.4 oz)	41	120	3.7	24.7	0.7	3.7
English muffin, whole wheat	1 muffin (2 oz)	57	120	5	23	1	3
Fiber One (boxed cold cereal)	1 cup (2.1 oz)	60	120	4	48	2	26
Granola, low fat (no sugar added)	1/2 cup (1.7 oz)	49	186	4	39	2.5	3
Granola, honey sweetened (no sugar added)	1/2 cup (1.9 oz)	55	250	6	31	12	4
Grits, corn (hot cereal)	1/4 cup dry (1.3 oz)	37	130	3	29	0.5	2
Kamut (whole grain), dry	1/4 cup (1.6 oz)	45	170	6	35	1	9
Millet (whole grain), dry	1/4 cup (1.6 oz)	45	160	5	30	2	4
Muesli hot or cold cereal, (oats, grains, fruit, nuts)	1/4 cup dry (1.1 oz)	31	110	4	21	3	4
Muesli, Swiss, unsweetened (oats, grains, fruit, nuts)	1/2 cup dry)	57	210	6	41	3	4
Oat bran (hot cereal)	1/2 cup dry (1.4 oz)	40	120	6	23	3	6
Pancake Mix, whole wheat & flax	3 tbsp	40	140	7	27	1	2
Pasta, spelt, whole grain, uncooked	3/4 cup dry (2 oz)	56	210	9	42	1	2
Pasta, spaghetti, whole wheat, uncooked	3/4 cup dry (2 oz)	56	210	9	40	1.5	5
Pasta, quinoa, uncooked	3/4 cup dry (2 oz)	56	210	10	42	1	7
Pasta, spinach, uncooked	3/4 cup dry (2 oz)	56	200	7	41	1	2
Pasta, sprouted multi-grain, uncooked	3/4 cup dry (2 oz)	56	210	9	39	2	7
Pita, whole wheat	1 large pita (2.1 oz)	60	140	6	27	1.5	5
Pita, whole wheat, mini-size (pita pockets)	1 pita pocket (1 oz)	28	70	3	14	1	2
Quinoa, whole grain, traditional	1/4 cup dry (1.6 oz)	46	172	6	31	2.8	3
Quinoa, whole grain, flakes, hot cereal	1/3 cup dry (1.2 oz)	34	105	3	23	1	2.2
Rice cakes, brown rice, plain	1 cake (.07 oz)	1.9	70	1	16	0	0
Rice, brown, boil-in-bag (pre-cooked)	1 bag (3.5 oz)	99	347	9.3	76.4	2.3	4.6
Rice, brown, instant (pre-cooked)	1/4 cup dry (1.7 oz)	48	170	4	36	1	2
Shredded Wheat, spoon size (boxed cold cereal)	1 cup	49	170	6	40	1	6
Tortilla, corn	2 pcs (1.7 oz)	48	120	3	21	4	0
Tortilla, corn, sprouted	2 pcs (1.7 oz)	48	120	3	23	2	2
Tortilla, multi-grain, low fat	1 large (1.4 oz)	40	100	7	13	1	8
Tortilla, whole wheat	1 large (1.6 oz)	47	110	4	16	0	2
Tortilla, whole grain, sprouted (Ezekiel)	1 large (2 oz)	57	150	6	24	3.5	5
Tortilla, spelt	1 large (2 oz)	57	150	5	28	0	3

FRUIT (NATURAL CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Apple	1 med (5.4 oz)	153	80	0.0	22	0	5
Applesauce, unsweetened (no sugar)	1 cup (8.6 oz)	243	100	0.0	26	0	4
Apricots, fresh	3 med (4 oz)	113	60	0.0	11	0	1
Banana	1 med (4.4 oz)	124	110	1.0	29	0	4
Blackberries	1 cup (5.1 oz)	144	74	1.0	18.4	0.6	7.2
Blueberries	1 cup (5.1 oz)	145	82	1.0	20.4	0.6	4
Cantaloupe (melon)	1/2 med, (3.5 oz)	99	94	2.3	22.3	0.7	2.1
Cherries, pitted	1 cup, 21 pcs (4.9 oz)	139	90	2.0	22	0	3
Clementine	1 med (2.6 oz)	74	35	0.6	8.9	0	1.3
Cranberries	1 cup (3.4 oz)	96	46	0.4	12	0	4
Custard apple (annona aka bullock's heart)	1 med (3.5 oz)	99	101	1.7	25.2	0.6	2.4
Figs	1 large (2.3 oz)	65	47	0.5	12.3	0.2	2.1
Grapefruit	1/2 large (4.7 oz)	133	53	1.1	13.4	0.2	1.8
Grapes, seedless red or green	20 grapes (3.4 oz)	96	72	0.6	17.8	0.6	0.6
Guava	1 med (4 oz)	113	45	0.7	10.7	0.5	5
Goji berries (wolfberries), dried	3 tbsp (1 oz)	28	104	4.0	24	1.3	4
Honey, raw (not a fruit, but a natural sugar)	1 tbsp (0.7 oz)	60	60	0.0	17	0	0
Honeydew melon	1 cup, cubed (6 oz)	170	60	0.8	15.6	0.2	1
Jelly, all fruit (no refined sugar)	2 tbsp (1.4 oz)	40	80	0	20	0	0
Kiwifruit	2 med (5.2 oz)	147	100	2	24	0	4
Lemon	1 med (3.8 oz)	108	22	1.3	11.6	0	0
Lime	1 med (2.4)	68	20	0	7	0	2
Mango	1/2 med (4.9 oz)	139	70	0	17	0.5	1
Nectarine	1 med (4.9 oz)	139	70	1.0	16	0	2
Orange	1 med (5 oz)	141	65	1.0	16.3	0.3	3.4
Papaya	1/2 med (4.9 oz)	139	70	0.0	19	0	2
Passion fruit	1 med (0.6 oz)	18	14	4	4.2	0.1	1.9
Peach	1 med (3.5 oz)	99	40	1.0	10	0	2
Pear	1 med (5.9 oz)	167	100	1.0	25	1	4
Persimmon	1 med (5.9 oz)	167	118	1.0	31.2	0.3	6
Pineapple	1 cup diced (5.5 oz)	156	76	0.6	19.2	0.6	1.8
Pomegranate, whole with peel	1 large (9.7 oz)	275	104	1.5	26.4	0	0.9
Plum	2 med (4.7)	133	80	2.0	38	2	4
Prunes (dried plum)	5 med (1.5 oz)	42	100	1.0	26	0	3
Raisins	1/4 cup (1.4 oz)	40	130	1.0	31	0	2
Raspberries	1 cup (4.3 oz)	122	61	1.2	14.2	0.6	8.2
Strawberries	halved, 1 cup (5.4 oz)	153	46	1.0	10.6	0	3.6
Tangerines	1 med (3.8)	108	50	1.0	15	0.5	3
Watermelon	1 cup diced (5.4 oz)	153	50	1.0	11.4	0.6	0.8

FIBROUS VEGETABLES & GREENS (NATURAL COMPLEX CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Alfalfa sprouts	2 tbsp (0.1 oz)	2.8	2	0.2	0.2	0	0.2
Arugula, raw	1 cup (0.8 oz)	6	6	0.6	0.8	0	0.4
Artichoke, fresh, edible portions	1 med (4.5 oz)	128	60	4.2	13.5	0.2	6.9
Asparagus spears	10 large 7" (6.6 oz)	187	50	4	8	0	4
Beets, raw	1 cup (6 oz)	170	70	2	16	0	4
Bok Choy (Chinese Cabbage), raw, shredded	1 cup (2.5 oz)	71	10	1	1.6	0.2	0.8
Broccoli, raw, chopped	1 cup (3.2 oz)	91	44	4.6	7.8	0.4	4.6
Brussels sprouts, raw, chopped	1 cup (3.1 oz)	88	38	3	7.8	0.2	3.6
Cabbage, raw, shredded	1 cup (3.1 oz)	88	18	1	3.8	0.2	1.6
Cauliflower, raw, chopped	1 cup (3.5 oz)	99	26	2	5.2	0.2	2.6
Carrot, raw	1 large 7.5" (2.8 oz)	79	31	0.7	7.3	0.1	2.2
Celery, raw, stalk	1 med 7.5" (1.6 oz)	45	6	0.3	1.5	0.1	0.7
Chard, Swiss, fresh chopped	1 cup (1.3 oz)	85	6	0.6	1.4	0	0.3
Collard greens, raw	2 cups (2.8 oz)	79	25	2	5	0	3
Cucumber, with peel	1 small (5.6 oz)	158	19	1	3.4	0	1.1
Eggplant, raw	1 cup pieces (3 oz)	85	22	0.8	5	0.2	2
Garlic, fresh	1 clove	5.6	4	0.2	1	0	0.1
Green beans (string or snap beans), raw	1 cup (4 oz)	113	34	2	7.8	0.2	3.8
Jerusalem artichokes	1/2 cup sliced (3 oz)	85	57	1.5	13.1	0	1.2
Kale, raw, chopped	1 cup (2.4 oz)	68	34	2.2	6.8	0.4	1.4
Leeks, raw	1 cup 3.1 oz)	87	64	1.6	14.9	4	1.8
Lettuce, romaine, loose leaf, chopped	3 cups (6 oz)	170	30	2	4	0	2
Okra, raw, sliced	1 cup (3.5 oz)	99	38	2	7.6	0.2	2.6
Onion, white or yellow, raw, chopped	1 cup (5.2 oz)	147	60	1.8	14	0	2.8
Onion, green (scallion), raw, chopped	1 cup (3.5 oz)	99	32	1.8	7.4	0.2	2.6
Mushrooms, white, raw pieces or slices	1 cup (2.5 oz)	71	18	2	3	0.4	0.8
Parsnips	1 med (4 oz)	113	85	1.4	20.3	0.3	5.5
Peas, green, frozen	1/2 cup (2.8 oz)	79	60	4	11	0	3
Peas, sugar snap or snow, raw	1 cup (3 oz)	85	35	2	6	0	2
Pepper, bell or sweet, green or red	med or 1/2 cup (4.2 oz)	119	20	0.7	4.8	0.1	1.3
Pepper, yellow, raw	large (6.6 oz)	187	50	1.9	11.8	0.4	1.7
Pumpkin, raw, cubes	1 cup (4.1 oz)	116	30	1.2	7.6	0.2	2
Radishes, raw, sliced	1/2 cup (2 oz)	57	12	0.4	2.1	0.3	0.9
Salsa or picante sauce, tomato	4 tbsp (4 oz)	115	20	0	5	0	0
Shallots	1 tbsp chopped (0.4 oz)	11	7	0.3	1.7	0	0
Spinach, raw, leaves, chopped	1.5 cups (3 oz)	85	40	2	10	0.4	5
Squash, raw, summer, (zucchini, crookneck)	1 cup (3 oz)	85	16	1.4	3.2	0.2	1.4
Tomato, whole, raw *	1 med (5.2 oz)	147	35	1	7	0	1
Tomato juice	1 cup (8 fl oz)	-	50	2	10	0	2
Tomato sauce	1 cup (8 fl oz)	226	80	3	16	0	4
Tomato paste	2 tbsp (1.2 oz)	34	30	1	7	0	2
Turnips	1 large (6.5 oz)	184	51	1.7	11.8	0.2	3.3
Turnip Greens	3 cups (5.7 oz)	161	42	2.4	9.6	0.6	4.2
Water Chestnuts	4 (1.3 oz)	37	35	0	8.6	0	1.1
Vegetable juice	1 cup (8 fl oz)	-	50	2	10	0	2
Vegetables, mixed, frozen, peas and carrots	2/3 cup	85	50	3	9	0	3
Vegetables, mixed, frozen, oriental broccoli stir fry	1 cup	96	35	1	6	0	2
Vegetables, mixed, frozen, broccoli, cauliflower, carrots	1 cup	87	30	1	5	0	2
Watercress	1 cup chopped (1.2 oz)	34	4	0.8	0.4	0	0.8

FATS, OILS, NUTS & SEEDS

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Avocado	1.1 oz (1 med)	31	165	3	9	15	9
Almonds, raw	1/4 cup (1.2 oz)	34	210	7	7	19	9
Almond butter, natural (unsweetened)	2 tbsp (1.2 oz)	34	120	0	0	14	0
Brazil nuts, shelled	1/4 cup (4.9 oz)	139	240	5	5	12	2
Butter, light, omega-3 fortified	1 tbsp (0.6 oz)	14	50	0	0	5	0
Butter, light, regular	1 tbsp	14	50	0	0	6	0
Butter flavor sprinkles (Butter Buds, etc)	1 tbsp	6	15	0	2	0	0
Cashews, raw	1/4 cup (1.2 oz)	34	190	5	11	15	1
Coconut oil, extra virgin	1 tbsp (0.5 oz)	14	125	0	0	14	0
Coconut, fresh shredded	2 tbsp (1 oz)	28	180	2	7	18	5
Chia seeds	3 tbsp (1 oz)	28	139	4.4	12.4	10.8	10.7
Essential oil blend (supplement, not for cooking)	1 tbsp (0.6 oz)	-	134	0	0	14.2	0
Flaxseed Oil (supplement, not for cooking)	1 tbsp (0.6 oz)	-	130	0	0	14	0
Flaxseeds, ground	2 tbsp (0.7 oz)	20	93	4	6	6	4.6
Hazelnuts, dried, chopped	1/4 cup (1 oz)	28	182	3.7	4.4	18	1.7
Hemp seeds (hemp hearts)	2 tbsp (1.1 oz)	31	165	11.4	7.2	10.1	1
Macadamia nuts, raw	1/4 cup (1.1 oz)	31	230	3	5	24	2
Mayonnaise, Canola	1 tbsp (0.5 oz)	15	100	0	0	11	0
Mayonnaise, fat-free	1 tbsp (0.5 oz)	15	10	0	3	0	0
Mayonnaise, light, omega-3 enriched	1 tbsp (0.5 oz)	15	50	0	2	4.5	0
Mayonnaise, light, regular	1 tbsp (0.5 oz)	15	35	0	1	3.5	0
Peanuts, raw	1/4 cup (1.2 oz)	34	214	8.6	7.8	18.1	2.9
Peanut Butter, natural (no sugar added)	1 tbsp (0.6 oz)	17	95	4	3.5	8	1
Pecans, halves or pieces	1/4 cup (1 oz)	28	190	3	4	20	3
Pine nuts, dried	1/4 cup (1.2 oz)	34	227	4.6	4.4	23	1.3
Pistachios	1/4 cup (1 oz)	28	164	5.8	7.1	13.7	3.1
Pumpkin seeds, shelled, roasted	142 kernels (1 oz)	28	148	9.4	3.8	12	1.8
Olives, Greek black, pitted*	2 oz	56	100	0.6	4	8	0
Olives, green, pitted*	2 oz	56	100	0	4	10	0
Olive Oil, extra virgin	1 tbsp	-	120	0	0	13.6	0
Salad dressing, olive oil and vinegar	1 tbsp	-	75	0	0.5	8	0
Salad dressing, balsamic vinaigrette w. olive oil, light	2 tbsp	-	45	0	2	4	0
Salad dressing, balsamic vinaigrette, nonfat	2 tbsp	-	5	0	2	0	0
Sesame oil	1 tbsp	-	120	0	0	13.6	0
Sesame seeds, whole, dried	1/4 cup (5.1 oz)	144	190	6	8	17	4
Sesame butter	1 tbsp (0.6 oz)	17	100	3	3.6	9	0
Sesame paste (Tahini)	1 tbsp (0.5 oz)	14	95	4	1.5	9	0.5
Sunflower seed, shelled	1/4 cup (1 oz)	28	170	7	6	15	3
Walnuts	1/4 cup (1.1 oz)	28	200	5	3	20	3

* Botanically speaking, avocados, tomatoes and other plant foods with seeds are fruits. Leaves, stems and roots are vegetables. Legally and traditionally, tomatoes, cucumbers and pea pods are thought of as vegetables. Technically, olives are also a fruit, but are listed in fats due to the fat content

APPENDIX 1: Calorie Calculations

The 10 Body Fat Solution nutrition rules are designed to help keep you away from number crunching as much as possible. By putting yourself into a feedback loop and using results-based thinking, calculating or counting calories becomes optional.

All you have to do is acknowledge the energy balance equation, become aware of your portion sizes, and then increase or decrease your portions based on your weekly results.

That said, the importance of maintaining a calorie deficit to burn fat can't be emphasized enough. If you're going to track numbers, calories are the most important number to know.

There are four methods to calculate your caloric needs. Depending on whether you're the analytical type or the "ballpark figure" type, select the method that suits your style the best.

1. The averages method

Use this method if you want a general ballpark estimate and you don't like math!

For fat loss:

Men: 2100-2500 calories per day

Women: 1400-1800 calories per day

For maintenance:

Men: 2700-2900 calories per day

Women: 2000-2100 calories per day

2. The quick method

Use this formula if you want a personalized ballpark estimate with one quick calculation. Use the lower number for lightly active, the middle number for moderately active and the higher number for very active.

Fat loss:

10 - 12 calories per lb. of bodyweight

Maintenance:

14 - 16 calories per lb. of bodyweight

3. Harrris-Benedict formula

Use this formula for a very accurate estimate of your maintenance level if you know your body weight but not your body fat percentage. For fat loss, create a 20-30% deficit below maintenance.

Note: BMR = basal metabolic rate, which is the amount of energy you require for normal body functions at rest (does not include activity).

Men: $BMR = 66 + (13.7 \times \text{wt in kg}) + (5 \times \text{ht in cm}) - (6.8 \times \text{age in years})$

Women: $BMR = 655 + (9.6 \times \text{wt in kg}) + (1.8 \times \text{ht in cm}) - (4.7 \times \text{age in years})$

Note: 1 inch = 2.54 cm.

1 kilogram = 2.2 lbs.

Example:

You are female

You are 30 yrs old

You are 5' 6 " tall (167.6 cm)

You weigh 120 lbs. (54.5 kilos)

Your BMR = $655 + 523 + 302 - 141 = 1339$ calories/day

Now that you know your BMR, you can calculate your maintenance level, (also known as total daily energy expenditure or TDEE), by multiplying your BMR by your activity multiplier from the chart below:

Activity Multiplier:

Sedentary = BMR X 1.2 (little or no exercise, desk job)

Lightly active = BMR X 1.375 (light exercise/sports 1-3 days/wk)

Mod. active = BMR X 1.55 (moderate exercise/sports 3-5 days/wk)

Very active = BMR X 1.725 (hard exercise/sports 6-7 days/wk)

Extr. active = BMR X 1.9 (hard daily exercise/sports & physical job

Or 2X day training, i.e marathon, competition etc.)

Example:

Your BMR is 1339 calories per day

Your activity level is moderately active (work out 3-4 times per week)

Your activity factor is 1.55

Your TDEE = $1.55 \times 1339 = 2075$ calories/day

4. Katch-McArdle formula

Use this formula for a very accurate estimate of your maintenance level if you know your body fat percentage and lean body mass. For fat loss, create a 20-30% deficit below maintenance.

BMR (men and women) = $370 + (21.6 \times \text{lean mass in kg})$

Example:

You are female

You weigh 120 lbs. (54.5 kilos)

Your body fat percentage is 20% (24 lbs. fat, 96 lbs. lean)

Your lean mass is 96 lbs. (43.6 kilos)

Your BMR = $370 + (21.6 \times 43.6) = 1312$ calories

To determine TDEE from BMR, you simply multiply BMR by the activity multiplier:

Your BMR is 1312

Your activity level is moderately active (working out 3-4 times per week)

Your activity factor is 1.55

Your TDEE = $1.55 \times 1312 = 2033$ calories per day

APPENDIX 2: The Body Fat Solution Menu Plans

In this section, you'll find seven days of sample menus compatible with The Body Fat Solution nutrition rules. These menus are only examples, so you're not required to follow them to a "T" if you don't want to. In fact, I encourage you to learn how to put together your own menu plans because no one knows what you like to eat better than you.

You may need to customize these menus for your personal calorie requirements and your degree of carbohydrate tolerance. Some people do better on both health parameters and body composition by reducing the X-factor carbs—starches, grains and simple sugars—and by focusing on eating more of the non-starchy vegetables, low calorie fruits, lean proteins, and healthy fats.

These menu plans are well-balanced and moderate in carbs (no extremes of very high or very low carbs), so they give you a great place to start. With this set of 7 menus, at 5 meals/snacks per day, that's 35 meals in total. You can easily mix and match these meals to create additional new menus.

With the portion sizes listed, these menus add up to about 2200 calories per day. That's the average ideal calorie level for men to burn fat while maintaining lean muscle.

Women usually need about 500-600 calories fewer than men (that's about 1500 to 1600 calories per day). If you're female, all you have to do is eat 75% of the portions listed. For example, if a meal says 6 ounces of chicken breast, then women would eat about 4 ounces. If the menu says, 1.5 cups of shredded wheat cereal, then you'd eat just over one cup. Simple, right?

If you have to reduce your calories, the best way to do it is by selectively reducing the X-factor carbs. Leave the serving sizes of lean protein, fibrous (non-starchy) vegetables and healthy fats the same. Instead, reduce your portions of the starchy carbs such as pasta, bread, cereal, and even potatoes, rice and whole grains.

Last, but not least, you'll notice that I've included a handful of my favorite recipes, simplified, in these menus. It would take another book to give you my entire recipe collection, but I'm sure you'll enjoy this small sampler. If you are interested in looking up more recipes, however, please visit me online at www.TheBodyFatSolution.com.

Menu #1

Meal 1 (Breakfast)

2 whole omega-3 eggs & 2 egg whites scrambled
Cheddar cheese, low fat shredded, 1/2 cup
Red pepper, chopped, 1/2 cup
4-grain hot cereal, oats and flax, 1 cup dry

Meal 2 (Mid-morning snack)

Grapes, 2 cups
Whole wheat pita (6 inch)

Meal 3 (Lunch)

Chili with:
95% lean ground beef, 6 oz
Kidney beans, canned, 1/2 cup
Chopped garlic and chili powder

Meal 4 (mid-afternoon snack)

Yogurt with fruit, non-fat
Almonds, 20 raw

Meal 5 (Dinner)

Ground turkey, 99% lean, 4 oz
Whole wheat pasta spirals, 1 cup dry (approx 2 cups cooked)
Pasta sauce, light tomato and basil, 4.4 oz

Menu #2

Meal 1 (Breakfast)

Whole wheat bagel, 3.7 oz

Non fat cream cheese, 3 oz

Raspberries, 1 cup

Non fat milk, 1 cup

Meal 2 (Mid-morning snack)

Pear, 1 medium

Celery, 2 stalks

Natural peanut butter, 2 tbsp

Meal 3 (Lunch)

Sprouted wheat bread, 2 slices

Tuna fish, 1 can

Lettuce, tomato and onion

2 tbsp reduced calorie omega-3 mayonnaise

Dash of pepper and sea salt

Meal 4 (mid-afternoon snack)

Cottage cheese, lowfat, 1 cup

Sunflower seeds, 2 tbsp

Peach, 1 large

Meal 5 (Dinner)

Grilled chicken breast, 6 oz

Baked potato, 1 med (7 oz)

Steamed spinach

Olive oil, 1 tbsp

Menu #3

Meal 1 (Breakfast)

1 orange

Greek omelet:

1 whole omega-3 egg

3 egg whites

Chopped spinach, 1.5 cups

Low fat feta cheese, $\frac{1}{4}$ cup

8 Greek black or kalamata olives

Meal 2 (Mid-morning snack)

Nonfat yogurt with fruit, 6 oz

Ground flaxseed (mixed in yogurt)

Banana, 1 medium

Meal 3 (Lunch)

Tuna, chunk light, 6 oz

Sprouted wheat bread, 2 slices

Hummus (chick pea spread)

Cucumber, 1 small, sliced

Meal 4 (mid-afternoon snack)

Lowfat cottage cheese, 1 cup

Peach, 1 medium, sliced

Meal 5 (Dinner)

Brown rice, 1 cup

Chicken breast, grilled

Oriental mixed vegetables, 8 oz

Light soy sauce or Braggs liquid aminos

Menu #4

Meal 1 (Breakfast)

Orange

4-veggie omelet or scramble:

2 whole omega-3 eggs and 2 egg whites

mushrooms, onions, tomatoes, green pepper, 1/2 cup each

low fat (part skim) mozzarella cheese, 1/2 cup

Add your favorite spices to taste

Meal 2 (Mid-morning snack)

2 scoops chocolate protein powder

banana

strawberries

Meal 3 (Lunch)

Whole wheat low fat tortilla

Roasted turkey breast, thin-sliced, 4 oz

Tomato slices, 4

Lettuce 1.5 cups

Meal 4 (mid-afternoon snack)

Sardines, canned in olive oil

100% whole wheat crackers

Meal 5 (Dinner)

Grilled codfish, 6oz

Baked yam, 6 oz

Mixed green salad with cucumber, green pepper and avocado

Light balsamic vinaigrette dressing 2 tbsp

Menu #5

Meal 1 (Breakfast)

Peach French Toast:

Whole wheat bread, 2 slices

Nonfat milk 1 cup

Vanilla protein powder 1 scoop

Cinnamon 2 tsp

Sliced peaches, water packed ½ cup

(whisk ingredients, dip bread in milk mixture, cook on skillet 3-4 min, top with peaches)

Meal 2 (Mid-morning snack)

Salmon salad pita sandwich:

Light omega-3 mayo, 1 tbsp

Chopped onion, ½ cup

Celery, finely chopped, ¼ cup

Lemon juice, 2 tbsp

Dill weed, black pepper

1 whole wheat pita

Meal 3 (Lunch)

Tomato vegetable soup 1.5 cups

Barley, cooked, 1 cup

Mozzarella cheese, low fat, shredded 1 oz

Tilapia fish, 5 oz

Meal 4 (mid-afternoon snack)

Apple

Nonfat fruit yogurt

Meal 5 (Dinner)

Grilled chicken breast, 6 oz

Steamed carrots, 1 cup

Brown rice, 1 cup cooked

Menu #6

Meal 1 (Breakfast)

Shredded wheat cereal 1.5 cups

Skim milk, 1.5 cups

Blueberries, 1 cup

Meal 2 (Mid-morning snack)

Apple-Cinnamon Oatmeal pancake (a "portable meal")

1 whole omega-3 egg

3 egg whites

Old fashioned oatmeal, $\frac{3}{4}$ cup

Vanilla protein powder, 1 scoop

Chopped apple, $\frac{1}{2}$

Cinnamon ground 2 tsp

Mix all ingredients in bowl and cook on fry pan or griddle

Meal 3 (Lunch)

Grilled chicken breast, 6 oz

Baked potato, 1 med (7 oz)

Broccoli, steamed, 2 cups

Meal 4 (mid-afternoon snack)

High protein meal replacement shake mixed in water, 1 packet

Meal 5 (Dinner)

Beefy Spanish rice:

Long grain brown rice, 1 cup

95% lean ground beef, 6 oz

diced tomatoes, canned, 7.5 oz

Tomato paste 1 tbsp

2 tsp thyme, black pepper, garlic powder to taste

Worcestershire sauce, 1 tbsp

Tabasco sauce, 1-2 tsp

Menu #7

Meal 1 (Breakfast)

Rich and creamy vanilla oatmeal pancakes:

Old fashioned oatmeal, 1 cup

Nonfat cottage cheese, 3/4 cup

4 egg whites

1 scoop vanilla protein powder

Cinnamon, nutmeg, vanilla extract, 1 tsp ea

Mix all ingredients in bowl and cook on fry pan or griddle; makes 2 pancakes

1 large grapefruit

Meal 2 (Mid-morning snack)

High protein yogurt:

Nonfat vanilla yogurt, 6 oz

1 scoop vanilla protein powder

Meal 3 (Lunch)

Broiled salmon, 5 oz

Steamed asparagus, 10 spears

Brown rice, 1 cup

Meal 4 (mid-afternoon snack)

Raw almonds, 1/4 cup

Baby carrots 10 medium

Meal 5 (Dinner)

Grilled top round steak, grass-fed beef, 4 oz

Steamed green beans, 2 cups

Baked sweet potato, 1 med