

BODY CONFIDENCE

**VENICE NUTRITION'S 3-STEP SYSTEM
THAT UNLOCKS YOUR BODY'S FULL POTENTIAL**

MARK MACDONALD

This book contains advice and information relating to health care. It is not intended to replace medical advice and should be used to supplement rather than replace regular care by your doctor. It is recommended that you seek your physician's advice before embarking on any diet or other health plan. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. The publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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**YOUR DREAM BODY
IN ONE WORKOUT A WEEK**

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GORGEOUS HAIR**

SHAPE
YOUR
LIFE

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STRESS
WITH
CHOCOLATE**
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BELLY
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 **SPRING
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THAT WILL
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READER TESTED!

The 13 best new sneakers
that make you fitter—faster!

FOREWORD

I met Mark Macdonald three weeks before my twenty-seventh birthday, and he changed my life forever. I was sick of starving myself and never losing any weight, and not exactly open to the idea of cutting alcohol out of my life. After spending an hour with Mark, I realized how little I knew about food, and how many bad habits had been formed from my childhood in New Jersey.

Growing up in a household where you would find Twix bars in your nightstand, and where a bowl of freshly made macaroni and cheese was considered an after-school snack, it became clear that I had a lot of mental deprogramming to do. I was basically starving my body and weighing myself three to four times a day. I had gotten so delusional about my food that I believed a chicken wing was a more logical snack than an apple because it weighed less.

When Mark explained to me how important it was to feed your body every three to four hours, I was elated. When he told me I had to cut back on alcohol, but not eliminate it completely, I was furious.

Mark gently explained to me how the body works and showed me how much actual fat, protein, and carbohydrate was necessary for me to feel satisfied. I had no idea that a salad drenched in dressing was basically the equivalent of a piece of pizza. He broke down all the components of fueling my body and what ratios would be effective in retraining it to stop storing fat—and finally release a little. It had never occurred to me that by starving my body, it was holding on to fat.

The first time I walked out of Mark's office, I was intent on following all his directions to a tee. Within the first three days, I had more energy than I knew what to do with, I felt satisfied after every meal, and I actually began to crave working out. In the first week, I lost 2 percent body fat—but I gained three pounds. I was beside myself and had a complete breakdown in Mark's office, where he urged me to stay with the program and not worry

about the number on the scale. He had warned me that, because of all the years I'd been tricking my body, I would probably gain a few pounds before I lost. But he encouraged me to focus on the fact that I had been successful in losing fat, and he reminded me about my increase in energy and workout stamina.

It was only one more week before I lost another 2 percent body fat and my body started to drop weight due to my muscle/fat ratio. My clothes all fit better than before, and my muffin top started to dissipate. I watched my body lean out everywhere: my arms, stomach, and face. It was the first time anyone in my family could claim to have a set of abs. I was euphoric and so relieved to know that my body wasn't that different from everyone else's and that there was an actual program that would work for me.

I have learned that with a busy lifestyle, it's not always easy to eat right, so it's important to get in the habit of carrying healthy options with you and filling your refrigerator with clean food. I'll prepare grilled chicken, shrimp, and turkey meatballs for the week and eat something different each day. I always have arugula salad with me, and protein powder that I mix with water for a snack at least once a day. My mind-set has changed in that I now know that I am fueling my body, and not snacking because of cravings. The healthier and leaner I am, the fewer cravings I have. I always start with protein and work my way from there. If I'm drinking, I skip heavy starches and know I can fill up on fresh steamed veggies and small amounts of fat. I eat more frequently than I've ever eaten before, and my mind and body are sharper because of it.

Since that time, I have fallen on and off Mark's nutrition plan, but he has always been there for me when I decided I didn't like the dimples forming on the back of my ass. Most recently, I posed for the cover of *Shape* magazine and worked with Mark daily to get myself back on the program and back to healthy, lean eating. It took less than a week for me to see the definition in my stomach and arms. Any cellulite on the back of my legs had completely disappeared, and I have to say, I looked borderline amazing. I did combine the nutrition with Pilates and some cardio, but in the past I'd done an hour of cardio a day without focusing on nutrition, and I didn't have the same results. I now know that the nutritional component is the most important aspect, and I know that If I want to maximize my energy level and feel great about myself in a bikini, I have to be responsible about my food. I get to drink my Belvedere, stay lean, and help my friends when they're serious about getting their bodies in better condition.

—*Chelsea Handler*

FIGURES

FIGURE 1

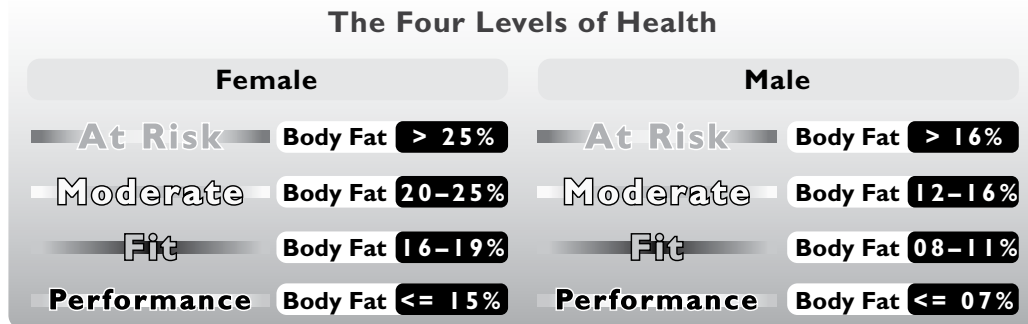


FIGURE 2

Jennifer Oppenheimer — Goal-Setting Chart



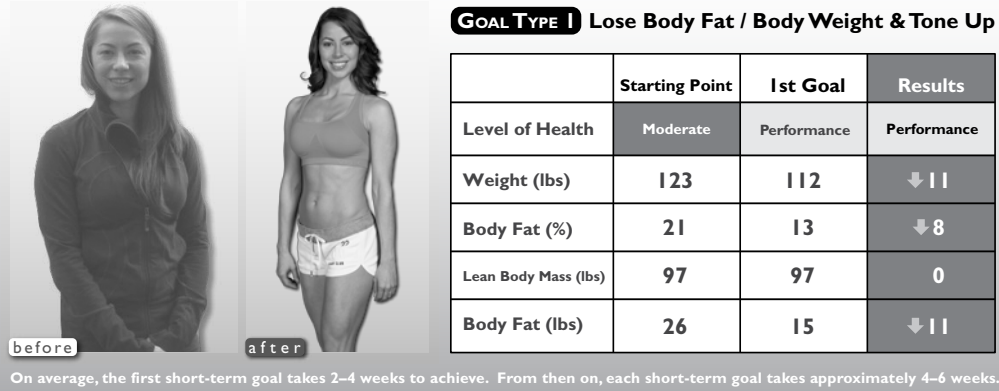
FIGURE 3

Scott King — Goal-Setting Chart



FIGURE 4

Kati Duwa — Initial Goal-Setting Chart

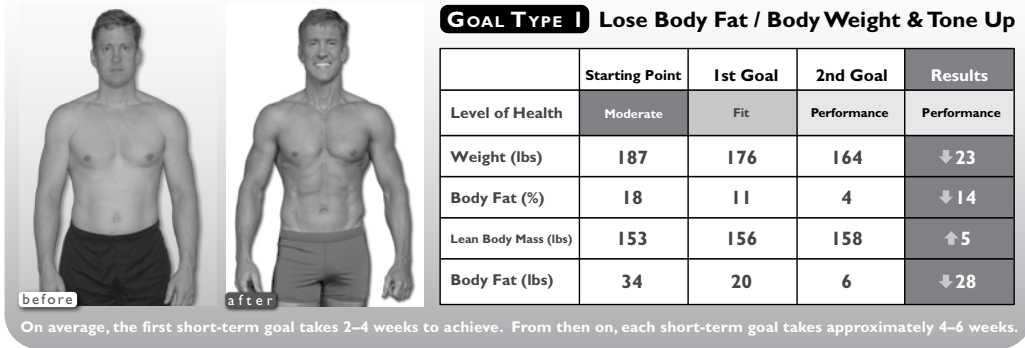


Kati Duwa — Current Goal-Setting Chart



FIGURE 5

Dave Stockton — Initial Goal-Setting Chart



Dave Stockton — Current Goal-Setting Chart



FIGURE 6

Your Goal-Setting Chart

GOAL TYPE _____

EXTERNAL GOALS

Body Composition Goals						
	Starting Point	1st Goal	2nd Goal	3rd Goal	4th Goal	Results
Level of Health						
Weight (lbs)						
Body Fat (%)						
Lean Body Mass (lbs)						
Body Fat (lbs)						
Body Part Measurements						
Neck Meas. (in)						
Hip Meas. (in)						
Waist Meas. (in)						
Thigh Meas. (in)						

You may have more or less than four short-term goals.
This all depends on your long-term goal.

INTERNAL GOALS

e.g. "Increased Energy" or "Reduced Sugar Cravings"

1

2

3

4

5

6

On average, the first short-term goal takes 2–4 weeks to achieve.
From then on, each short-term goal takes approximately 4–6 weeks.

FIGURE 7

Quality of Food

Highest Quality Least Processed and Least Refined

PROTEIN	CARBOHYDRATES	FATS
Beef Chicken Egg whites Eggs, whole Fish Pork Soy beans Turkey breast (All Other Fresh or Frozen Meat)	Beans, fresh Brown rice Fruit Hot cereals Sweet potatoes Vegetables Yams	Avocado Flaxseed oil Natural nut butter Nuts Olive oil Olives

Medium Quality Medium Processed and Medium Refined

PROTEIN	CARBOHYDRATES	FATS
Canned meat Garden burgers Prepackaged meats Protein powder - whey, egg, and soy Sandwich meats Soy products, packaged Dairy - Cheese - Cottage cheese - Milk - Yogurt	Bread - (at least 2 grams of fiber) Canned beans Canned fruit Canned vegetables Cold cereals Crackers Pasta Potatoes, red and white Pretzels	Canola oil Guacamole Processed nut butters Vegetable oil

Low Quality Most Processed and Most Refined

PROTEIN	CARBOHYDRATES	FATS
Protein bars Ready-to-drink protein drinks	Bread - (less than 2 grams of fiber) Ice cream (NF, LF) Potato chips Tortilla chips White rice	Butter Creamy salad dressing Margarine Mayonnaise Sour cream

FIGURE 8

A Sample Nutrition Journal

Nutrition Journal KEY									
<i>Energy</i> — L: Low M: Medium H: High <i>Hunger Before Meal</i> — NH: not hungry H: hungry VH: very hungry <i>Hunger After Meal</i> — SH: still hungry S: satisfied F: full									
Meals (time am/pm)	Cal.	Fat	Carbs	Protein	Water	Energy Before	Energy After	Hunger Before	Hunger After
		grams	grams	grams	oz or L	L, M, H	L, M, H	NH, H, VH	SH, S, F
Meal 1									
					Notes:				
Meal Total									
Meal 2									
					Notes:				
Meal Total									
Meal 3									
					Notes:				
Meal Total									
Meal 4									
					Notes:				
Meal Total									
Meal 5									
					Notes:				
Meal Total									
Meal 6									
					Notes:				
Meal Total									
Daily Total									
SLEEP HOURS:									
MULTIVITAMIN & OMEGA FATTY ACIDS:									

FIGURE 9

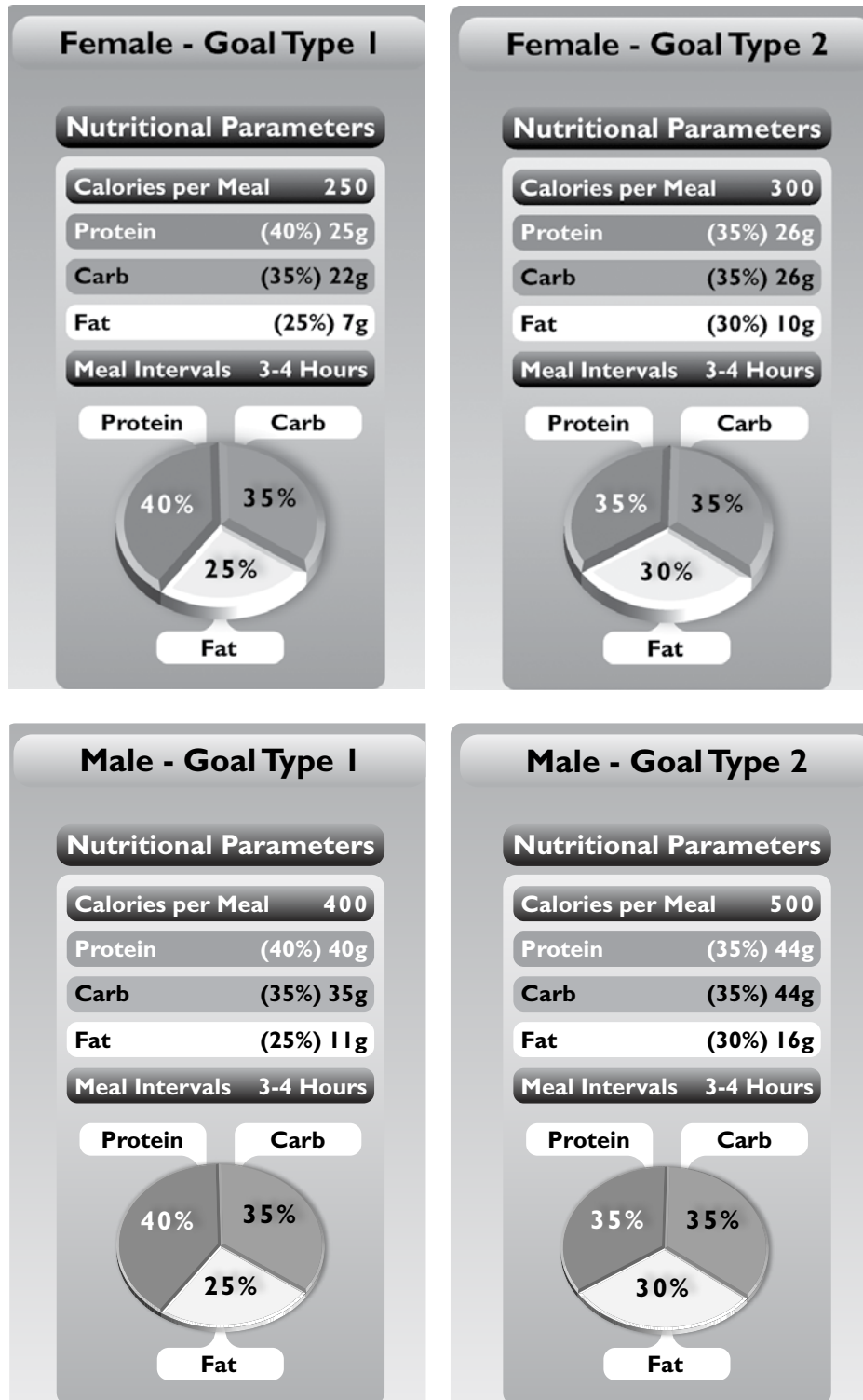


FIGURE 10

Simplifying Your Meals

Protein		Fats	Carbohydrates		
Choose 1 type of Protein		Choose 1 Fat	Choose 1 or 2 Carbs		
Lean Protein	Non-Lean Protein	ONLY With Lean Protein	Grain	Fruit	Vegetables
✓ Chicken	✓ Ground beef	✓ Almonds	✓ Brown rice	✓ Apple	✓ Asparagus
✓ Low-fat cottage cheese	✓ Ground turkey	✓ Avocados	✓ Oatmeal	✓ Banana	✓ Broccoli
✓ Tuna	✓ Filet mignon	✓ Cashew	✓ Potatoes	✓ Blueberries	✓ Carrots
✓ Protein powder	✓ Pork tenderloin	✓ Peanut butter	✓ Quinoa	✓ Orange	✓ Corn
✓ Low-fat Greek yogurt	✓ Salmon	✓ Oil vinaigrette	✓ Wheat bread	✓ Strawberries	✓ Garbanzo beans
etc...	etc...	Salad dressing	etc...	etc...	etc...
		etc...			

OR

Meal Replacements

Choose 1 for a Whole Meal

- ✓ Edamame
- ✓ Protein bar (your 2 favorites)
- ✓ Ready-to-drink protein shake (your 2 favorites)
- etc...

FIGURE 11

WEIGHT MEASUREMENTS	
Ounces	1 ounce = 28 grams
Grams	.75 ounce = 21 grams
	.5 ounce = 14 grams
	.25 ounce = 7 grams

VOLUME MEASUREMENTS	
Cups	1 cup = 8 ounces
Ounces	$\frac{3}{4}$ cup = 6 ounces
Tablespoon	$\frac{1}{2}$ cup = 4 ounces
Teaspoon	$\frac{1}{4}$ cup = 2 ounces
	1 tablespoon = 3 teaspoons (15 grams)
	$\frac{1}{2}$ tablespoon = 1.5 teaspoons (7.5 grams)
	1 teaspoon = 5 grams

FIGURE 12

Maximizing Your Cardio

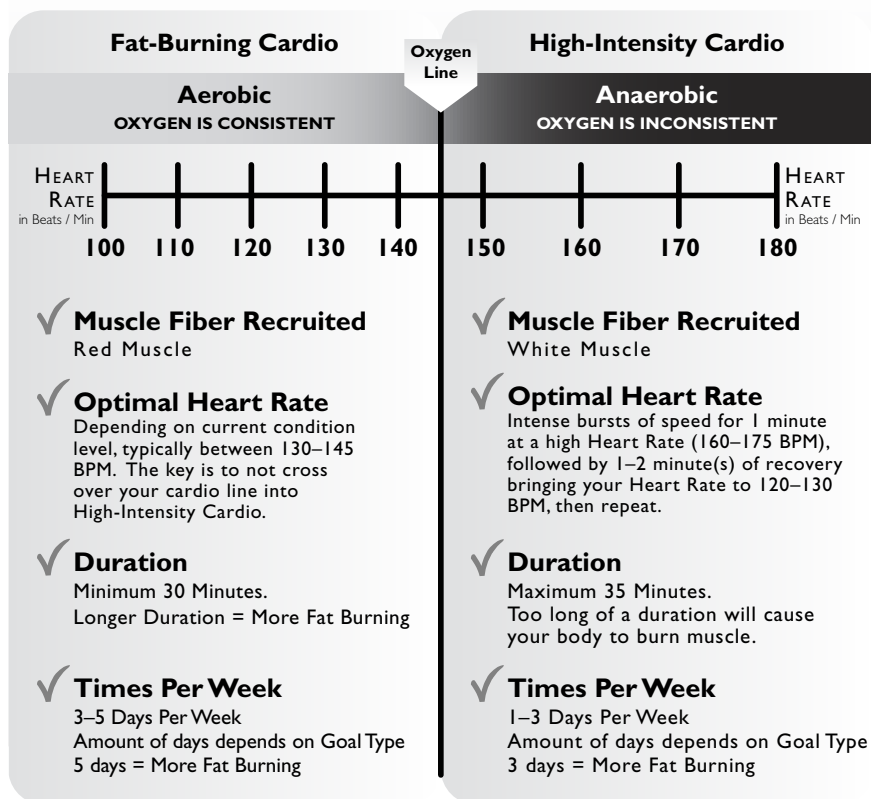


FIGURE 13

Cardiovascular Exercise Technique

This is an example of correct cardio technique while walking or running. Please apply this technique to every instance of cardio you perform. This will ensure optimal muscle fiber recruitment.

- 1 Keep body upright and head up.
- 2 Maintain a slight arch in lower back.
- 3 Tighten entire abdomen region.
- 4 Keep shoulders back and chest slightly pressed outward.
- 5 Contract gluteal muscles.
- 6 Keep knee in line with heel, never leaning over toes!
- 7 Shift weight to ball of foot, while keeping body upright and knee in line with heel.
- 8 Heel strike - *the majority of initial weight should be placed on the heel and gluteus (butt).*
- 9 Push off ball of foot while continue to contract all working muscle fibers.

Please also observe the following guidelines:

- BODY IN BALANCE STATE
- NO HOLDING HANDRAILS OF MACHINE
- BREATHE IN RHYTHM

example: When walking, inhale every 3–4 steps, then exhale, and repeat that cadence.



FIGURE 14

A Sample Exercise Journal

Stretching

Type	Duration	Notes

Cardiovascular Exercise

Type	Duration	Heart Rate	Incline	Surface	Notes
High Intensity (consistent HR)					
Fat Burning (consistent HR)					

Core Training

Type	Duration	Notes

Weight Training

Types	Sets	Repetitions	Weight	Rest	Notes

FIGURE 15

Goal Type 1 Exercise Routine

NOTE: EXERCISES SHOULD BE DONE IN THE ORDER LISTED EACH DAY

Day 1

- ☒ Stretching _____ 10 mins
- ☒ Core or ☒ Weights _____ 30 mins
- ☒ Fat-Burning Cardio _____ 30–60 mins*

Day 2

- ☒ Stretching _____ 10 mins
- ☒ High-Intensity Cardio _____ 30 mins
- ☒ Fat-Burning Cardio _____ 30–60 mins*

Day 3

- ☒ Stretching _____ 10 mins
- ☒ Core or ☒ Weights _____ 30 mins
- ☒ Fat-Burning Cardio _____ 30–60 mins*

Day 4 REST!

Day 5

- ☒ Stretching _____ 10 mins
- ☒ High-Intensity Cardio _____ 30 mins
- ☒ Fat-Burning Cardio _____ 30–60 mins*

Day 6

- ☒ Stretching _____ 10 mins
- ☒ Core or ☒ Weights _____ 30 mins
- ☒ Fat-Burning Cardio _____ 30–60 mins*

optional

Day 7 REST!

* up to 60 minutes if time permits

Goal Type 2 Exercise Routine

NOTE: EXERCISES SHOULD BE DONE IN THE ORDER LISTED EACH DAY

Day 1

- ☒ Stretching _____ 10 mins
- ☒ Weights _____ 30–45 mins
- ☒ Fat-Burning Cardio _____ 30 mins

Day 2

- ☒ Stretching _____ 10 mins
- ☒ Weights _____ 30–45 mins
- ☒ Fat-Burning Cardio _____ 30 mins

Day 3 REST!

Day 4

- ☒ Stretching _____ 10 mins
- ☒ Weights _____ 30–45 mins
- ☒ Fat-Burning Cardio _____ 30 mins

Day 5

- ☒ Stretching _____ 10 mins
- ☒ Weights _____ 30–45 mins

optional

Day 6

- ☒ Stretching _____ 10 mins
- ☒ Weights _____ 30–45 mins
- ☒ Fat-Burning Cardio _____ 30 mins

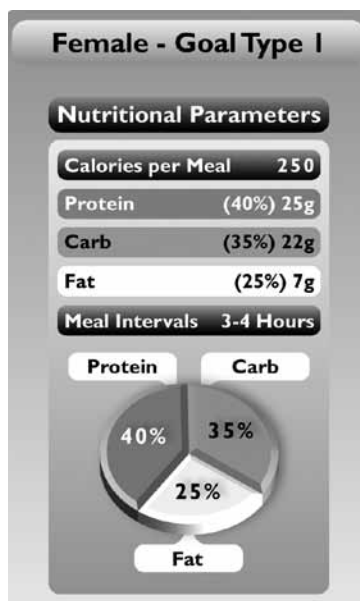
Day 7 REST!

MEAL PLANS

FEMALE GOAL TYPE 1 (250-CALORIE MEAL PLANS)

Jump Start Sample Day

Remember to drink at least 8 ounces of water with every meal, and 8 ounces of water between each meal.



6:30 am

Quick Meal!

Scrambled Eggs and Side of Oatmeal (with optional flavorings)

$\frac{3}{4}$ Meal (High Quality)

(Quick Meal if eggs are hardboiled)

You can increase your metabolism and jump-start the fat-burning process by eating a balanced breakfast, like eggs and oatmeal, one hour within waking. Add flavor to unsweetened oatmeal with “free foods” like Stevia, cinnamon, and vanilla extract. If you’re pressed for time, the Protein Power Oatmeal breakfast is a faster option.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 egg whites	51	10.5	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
$\frac{3}{4}$ ounces oatmeal (unsweetened)	75	0.0	14.5	1.5
Totals:	206	16.9 (33%)	15.0 (29%)	7.1 (31%)

9:30 am

Quick Meal!

Protein Bar**(Low Quality)**

A midmorning meal can initially be challenging to fit into your schedule. A balanced protein bar is the perfect solution. The brand of protein bar is your choice. What matters most is to find a bar that comes close to matching your caloric and nutrient ratio parameters. Cottage cheese and Greek yogurt meals are also quick midmorning options after you complete the Jump Start Phase.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Think Thin, any flavor	230	20.0	24.0	8.0
Totals:	230	20.0 (35%)	24.0 (41%)	8.0 (31%)

12:30 pm

Quick Meal!

Grilled Chicken Salad**(High Quality)**

(Quick Meal if chicken is prepared in advance)

A grilled chicken salad can be made and brought from home or ordered at any restaurant. If you're dining out for lunch, request that your salad dressing be served on the side. If you dislike light dressing, you can substitute it with 1 tablespoon of regular balsamic vinaigrette. You can also exchange chicken for any other high-quality lean protein like grilled shrimp.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
3 tablespoons low-fat balsamic vinaigrette salad dressing	66	0.0	3.0	6.0
2 cups garden salad (lettuce and vegetables)	70	0.0	18.0	0.0
Totals:	260	26.0 (40%)	21.0 (32%)	7.2 (25%)

3:30 pm

Quick Meal!

Quick Turkey Roll-Up with Fruit and Nuts**³/₄ Meal (Medium Quality)**

This is a quick midafternoon meal. Dip turkey slices into mustard or any other “free food” for extra flavor. Finding the time to eat midafternoon can be challenging at first. If you need a faster, “ready to eat” meal at this time, then your Ready-to-Drink shake meal is a fantastic choice. Whether it is a shake, bar, or higher-quality meal, getting a balanced meal in during your Jump Start Phase is what matters most.

Important note: if you are still hungry after this meal, next time make it a full meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces turkey breast, Boar’s Head, low sodium	75	18.0	0.0	0.4
½ ounce cashews (raw)	48	0.0	2.8	4.0
3 ounces apple	51	0.0	12.9	0.3
Totals:	174	18.0 (41%)	15.7 (36%)	4.7 (24%)

6:30 pm

Salmon with Brown Rice and Asparagus**(High Quality)**

This meal is both tasty and extremely high quality, due to the salmon, which is naturally high in omega-3 fatty acids (the heart-healthy, good fat). Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices. You may want to occasionally substitute a filet mignon for salmon if you are in the mood for beef.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces salmon	160	22.4	0.0	8.0
¼ cup brown rice (cooked)	50	0.0	11.0	0.0
4 ounces asparagus	24	0.0	4.0	0.5
Totals:	234	22.4 (38%)	15 (26%)	8.5 (33%)

9:30 pm

Quick Meal!**Protein Smoothie Without Milk (can add water and ice)****¾ Meal (Medium Quality)**

A protein shake makes for a delicious and balanced dessert before bed. It will also help to keep your metabolism humming all night long. If you choose to have a meal in place of a protein shake at this time, limit the amount of starchy carbs/grains to accelerate the fat-burning process.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 scoop whey protein powder, any flavor	102	20.0	1.0	1.5
½ tablespoon natural peanut butter	50	0.0	1.6	4.0
3 ounces strawberries	27	0.0	6.0	0.3
Totals:	179	20.0 (45%)	8.6 (19%)	5.8 (29%)

Day Totals:	1283	123.3 (38%)	99.3 (31%)	41.3 (29%)
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JUMP START MEALS**Breakfast****High Quality****Quick Meal!****Scrambled Eggs and Side of Oatmeal (with optional flavorings)****¾ Meal**

(Quick Meal if eggs are hardboiled)

An eggs and oatmeal breakfast combo is simple to make (use instant oatmeal for easy prep) and incredibly satisfying. Give plain cooked oatmeal a boost of flavor without extra calories by stirring in “free foods” like Stevia (or any calorie-free sugar substitute), cinnamon, and vanilla extract.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 egg whites	51	10.5	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
¾ ounce oatmeal (unsweetened)	75	0.0	14.5	1.5
Totals:	206	16.9 (33%)	15.0 (29%)	7.1 (31%)

FEMALE GOAL TYPE 1 (250-CALORIE MEAL PLANS)

Veggie and Egg Scramble

¾ Meal

An egg scramble is the perfect way to sneak in extra veggies you have on hand. Add a spoonful of your favorite salsa for extra spice.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 egg whites	51	10.5	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
½ cup spinach (cooked)	25	0.0	5.0	0.0
2 ounces broccoli	16	0.0	3.0	0.3
½ cup mushrooms	14	0.0	2.6	0.3
⅓ cup tomato	12	0.0	2.6	0.2
Totals:	198	16.9 (34%)	13.7 (28%)	6.4 (29%)

Medium Quality

Quick Meal!

Berry Banana Protein Smoothie Without Milk (add water and ice)

A protein and fruit smoothie is a sweet and refreshing way to stabilize your blood sugar fast. Try blending your favorite vanilla or chocolate protein powder with a variety of fresh or frozen fruit. Adjust the amount of water and ice to your desired consistency.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ scoops whey protein powder, any flavor	128	25.0	1.3	1.9
½ tablespoon natural peanut butter	50	0.0	1.6	4.0
2 ounces banana	52	0.0	13.6	0.0
2 ounces strawberries	18	0.0	4.0	0.2
Totals:	248	25.0 (40%)	20.5 (33%)	6.1 (22%)

Quick Meal!

Protein Power Oatmeal**Recipe**

Protein Power Oatmeal is warm, creamy, and guaranteed to fuel your busy mornings. You can substitute the whey protein powder for soy or egg white powder. For a change of pace, swap nuts, peanut butter, or ground flax seeds for the almond butter. *For the full recipe, please see page 112.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ scoops whey protein powder, any flavor	128	25.0	1.3	1.9
½ tablespoon almond butter	43	0.0	2.0	3.5
¾ ounce oatmeal (unsweetened)	75	0.0	14.5	1.5
Totals:	246	25.0 (41%)	17.8 (29%)	6.9 (25%)

Lunch

High Quality

Quick Meal!

Grilled Chicken Salad

(Quick Meal if chicken is prepared in advance)

Whether it's lunch at home or at a restaurant, grilled chicken salad is a balanced and high-quality option. You can exchange the chicken for any other lean protein like grilled white fish or shrimp and top the salad with your favorite vegetables.

FOODS	CALORIES(G)	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
3 tablespoons low-fat balsamic vinaigrette salad dressing	66	0.0	3.0	6.0
2 cups garden salad (lettuce and vegetables)	70	0.0	18.0	0.0
Totals:	260	26.0 (40%)	21.0 (32%)	7.2 (25%)

Quick Meal!

Ground Turkey Vegetable Stir-Fry*(Quick Meal if stir-fry is prepared in advance)*

A stir-fry is perfect to make in bulk for grab 'n' go meals during the week. Choose your favorite veggies and season your stir-fry with garlic, fresh herbs, and spices to enhance the flavor without additional fat or calories. (See “Condiments, Seasonings, and Spices” in your Food Exchange List for a full list of “free foods.”)

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces ground turkey (99% fat free)	105	24.9	0.0	0.7
½ tablespoon olive oil	60	0.0	0.0	7.0
1 cup mixed vegetables	80	0.0	14.0	0.0
Totals:	245	24.9 (41%)	14.0 (23%)	7.7 (28%)

Quick Meal!

Italian Tuna Salad with Side of Fruit**Recipe**

Italian Tuna Salad is made up of common pantry items (canned tuna, low-fat balsamic dressing) and any vegetable you choose. Try making this recipe in bulk and storing it in the fridge for easy meals throughout the week. If desired, substitute any other lean protein for the tuna. *For the full recipe, please see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces albacore tuna (packed in water and drained)	105	24.5	0.0	1.8
½ ounce black olives (pitted)	19	0.0	0.4	1.9
1½ tablespoons low-fat balsamic vinaigrette salad dressing	33	0.0	1.5	3.0
½ cup bell peppers, green or red	13	0.0	3.2	0.3
⅓ cup cherry tomato	12	0.0	2.6	0.2
⅛ cup onion	6	0.0	1.3	0.0
4 ounces orange	52	0.0	13.2	0.4
Totals:	240	24.5 (41%)	22.2 (37%)	7.6 (28%)

Quick Meal!

Chicken, Fruit, and Nuts*(Quick Meal if chicken is prepared in advance)*

It may seem like an odd combination, but this meal is one of our go-to staples when we're in a hurry. Try preparing grilled or baked chicken in bulk for the week so you always have a high-quality protein on hand. Then pair it with your favorite fresh fruit and unsalted nuts and you've got a quality meal that takes only minutes to make.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces chicken breast (boneless/skinless)	109	22.8	0.0	1.1
½ ounce cashews (raw)	80	0.0	4.6	6.6
4 ounces apple	68	0.0	17.2	0.4
Totals:	257	22.8 (35%)	21.8 (34%)	8.1 (28%)

Dinner

High Quality

Quick Meal!

Grilled Chicken with Spinach Bean Salad*(Quick Meal if chicken is prepared in advance)*

Garbanzo beans (or any beans) add a boost of flavor and texture to a spinach salad. You can swap out the spinach for your favorite leafy greens and the chicken breast for any lean protein.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
2 tablespoons low-fat balsamic vinaigrette salad dressing	44	0.0	2.0	4.0
2 cups spinach leaves (uncooked)	14	0.0	2.0	0.0
¾ ounce garbanzo beans	77	0.0	13.5	1.5
Totals:	259	26.0 (40%)	17.5 (27%)	6.7 (23%)

Restaurant-Worthy Steak with Sweet Potato and Steamed Cauliflower

Recipe

A filet mignon is one of the leanest, tastiest cuts of beef, and that is why we recommend it. Pair your filet with delicious sweet potatoes and any steamed vegetable for a satisfying meal. *For the full recipe, please see page 117.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces filet mignon	150	24.0	0.0	7.5
2 ounces sweet potato	60	0.0	14.0	0.0
4 ounces cauliflower	28	0.0	5.7	0.0
Totals:	238	24.0 (40%)	19.7 (33%)	7.5 (28%)

Seared Scallops with Brown Rice and Spinach

Recipe

Seared scallops take only minutes to make and are a great source of high-quality protein. You can swap out the scallops for any lean protein like chicken breast, pork tenderloin, or shrimp. The spinach can also be substituted with any leafy greens. *For the full recipe, please see page 119.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces scallops	125	25.0	0.0	1.3
1 teaspoon olive oil	40	0.0	0.0	4.6
½ cup brown rice (cooked)	66	0.0	14.5	0.0
3½ cups spinach leaves (uncooked)	25	0.0	3.5	0.0
Totals:	256	25.0 (39%)	18 (28%)	5.9 (21%)

Salmon with Brown Rice and Asparagus

Salmon is loaded in omega-3 essential fats and should be eaten once or twice a week if possible. Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices. Serve leftover salmon over a crisp salad for a satisfying lunch the next day.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces salmon	160	22.4	0.0	8.0
¼ cup brown rice (cooked)	50	0.0	11.0	0.0
4 ounces asparagus	24	0.0	4.0	0.5
Totals:	234	22.4 (38%)	15.0 (26%)	8.5 (33%)

MEAL REPLACEMENTS AND QUICK “MID” MEALS

Medium Quality

Quick Meal!

Quick Turkey Roll-Up with Fruit and Nuts

¾ Meal

Having lean, low-sodium deli meat on hand is a great way to ensure you’ve got a fast source of protein available. Ask your local deli for the highest-quality, least-processed brand they have (like Boar’s Head). Pair it with fresh fruit and unsalted nuts of your choice for a quick and balanced meal. Dip turkey slices into mustard or any other “free food” for extra flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces turkey breast, Boar’s Head, low sodium	75	18.0	0.0	0.4
⅓ ounce cashews (raw)	48	0.0	2.8	4.0
3 ounces apple	51	0.0	12.9	0.3
Totals:	174	18.0 (41%)	15.7 (36%)	4.7 (24%)

Low Quality

Quick Meal!

Protein Bar

Protein bars are a convenient option for those times when you are too busy for an actual meal (like when you are on the go or in a meeting at work). The goal is to choose a bar that matches your nutritional parameters. For a complete list of recommended protein bars, see “Meal Replacements” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Think Thin, any flavor	230	20.0	24.0	8.0
Totals:	230	20.0 (35%)	24.0 (41%)	8.0 (31%)

Quick Meal!

Ready-to-Drink Shake and Fruit

³/₄ Meal

A ready-made protein drink paired with fresh fruit is an ideal option while at work or even while traveling. For a complete list of recommended protein drinks, see “Meal Replacements” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 bottle (14 ounces) Muscle Milk, Light, any flavor	160	20	10	4.5
2 ounces apple	34	0.0	8.6	0.2
Totals:	194	20.0 (41%)	18.6 (38%)	4.7 (22%)

ADDITIONAL MEALS—AFTER JUMP START PHASE

Breakfast

Medium Quality

Quick Meal!

Cereal to Go with Protein Powder

By adding protein powder and nuts to cereal, you end up with a hearty breakfast that stabilizes your blood sugar and keeps you full all morning long. Simply shake protein powder and milk together in a shake cup with a lid until blended and pour over any low-sugar, high-fiber cereal. Top with nuts and enjoy. If the milk mixture is too sweet, try using only half of the protein powder together with the milk. Mix the remaining protein powder with water on the side for a quick shake.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 scoop whey protein powder, any flavor	102	20.0	1.0	1.5
5 ounces milk (low fat)	55	5.6	7.5	0.6
½ ounce bran flakes cereal	45	0.0	11.0	0.0
¼ ounce almonds (raw)	43	0.0	1.5	4.0
Totals:	245	25.6 (42%)	21.0 (34%)	6.1 (22%)

Quick Meal!

Cottage Cheese with Fruit

Cottage cheese mixed with fruit is a sweet and creamy combo that takes less than a minute to make. Fresh pineapple, blueberries, and peaches taste delicious too. Try prepping fruit in bulk for a few days so it's always ready to eat.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces cottage cheese (low fat)	175	24.5	7.0	4.2
4 ounces strawberries	27	0.0	6.0	0.3
2 ounces blueberries	37	0.0	9.3	0.3
Totals:	239	24.5 (41%)	22.3 (37%)	4.8 (18%)

Quick Meal!

Protein Smoothie with Milk (can also add water and ice)

Milk adds a dose of calcium and a creamier texture to this protein smoothie. If you'd prefer, substitute the milk with low-fat Lactaid or soy milk. Almond butter or even flax seed oil can be substituted for the peanut butter.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 scoop whey protein powder, any flavor	102	20.0	1.0	1.5
2 ounces banana	52	0.0	13.6	0.0
½ tablespoon natural peanut butter	50	0.0	1.6	4.0
4 ounces milk (low fat)	60	4.0	6.0	2.5
Totals:	264	24.0 (36%)	22.2 (34%)	8.0 (27%)

Bacon, Egg, and Cheese Burrito**Recipe**

A bacon, egg, and cheese burrito makes a tasty and fast breakfast, lunch, or dinner. Egg whites can easily be substituted for Egg Beaters. *For the full recipe, see page 113.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
⅔ cup Egg Beaters	66	13.2	2.6	0.0
½ ounce cheddar cheese (low fat)	25	3.4	0.2	1.0
1 ounce Canadian bacon	44	6.0	0.5	2.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
1 ounce tomato (about 2 thin slices)	6	0.0	1.3	0.1
Totals:	251	22.6 (36%)	21.6 (34%)	6.1 (22%)

Quick Meal!

Greek Yogurt Parfait**Recipe**

Unlike traditional yogurt, Greek yogurt is high in protein and low in sugar. It's best sweetened and served with your favorite fruit and nuts. For an additional boost of flavor add "free foods" like Stevia and vanilla extract. This recipe can be made in bulk for the week and is perfect for breakfast, dessert, or a snack. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
10 ounces Greek yogurt, fat free	150	25.0	11.3	0.0
1½ ounces blueberries	28	0.0	6.9	0.2
½ ounce almonds (raw)	85	0.0	3.0	8.0
Totals:	263	25.0 (38%)	21.2 (32%)	8.2 (28%)

Western-Style Omelet with Side of Fruit**Recipe**

This omelet is a perfect way to use any leftover veggies you have on hand. You can even double the recipe and gently reheat the other half of the omelet in the microwave for dinner that night or breakfast the next morning. Serve with your favorite fresh fruit. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
⅔ cup Egg Beaters	66	13.2	2.6	0.0
1½ ounces ham, Boar's Head, low sodium	45	7.5	1.5	0.8
⅔ ounce cheddar cheese	73	4.6	0.7	5.9
2 tablespoons chopped tomato	6	0.0	1.3	0.1
2 tablespoons chopped onion	6	0.0	1.3	0.0
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
4 ounces cantaloupe	40	0.0	9.6	0.5
Totals:	243	25.3 (42%)	18.6 (31%)	7.4 (27%)

Lunch

Medium Quality

Quick Meal!

Boca Burger with Fruit (can add lettuce, tomato, and onion)

A Boca burger is a great source of soy protein and takes only moments to prepare. You can top your burger with a small amount of ketchup or mustard. Serve with fresh fruit of your choice for a complete meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 Boca Burger, original	100	19.0	8.0	1
¾ ounce cheddar cheese	83	5.3	0.8	6.8
5 ounces strawberries	45	0.0	10.0	0.6
Totals:	228	24.3 (43%)	18.8 (33%)	8.4 (33%)

Quick Meal!

Chicken and Cheese Burrito

(Quick Meal if chicken is prepared in advance)

This meal is made of several staples we recommend you always have on hand: chicken breast, whole-grain/low-carb wraps, and fresh or frozen veggies (choose your favorite veggies). You can substitute the chicken for deli turkey or even grilled shrimp for a change of pace. This meal is also delicious as a grilled quesadilla. Add salsa for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces chicken breast (boneless/skinless)	93	19.5	0.0	0.9
⅓ ounce cheddar cheese	36	2.3	0.3	3.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
¼ cup mixed vegetables	20	0.0	3.5	0.0
Totals:	259	21.8 (34%)	20.8 (32%)	6.9 (24%)

Quick Meal!**Chicken Fajita (can add tomato, lettuce, and onion)***(Quick Meal if chicken is prepared in advance)*

Chicken (or shrimp) fajitas can be made at home or enjoyed at any Mexican restaurant. If dining out, request that your meal is prepared in very little oil, and use guacamole as your fat (or choose a small amount of sour cream or cheese). Skip the rice and beans and load up on bell peppers and onions. Add salsa or pico de gallo for extra flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces chicken breast (boneless/skinless)	109	22.8	0.0	1.1
1 tablespoon guacamole	40	0.0	0.4	4.0
2 ounces corn tortillas	100	0.0	18.4	2.0
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
Totals:	256	22.8 (36%)	20.4 (32%)	7.2 (25%)

Quick Meal!**Smoked Salmon and Cream Cheese Toasts****Recipe**

Smoked salmon toasts are a fun way to load up on your omega-3 essential fat. Ak-Mak crackers, a whole-grain flat-bread snack, can be found at any grocery store. This meal is also delicious served for breakfast. *For the full recipe, see page 116.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces smoked salmon	132	20.8	0.0	4.8
2 Ak-Mak crackers	46	0.0	8.0	0.8
1 tablespoon light cream cheese	35	1.0	1.0	2.5
½ small tomato, sliced	12	0.0	2.6	0.2
1 slice of red onion	12	0.0	1.3	0.0
¼ cucumber, sliced	8	0.0	1.5	0.2
Totals:	245	21.8 (36%)	14.4 (24%)	8.5 (31%)

Quick Meal!

Spicy Turkey Club Wrap**Recipe**

A turkey club can be healthy when it's made with low-fat mayonnaise, turkey bacon, and a whole-grain wrap. You can swap out the turkey for chicken breast if you'd prefer. *For the full recipe, see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces turkey breast, Boar's Head, low sodium	87.5	21.0	0.0	0.5
1 slice turkey bacon	33	2.5	0.0	2.5
½ tablespoon light mayonnaise	25	0.0	0.5	2.5
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
romaine lettuce leaves	1	0.0	0.2	0.0
2 slices of tomato	6	0.0	1.3	0.1
4 slices of cucumber	4	0.0	0.8	0.1
Totals:	266.5	23.5 (35%)	19.8 (30%)	8.7 (29%)

Sushi Meal (can add wasabi and ginger)

When ordering sushi, aim for sashimi (slices of fish that can be served on top of or alongside rice). Some sushi restaurants even offer brown rice in place of white rice, which is a better choice for stable blood sugar due to the increased fiber. Add soy sauce for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 ounces sashimi, tuna (albacore)	98	14.4	0.0	4.2
2 ounces sashimi, salmon	80	11.2	0.0	4.0
1 piece vegetable roll	31	0.0	5.6	0.6
¼ cup brown rice (cooked)	50	0.0	11.0	0.0
Totals:	259	25.6 (40%)	16.6 (26%)	8.8 (31%)

Quick Meal!

Cranberry Chicken Salad Wrap**Recipe***(Quick Meal if chicken is prepared in advance)*

This creamy chicken salad can be served in a wrap, on top of a salad, or with a side of fruit. Try making the chicken salad mixture in bulk for grab 'n' go meals for the week. *For the full recipe, see page 114.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces chicken breast (boneless/skinless)	109	22.8	0.0	1.1
1 tablespoon Greek yogurt (fat free)	8	1.3	0.6	0.0
½ tablespoon light mayonnaise	25	0.0	0.5	2.5
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
½ cup spinach leaves (uncooked)	4	0.0	0.5	0.0
2 slices of tomato	6	0.0	1.3	0.1
½ tablespoon dried cranberries	16	0.0	4.0	0.0
Totals:	278	24.1(35%)	23.9 (34%)	6.7 (22%)

Quick Meal!

Tuna Wrap (can add lettuce, tomato, and onion)

A tuna wrap is a fast and easy meal to pack for work. To boost the flavor, add celery, onion, lettuce, tomato, and even fresh herbs like parsley. Season to taste with salt and pepper.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces albacore tuna (in water)	90	21.0	0.0	1.5
¾ tablespoon light mayonnaise	38	0.0	0.8	3.8
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
Totals:	238	21.0 (35%)	17.8 (30%)	8.3 (31%)

Dinner

High Quality

Greek Brown Rice Salad with Chicken

Recipe

This recipe can easily be prepared in bulk for quick meals all week long. You can also substitute the chicken for lean chopped pork tenderloin or grilled shrimp. *For the full recipe, see page 118.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
1½ tablespoons low-fat balsamic vinaigrette salad dressing	33	0.0	1.5	3.0
½ ounce black olives (pitted)	19	0.0	0.4	1.9
⅓ cup brown rice (cooked)	66	0.0	14.5	0.0
½ cup arugula (raw)	4	0.0	0.5	0.1
2 tablespoons chopped tomato	6	0.0	1.3	0.1
¼ cup cucumber	4	0.0	0.8	0.1
Totals:	256	26.0 (41%)	19.0 (30%)	6.4 (23%)

Orange Honey Mustard Pork Tenderloin with Asparagus

Recipe

A juicy glaze adds plenty of flavor to plain old pork. Use leftovers in stir-frys, salads, or wraps the rest of the week. You can also substitute the asparagus for another vegetable if you'd prefer. *For the full recipe, see page 120.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces pork tenderloin	136	24.0	0.0	4.0
1 teaspoon olive oil	40	0.0	0.0	4.6
5 ounces asparagus	30	0.0	5.0	0.6
1 tablespoon Orange Honey Mustard Glaze (see recipe)	40	0.0	10.0	0.0
Totals:	246	24.0 (39%)	15.0 (24%)	9.2 (34%)

Shrimp, Rice, and Vegetable Stir-Fry

A rice and vegetable stir-fry goes well with any lean protein like shrimp, chicken, lean ground turkey, or pork tenderloin. Olive oil can be swapped out for peanut oil or sesame oil. To further enhance the flavor, you can add soy sauce, garlic, herbs, and spices. For a full list of “free foods” see “Condiments, Seasonings, and Spices” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces shrimp	112	24.0	0.0	1.0
½ tablespoon olive oil	60	0.0	0.0	7.0
¼ cup brown rice (cooked)	50	0.0	11.0	0.0
4 ounces broccoli	32	0.0	6.0	0.6
Totals:	254	24.0 (38%)	17.0 (27%)	8.6 (30%)

Medium Quality

Quick Meal!

BBQ Chicken and Salad

(Quick Meal if chicken is prepared in advance)

BBQ Chicken (or shrimp or pork tenderloin) can be grilled or baked in the oven. You can substitute any low-fat dressing with roughly the same amount of fat for the balsamic vinaigrette. A side salad or your favorite vegetable completes the meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
2 tablespoons low-fat balsamic vinaigrette salad dressing	44	0.0	2.0	4.0
1½ cups garden salad (lettuce and vegetables)	53	0.0	13.5	0.0
1 tablespoon BBQ sauce	30	0.0	7.0	0.0
Totals:	251	26.0 (41%)	22.5 (36%)	5.2 (19%)

FEMALE GOAL TYPE 1 (250-CALORIE MEAL PLANS)

Lean Turkey Burger (can add lettuce, tomato, and onion)

To boost the flavor, lean ground turkey can be seasoned with garlic, herbs, and spices (see “Condiments, Seasonings, and Spices” in your Food Exchange List). On occasion, you can also substitute 99% fat-free ground beef for the turkey (because even lean ground beef has fat, omit the avocado to keep the fat content down).

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces ground turkey (99% fat free)	90	21.3	0.0	0.6
¾ ounce avocado	38	0.0	1.5	3.8
1 wheat bun	130	0.0	20.0	3.0
Totals:	258	21.3 (33%)	21.5 (33%)	7.4 (26%)

Turkey Meat Sauce with Pasta and Veggies

Try making this meal in bulk for the week. For added flavor, sauté onion and garlic with ground turkey. Add tomato sauce and fresh basil and season with salt and pepper.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces ground turkey (93% fat free)	155	23.8	0.0	7.4
2 ounces pasta (cooked)	74	0.0	16.0	1.0
¼ cup tomato sauce	15	0.0	3.0	0.0
2 ounces broccoli	16	0.0	3.0	0.3
Totals:	260	23.8 (37%)	22.0 (34%)	8.7 (30%)

Salmon with Red Potatoes, Vegetable, and Dessert

A filet mignon or orange roughly can easily be substituted for the salmon. Try chopping the potatoes, spraying them with fat-free cooking spray, and seasoning them with garlic, herbs, and spices before roasting. Or, if you'd like, substitute brown rice, sweet potatoes, or extra veggies in place of them. You can also add fresh-squeezed lemon juice to enhance the taste of the salmon.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces salmon	160	22.4	0.0	8.0
2 ounces red potatoes	50	0.0	10.0	0.0
2 ounces snow peas	24	0.0	4.0	0.0
1 cup Jello (sugar free)	20	0.0	4.0	0.0
Totals:	254	22.4 (35%)	18.0 (28%)	8.0 (28%)

MEAL REPLACEMENTS AND QUICK "MID" MEALS

Medium Quality

Quick Meal!

Edamame

¾ Meal

Edamame is the perfect snack food. Not only is edamame the ideal balance of complete protein (from soy), carbohydrates, and fat, it's also loaded with vitamins and antioxidants. Buy it fresh or frozen in your local supermarket and boil until tender. Salt lightly and enjoy.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 cup edamame	200	16.0	18.0	6.0
Totals:	200	16.0 (32%)	18.0 (36%)	6.0 (27%)

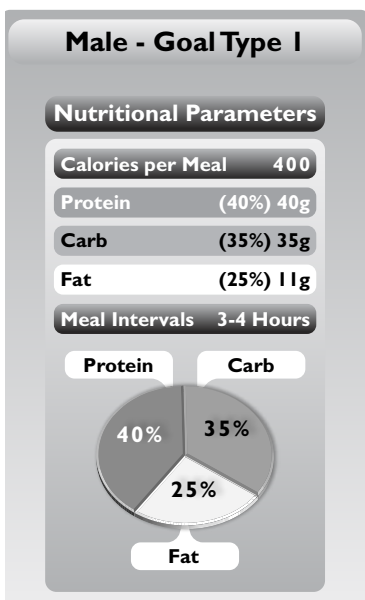
Quick Meal!

Turkey, String Cheese, and Fruit

1/2 Meal

Sliced turkey, string cheese, and fruit is a fast and portable snack perfect for any time of day. Substitute the apple with any of your favorite fruits.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 ounce turkey breast, Boar’s Head, low sodium	25	6.0	0.0	0.1
1 ounce mozzarella string cheese	80	8.0	1.0	5.0
2 ounces apple	34	0.0	8.6	0.2
Totals:	139	14.0 (40%)	9.6 (27%)	5.3 (34%)



MALE GOAL TYPE 1 (400-CALORIE MEAL PLANS)

Jump Start Sample Day

Remember to drink at least 12 ounces of water with every meal, and 12 ounces of water between each meal.

6:30 am

Quick Meal!

Scrambled Eggs and Side of Oatmeal (with optional flavorings)

¾ Meal (High Quality)

(Quick Meal if eggs are hardboiled)

You can increase your metabolism and jump-start the fat-burning process by eating a balanced breakfast, like eggs and oatmeal, one hour within waking. Add flavor to unsweetened oatmeal with “free foods” like Stevia, cinnamon, and vanilla extract. If you’re pressed for time, the Protein Power Oatmeal breakfast is a faster option.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 egg whites	102	21.0	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
1 ounce oatmeal (unsweetened)	100	0.0	19.3	2.0
1½ ounces blueberries	28	0.0	6.9	0.2
Totals:	310	27.4 (35%)	26.7 (34%)	7.8 (23%)

9:30 am

Quick Meal!

Protein Bar**¾ Meal (Low Quality)**

A midmorning meal can initially be challenging to fit into your schedule. A balanced protein bar is the perfect solution. The brand of protein bar is your choice. What matters most is to find a bar that comes close to matching your caloric and nutrient ratio parameters. Cottage cheese and Greek yogurt meals are also quick midmorning options after you complete the Jump Start Phase.

Important note: if you are still hungry after this meal, next time make it a full meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Pure protein bar, any flavor	310	31.0	25.0	10.0
Totals:	310	31.0 (40%)	25.0 (32%)	10.0 (29%)

12:30 pm

Quick Meal!

Grilled Chicken Salad**(High Quality)**

(Quick Meal if chicken is prepared in advance)

A grilled chicken salad can be made and brought from home or ordered at any restaurant. If you're dining out for lunch, request that your salad dressing be served on the side. You can also use a couple of tablespoons of low-fat balsamic vinaigrette in place of the oil and vinegar. The chicken can be exchanged for any other high-quality, lean protein like grilled shrimp.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces chicken breast (boneless/skinless)	187	39.0	0.0	1.8
1½ tablespoons salad dressing, oil/vinegar	105	0.0	1.5	12.0
3 cups garden salad (lettuce and vegetables)	105	0.0	27.0	0.0
Totals:	397	39.0 (39%)	28.5 (29%)	13.8 (31%)

3:30 pm

Quick Meal!**Quick Turkey Roll-Up with Fruit and Nuts****¾ Meal (Medium Quality)**

This is a quick midafternoon meal. Dip turkey slices into mustard or any other “free food” for extra flavor. Finding the time to eat midafternoon can be challenging at first. If you need a faster, “ready to eat” meal at this time, then your Ready-to-Drink shake meal is a fantastic choice. Whether it is a shake, bar, or higher-quality meal, getting a balanced meal in during your Jump Start Phase is what matters most.

Important note: if you are still hungry after this meal, next time make it a full meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4½ ounces turkey breast, Boar’s Head, low sodium	125	27.0	0.0	0.6
½ ounce cashews (raw)	80	0.0	4.6	6.6
5 ounces pear	85	0.0	21.5	0.6
Totals:	290	27.0 (37%)	26.1 (36%)	7.8 (24%)

6:30 pm

Salmon with Sweet Potato and Asparagus**(High Quality)**

This meal is both tasty and extremely high quality due to the salmon, which is naturally high in omega-3 fatty acids (the heart-healthy, good fat). Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices. You may want to occasionally substitute a filet mignon for salmon if you are in the mood for beef.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces salmon	240	33.6	0.0	12.0
4 ounces sweet potato	120	0.0	28.0	0.0
3 ounces asparagus	18	0.0	3.0	0.4
Totals:	378	33.6 (36%)	31.0 (33%)	12.4 (30%)

9:30 pm

Quick Meal!

Protein Smoothie Without Milk (add water and ice)**½ Meal (Medium Quality)**

A protein shake makes for a delicious and balanced dessert before bed. It will also help to keep your metabolism humming all night long. If you chose to have a meal in place of a protein shake at this time, limit the amount of starchy carbs/grains and make it a half meal like this protein shake for enhanced fat burning and improved nighttime digestion.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 scoop whey protein powder, any flavor	102	20.0	1.0	1.5
½ tablespoon natural peanut butter	50	0.0	1.6	4.0
2 ounces banana	52	0.0	13.6	0.0
Totals:	204	20.0 (39%)	16.2 (32%)	5.5 (24%)

Day Totals:	1889	178 (38%)	153.5 (33%)	57.3 (27%)
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JUMP START MEALS

Breakfast

High Quality

Quick Meal!

Scrambled Eggs, Side of Oatmeal and Fruit
(with optional flavorings)

¾ Meal

(Quick Meal if eggs are hardboiled)

An eggs and oatmeal breakfast combo is simple to make (use instant oatmeal for easy prep) and incredibly satisfying. Give plain cooked oatmeal a boost of flavor without extra calories by stirring in “free foods” like Stevia (or any calorie-free sugar substitute), cinnamon, and vanilla extract.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 egg whites	102	21.0	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
1 ounce oatmeal (unsweetened)	100	0.0	19.3	2.0
1½ ounces blueberries	28	0.0	6.9	0.2
Totals:	310	27.4 (35%)	26.7 (34%)	7.8 (23%)

Veggie and Egg Scramble with Side of Fruit**¾ Meal**

An egg scramble is the perfect way to sneak in extra veggies you have on hand. Add a spoonful of your favorite salsa for extra spice.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 egg whites	85	17.5	0.0	0.0
2 eggs (whole)	160	12.8	1.0	11.2
½ cup spinach (cooked)	25	0.0	5.0	0.0
2 ounces broccoli	16	0.0	3.0	0.3
½ cup mushrooms	14	0.0	2.6	0.3
⅓ cup tomato	12	0.0	2.6	0.2
3 ounces strawberries	27	0.0	6.0	0.3
Totals:	339	30.3 (36%)	20.2 (24%)	12.3 (33%)

Medium Quality**Quick Meal!****Berry Banana Protein Smoothie Without Milk (add water and ice)**

A protein and fruit smoothie is a sweet and refreshing way to stabilize your blood sugar fast. Try blending your favorite vanilla or chocolate protein powder with a variety of fresh or frozen fruit. Adjust the amount of water and ice to your desired consistency.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 scoops whey protein powder, any flavor	204	40.0	2.0	3.0
1 tablespoon natural peanut butter	100	0.0	3.2	8.0
5 ounces strawberries	45	0.0	10.0	0.6
2 ounces banana	52	0.0	13.6	0.0
Totals:	401	40.0 (40%)	28.8 (29%)	11.6 (26%)

Quick Meal!

Protein Power Oatmeal**Recipe**

Protein Power Oatmeal is warm, creamy, and guaranteed to fuel your busy mornings. You can substitute the whey protein powder for soy or egg white powder. For a change of pace, swap nuts, peanut butter, or ground flax seeds for the almond butter. *For the full recipe, see page 112.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 scoops whey protein powder, any flavor	204	40.0	2.0	3.0
¾ tablespoon almond butter	64	0.0	3.0	5.3
1½ ounces oatmeal (unsweetened)	150	0.0	29.0	3.0
Totals:	418	40.0 (38%)	34.0 (33%)	11.3 (24%)

Lunch

High Quality

Quick Meal!

Grilled Chicken Salad

(Quick Meal if chicken is prepared in advance)

Whether it's lunch at home or at a restaurant, Grilled Chicken Salad is a balanced and high-quality option. You can exchange the chicken for any other lean protein like grilled white fish or shrimp and top the salad with your favorite vegetables.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces chicken breast (boneless/skinless)	187	39.0	0.0	1.8
1½ tablespoons oil and vinegar salad dressing	105	0.0	1.5	12.0
3 cups garden salad (lettuce and vegetables)	105	0.0	27.0	0.0
Totals:	397	39.0 (39%)	28.5 (29%)	13.8 (31%)

Quick Meal!**Ground Turkey, Rice and Broccoli Stir-Fry***(Quick Meal if stir-fry is prepared in advance)*

A stir-fry is perfect to make in bulk for grab 'n' go meals during the week. Season your stir-fry with garlic, fresh herbs, and spices to enhance the flavor without additional fat or calories. (See "Condiments, Seasonings, and Spices" in your Food Exchange List for a full list of "free foods.")

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces ground turkey (99% fat free)	150	35.5	0.0	1.0
¾ tablespoon olive oil	90	0.0	0.0	10.5
½ cup brown rice (cooked)	100	0.0	22.0	0.0
4 ounces broccoli	32	0.0	6.0	0.6
Totals:	372	35.5 (38%)	28.0 (30%)	12.1 (29%)

Quick Meal!**Italian Tuna Salad with Side of Fruit****Recipe**

Italian Tuna Salad is made up of common pantry items (canned tuna, low-fat balsamic dressing) and any vegetable you choose. Try making this recipe in bulk and storing it in the fridge for easy meals all week long. If desired, substitute any other lean protein for the tuna. *For the full recipe, see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces albacore tuna (in water)	180	42.0	0.0	3.0
½ tablespoon olive oil	60	0.0	0.0	7.0
¼ ounce black olives (pitted)	9	0.0	0.2	1.0
½ cup bell peppers, green or red	13	0.0	3.2	0.3
⅓ cup cherry tomato	12	0.0	2.6	0.2
⅛ cup onion	6	0.0	1.3	0.0
8 ounces orange slices	104	0.0	26.4	0.7
Totals:	384	42.0 (43%)	33.7 (35%)	12.2 (28%)

Quick Meal!

Chicken, Fruit, and Nuts*(Quick Meal if chicken is prepared in advance)*

It may seem like an odd combination, but this meal is one of our go-to staples when we're in a hurry. Try preparing grilled or baked chicken in bulk for the week so you always have a high-quality protein on hand. Then pair it with your favorite fresh fruit and unsalted nuts and you've got a quality meal that takes only minutes to make.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5½ ounces chicken breast (boneless/skinless)	171	35.8	0.0	1.7
¾ ounce cashews (raw)	120	0.0	6.9	9.9
6 ounces apple	102	0.0	25.8	0.6
Totals:	393	35.8 (36%)	32.7 (33%)	12.2 (28%)

Dinner

High Quality

Restaurant-Worthy Steak with Sweet Potato and Steamed Cauliflower**Recipe**

A filet mignon is one of the leanest, tastiest cuts of beef, and that is why we recommend it. Pair your filet with delicious sweet potatoes and any steamed vegetable for a satisfying meal. *For the full recipe, see page 117.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces filet mignon	250	40.0	0.0	12.5
4 ounces sweet potato	120	0.0	28.0	0.0
4 ounces cauliflower	28	0.0	5.7	0.0
Totals:	398	40.0 (40%)	33.7 (34%)	12.5 (28%)

Quick Meal!

Grilled Chicken with Spinach Bean Salad and Fruit*(Quick Meal if chicken is prepared in advance)*

Garbanzo beans (or any beans) add a boost of flavor and texture to a spinach salad. You can swap the spinach for your favorite leafy greens and the chicken breast for any lean protein. Top off the meal with your favorite fruit as dessert.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces chicken breast (boneless/skinless)	156	32.5	0.0	1.5
1 tablespoon oil and vinegar salad dressing	70	0.0	1.0	8.0
2 cups spinach leaves (uncooked)	14	0.0	2.0	0.0
¾ ounce garbanzo beans	77	0.0	13.5	1.5
8 ounces watermelon	72	0.0	16.0	0.9
Totals:	389	32.5 (33%)	32.5 (33%)	11.9 (28%)

Seared Scallops with Brown Rice and Spinach**Recipe**

Seared scallops take only minutes to make and are a great source of high-quality protein. You can swap out the scallops for any lean protein like chicken breast, pork tenderloin, or shrimp. The spinach can also be substituted with any other leafy greens. *For the full recipe, see page 119.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7½ ounces scallops	188	37.5	0.0	1.9
½ tablespoon olive oil	60	0.0	0.0	7.0
⅔ cup brown rice (cooked)	132	0.0	29.0	0.0
4 cups spinach leaves (uncooked)	28	0.0	4.0	0.0
Totals:	408	37.5 (37%)	33.0 (32%)	8.9 (20%)

Salmon with Brown Rice and Asparagus

Salmon is loaded in heart-healthy, omega-3 essential fats and should be eaten once or twice a week if possible. Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices. Serve leftover salmon over a crisp salad for a satisfying lunch the next day.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces salmon	240	33.6	0.0	12.0
½ cup brown rice (cooked)	100	0.0	22.0	0.0
5 ounces asparagus	30	0.0	5.0	0.6
Totals:	370	33.6 (36%)	27.0 (29%)	12.6 (31%)

MEAL REPLACEMENTS AND QUICK “MID” MEALS

Medium Quality

Quick Meal!

Quick Turkey Roll-Up with Fruit and Nuts

¾ Meal

Having lean, low-sodium deli meat on hand is a great way to ensure you’ve got a fast source of protein available. Ask your local deli for the highest-quality, least-processed brand they have (like Boar’s Head). Pair it with fresh fruit and unsalted nuts of your choice for a quick and balanced meal. Dip turkey slices into mustard or any other “free food” for extra flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces turkey breast, Boar’s Head, low sodium	100	24.0	0.0	0.5
½ ounce cashews (raw)	80	0.0	4.6	6.6
5 ounces pear	85	0.0	21.5	0.6
Totals:	265	24.0 (36%)	26.1 (39%)	7.7 (26%)

Low Quality

Quick Meal!

Protein Bar

¾ Meal

Protein bars are a convenient option for those times when you are too busy for an actual meal (like when you're on the go or in a meeting at work). The goal is to choose a bar that matches your nutritional parameters. For a complete list of recommended protein bars, see "Meal Replacements" in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Pure protein bar, any flavor	310	32.0	24.0	10.0
Totals:	310	32.0 (41%)	24.0 (31%)	10.0 (29%)

Quick Meal!

Ready-to-Drink Shake

¾ Meal

An all-in-one protein shake is another fast and convenient option for those times when you're on the go. Choose any ready-to-drink shake that is close to your nutritional parameters.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Myoplex (EAS) Ready-to-Drink Shake (17 ounces), any flavor	310	43.0	20.0	7.0
Totals:	310	43.0 (55%)	20.0 (26%)	7.0 (20%)

ADDITIONAL MEALS—AFTER JUMP START PHASE

Breakfast

Medium Quality

Quick Meal!

Cereal with Protein Powder

By adding protein powder and nuts to cereal, you end up with a hearty breakfast that stabilizes your blood sugar and keeps you full all morning long. Simply shake half of the protein powder and milk together in a shake cup with a lid until blended and pour over any low-sugar, high-fiber cereal. Top with nuts and enjoy. Mix the remaining protein powder with water on the side for a quick shake.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1½ scoops whey protein powder, any flavor	153	30	1.5	2.3
6 ounces milk (low fat)	90	6.0	9.0	3.8
¼ ounce almonds (raw)	43	0.0	1.5	4.0
1¼ ounces bran flakes cereal	113	0.0	27.5	0.0
Totals:	399	36.0 (36%)	39.5 (40%)	10.1 (23%)

Quick Meal!

Cottage Cheese with Fruit and Nuts

Cottage cheese mixed with fruit is a sweet and creamy combo that takes less than a minute to make. Fresh pineapple, raspberries, and peaches taste delicious too. Try prepping fruit in bulk for a few days so it's always ready to eat.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
10 ounces cottage cheese (low fat)	250	35.0	10.0	6.0
¼ ounce almonds (raw)	43	0.0	1.5	4.0
4 ounces strawberries	36	0.0	8.0	0.4
3 ounces blueberries	56	0.0	13.9	0.4
Totals:	385	35.0 (36%)	33.4 (35%)	10.8 (25%)

Quick Meal!
Protein Smoothie with Milk (can also add water and ice)

Milk adds a dose of calcium and a creamier texture to this protein smoothie. If you'd prefer, substitute the milk with low-fat Lactaid or soy milk. Almond butter or even flax seed oil can be substituted for the peanut butter.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1½ scoops whey protein powder, any flavor	153	30.0	1.5	2.3
4 ounces milk (low fat)	60	4.0	6.0	2.5
1 tablespoon natural peanut butter	100	0.0	3.2	8.0
3 ounces banana	78	0.0	20.4	0.0
Totals:	391	34.0 (35%)	31.1 (32%)	12.8 (29%)

Bacon, Egg, and Cheese Sandwich
Recipe

A bacon, egg, and cheese sandwich makes a tasty and fast breakfast, lunch, or dinner. Egg whites can easily be substituted for Egg Beaters. *For the full recipe, see page 113.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 cup Egg Beaters	100	20.0	4.0	0.0
¾ ounce cheddar cheese	83	5.3	0.8	6.8
2 ounces Canadian bacon	88	12.0	1.0	4.0
1 whole-wheat English muffin	130	0.0	25.6	1.6
1 ounce tomato (about 2 thin slices)	6	0.0	1.3	0.1
Totals:	407	37.3 (37%)	32.7 (32%)	12.5 (28%)

Greek Yogurt Parfait

¾ Meal; Recipe

Unlike traditional yogurt, Greek yogurt is high in protein and low in sugar. It's best sweetened and served with your favorite fruit and nuts. This recipe can be made in bulk for the week and is perfect for breakfast, dessert or a snack. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
12 ounces Greek yogurt (low fat)	222	29.1	13.8	6.9
¼ ounce almonds (raw)	43	0.0	1.5	4.0
3 ounces blueberries	56	0.0	13.9	0.4
Totals:	321	29.1 (36%)	29.2 (36%)	11.3 (32%)

Western-Style Omelet with Side of Fruit

Recipe

This omelet is a perfect way to use any leftover veggies you have on hand. You can even double the recipe and gently reheat the other half of the omelet in the microwave for dinner that night or breakfast the next morning. Serve with your favorite fresh fruit. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ cups Egg Beaters	125	25.0	5.0	0.0
1½ ounces ham, Boar's Head, low sodium	45	7.5	1.5	0.8
1 ounce cheddar cheese	110	7.0	1.0	9.0
2 tablespoons chopped tomato	6	0.0	1.3	0.1
2 tablespoons chopped onion	6	0.0	1.3	0.0
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
8 ounces cantaloupe	80	0.0	19.2	1.0
Totals:	379	39.5 (42%)	30.9 (33%)	11 (26%)

Lunch

Medium Quality

Quick Meal!

Double Boca Burger with Fruit (can add lettuce, tomato, and onion)

A Boca burger is a great source of soy protein and takes only moments to prepare. You can top your burger with a small amount of ketchup or mustard. Serve with fresh fruit of your choice for a complete meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1½ Boca Burgers, original	150	28.5	12.0	1.5
1½ ounces cheddar cheese	165	10.5	1.5	13.5
5 ounces pear	85	0.0	21.5	0.6
Totals:	400	39.0 (39%)	35.0 (35%)	15.6 (35%)

Quick Meal!

Chicken and Cheese Burrito

(Quick Meal if chicken is prepared in advance)

This meal is made of several staples we recommend you always have on hand: chicken breast, whole grain/low carb wraps, and fresh or frozen veggies (choose your favorite veggies). You can substitute the chicken for deli turkey or even grilled shrimp for a change of pace. This meal is also delicious as a grilled quesadilla. Add salsa for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces chicken breast (boneless/skinless)	156	32.5	0.0	1.5
1 ounce cheddar cheese	110	7.0	1.0	9.0
1 serving whole-grain, low-carb wrap	83	0.0	12.8	2.3
½ cup mixed vegetables	60	0.0	10.5	0.0
Totals:	409	39.5 (39%)	24.3 (24%)	12.8 (28%)

Quick Meal!

Chicken Fajita (can add tomato, lettuce, and onion)*(Quick Meal if chicken is prepared in advance)*

Chicken (or shrimp) fajitas can be made at home or enjoyed at any Mexican restaurant. If dining out, request that your meal is prepared in very little oil, and use guacamole as your fat (or choose a small amount of sour cream or cheese). Skip the rice and beans and load up on bell peppers and onions. Add salsa or pico de gallo for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces chicken breast (boneless/skinless)	187	39.0	0.0	1.8
1½ tablespoons guacamole	60	0.0	0.6	6.0
3 ounces corn tortillas	125	0.0	23.0	2.5
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
Totals:	379	39.0 (41%)	25.2 (27%)	10.4 (25%)

Quick Meal!

Smoked Salmon and Cream Cheese Toasts with Side of Fruit**Recipe**

Smoked salmon toasts are a fun way to load up on your omega-3 essential fat. Ak-Mak crackers, a whole-grain flat-bread snack, can be found at any grocery store. This meal is also delicious served for breakfast. Serve leftover smoked salmon on the side and pair this dish with your favorite fresh fruit. *For the full recipe, see page 116.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces smoked salmon	231	36.4	0.0	8.4
1 tablespoon light cream cheese	35	1.0	1.0	2.5
3 Ak-Mak crackers	69	0.0	12.0	1.2
½ small tomato, sliced	12	0.0	2.6	0.2
¼ cucumber, sliced	8	0.0	1.5	0.2
1 thin slice of red onion	6	0.0	1.3	0.0
3 ounces apple	51	0.0	12.9	0.3
Totals:	412	37.4 (36%)	31.3 (30%)	12.8 (28%)

Quick Meal!

Spicy Turkey Club Sandwich with Side of Fruit**Recipe**

A turkey club can be healthy when it's made with low-fat mayonnaise, turkey bacon, and whole-wheat bread. You can swap out the turkey for chicken breast if you'd prefer. *For the full recipe, see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces turkey breast, Boar's Head, low sodium	150	36.0	0.0	0.8
1 slice turkey bacon	33	2.5	0.0	2.5
1 tablespoon light mayonnaise	50	0.0	1.0	5.0
2 slices whole-wheat bread	140	0.0	24.0	2.0
romaine lettuce leaves	1	0.0	0.2	0.0
2 slices of tomato	6	0.0	1.3	0.1
4 slices of cucumber	4	0.0	0.8	0.1
3 ounces strawberries	27	0.0	6.0	0.3
Totals:	411	38.5 (38%)	33.3 (32%)	10.8 (24%)

Sushi Meal (can add wasabi and ginger)

When ordering sushi, aim for sashimi (slices of fish that can be served on top of or alongside rice). Some sushi restaurants even offer brown rice in place of white rice, which is a better choice for stable blood sugar due to the increased fiber. Add soy sauce for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 ounces sashimi, tuna (albacore)	98	14.4	0.0	4.2
2 ounces sashimi, yellowtail	82	13.6	0.0	3.2
1 ounce sashimi, salmon	40	5.6	0.0	2.0
4 pieces vegetable roll	124	0.0	22.4	2.4
¼ cup brown rice (cooked)	50	0.0	11.0	0.0
Totals:	394	33.6 (34%)	33.4 (34%)	11.8 (27%)

Quick Meal!

Cranberry Pecan Chicken Salad Wrap**Recipe***(Quick Meal if chicken is prepared in advance)*

This creamy chicken salad can be served in a wrap, on top of a salad, or with a side of fruit. Try making the chicken salad mixture in bulk for grab 'n' go meals for the week. *For the full recipe, see page 114.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FA(G)T
5 ounces chicken breast (boneless/skinless)	171	35.8	0.0	1.7
1 tablespoon Greek yogurt (fat free)	8	1.3	0.6	0.0
¼ ounce pecans (raw)	47	0.0	1.6	4.6
¾ tablespoon light mayonnaise	38	0.0	0.8	3.8
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
½ cup spinach leaves (uncooked)	4	0.0	0.5	0.0
2 slices of tomato	6	0.0	1.3	0.1
1 tablespoon dried cranberries	31	0.0	8.0	0.0
Totals:	415	37.1 (36%)	29.8 (29%)	13.2 (29%)

Quick Meal!

Tuna Wrap and Fruit (can add lettuce, tomato, and onion)

A tuna wrap is a great meal to pack for work. To boost the flavor, you can add relish, celery, lettuce, tomato, onion, lemon, and fresh herbs, and season with salt and pepper. Serve with your choice of fruit.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces albacore tuna (in water)	150	35.0	0.0	2.5
1 tablespoon light mayonnaise	50	0.0	1	5
1 whole-grain, low-carb wrap	110	0.0	17	3
6 ounces orange slices	78	0.0	19.8	0.5
Totals:	388	35.0 (36%)	37.8 (39%)	11 (26%)

Dinner

High Quality

Greek Brown Rice Salad with Chicken

Recipe

This recipe can easily be prepared in bulk for quick meals all week long. You can also substitute the chicken for lean chopped pork tenderloin or grilled shrimp. *For the full recipe, see page 118.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5½ ounces chicken breast (boneless/skinless)	171	35.8	0.0	1.7
¾ ounces black olives (pitted)	28	0.0	0.5	2.9
2½ tablespoons light balsamic vinaigrette salad dressing	55	0.0	2.5	5.0
⅔ cup brown rice (cooked)	132	0.0	29.0	0.0
½ cup arugula lettuce leaves	4	0.0	0.5	0.1
2 tablespoons chopped tomato	6	0.0	1.3	0.1
¼ cup cucumber	4	0.0	0.8	0.1
Totals:	400	35.8 (36%)	34.6 (35%)	9.9 (22%)

Orange Honey Mustard Pork Tenderloin with Asparagus

Recipe

A juicy glaze adds plenty of flavor to plain old pork. Use leftovers in stir-frys, salads, or wraps the rest of the week. You can also substitute the asparagus for another vegetable if you'd prefer. *For the full recipe, see page 120.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6½ ounces pork tenderloin	221	39.0	0.0	6.5
1 teaspoon olive oil	40	0.0	0.0	4.6
7 ounces asparagus	42	0.0	7.0	0.9
2 tablespoons Orange Honey Mustard Glaze (see recipe)	80	0.0	22.0	0.0
Totals:	383	39.0 (41%)	29.0 (30%)	12.0 (28%)

Shrimp, Rice, and Vegetable Stir-Fry

A rice and vegetable stir-fry goes well with any lean protein like shrimp, chicken, lean ground turkey, or pork tenderloin. Olive oil can be swapped out for peanut oil or sesame oil. To further enhance the flavor, you can add soy sauce, garlic, herbs, and spices. For a full list of “free foods,” see “Condiments, Seasonings, and Spices” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces shrimp	168	36.0	0.0	1.5
¾ tablespoon olive oil	90	0.0	0.0	10.5
¼ cup brown rice (cooked)	50	0.0	11.0	0.0
1 cup mixed vegetables	80	0.0	14.0	0.0
Totals:	388	36.0 (37%)	25.0 (26%)	12.0 (28%)

Medium Quality

BBQ Chicken, Pasta, and Side Salad

BBQ chicken (or shrimp or pork tenderloin) can be grilled or baked in the oven. You can substitute any low-fat dressing with roughly the same amount of fat for the balsamic vinaigrette. A side salad or your favorite vegetable completes the meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces chicken breast (boneless/skinless)	187	39.0	0.0	1.8
1 tablespoon oil and vinegar salad dressing	70	0.0	1.0	8.0
1 cup garden salad (lettuce and vegetables)	35	0.0	9.0	0.0
2 ounces pasta (cooked)	74	0.0	16.0	1.0
½ cup tomato sauce	30	0.0	6.0	0.0
1 tablespoon BBQ sauce	30	0.0	7.0	0.0
Totals:	426	39.0 (37%)	39.0 (37%)	10.8 (23%)

Lean Turkey Burger (can add lettuce, tomato and onion)

To boost the flavor, lean ground turkey can be seasoned with garlic, herbs, and spices (see “Condiments, Seasonings, and Spices” in your Food Exchange List). On occasion, you can also substitute 99% fat-free ground beef for the turkey (because even lean ground beef has fat, omit the avocado to keep the fat content down).

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces ground turkey (99% fat free)	180	42.6	0.0	1.2
2 ounces avocado	100	0.0	4.0	10.0
1 wheat bun	130	0.0	20.0	3.0
Totals:	410	42.6 (42%)	24.0 (23%)	14.2 (31%)

Turkey Meat Sauce with Pasta and Veggies

Try making this meal in bulk for the week. For added flavor, sauté onion and garlic with ground turkey. Add tomato sauce and fresh basil and season with salt and pepper.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces ground turkey (93% fat free)	222	34	0.0	10.5
3 ounces pasta (cooked)	111	0.0	24.0	1.5
½ cup tomato sauce	30	0.0	6.0	0.0
3 ounces broccoli	24	0.0	4.5	.5
Totals:	387	34 (35%)	34.5 (36%)	12.5 (29%)

Salmon with Red Potatoes, Corn, and Dessert

A filet mignon or orange roughly can easily be substituted for the salmon. Try chopping the potatoes, spraying them with fat-free cooking spray, and seasoning them with garlic, herbs, and spices before roasting. Or, if you'd like, substitute brown rice, sweet potatoes, or extra veggies in place of them. You can also add fresh-squeezed lemon juice to enhance the taste of the salmon.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces salmon	280	39.2	0.0	14.0
2 ounces red potatoes	50	0.0	10.0	0.0
¼ cup corn	40	0.0	10.0	0.0
1 serving Dreyers Fruit Bar	30	0.0	8.0	0.0
Totals:	400	39.2 (39%)	28.0 (28%)	14.0 (31%)

MEAL REPLACEMENTS AND QUICK “MID” MEALS

Medium Quality

Quick Meal!

Edamame

½ Meal

Edamame is the perfect snack food. Not only is edamame the ideal balance of complete protein (from soy), carbohydrates, and fat, it's also loaded with vitamins and antioxidants. Buy it fresh or frozen in your local supermarket and boil until tender. Salt lightly and enjoy.

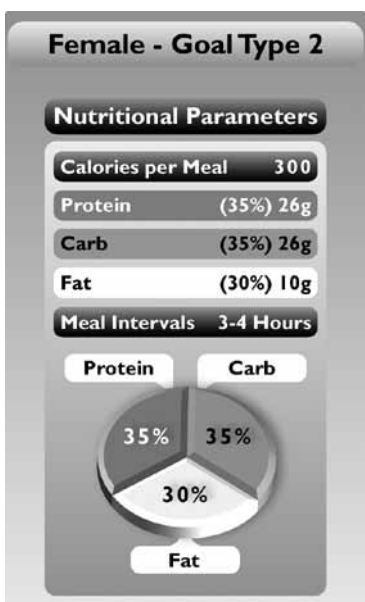
FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 cup edamame	200	16.0	18.0	6.0
Totals:	200	16.0 (32%)	18.0 (36%)	6.0 (27%)

Quick Meal!

Turkey, String Cheese, and Fruit ½ Meal

Sliced turkey, string cheese, and fruit is a fast and portable snack perfect for any time of day. Substitute the apple with any of your favorite fruits.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 ounces turkey breast, Boar's Head, low sodium	50	12.0	0.0	0.3
1 ounce mozzarella string cheese	80	8.0	1.0	5.0
5 ounces apple	85	0.0	21.5	0.5
Totals:	215	20.0 (37%)	22.5 (42%)	5.8 (24%)



FEMALE GOAL TYPE 2 (300-CALORIE MEAL PLANS)

Jump Start Sample Day

Remember to drink at least 8 ounces of water with every meal, and 8 ounces of water between each meal.

6:30 am

Quick Meal!

Scrambled Eggs and Side of Oatmeal (with optional flavorings)

¾ Meal (High Quality)

(Quick Meal if eggs are hardboiled)

You can increase your metabolism and maximize muscle growth by eating a balanced breakfast, like eggs and oatmeal, one hour within waking. Add flavor to unsweetened oatmeal with “free foods” like Stevia, cinnamon, and vanilla extract. If you’re pressed for time, the Protein Power Oatmeal breakfast is a faster option.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 egg whites	68	14.0	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
1 ounce oatmeal (unsweetened)	100	0.0	19.3	2.0
Totals:	248	20.4 (33%)	19.8 (32%)	7.6 (28%)

9:30 am

Quick Meal!

Protein Bar**¾ Meal (Low Quality)**

A midmorning meal can initially be challenging to fit into your schedule. A balanced protein bar is the perfect solution. The brand of protein bar is your choice. What matters most is to find a bar that comes close to matching your caloric and nutrient ratio parameters. Cottage cheese and Greek yogurt meals are also quick midmorning options after you complete the Jump Start Phase.

Important Note: You are always better off eating high-quality food to maximize results, especially with weight gain as your goal. If you can replace this low-quality meal with a high-quality meal, you will quickly feel the difference in energy, meal satisfaction, and in the speed of your results.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Think Thin, any flavor	230	20.0	24.0	8.0
Totals:	230	20.0 (35%)	24.0 (41%)	8.0 (31%)

12:30 pm

Quick Meal!

Grilled Chicken Salad**(High Quality)**

(Quick Meal if chicken is prepared in advance)

A grilled chicken salad can be made and brought from home or ordered at any restaurant. If you're dining out for lunch, request that your salad dressing be served on the side. If you dislike light dressing, you can substitute it with 1 tablespoon of regular balsamic vinaigrette. You can also exchange chicken for any other high-quality, lean-protein like grilled shrimp.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
1 tablespoon low-fat balsamic vinaigrette salad dressing	70	0.0	1.0	8.0
3 cups garden salad (lettuce and vegetables)	105	0.0	27.0	0.0
Totals:	299	26.0 (35%)	28.0 (37%)	9.2 (28%)

3:30 pm

Quick Meal!

Quick Turkey Roll-Up with Mustard (optional), Fruit, and Nuts (Medium Quality)

This is a quick midafternoon meal. Dip turkey slices into mustard or any other “free food” for extra flavor. Finding the time to eat midafternoon can be challenging at first. If you need a faster, “ready to eat” meal at this time, then your Ready-to-Drink shake meal is a fantastic choice. Whether it is a shake, bar, or higher-quality meal, getting a balanced meal in during your Jump Start Phase is what matters most.

Important Note: You are always better off eating high-quality food to maximize results, especially with weight gain as your goal. If you can replace this medium-quality meal with a high-quality meal, you will quickly feel the difference in energy, meal satisfaction, and in the speed of your results.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4½ ounces turkey breast, Boar’s Head, low sodium	113	27.0	0.0	0.6
½ ounce cashews (raw)	80	0.0	4.6	6.6
5 ounces apple	85	0.0	21.5	0.5
Totals:	278	27.0 (39%)	26.1 (37%)	7.7 (25%)

6:30 pm

Quick Meal!

Salmon with Brown Rice and Asparagus (High Quality)

This meal is both tasty and extremely high quality due to the salmon, which is naturally high in omega-3 fatty acids (the heart-healthy, good fat). Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices. You may want to occasionally substitute a filet mignon for salmon if you are in the mood for beef.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4½ ounces salmon	180	25.2	0.0	9.0
½ cup brown rice (cooked)	100	0.0	22.0	0.0
3 ounces asparagus	18	0.0	3.0	0.4
Totals:	298	25.2 (34%)	25.0 (34%)	9.4 (28%)

9:30 pm

Quick Meal!

Protein Smoothie Without Milk (add water and ice) **$\frac{3}{4}$ Meal (Medium Quality)**

A protein shake makes for a delicious and balanced dessert before bed. It will also fuel your muscles through the night and assist you in increasing your lean body mass. If you choose to have a meal in place of a protein shake at this time, limit the amount of starchy carbs/grains to prevent possible bloating and optimize nighttime digestion.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 scoop whey protein powder, any flavor	102	20.0	1.0	1.5
$\frac{3}{4}$ tablespoon natural peanut butter	75	0.0	2.4	6.0
7 ounces strawberries	63	0.0	14.0	0.8
Totals:	240	20.0 (33%)	17.4 (29%)	8.3 (31%)

Day Totals:	1593	138.6 (35%)	140.3 (35%)	50.2 (29%)
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JUMP START MEALS

Breakfast

High Quality

Quick Meal!

**Scrambled Eggs and Side of Oatmeal
(with optional flavorings)****¾ Meal***(Quick Meal if eggs are hardboiled)*

An eggs and oatmeal breakfast combo is simple to make (use instant oatmeal for easy prep) and incredibly satisfying. Give plain cooked oatmeal a boost of flavor without extra calories by stirring in “free foods” like Stevia (or any calorie-free sugar substitute), cinnamon, and vanilla extract.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 egg whites	68	14.0	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
1 ounce oatmeal (unsweetened)	100	0.0	19.3	2.0
Totals:	248	20.4 (33%)	19.8 (32%)	7.6 (28%)

Veggie and Egg Scramble with Side of Fruit**¾ Meal**

An egg scramble is the perfect way to sneak in extra veggies you have on hand. Add a spoonful of your favorite salsa for extra spice. Choose your favorite fruit as a side.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 egg whites	68	14.0	0.0	0.0
1 egg (whole)	80	6.4	0.5	5.6
½ cup spinach (cooked)	25	0.0	5.0	0.0
2 ounces broccoli	16	0.0	3.0	0.3
½ cup mushrooms	14	0.0	2.6	0.3
⅓ cup tomato	12	0.0	2.6	0.2
2 ounces blueberries	37	0.0	9.3	0.3
Totals:	252	20.4 (32%)	23 (37%)	6.7 (24%)

Medium Quality

Quick Meal!

Berry Banana Protein Smoothie Without Milk (add water and ice)

A protein and fruit smoothie is a sweet and refreshing way to stabilize your blood sugar fast. Try blending your favorite vanilla or chocolate protein powder with a variety of fresh or frozen fruit. Adjust the amount of water and ice to your desired consistency.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ scoops whey protein powder, any flavor	128	25.0	1.3	1.9
1 tablespoon natural peanut butter	100	0.0	3.2	8.0
2 ounces banana	52	0.0	13.6	0.0
3 ounces strawberries	27	0.0	6.0	0.3
Totals:	307	25.0 (33%)	24.1 (31%)	10.2 (30%)

Quick Meal!

Protein Power Oatmeal

Recipe

Protein Power Oatmeal is warm, creamy, and guaranteed to fuel your busy mornings. You can substitute the whey protein powder for soy or egg white powder. For a change of pace, swap nuts, peanut butter, or ground flax seeds for the almond butter. *For the full recipe, see page 112.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ scoops whey protein powder, any flavor	128	25.0	1.3	1.9
1 tablespoon almond butter	85	0.0	4.0	7.0
1 ounce oatmeal (unsweetened)	100	0.0	19.3	2.0
Totals:	313	25.0 (32%)	24.6 (31%)	10.9 (31%)

Lunch

High Quality

Quick Meal!

Grilled Chicken Salad

(Quick Meal if chicken is prepared in advance)

Whether it's lunch at home or at a restaurant, Grilled Chicken Salad is a balanced and high-quality option. You can exchange the chicken for any other lean protein like grilled white fish or shrimp and top the salad with your favorite vegetables.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
1 tablespoon oil and vinegar salad dressing	70	0.0	1.0	8.0
3 cups garden salad (lettuce and vegetables)	105	0.0	27.0	0.0
Totals:	299	26.0 (35%)	28.0 (37%)	9.2 (28%)

Quick Meal!

Ground Turkey Vegetable Stir-Fry

(Quick Meal if stir-fry is prepared in advance)

A stir-fry is perfect to make in bulk for grab 'n' go meals during the week. Choose your favorite veggies and season your stir-fry with garlic, fresh herbs, and spices to enhance the flavor without additional fat or calories. (See "Condiments, Seasonings, and Spices" in your Food Exchange List for a full list of "free foods.")

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces ground turkey (99% fat free)	105	24.9	0.0	0.7
2 teaspoons olive oil	79	0.0	0.0	9.2
1½ cups mixed vegetables	120	0.0	21.0	0.0
Totals:	304	24.9 (33%)	21.0 (28%)	9.9 (29%)

Quick Meal!

Italian Tuna Salad with Side of Fruit**Recipe**

Italian Tuna Salad is made up of common pantry items (canned tuna, low-fat balsamic dressing) and any vegetable you choose. Try making this recipe in bulk and storing it in the fridge for easy meals throughout the week. If desired, substitute any other lean protein for the tuna. *For the full recipe, see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces albacore tuna (in water)	120	28.0	0.0	2.0
½ ounce black olives (pitted)	19	0.0	0.4	1.9
3 tablespoons low-fat balsamic vinaigrette salad dressing	66	0.0	3.0	6.0
½ cup bell peppers, green or red	13	0.0	3.2	0.3
⅓ cup cherry tomato	12	0.0	2.6	0.2
⅛ cup onion	6	0.0	1.3	0.0
5 ounces orange slices	65	0.0	16.5	0.5
Totals:	301	28.0 (37%)	27.0 (36%)	10.9 (32%)

Quick Meal!

Chicken, Fruit, and Nuts

(Quick Meal if chicken is prepared in advance)

It may seem like an odd combination, but this meal is one of our go-to staples when we're in a hurry. Try preparing grilled or baked chicken in bulk for the week so you always have a high-quality protein on hand. Then pair it with your favorite fresh fruit and unsalted nuts and you've got a quality meal that takes only minutes to make.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
⅔ ounce cashews (raw)	106	0.0	6.1	8.7
4 ounces apple	68	0.0	17.2	0.4
Totals:	298	26.0 (35%)	23.3 (31%)	10.3 (31%)

Dinner

High Quality

Quick Meal!

Grilled Chicken with Spinach Bean Salad

(Quick Meal if chicken is prepared in advance)

Garbanzo beans (or any beans) add a boost of flavor and texture to a spinach salad. You can swap the spinach for your favorite leafy greens and the chicken breast for any lean protein.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
3 tablespoons low-fat balsamic vinaigrette salad dressing	66	0.0	3.0	6.0
2 cups spinach leaves (uncooked)	14	0.0	2.0	0.0
1 ounce garbanzo beans	102	0.0	18.0	2.0
Totals:	306	26.0 (34%)	23.0 (30%)	9.2 (27%)

Restaurant-Worthy Steak with Sweet Potato and Steamed Cauliflower

Recipe

A filet mignon is one of the leanest, tastiest cuts of beef, and that is why we recommend it. Pair your filet with delicious sweet potatoes and any steamed vegetable for a satisfying meal. *For the full recipe, see page 117.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces filet mignon	175	28.0	0.0	8.8
3 ounces sweet potato	90	0.0	21.0	0.0
5 ounces cauliflower	35	0.0	7.1	0.0
Totals:	300	28.0 (37%)	28.1 (37%)	8.8 (26%)

Seared Scallops with Brown Rice and Spinach**Recipe**

Seared scallops take only minutes to make and are a great source of high-quality protein. You can swap out the scallops for any lean protein like chicken breast, pork tenderloin, or shrimp. The spinach can also be substituted with any leafy greens. *For the full recipe, see page 119.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces scallops	125	25.0	0.0	1.3
½ tablespoon olive oil	60	0.0	0.0	7.0
½ cup brown rice (cooked)	100	0.0	22.0	0.0
2 cups spinach leaves (uncooked)	14	0.0	2.0	0.0
Totals:	299	25.0 (33%)	24.0 (32%)	8.3 (25%)

Salmon with Brown Rice and Asparagus

Salmon is loaded in heart-healthy, omega-3 essential fats and should be eaten once or twice a week if possible. Add some fresh-squeezed lemon juice to enhance the taste of the salmon. Serve leftover salmon over a crisp salad for a satisfying lunch the next day.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4½ ounces salmon	180	25.2	0.0	9.0
½ cup brown rice (cooked)	100	0.0	22.0	0.0
3 ounces asparagus	18	0.0	3.0	0.4
Totals:	298	25.2 (34%)	25.0 (34%)	9.4 (28%)

MEAL REPLACEMENTS AND QUICK “MID” MEALS

Medium Quality

Quick Meal!

Quick Turkey Roll-Up with Fruit and Nuts

Having lean, low-sodium deli meat on hand is a great way to ensure you’ve got a fast source of protein available. Ask your local deli for the highest-quality, least-processed brand they have (like Boar’s Head). Pair it with fresh fruit and unsalted nuts of your choice for a quick and balanced meal. Dip turkey slices into mustard or any other “free food” for extra flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4½ ounces turkey breast, Boar’s Head, low sodium	113	27.0	0.0	0.6
½ ounce cashews (raw)	80	0.0	4.6	6.6
5 ounces apple	85	0.0	21.5	0.5
Totals:	278	27.0 (39%)	26.1 (38%)	7.7 (25%)

Low Quality

Quick Meal!

Protein Bar**¾ Meal**

Protein bars are a convenient option for those times when you are too busy for an actual meal (like when you are on the go or in a meeting at work). The goal is to choose a bar that matches your nutritional parameters. For a complete list of recommended protein bars, see “Meal Replacements” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Think Thin, any flavor	230	20.0	24.0	8.0
Totals:	230	20.0(35%)	24.0 (41%)	8.0 (31%)

Quick Meal!

Ready-to-Drink Shake, Nuts, and Fruit

A ready-made protein drink paired with fresh fruit is an ideal option while at work or even while traveling. For a complete list of recommended protein drinks, see “Meal Replacements” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 bottle (14 ounce) of Muscle Milk, Light, any flavor	150	25.0	5.0	3.5
⅓ ounce almonds (raw)	56	0.0	2	5.3
4 ounces apple	68	0.0	17.2	0.4
Totals:	274	25.0 (36%)	24.2 (35%)	9.2 (30%)

ADDITIONAL MEALS—AFTER JUMP START PHASE

Breakfast

Medium Quality

Quick Meal!

Cereal to Go with Protein Powder

By adding protein powder and nuts to cereal, you end up with a hearty breakfast that stabilizes your blood sugar and keeps you full all morning long. Simply shake protein powder and milk together in a shake cup with a lid until blended and pour over any low-sugar, high-fiber cereal. Top with nuts and enjoy. If the milk mixture is too sweet, try using only half of the protein powder together with the milk. Mix the remaining protein powder with water on the side for a quick shake.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 scoop whey protein powder, any flavor	102	20.0	1.0	1.5
5 ounces milk (nonfat)	55	5.6	7.5	0.6
⅔ ounce bran flakes cereal	59	0.0	14.5	0.0
½ ounce almonds (raw)	85	0.0	3.0	8.0
Totals:	301	25.6 (34%)	26.0 (35%)	10.1 (30%)

Quick Meal!

Cottage Cheese with Fruit

Cottage cheese mixed with fruit is a sweet and creamy combo that takes less than a minute to make. Fresh pineapple, raspberries, and peaches taste delicious too. Try prepping fruit in bulk for a few days so it's always ready to eat.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces cottage cheese (low fat)	175	24.5	7.0	4.2
1/3 ounce almonds (raw)	56	0.0	2.0	5.3
4 ounces strawberries	27	0.0	6.0	0.3
2 ounces blueberries	37	0.0	9.3	0.3
Totals:	295	24.5 (33%)	24.3 (33%)	10.1 (31%)

Quick Meal!

Protein Smoothie with Milk (can also add water and ice)

Milk adds a dose of calcium and a creamier texture to this protein smoothie. If you'd prefer, substitute the milk with low-fat Lactaid or soy milk. Almond butter or even flax seed oil can be substituted for the peanut butter.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 scoop whey protein powder, any flavor	102	20.0	1.0	1.5
2 ounces banana	52	0.0	13.6	0.0
2 teaspoons natural peanut butter	75	0.0	2.4	6.0
5 ounces milk (low fat)	75	5.0	7.5	3.1
Totals:	304	25.0 (33%)	24.5 (32%)	10.6 (31%)

Bacon, Egg, and Cheese Burrito**Recipe**

A bacon, egg, and cheese burrito makes a tasty and fast breakfast, lunch, or dinner. If you'd like, you can skip the Canadian bacon and double the amount of cheese. Egg whites can also be substituted for Egg Beaters. *For the full recipe, see page 113.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
$\frac{2}{3}$ cup Egg Beaters	66	13.2	2.6	0.0
$\frac{1}{2}$ ounce cheddar cheese (low fat)	55	3.5	0.5	4.5
1 ounce Canadian bacon	44	6.0	0.5	2.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
1 slice of tomato	6	0.0	1.3	0.1
Totals:	281	22.7 (32%)	21.9 (31%)	9.6 (31%)

Greek Yogurt Parfait**Recipe**

Unlike traditional yogurt, Greek yogurt is high in protein and low in sugar. It's best sweetened and served with your favorite fruit and nuts. For an additional boost of flavor add "free foods" like Stevia and vanilla extract. This recipe can be made in bulk for the week and is perfect for breakfast, dessert, or a snack. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
10 ounces Greek yogurt, fat free	150	25.0	11.3	0.0
2 ounces blueberries	37	0.0	9.3	0.3
$\frac{2}{3}$ ounce almonds (raw)	112	0.0	4.0	10.6
Totals:	299	25.0 (33%)	24.6 (33%)	10.9 (33%)

Quick Meal!

Western-Style Omelet with Side of Fruit**Recipe**

This omelet is a perfect way to use any leftover veggies you have on hand. You can even double the recipe and gently reheat the other half of the omelet in the microwave for dinner that night or breakfast the next morning. Serve with your favorite fresh fruit. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
⅔ cup Egg Beaters	66	13.2	2.6	0.0
1½ ounces ham, Boar's Head, low sodium	45	7.5	1.5	0.8
¾ ounce cheddar cheese	83	5.3	0.8	6.8
2 tablespoons chopped tomato	6	0.0	1.3	0.1
2 tablespoons chopped onion	6	0.0	1.3	0.0
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
6 ounces cantaloupe	60	0.0	14.4	0.8
Totals:	273	26.0 (38%)	23.5 (34%)	8.6 (28%)

Lunch

Medium Quality

Quick Meal!

Boca Burger with Fruit (can add lettuce, tomato, and onion)

A Boca burger is a great source of soy protein and takes only moments to prepare. You can top your burger with a small amount of ketchup or mustard. Serve with fresh fruit of your choice for a complete meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 Boca Burger, original	100	19	8.0	1
1 ounce cheddar cheese	110	7	1	9
4 ounces grapes	80	0.0	20.4	1
Totals:	290	26.0 (36%)	29.4 (40%)	11 (34%)

Quick Meal!**Chicken and Cheese Burrito***(Quick Meal if chicken is prepared in advance)*

This meal is made of several staples we recommend you always have on hand: chicken breast, whole-grain/low-carb wraps, and fresh or frozen veggies (choose your favorite veggies). You can substitute the chicken for deli turkey or even grilled shrimp for a change of pace. This meal is also delicious as a grilled quesadilla. Add salsa for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces chicken breast (boneless/skinless)	93	19.5	0.0	0.9
½ ounce cheddar cheese	55	3.5	0.5	4.5
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
½ cup mixed vegetables	40	0.0	7.0	0.0
Totals:	298	23.0 (31%)	24.5 (33%)	8.4 (25%)

Quick Meal!**Chicken Fajita (can add tomato, lettuce, and onion)***(Quick Meal if chicken is prepared in advance)*

Chicken (or shrimp) fajitas can be made at home or enjoyed at any Mexican restaurant. If dining out, request that your meal be prepared in very little oil, and use guacamole as your fat (or choose a small amount of sour cream or cheese). Skip the rice and beans and load up on bell peppers and onions. Add salsa or pico de gallo for extra flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces chicken breast (boneless/skinless)	109	22.8	0.0	1.1
2 tablespoons guacamole	80	0.0	0.8	8.0
2 ounces corn tortillas	100	0.0	18.4	2.0
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
Totals:	296	22.8 (31%)	20.8 (28%)	11.2 (34%)

Quick Meal!

Smoked Salmon and Cream Cheese Toasts**Recipe**

Smoked salmon toasts are a fun way to load up on your omega-3 essential fat. Ak-Mak crackers, a whole-grain flat-bread snack, can be found at any grocery store. This meal is also delicious served for breakfast. *For the full recipe, see page 116.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4½ ounces smoked salmon	149	23.4	0.0	5.4
3 Ak-Mak crackers	69	0.0	12.0	1.2
½ small tomato, sliced	12	0.0	2.6	0.2
¼ cucumber, sliced	8	0.0	1.5	0.2
1 thin slice of red onion	6	0.0	1.3	0.0
1½ tablespoons cream cheese (low fat)	50	3.0	1.0	3.0
Totals:	294	26.4 (36%)	18.4 (25%)	10.0 (31%)

Quick Meal!

Spicy Turkey Club Wrap with Side of Fruit**Recipe**

A turkey club can be healthy when it's made with low-fat mayonnaise, turkey bacon, and a whole-grain wrap. You can swap out the turkey for chicken breast if you'd prefer. *For the full recipe, see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces turkey breast, Boar's Head, low sodium	87.5	21.0	0.0	0.5
1 slice turkey bacon	33	2.5	0.0	2.5
1 tablespoon light mayonnaise	50	0.0	1.0	5.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
romaine lettuce leaves	1	0.0	0.2	0.0
2 slices of tomato	6	0.0	1.3	0.1
4 slices of cucumber	4	0.0	0.8	0.1
2 ounces strawberries	18	0.0	4.0	0.2
Totals:	309.5	23.5 (30%)	24.3 (31%)	11.4 (33%)

Sushi Meal (can add wasabi and ginger)

When ordering sushi, aim for sashimi (slices of fish that can be served on top of or alongside rice). Some sushi restaurants even offer brown rice in place of white rice, which is a better choice for stable blood sugar due to the increased fiber. Add soy sauce for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 ounces sashimi, tuna (albacore)	98	14.4	0.0	4.2
1 ounce sashimi, salmon	40	5.6	0.0	2.0
1 ounce sashimi, yellowtail	41	6.8	0.0	1.6
3 pieces vegetable roll	93	0.0	16.8	1.8
¼ cup brown rice (cooked)	50	0.0	11.0	0.0
Totals:	322	26.8 (33%)	27.8 (35%)	9.6 (27%)

Quick Meal!

Cranberry Chicken Salad Wrap

Recipe

(Quick Meal if chicken is prepared in advance)

This creamy chicken salad can be served in a wrap, on top of a salad, or with a side of fruit. Try making the chicken salad mixture in bulk for grab 'n' go meals for the week. *For the full recipe, see page 114.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces chicken breast (boneless/skinless)	109	22.8	0.0	1.1
1 tablespoon Greek yogurt (fat free)	8	1.3	0.6	0.0
½ tablespoon light mayonnaise	50	0.0	1.0	5.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
½ cup spinach leaves, (uncooked)	4	0.0	0.5	0.0
2 slices of tomato	6	0.0	1.3	0.1
½ tablespoon dried cranberries	16	0.0	4.0	0.0
Totals:	303	24.1 (32%)	24.4 (32%)	9.2 (27%)

Quick Meal!

Tuna Wrap (can add Lettuce, Tomato, and Onion) with Side of Fruit

A tuna wrap is a fast and easy meal to pack for work. To boost the flavor, add celery, onion, lettuce, tomato, and even fresh herbs like parsley. Season to taste with salt and pepper.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces albacore tuna (in water)	105	24.5	0.0	1.7
1 tablespoon light mayonnaise	50	0.0	1.0	5.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
3 ounces orange slices	39	0.0	9.9	0.3
Totals:	304	24.5 (32%)	27.9 (37%)	10 (30%)

Dinner

High Quality

Greek Brown Rice Salad with Chicken**Recipe**

This recipe can easily be prepared in bulk for quick meals all week long. You can also substitute the chicken for lean chopped pork tenderloin or grilled shrimp. *For the full recipe, see page 118.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
2½ tablespoons low-fat balsamic vinaigrette salad dressing	55	0.0	2.5	5.0
½ ounce black olives (pitted)	19	0.0	0.4	1.9
½ cup brown rice (cooked)	100	0.0	22.0	0.0
½ cup arugula (raw)	4	0.0	0.5	0.1
2 tablespoons chopped tomato	6	0.0	1.3	0.1
¼ cup cucumber	4	0.0	0.8	0.1
Totals:	312	26.0 (33%)	27.5 (35%)	8.4 (24%)

Orange Honey Mustard Pork Tenderloin with Asparagus**Recipe**

A juicy glaze adds plenty of flavor to plain old pork. Use leftovers in stir-frys, salads, or wraps the rest of the week. You can also substitute the asparagus for another vegetable if you'd prefer. *For the full recipe, see page 120.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces pork tenderloin	136	24.0	0.0	4.0
1 teaspoon olive oil	40	0.0	0.0	4.6
5 ounces asparagus	30	0.0	5.0	0.6
2 tablespoons Orange Honey Mustard Glaze (see recipe)	80	0.0	20.0	0.0
Totals:	286	24.0 (34%)	25.0 (35%)	9.2 (29%)

Shrimp, Rice, and Vegetable Stir-Fry

A rice and vegetable stir-fry goes well with any lean protein like shrimp, chicken, lean ground turkey, or pork tenderloin. Olive oil can be swapped out for peanut oil or sesame oil. To further enhance the flavor, you can add soy sauce, garlic, herbs, and spices. For a full list of “free foods” see “Condiments, Seasonings, and Spices” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces shrimp (raw or steamed)	112	24.0	0.0	1.0
½ tablespoon olive oil	60	0.0	0.0	7.0
⅓ cup brown rice (cooked)	66	0.0	14.5	0.0
6 ounces broccoli	48	0.0	9.0	1.0
Totals:	286	24.0 (34%)	23.5 (33%)	9.0 (28%)

Medium Quality

Quick Meal!

BBQ Chicken and Salad

(Quick Meal if chicken is prepared in advance)

BBQ chicken (or shrimp or pork tenderloin) can be grilled or baked in the oven. You can substitute any low-fat dressing with roughly the same amount of fat for the balsamic vinaigrette. A side salad or your favorite vegetable completes the meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces chicken breast (boneless/skinless)	124	26.0	0.0	1.2
3 tablespoons low-fat balsamic vinaigrette salad dressing	66	0.0	3.0	6.0
2 cups garden salad (lettuce and vegetables)	70	0.0	18.0	0.0
1 tablespoon BBQ sauce	30	0.0	7.0	0.0
Totals:	290	26.0 (36%)	28.0 (39%)	7.2 (22%)

Lean Turkey Burger (can add lettuce, tomato, and onion)

To boost the flavor, lean ground turkey can be seasoned with garlic, herbs, and spices (see “Condiments, Seasonings, and Spices” in your Food Exchange List). On occasion, you can also substitute 99% fat-free ground beef for the turkey (because even lean ground beef has fat, omit the avocado to keep the fat content down).

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3½ ounces ground turkey (99% fat free)	105	24.9	0.0	0.7
1½ ounces avocado	75	0.0	3.0	7.5
1 wheat bun	130	0.0	20.0	3.0
Totals:	310	24.9 (32%)	23.0 (30%)	11.2 (33%)

Turkey Meat Sauce with Pasta and Veggies

Try making this meal in bulk for the week. For added flavor, sauté onion and garlic with ground turkey. Add tomato sauce and fresh basil, and season with salt and pepper.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4 ounces ground turkey (93% fat free)	178	27.2	0.0	8.4
2 ounces pasta (cooked)	74	0.0	16.0	1.0
½ cup tomato sauce	30	0.0	6.0	0.0
2 ounces broccoli	16	0.0	3.0	0.3
Totals:	298	27.2 (37%)	25.0 (34%)	9.7 (29%)

Salmon with Red Potatoes, Vegetable, and Dessert

A filet mignon or orange roughy can easily be substituted for the salmon. Try chopping the potatoes, spraying them with fat-free cooking spray and seasoning them with garlic, herbs, and spices before roasting. Or, if you'd like, substitute brown rice, sweet potatoes, or extra veggies in place of them. Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
4½ ounces salmon	180	25.2	0.0	9.0
3 ounces red potatoes	75	0.0	15.0	0.0
2 ounces snow peas	24	0.0	4.0	0.0
1 cup Jello (sugar free)	20	0.0	4.0	0.0
Totals:	299	25.2 (34%)	23.0 (31%)	9.0 (27%)

MEAL REPLACEMENTS AND QUICK “MID” MEALS

Medium Quality

Quick Meal!

Edamame**¾ Meal**

Edamame is the perfect snack food. Not only is edamame the ideal balance of complete protein (from soy), carbohydrates, and fat, it's also loaded with vitamins and antioxidants. Buy it fresh or frozen in your local supermarket and boil until tender. Salt lightly and enjoy.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ cups edamame	250	20.0	22.5	7.5
Totals:	250	20.0 (32%)	22.5 (36%)	7.5 (27%)

Quick Meal!

Turkey, String Cheese, and Fruit**¾ Meal**

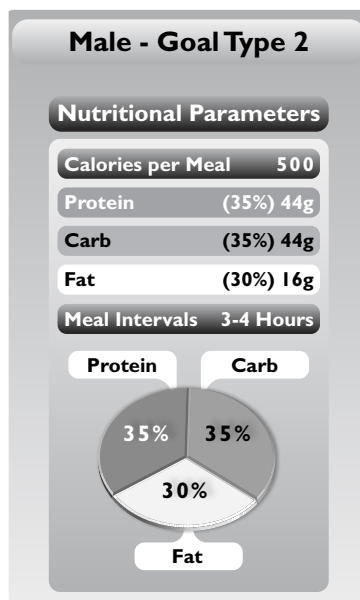
Sliced turkey, string cheese, and fruit is a fast and portable snack perfect for any time of day. Substitute the apple with any of your favorite fruits.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 ounces turkey breast, Boar's Head, low sodium	50	12.0	0.0	0.3
1 ounce mozzarella string cheese	80	8.0	1.0	5.0
5 ounces apple	85	0.0	21.5	0.5
Totals:	215	20.0 (37%)	22.5 (42%)	5.8 (24%)

MALE GOAL TYPE 2 (500-CALORIE MEAL PLANS)

Jump Start Sample Day

Remember to drink at least 12 ounces of water with every meal, and 12 ounces of water between each meal.



6:30 am

Quick Meal!

Scrambled Eggs and Side of Oatmeal (with optional flavorings)

¾ Meal (High Quality)

(Quick Meal if eggs are hardboiled)

You can increase your metabolism and maximize muscle growth by eating a balanced breakfast, like eggs and oatmeal, one hour within waking. Add flavor to unsweetened oatmeal with “free foods” like Stevia, cinnamon, and vanilla extract. If you’re pressed for time, the Protein Power Oatmeal breakfast is a faster option.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 egg whites	102	21.0	0.0	0.0
2 eggs (whole)	160	12.8	1.0	11.2
1 ounce oatmeal (unsweetened)	100	0.0	19.3	2.0
2 ounces blueberries	37	0.0	9.3	0.3
Totals:	399	33.8 (34%)	29.6 (30%)	13.5 (30%)

9:30 am

Quick Meal!

Ready-to-Drink Shake, Almonds, and Apple**(Low Quality)**

A midmorning meal can initially be challenging to fit into your schedule. A “ready to drink shake” or protein bar is a good solution. The brand you use is your choice. What matters most is to find a “ready to drink shake” or bar that comes close to matching your caloric and nutrient ratio parameters. Add your favorite unsalted nuts and fruit to complete the meal.

Important Note: You are always better off eating high-quality food to maximize results, especially with weight gain as your goal. If you can replace this low-quality meal with a high-quality meal, you will quickly feel the difference in energy, meal satisfaction, and in the speed of your results.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Myoplex (EAS) Ready-to-Drink Shake (17 ounces)	310	43.0	20.0	7.0
½ ounce almonds (raw)	85	0.0	3.0	8.0
6 ounces apple	102	0.0	25.8	0.6
Totals:	497	43.0 (35%)	48.8 (39%)	15.6 (28%)

12:30 pm

Quick Meal!

Ground Turkey, Rice, and Broccoli Stir-Fry**(High Quality)**

(Quick Meal if stir-fry is prepared in advance)

A stir-fry is perfect to make in bulk for grab 'n' go meals during the week. Season your stir-fry with garlic, fresh herbs, and spices to enhance the flavor without additional fat or calories. (See “Condiments, Seasonings, and Spices” in your Food Exchange List for a full list of “free foods.”)

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces ground turkey (99% fat free)	180	42.6	0.0	1.2
1 tablespoon olive oil	120	0.0	0.0	14.0
¾ cup brown rice (cooked)	150	0.0	33.0	0.0
6 ounces broccoli	48	0.0	9.0	1.0
Totals:	498	42.6 (34%)	42.0 (34%)	16.2 (29%)

3:30 pm

Quick Meal!

Chicken, Fruit, and Nuts**(High Quality)***(Quick Meal if chicken is prepared in advance)*

It may seem like an odd combination, but this meal is one of our go-to staples when we're in a hurry. Try preparing grilled or baked chicken in bulk for the week so you always have a high-quality protein on hand. Then pair it with your favorite fresh fruit and unsalted nuts and you've got a quality meal that takes only minutes to make.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6½ ounces chicken breast (boneless/skinless)	202	42.3	0.0	2.0
1 ounce cashews (raw)	160	0.0	9.2	13.2
5 ounces banana	130	0.0	34.0	0.0
Totals:	492	42.3 (34%)	43.2 (35%)	15.2 (28%)

6:30 pm

Salmon with Sweet Potato and Asparagus**(High Quality)**

This meal is both tasty and extremely high quality, due to the salmon, which is naturally high in omega-3 fatty acids (the heart-healthy, good fat). Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices. You may want to occasionally substitute a filet mignon for salmon if you are in the mood for beef.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
8 ounces salmon	320	44.8	0.0	16.0
5 ounces sweet potato	150	0.0	35.0	0.0
5 ounces asparagus	30	0.0	5.0	0.6
Totals:	500	44.8 (36%)	40.0 (32%)	16.6 (30%)

9:30 pm

Quick Meal!

Protein Smoothie Without Milk (add water and ice)

(Medium Quality)

A protein shake makes for a delicious and balanced dessert before bed. Use a shaker to mix the powder in water and then eat the unsalted nuts and fruit of your choice. Eating before bed will fuel your muscles through the night and assist you in increasing your lean body mass. If you choose to have a meal in place of a protein shake at this time, limit the amount of starchy carbs/grains to optimize nighttime digestion and prevent any possible bloating.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 servings whey hydrolyzed protein powder, any flavor	270	40.0	14.0	8.0
½ ounce almonds (raw)	85	0.0	3.0	8.0
7 ounces apple	119	0.0	30.1	0.7
Totals:	474	40 (34%)	47.1 (40%)	16.7 (32%)

Day Totals:	2860	246.5 (34%)	250.7 (35%)	93.8 (30%)
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JUMP START MEALS

Breakfast

High Quality

Quick Meal!

Scrambled Eggs and Side of Oatmeal (with optional flavorings)

¾ Meal

(Quick Meal if eggs are hardboiled)

An eggs and oatmeal breakfast combo is simple to make (use instant oatmeal for easy prep) and incredibly satisfying. Give plain cooked oatmeal a boost of flavor without extra calories by stirring in “free foods” like Stevia (or any calorie-free sugar substitute), cinnamon, and vanilla extract.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 egg whites	102	21.0	0.0	0.0
2 eggs (whole)	160	12.8	1.0	11.2
1 ounce oatmeal (unsweetened)	100	0.0	19.3	2.0
2 ounces blueberries	37	0.0	9.3	0.3
Totals:	399	33.8 (34%)	29.6 (30%)	13.5 (30%)

Veggie and Egg Scramble with Side of Fruit**¾ Meal**

An egg scramble is the perfect way to sneak in extra veggies you have on hand. Add a spoonful of your favorite salsa for extra spice. Choose your favorite fruit as a side.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 egg whites	85	17.5	0.0	0.0
2 eggs (whole)	160	12.8	1.0	11.2
½ cup spinach (cooked)	25	0.0	5.0	0.0
2 ounces broccoli	16	0.0	3.0	0.3
½ cup mushrooms	14	0.0	2.6	0.3
⅓ cup tomato	12	0.0	2.6	0.2
7 ounces grapefruit	77	0.0	18.9	0.5
Totals:	389	30.3 (31%)	33.1 (34%)	12.5 (29%)

Medium Quality**Quick Meal!****Berry Banana Protein Smoothie Without Milk (add water and ice)**

A protein and fruit smoothie is a sweet and refreshing way to stabilize your blood sugar fast. Try blending your favorite vanilla or chocolate protein powder with a variety of fresh or frozen fruit. Adjust the amount of water and ice to your desired consistency.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 scoops whey protein powder, any flavor	204	40.0	2.0	3.0
1½ tablespoons natural peanut butter	150	0.0	4.8	12.0
7 ounces strawberries	63	0.0	14.0	0.8
3 ounces banana	78	0.0	20.4	0.0
Totals:	495	40.0 (32%)	41.2 (33%)	15.8 (29%)

Quick Meal!

Protein Power Oatmeal**Recipe**

Protein Power Oatmeal is warm, creamy and guaranteed to fuel your busy mornings. You can substitute the whey protein powder for soy or egg white powder. For a change of pace, swap nuts, peanut butter, or ground flax seeds for the almond butter. *For the full recipe, see page 112.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 scoops whey protein powder, any flavor	204	40.0	2.0	3.0
1½ tablespoons almond butter	128	0.0	6.0	10.5
1¾ ounces oatmeal (unsweetened)	175	0.0	33.8	3.5
Totals:	507	40.0 (32%)	41.8 (33%)	17.0 (30%)

Lunch

High Quality

Quick Meal!

Grilled Chicken Salad

(Quick Meal if chicken is prepared in advance)

Whether it's lunch at home or at a restaurant, grilled chicken salad is a balanced and high-quality option. You can exchange the chicken for any other lean protein like grilled white fish or shrimp and top the salad with your favorite vegetables.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6½ ounces chicken breast (boneless/skinless)	202	42.3	0.0	2.0
2 tablespoons oil and vinegar salad dressing	140	0.0	2.0	16.0
4½ cups garden salad (lettuce and vegetables)	158	0.0	40.5	0.0
Totals:	500	42.3 (34%)	42.5 (34%)	18.0 (32%)

Quick Meal!**Ground Turkey, Rice, and Broccoli Stir-Fry***(Quick Meal if stir-fry is prepared in advance)*

A stir-fry is perfect to make in bulk for grab 'n' go meals during the week. Season your stir-fry with garlic, fresh herbs, and spices to enhance the flavor without additional fat or calories. (See "Condiments, Seasonings, and Spices" in your Food Exchange List for a full list of "free foods.")

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces ground turkey (99% fat free)	180	42.6	0.0	1.2
1 tablespoon olive oil	120	0.0	0.0	14.0
$\frac{3}{4}$ cup brown rice (cooked)	150	0.0	33.0	0.0
6 ounces broccoli	48	0.0	9.0	1.0
Totals:	498	42.6 (34%)	42.0 (34%)	16.2 (29%)

Quick Meal!**Italian Tuna Salad with Side of Fruit****Recipe**

Italian Tuna Salad is made up of common pantry items (canned tuna, low-fat balsamic dressing) and any vegetable you choose. Try making this recipe in bulk and storing it in the fridge for easy meals throughout the week. If desired, substitute any other lean protein for the tuna. *For the full recipe, see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces albacore tuna (in water)	180	42.0	0.0	3.0
1 tablespoon olive oil	120	0.0	0.0	14.0
$\frac{1}{4}$ ounce black olives (pitted)	9	0.0	0.2	1.0
$\frac{1}{2}$ cup bell peppers, green or red	13	0.0	3.2	0.3
$\frac{1}{3}$ cup cherry tomato	12	0.0	2.6	0.2
$\frac{1}{8}$ cup onion	6	0.0	1.3	0.0
10 ounces orange slices	130	0.0	33.0	0.9
Totals:	470	42.0 (36%)	40.3 (34%)	19.4 (37%)

Quick Meal!**Chicken, Fruit, and Nuts***(Quick Meal if chicken is prepared in advance)*

It may seem like an odd combination, but this meal is one of our go-to staples when we're in a hurry. Try preparing grilled or baked chicken in bulk for the week so you always have a high quality protein on hand. Then pair it with your favorite fresh fruit and unsalted nuts and you've got a quality meal that takes only minutes to make.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6½ ounces chicken breast (boneless/skinless)	202	42.3	0.0	2.0
1 ounce cashews (raw)	160	0.0	9.2	13.2
8 ounces apple	136	0.0	34.4	0.8
Totals:	498	42.3 (34%)	43.6 (35%)	16.0 (29%)

Dinner**High Quality****Quick Meal!****Grilled Chicken with Spinach Bean Salad and Fruit***(Quick Meal if chicken is prepared in advance)*

Garbanzo beans (or any beans) add a boost of flavor and texture to a spinach salad. You can swap the spinach for your favorite leafy greens and the chicken breast for any lean protein.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6½ ounces chicken breast (boneless/skinless)	202	42.3	0.0	2.0
1½ tablespoons oil and vinegar salad dressing	105	0.0	1.5	12.0
2 cups spinach leaves (uncooked)	14	0.0	2.0	0.0
1 ounce garbanzo beans	102	0.0	18.0	2.0
3½ ounces grapes	70	0.0	17.8	0.9
Totals:	493	42.3 (34%)	39.3 (32%)	16.9 (31%)

Restaurant-Worthy Steak with Sweet Potato and Steamed Cauliflower

Recipe

A filet mignon is one of the leanest, tastiest cuts of beef, and that is why we recommend it. Pair your filet with delicious sweet potatoes and any steamed vegetable for a satisfying meal. *For the full recipe, see page 117.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces filet mignon	300	48.0	0.0	15.0
6 ounces sweet potato	180	0.0	42.0	0.0
4 ounces cauliflower	28	0.0	5.7	0.0
Totals:	508	48.0 (38%)	47.7 (38%)	15.0 (27%)

Seared Scallops with Brown Rice and Spinach

Recipe

Seared scallops take only minutes to make and are a great source of high-quality protein. You can swap out the scallops for any lean protein like chicken breast, pork tenderloin, or shrimp. The spinach can also be substituted with any leafy greens. *For the full recipe, see page 119.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
8 ounces scallops	200	40.0	0.0	2.0
1 tablespoon olive oil	120	0.0	0.0	14.0
¾ cup brown rice (cooked)	150	0.0	33.0	0.0
4 cups spinach leaves (uncooked)	28	0.0	4.0	0.0
Totals:	498	40.0 (32%)	37.0 (30%)	16.0 (29%)

Salmon with Brown Rice and Asparagus

Salmon is loaded in heart-healthy, omega-3 essential fats and should be eaten once or twice a week if possible. Add fresh-squeezed lemon juice to enhance the taste of the salmon. Serve left-over salmon over a crisp salad for a satisfying lunch the next day.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
8 ounces salmon	320	44.8	0.0	16.0
¾ cup brown rice (cooked)	150	0.0	33.0	0.0
5 ounces asparagus	30	0.0	5.0	0.6
Totals:	500	44.8 (36%)	38.0 (30%)	16.6 (30%)

MEAL REPLACEMENTS AND QUICK “MID” MEALS

Medium Quality

Quick Meal!

Quick Turkey Roll-Up with Fruit and Nuts

¾ Meal

Having lean, low-sodium deli meat on hand is a great way to ensure you’ve got a fast source of protein available. Ask your local deli for the highest-quality, least-processed brand they have (like Boar’s Head). Pair it with fresh fruit and unsalted nuts of your choice for a quick and balanced meal. Dip turkey slices into mustard or any other “free food” for extra flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces turkey breast, Boar’s Head, low sodium	150	36.0	0.0	0.8
¾ ounce cashews (raw)	120	0.0	6.9	9.9
7 ounces pear	119	0.0	30.1	0.8
Totals:	389	36.0 (37%)	37.0 (38%)	11.5 (27%)

Low Quality

Quick Meal!

Protein Bar

¾ Meal

Protein bars are a convenient option for those times when you are too busy for an actual meal (like when you are on the go or in a meeting at work). The goal is to choose a bar that matches your nutritional parameters. For a complete list of recommended protein bars, see “Meal Replacements” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Pure protein bar	310	32.0	24.0	10.0
Totals:	310	32.0 (41%)	24.0 (31%)	10.0 (29%)

Quick Meal!

Ready-to-Drink Shake, Almonds, and Apple

A ready-made protein drink paired with fresh fruit is an ideal option while at work or even while traveling. For a complete list of recommended protein drinks, see “Meal Replacements” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1 serving Myoplex (EAS) Ready-to-Drink Shake (17 ounces)	310	43.0	20.0	7.0
½ ounce almonds (raw)	85	0.0	3.0	8.0
6 ounces apple	102	0.0	25.8	0.6
Totals:	497	43.0 (35%)	48.8 (39%)	15.6 (28%)

ADDITIONAL MEALS—AFTER JUMP START PHASE

Breakfast

Medium Quality

Quick Meal!

Cereal To Go with Protein Powder

By adding protein powder and nuts to cereal, you end up with a hearty breakfast that stabilizes your blood sugar and keeps you full all morning long. Simply shake half of the protein powder and milk together in a shake cup with a lid until blended and pour over any low-sugar, high-fiber cereal. Top with nuts and enjoy. Mix the remaining protein powder with water on the side for a quick shake.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 scoops whey protein powder, any flavor	204	40.0	2.0	3.0
6 ounces milk (low fat)	90	6.0	9.0	3.8
½ ounce almonds (raw)	85	0.0	3.0	8.0
1¼ ounces bran flakes cereal	113	0.0	27.5	0.0
Totals:	492	46.0 (37%)	41.5 (34%)	14.8 (27%)

Quick Meal!

Cottage Cheese with Fruit and Nuts

Cottage cheese mixed with fruit is a sweet and creamy combo that takes less than a minute to make. Fresh pineapple, raspberries, and peaches taste delicious too. Try prepping fruit in bulk for a few days so it's always ready to eat.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
12 ounces cottage cheese (low fat)	300	42.0	12.0	7.2
½ ounce almonds (raw)	85	0.0	3.0	8.0
4 ounces blueberries	74	0.0	18.5	0.5
4 ounces strawberries	36	0.0	8.0	0.4
Totals:	495	42.0 (34%)	41.5 (34%)	16.1 (29%)

Quick Meal!

Protein Smoothie with Milk (can add water and ice)

Milk adds a dose of calcium and a creamier texture to this protein smoothie. If you prefer, substitute the milk with low-fat Lactaid or soy milk. Almond butter or even flax seed oil can be substituted for the peanut butter.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 scoops whey protein powder, any flavor	204	40.0	2.0	3.0
6 ounces milk (low fat)	90	6.0	9.0	3.8
1 tablespoon natural peanut butter	100	0.0	3.2	8.0
4 ounces banana	104	0.0	27.2	0.0
Totals:	498	46.0 (37%)	41.4 (33%)	14.8 (27%)

Bacon, Egg, and Cheese Sandwich**Recipe**

A bacon, egg, and cheese sandwich makes a tasty and fast breakfast, lunch, or dinner. Egg whites can easily be substituted for Egg Beaters. *For the full recipe, see page 113.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1½ cups Egg Beaters	150	30.0	6.0	0.0
1 ounce cheddar cheese	110	7.0	1.0	9.0
2 ounces Canadian bacon	88	12.0	1.0	4.0
1 whole-wheat English muffin	130	0.0	25.6	1.6
1 slice of tomato	6	0.0	1.3	0.1
Totals:	484	49.0 (40%)	34.9 (29%)	14.7 (27%)

Greek Yogurt Parfait

¾ Meal; Recipe

Unlike traditional yogurt, Greek yogurt is high in protein and low in sugar. It's best sweetened and served with your favorite fruit and nuts. For an additional boost of flavor add "free foods" like Stevia and vanilla extract. This recipe can be made in bulk for the week and is perfect for breakfast, dessert or a snack. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
12 ounces Greek yogurt, (low fat)	222	29.1	13.8	6.9
½ ounce almonds (raw)	85	0.0	3.0	8.0
4 ounces blueberries	74	0.0	18.5	0.5
Totals:	381	29.1 (31%)	35.3 (37%)	15.4 (36%)

Western-Style Omelet with Side of Fruit and Toast

Recipe

This omelet is a perfect way to use any leftover veggies you have on hand. You can even double the recipe and gently re-heat the other half of the omelet in the microwave for dinner that night or breakfast the next morning. Serve with your favorite fresh fruit. *For the full recipe, see page 111.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ cups Egg Beaters	125	25.0	5.0	0.0
1½ ounces ham, Boar's Head, low sodium	45	7.5	1.5	0.8
1½ ounces cheddar cheese	165	10.5	1.5	13.5
2 tablespoons chopped tomato	6	0.0	1.3	0.1
2 tablespoons chopped onion	6	0.0	1.3	0.0
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
10 ounces cantaloupe	100	0.0	24.0	1.3
1 slice wheat bread	70	0.0	12.0	1.0
I Can't Believe It's Not Butter spray (optional), as needed for wheat toast	0	0.0	0.0	0.0
Totals:	524	43.0 (33%)	48.2 (37%)	16.8 (29%)

Lunch

Medium Quality

Quick Meal!

Double Boca Burger with Fruit (can add lettuce, tomato, and onion)

A Boca burger is a great source of soy protein and takes only moments to prepare. You can top your burger with a small amount of ketchup or mustard. Serve with fresh fruit of your choice for a complete meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 Boca burgers, original	200	38.0	16.0	2
1½ ounces cheddar cheese	165	10.5	1.5	13.5
7 ounces pear	119	0.0	30.1	0.8
Totals:	484	48.5 (40%)	47.6 (39%)	16.3 (30%)

Quick Meal!

Chicken and Cheese Burrito

(Quick Meal if chicken is prepared in advance)

This meal is made of several staples we recommend you always have on hand: chicken breast, whole-grain/low-carb wraps and fresh or frozen veggies (choose your favorite veggies). You can substitute the chicken for deli turkey or even grilled shrimp for a change of pace. This meal is also delicious as a grilled quesadilla. Add salsa for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
5 ounces chicken breast (boneless/skinless)	156	32.5	0.0	1.5
1¼ ounces cheddar cheese	138	8.8	1.3	11.3
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
1¼ cups mixed vegetables	100	0.0	17.5	0.0
Totals:	504	41.3 (33%)	35.8 (28%)	15.8 (28%)

Quick Meal!**Chicken Fajita (can add tomato, lettuce, and onion)***(Quick Meal if chicken is prepared in advance)*

Chicken (or shrimp) fajitas can be made at home or enjoyed at any Mexican restaurant. If dining out, request that your meal be prepared in very little oil, and use guacamole as your fat (or choose a small amount of sour cream or cheese). Skip the rice and beans and load up on bell peppers and onions. Add salsa or pico de gallo for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces chicken breast (boneless/skinless)	187	39.0	0.0	1.8
2½ tablespoons guacamole	100	0.0	1.0	10.0
4 ounces corn tortillas	200	0.0	36.8	4.0
¼ cup bell peppers, green or red	7	0.0	1.6	0.1
Totals:	494	39.0 (32%)	39.4 (32%)	15.9 (29%)

Quick Meal!**Smoked Salmon and Cream Cheese Toasts with Side of Fruit****Recipe**

Smoked salmon toasts are a fun way to load up on your omega-3 essential-fat. Ak-Mak crackers, a whole-grain flat-bread snack, can be found at any grocery store. This meal is also delicious served for breakfast. *For the full recipe, see page 116.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces smoked salmon	231	36.4	0.0	8.4
3 tablespoons light cream cheese	105	3.0	3.0	7.5
4 Ak-Mak crackers	92	0.0	16.8	1.6
½ small tomato, sliced	12	0.0	2.6	0.2
¼ cucumber, sliced	8	0.0	1.5	0.2
1 thin slice of red onion	6	0.0	1.3	0.0
3 ounces apple	51	0.0	12.9	0.3
Totals:	505	39.4 (31%)	38.1 (30%)	18.2 (32%)

Quick Meal!

Spicy Turkey Club Sandwich with Side of Fruit**Recipe**

A turkey club can be healthy when it's made with low-fat mayonnaise, turkey bacon, and whole-wheat bread. You can swap out the turkey for chicken breast if you prefer. *For the full recipe, see page 115.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces turkey breast, Boar's Head, low sodium	150	36.0	0.0	0.8
2 slices turkey bacon	67	5.0	0.0	5.0
1½ tablespoons light mayonnaise	75	0.0	1.5	7.5
2 slices whole-wheat bread	140	0.0	24.0	2.0
Romaine lettuce leaves	1	0.0	0.2	0.0
2 slices of tomato	6	0.0	1.3	0.1
4 slices of cucumber	4	0.0	0.8	0.1
6 ounces strawberries	54	0.0	12.0	0.7
Totals:	497	41.0 (33%)	39.8 (32%)	16.2 (30%)

Sushi Meal (can add wasabi and ginger)

When ordering sushi, aim for sashimi (slices of fish that can be served on top of or alongside rice). Some sushi restaurants even offer brown rice in place of white rice, which is a better choice for stable blood sugar due to the increased fiber. Add soy sauce for a boost of flavor.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
2 ounces sashimi, tuna (albacore)	98	14.4	0.0	4.2
2 ounces sashimi, yellowtail	82	13.6	0.0	3.2
2 ounces sashimi, salmon	80	11.2	0.0	4.0
4 pieces vegetable roll	124	0.0	22.4	2.4
½ cup brown rice (cooked)	100	0.0	22.0	0.0
Totals:	484	39.2 (32%)	44.4 (37%)	13.8 (26%)

Quick Meal!

Cranberry Pecan Chicken Salad Wrap**Recipe***(Quick Meal if chicken is prepared in advance)*

This creamy chicken salad can be served in a wrap, on top of a salad, or with a side of fruit. Try making the chicken salad mixture in bulk for grab 'n' go meals for the week. *For the full recipe, see page 114.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces chicken breast (boneless/skinless)	187	39.0	0.0	1.8
1 tablespoon Greek yogurt (fat free)	8	1.3	0.6	0.0
½ ounce pecans (raw)	62	0.0	2.1	6.1
1 tablespoon light mayonnaise	50	0.0	1.0	5.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
½ cup spinach leaves (uncooked)	4	0.0	0.5	0.0
2 slices of tomato	6	0.0	1.3	0.1
2½ tablespoons dried cranberries	78	0.0	20.0	0.0
Totals:	505	40.3 (32%)	42.5 (34%)	16.0 (29%)

Quick Meal!

Tuna Wrap and Fruit (can add lettuce, tomato, and onion)

A tuna wrap is a fast and easy meal to pack for work. To boost the flavor, add celery, onion, lettuce, tomato, and even fresh herbs like parsley. Season to taste with salt and pepper.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces albacore tuna (in water)	180	42.0	0.0	3.0
2 tablespoons light mayonnaise	100	0.0	2.0	10.0
1 whole-grain, low-carb wrap	110	0.0	17.0	3.0
8 ounces orange slices	104	0.0	26.4	0.7
Totals:	494	42.0 (34%)	45.4 (37%)	16.7 (30%)

Dinner

High Quality

Greek Brown Rice Salad with Chicken

Recipe

This recipe can easily be prepared in bulk for quick meals all week long. You can also substitute the chicken for lean chopped pork tenderloin or grilled shrimp. *For the full recipe, see page 118.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces chicken breast (boneless/skinless)	187	39.0	0.0	1.8
½ ounce cheese, feta	80	4.2	0.0	6.3
¾ ounce black olives (pitted)	28	0.0	0.5	2.9
2 tablespoons light balsamic vinaigrette salad dressing	44	0.0	2.0	4.0
¾ cup brown rice (cooked)	150	0.0	33.0	0.0
2 tablespoons chopped tomato	6	0.0	1.3	0.1
½ cup arugula lettuce leaves	4	0.0	0.5	0.1
¼ cup cucumber	4	0.0	0.8	0.1
Totals:	503	43.2 (35%)	38.1 (30%)	15.3 (27%)

Orange Honey Mustard Pork Tenderloin with Asparagus

Recipe

A juicy glaze adds plenty of flavor to plain old pork. Use leftovers in stir-frys, salads, or wraps the rest of the week. You can also substitute the asparagus for another vegetable. *For the full recipe, see page 120.*

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces pork tenderloin	238	42.0	0.0	7.0
½ tablespoon olive oil	60	0.0	0.0	7.0
10 ounces asparagus	60	0.0	10.0	1.3
3 tablespoons Orange Honey Mustard Glaze (see recipe)	120	0.0	30.0	0.0
Totals:	478	42.0 (35%)	40.0 (33%)	15.3 (29%)

Shrimp, Rice, and Vegetable Stir-Fry

A rice and vegetable stir-fry goes well with any lean protein like shrimp, chicken, lean ground turkey, or pork tenderloin. Olive oil can be swapped out for peanut oil or sesame oil. To further enhance the flavor, add soy sauce, garlic, herbs, and spices. For a full list of “free foods,” see “Condiments, Seasonings, and Spices” in your Food Exchange List.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces shrimp (raw or steamed)	196	42.0	0.0	1.8
1 tablespoon olive oil	120	0.0	0.0	14.0
½ cup brown rice (cooked)	100	0.0	22.0	0.0
1 cup mixed vegetables	80	0.0	14.0	0.0
Totals:	496	42.0 (34%)	36.0 (29%)	15.8 (29%)

Medium Quality

BBQ Chicken, Pasta, and Side Salad

BBQ chicken (or shrimp or pork tenderloin) can be grilled or baked in the oven. You can substitute any low-fat dressing with roughly the same amount of fat for the balsamic vinaigrette. A side salad or your favorite vegetable completes the meal.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
7 ounces chicken breast (boneless/skinless)	218	45.5	0.0	2.1
1½ tablespoons oil and vinegar salad dressing	105	0.0	1.5	12.0
1 cup garden salad (lettuce and vegetables)	35	0.0	9.0	0.0
3 ounces pasta (cooked)	111	0.0	24.0	1.5
¼ cup tomato sauce	15	0.0	3.0	0.0
1 tablespoon BBQ sauce	30	0.0	7.0	0.0
Totals:	514	45.5 (35%)	44.5 (35%)	15.6 (27%)

Lean Turkey Burger (can add lettuce, tomato, and onion) and Fruit

To boost the flavor, lean ground turkey can be seasoned with garlic, herbs, and spices (see “Condiments, Seasonings, and Spices” in your Food Exchange List). On occasion, you can also substitute 99% fat-free ground beef for the turkey (because even lean ground beef has fat, omit the avocado to keep the fat content down).

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces ground turkey (99% fat free)	180	42.6	0.0	1.2
1½ ounces avocado	75	0.0	3.0	7.5
1 wheat bun	130	0.0	20.0	3.0
7 ounces nectarine	98	0.0	23.1	0.7
Totals:	483	42.6 (35%)	46.1 (38%)	12.4 (23%)

Turkey Meat Sauce with Pasta and Veggies

Try making this meal in bulk for the week. For added flavor, sauté onion and garlic with ground turkey. Add tomato sauce and fresh basil, and season with salt and pepper.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
6 ounces ground turkey (93% fat free)	266	40.8	0.0	12.6
4 ounces pasta (cooked)	148	0.0	32.0	2.0
½ cup tomato sauce	30	0.0	6.0	0.0
4 ounces broccoli	32	0.0	6.0	0.6
Totals:	476	40.8 (34%)	44.0 (37%)	15.2 (29%)

Salmon with Red Potatoes, Corn, and Dessert

A filet mignon or orange roughly can easily be substituted for the salmon. Try chopping the potatoes, spraying them with fat-free cooking spray, and seasoning them with garlic, herbs, and spices before roasting. Or, if you'd like, substitute brown rice, sweet potatoes, or extra veggies in place of them. Enhance the flavor of salmon with fresh-squeezed lemon juice, herbs, and spices.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
8 ounces salmon	320	44.8	0.0	16.0
2½ ounces red potatoes	63	0.0	12.5	0.0
½ cup corn	80	0.0	20.0	0.0
1 serving Dreyers Fruit Bar	30	0.0	8.0	0.0
Totals:	493	44.8 (36%)	40.5 (33%)	16.0 (29%)

MEAL REPLACEMENTS AND QUICK “MID” MEALS

Medium Quality

Quick Meal!

Edamame

½ Meal

Edamame is the perfect snack food. Not only is edamame the ideal balance of complete protein (from soy), carbohydrates, and fat, it's also loaded with vitamins and antioxidants. Buy it fresh or frozen in your local supermarket and boil until tender. Salt lightly and enjoy.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
1¼ cups edamame	250	20.0	22.5	7.5
Totals:	250	20.0 (32%)	22.5 (36%)	7.5 (27%)

Quick Meal!**Turkey, String Cheese, Nuts, and Fruit****½ Meal**

Sliced turkey, string cheese, nuts, and fruit is a fast and portable snack perfect for any time of day. Substitute the apple with any of your favorite fruits.

FOODS	CALORIES	PROTEIN(G)	CARB(G)	FAT(G)
3 ounces turkey breast, Boar's Head, low sodium	75	18.0	0.0	0.4
1 ounce mozzarella string cheese	80	8.0	1.0	5.0
¼ ounce almonds (raw)	43	0.0	1.5	4.0
6 ounces apple	102	0.0	25.8	0.6
Totals:	300	26.0 (35%)	28.3 (38%)	10.0 (30%)

RECIPES

BREAKFAST

Greek Yogurt Parfait

Creamy, vanilla-sweetened Greek yogurt (a high-protein, low-sugar yogurt found in specialty markets and many grocery stores) is layered between fresh berries and nuts in this mouth-watering parfait.

Greek yogurt, plain, low fat (*for 250- and 300-calorie meal plans, use fat-free Greek yogurt*)

½ teaspoon vanilla extract

Splenda or Stevia to taste

blueberries, rinsed and dried

almonds, slivered or chopped

Stir together Greek yogurt, Splenda or Stevia, and vanilla extract. Layer the mixture in a glass with the berries and nuts. If you are in a hurry, simply mix all ingredients together until combined. Enjoy.

- Great for on-the-go.
- Also a delicious and fast snack or dessert.

Western-Style Omelet with Side of Fruit

Chopped ham, melted cheddar cheese, fresh vegetables, and salsa come together for a hearty omelet that's sure to fill you up without filling you out.

fat-free cooking spray, as needed

chopped tomato

chopped onion

chopped bell pepper, red or green

deli ham, lean, low sodium, chopped

Egg beaters

cheddar cheese

2 tablespoons salsa (optional)

cantaloupe, sliced or cut into chunks

1 slice of wheat bread (*add slice of wheat toast for 500-calorie meal plan only*)

I Can't Believe It's Not Butter spray (optional), as needed for wheat toast (*for 500-calorie meal plan only*)

Heat a nonstick frying pan (use a small frying pan for 250- and 300-calorie meal plans, use a medium-size frying pan for 400- and 500-calorie meal plans) over medium heat and coat generously with fat-free cooking spray. Sauté vegetables until tender. Add chopped ham and sauté until hot. Remove veggies and ham from pan and set aside. Clean pan to prevent Egg Beaters from sticking. Reduce heat on pan to medium low and coat with cooking spray. Once pan is hot, add eggs. As eggs begin to cook on the edges, use a spatula to gently push edges to the center of the pan. Tilt pan as needed to let eggs cook evenly all around. Once eggs are almost set, top with vegetables, ham, and cheese. Fold omelet over and heat until cheese is melted and eggs are done. Remove from pan and top with salsa, if desired. Serve omelet with fruit and enjoy. *For 500-calorie meal plans*, toast wheat bread and spray with I Can't Believe It's Not Butter spray (optional). Serve toast with omelet and fruit.

- Great way to use leftover veggies.

Protein Power Oatmeal

If you're short on time in the morning and are in need of a fast and hearty breakfast, Protein Power Oatmeal is the perfect choice. Warm, creamy oats are combined with chocolate or vanilla protein powder and natural nut butter for a fat-burning, metabolism-boosting meal.

instant oatmeal, dry, unsweetened
whey or soy protein powder, vanilla or chocolate flavored
natural almond butter or natural peanut butter
Splenda or Stevia to taste (optional)

Stir oats and water (for correct amount of water, see oatmeal package) in a bowl, and microwave on high according to package directions. Very slowly, stir in protein powder a little at a time until the mixture is smooth and creamy. Add natural almond butter or peanut butter and Splenda or Stevia, if desired, and mix well. Enjoy.

- Great for on-the-go.
- High in fiber.
- Helps to lower cholesterol.

Bacon, Egg, and Cheese Sandwich/Burrito

Our breakfast sandwich is a fun and healthy twist on a classic favorite. Egg Beaters, Canadian bacon, and sharp cheddar cheese provide muscle-building protein, while a whole-grain English muffin or wrap adds a hearty dose of filling fiber.

fat-free cooking spray, as needed

Canadian bacon

Egg Beaters

sharp cheddar cheese (*for 250- and 300-calorie meal plans,*
use low-fat cheddar cheese)

whole-wheat English muffin (*for 250- and 300-calorie meal plans,*
use a low carbohydrate, whole-grain wrap)

I Can't Believe It's Not Butter spray (optional) (*exclude for 250- and*
300-calorie meal plans)

2 slices tomato (optional)

Heat a small frying pan over medium heat and coat with fat-free cooking spray. Once pan is hot, add slice of Canadian bacon. Cook until lightly browned on both sides and set aside. Wipe pan clean with a paper towel. Coat pan lightly with fat-free cooking spray and return to medium/low heat. Add eggs and gently scramble. Melt cheddar cheese on top. In the meantime, toast the English muffin and spray with I Can't Believe It's Not Butter spray, if desired (*exclude this step for 250- and 300-calorie meal plans*). Fill English muffin with eggs, cheese, bacon, and tomato (optional). Enjoy any leftover eggs on the side. For 250- and 300-calorie meal plans, place egg, cheese, and bacon inside of whole-grain wrap. Roll up and enjoy.

- Great for on-the-go if using a whole-grain wrap (250- and 300-calorie meal plans).

LUNCH

Cranberry Pecan Chicken Salad Wrap

A combination of low-fat mayonnaise and plain Greek yogurt is the key to our creamy, low-fat chicken salad. Sweetened, dried cranberries, crunchy pecans (*exclude pecans for 250- and 300-calorie meal plans*), and fresh tarragon add a touch of unexpected flavor and texture to this tasty wrap.

boneless, skinless chicken breast, cooked, and chopped or shredded
(for best results, make sure chicken is tender, not dry)

light mayonnaise

1 to 2 tablespoons fat-free, plain Greek yogurt, depending on
desired creaminess

dried cranberries

pecans, chopped (*exclude pecans for 250- and 300-calorie meal plans*)

fresh tarragon, chopped (*for 250- and 300-calorie meal plans,*

use 2 teaspoons of tarragon; for 400- and 500-calorie meal plans,

use 1 tablespoon tarragon)

kosher or sea salt, to taste

fresh ground black pepper, to taste

2 slices tomato (optional)

½ cup baby spinach leaves or lettuce

whole-grain, low-carbohydrate wrap

Mix the first six ingredients (chicken through tarragon) in a small bowl until well combined. Season to taste with salt and pepper. Place chicken salad mixture in wrap along with spinach leaves and sliced tomato, if desired. Roll up and enjoy.

- Great for on-the-go.
- Excellent way to use leftover chicken.

Italian Tuna Salad with Side of Fruit

Flaky, white tuna is tossed with Italian-style vegetables and dressed in tangy vinaigrette. Fresh basil is the perfect garnish for this simple yet elegant salad.

albacore tuna in water, drained and flaked

⅓ cup cherry tomatoes, cut in half

⅛ cup onion, chopped

½ cup bell pepper, green or red, chopped

Good-quality black kalamata olives, pitted and chopped

extra-virgin olive oil (*for 250- and 300-calorie meal plans, use low-fat*)

balsamic vinaigrette dressing instead of olive oil and lemon juice;

we like Newman's Own Lighten Up balsamic vinaigrette)

2 tablespoons fresh lemon juice (*exclude from 250- and 300-calorie meal plans*)

fresh ground black pepper, to taste

1 tablespoon capers, drained

1 tablespoon chopped fresh basil

orange slices

Combine flaked tuna, vegetables, and olives in a bowl. Whisk together extra-virgin olive oil and fresh lemon juice, and drizzle over tuna mixture (*for 250- and 300-calorie meal plans, toss tuna mixture with low-fat balsamic vinaigrette*). Season to taste with black pepper, and toss gently. Top with fresh basil and capers. Serve with fruit and enjoy.

- Great way to use leftover veggies.

Spicy Turkey Club Sandwich/Wrap

If you're tired of eating the *same old* turkey sandwich day after day, try our turkey club version with a twist. Lean, low-sodium turkey is stacked high and layered between crisp turkey bacon, lettuce, tomato, cucumber, and our special hot and spicy pepper mayonnaise.

fat-free cooking spray, as needed

turkey bacon

2 slices whole-wheat bread (*for 250- and 300-calorie meal plans,*

***use low-carb whole-wheat wrap*)**

light mayonnaise

Sriracha sauce (a hot chili sauce found in the international aisle at your

favorite supermarket), to taste

deli turkey breast, lean, low sodium

romaine lettuce leaves

2 slices tomato

4 slices cucumber

strawberries, rinsed and dried (*exclude strawberries for 250-calorie meal plan*)

Heat a small frying pan over medium heat. Coat pan with cooking spray and cook turkey bacon until crisp. Drain cooked bacon on a paper towel. In the meantime, toast wheat bread. Combine low-fat mayonnaise with enough Sriracha sauce to achieve desired heat (because Sriracha sauce is *very* spicy, it's best to add only a drop or two at a time). Spread spicy mayo on both slices of toasted wheat bread (*for 250- and 300-calorie meal plans, spread spicy mayo on whole-wheat wrap*). Add turkey, turkey bacon, lettuce, tomato, and cucumber slices. Serve with fruit (*exclude fruit for 250-calorie meal plan*) and enjoy.

Smoked Salmon and Cream Cheese Toasts

Instead of traditional lox and cream cheese on a bagel, lighten up with our Smoked Salmon and Cream Cheese Toasts. Whole-grain crackers are topped with low-fat cream cheese and then stacked with smoked salmon, red onion, and sliced cucumber for a vibrant and flavorful lunch.

Ak-Mak whole-grain crackers

low-fat cream cheese

smoked salmon

½ small tomato, sliced

¼ cucumber, thinly sliced

1 thin slice of red onion

fresh ground black pepper, to taste (optional)

apple (*exclude apple for 250- and 300-calorie meal plans*)

Spread approximately 1 teaspoon of cream cheese on each cracker. Top with desired amount of smoked salmon, tomato, cucumber, and onion. Season with fresh ground black pepper (optional). Enjoy any leftover smoked salmon on the side. Serve with fruit (*exclude fruit for 250- and 300-calorie meal plans*).

- Makes a great breakfast or snack, too.

DINNER

Restaurant-Worthy Steak with Sweet Potato and Steamed Cauliflower

If you've ever gone out to eat and indulged in a perfectly juicy steak but have struggled to cook it just right at home, this recipe is for you. A flavorful, tender steak is easy to make with the right cut of beef and our simple preparation!

sweet potato
cauliflower florets
grilling cooking spray, fat free, as needed
filet mignon
kosher salt
fresh ground black pepper

For the sweet potato: Wash, scrub, and dry the sweet potato. Stab with a fork, place on a sheet pan in a 400-degree oven, and roast for approximately one hour, or until fork tender.

For the cauliflower: To steam cauliflower on stove top, bring a pot with approximately one inch of water to a boil. Place a metal steamer filled with the cauliflower florets inside the pot and place a lid on top. Steam cauliflower until tender and drain. To steam cauliflower in the microwave, place the cauliflower florets in a microwave-safe bowl with a small amount of water. Cover with plastic wrap, leaving one corner open to vent. Microwave on high until tender. Carefully remove plastic wrap, to avoid steam burn, and drain.

For the steak: Remove steak from refrigerator and let it come to room temperature (takes about 30 to 40 minutes). Spray gas grill with grilling cooking spray. Preheat the grill over medium-high heat. Five minutes before placing steak on the grill, turn heat down to medium. Season steak generously on both sides with salt and pepper. Place steak directly over flame on the grill. For medium-rare steak, cook approximately 4 to 7 minutes per side depending on size and thickness (an 8-ounce, 1¼-inch-thick filet will take about 6 minutes per side). Remove steak from grill, cover loosely with foil, and allow the meat to rest for 5 minutes to seal in juices before slicing. Serve steak with sweet potato and cauliflower and enjoy.

Indoor/Alternate Cooking Method: Remove steak from refrigerator and let it come to room temperature (takes about 30 to 40 minutes). Heat a heavy frying pan over medium heat and spray generously with regular fat-free cooking spray. Season steak generously on both sides with salt and pepper. Once pan is very hot, place steak in pan (it should sizzle). For medium-rare steak, cook approximately 5 to 7 minutes per side depending on size and thickness (an 8-ounce, 1¼-inch-thick filet will take about 6 to 7 minutes per side). Remove steak from heat, cover loosely with foil, and allow the meat to rest for 5 minutes to seal in juices.

Tips for a perfect steak:

- Season well with salt and pepper (it brings out the flavor of the meat).
- Flip steak only once and handle as little as possible.
- Cooking times will vary. To check for doneness, make a very small ¼-inch slit on the top of the steak and take a peek. If it's too rare on top, keep cooking (remember, the middle of the steak will be the rarest portion of the meat).
- Always rest steak after cooking (it will be a lot juicier).
- Practice makes perfect . . . the more you cook steak, the better you'll be at it!

Greek Brown Rice Salad with Chicken

Brown rice takes a creative turn with Greek-inspired flavors in this dish. Fresh cucumber, black olives, tomato, grilled chicken breast, and balsamic vinaigrette come together for a tasty explosion in our robust Greek Brown Rice Salad.

boneless, skinless chicken breast, cooked, and chopped or shredded (for best results, make sure chicken is tender, not dry)

brown rice, cooked

2 tablespoons chopped tomato

¼ cup chopped cucumber

½ cup arugula leaves, rough chopped

good-quality black kalamata olives, pitted and chopped

1 tablespoon chopped fresh parsley

light balsamic vinaigrette (we like Newman's Own Lighten Up balsamic vinaigrette)

kosher salt, to taste

fresh ground black pepper, to taste

pinch of garlic powder (optional)
pinch of oregano (optional)
Feta cheese, crumbled (*for 500-calorie meal plan only*)

Combine first 7 ingredients (chicken through the parsley) in a bowl. Add balsamic vinaigrette and toss. Season to taste with salt, pepper, garlic powder, and oregano. Top with feta cheese (*500-calorie meal plan only*). Serve at room temperature or chilled. Enjoy.

- Makes a great lunch the next day.

Seared Scallops with Brown Rice and Spinach

Perfectly caramelized, juicy sea scallops require only simple preparation and very few ingredients. Pair sautéed spinach and brown rice with our sweet and succulent scallops for an elegant meal you won't forget.

For the scallops

sea scallops
kosher salt, to taste
fresh ground black pepper, to taste
fat-free cooking spray, as needed
extra-virgin olive oil

For the spinach and brown rice

fat-free cooking spray, as needed
spinach leaves, raw
2 tablespoons chicken stock or water
kosher or sea salt, to taste
fresh ground black pepper, to taste
pinch of garlic powder
1 tablespoon fresh lemon juice
brown rice, cooked

For the scallops: Lightly rinse scallops with water and gently pat completely dry with a paper towel. Remove the beard (rough edge) of the scallop with your hands. Season scallops with salt and pepper. Heat a frying pan coated with fat-free cooking spray over medium-high heat. Brush the pan with olive oil. Once pan is hot, gently add scallops one at a time (scallops should sizzle once hitting the pan). Allow scallops to caramelize (get a golden-brown exterior) without touching or flipping them for approximately 2 to 3 minutes. Repeat on the other side. Gently remove scallops from pan.

For the spinach: Spray the same pan with fat-free cooking spray. Add spinach and chicken stock or water to pan, stir and cover. Cook approximately 2 to 3 minutes or until spinach is wilted. Season with salt, pepper, and garlic powder, and stir to combine. Squeeze fresh lemon over spinach. Serve scallops with prepared brown rice and spinach. Enjoy.

Orange Honey Mustard Pork Tenderloin with Asparagus

Our sweet and salty Orange Honey Mustard Sauce makes the perfect glaze for lean pork tenderloin. Serve sliced pork tenderloin dripping in our sticky glaze, with roasted asparagus on the side, for a simple yet sophisticated meal.

For the pork

1 pound pork tenderloin
kosher or sea salt, as needed
fresh ground black pepper, as needed
garlic powder, as needed
fat-free cooking spray, as needed

For the glaze

½ cup orange marmalade
2 tablespoons honey
1 tablespoon plus 1 teaspoon low-sodium soy sauce
1½ tablespoons mustard

For the asparagus

asparagus spears, tough ends removed
fat-free cooking spray, as needed
extra-virgin olive oil
kosher or sea salt
fresh ground black pepper

For the pork: Preheat oven to 350 degrees. Place pork on a foil-lined baking sheet and season lightly with salt, pepper, and a pinch of garlic powder. In a small saucepot, combine orange marmalade, honey, soy sauce, and mustard. Pour approximately one-quarter of the glaze in a small bowl and brush over pork tenderloin. Place pork in oven for 15 minutes. Turn pork over once and brush any leftover glaze on sheet pan back onto the pork. Continue cooking pork for approximately 17 to 22 minutes (oven times will vary) until pork

is just firm and cooked throughout (pork should be just slightly pink in the thickest portion). Remove pork from the oven. While pork is cooking, bring unused glaze in saucepot to a gentle simmer over medium-low heat. Reduce heat to low. Add a little more of the glaze to top of the pork and broil on high for approximately 2 to 3 minutes, or until glaze starts to caramelize. Gently transfer pork and juices from the pan onto a plate. Cover very loosely with foil and allow to rest for 5 minutes to seal in juices.

For the asparagus: Place asparagus on a foil-lined baking sheet lightly coated with fat-free cooking spray. Drizzle with olive oil, rolling asparagus to coat evenly, and season with salt and pepper. Place in 350-degree oven, and bake for approximately 25 minutes, or until slightly caramelized. Serve your recommended portion size of sliced pork and glaze with asparagus. Enjoy!

- This glaze works great on seafood and poultry, too.
- Use leftover pork in wraps, stir-fries, and salads for the week.

FOOD CATEGORIES OF YOUR EXCHANGE SYSTEM

Protein

Complete Protein—Lean

These items are complete sources of protein (meaning they come from an animal or soy) and are low in fat or fat free. Refer to the “Quality of Food” chart on page 106 to learn more about which protein sources are the highest quality.

Bison

Bison

Dairy

Cottage cheese, nonfat

Cottage cheese, low fat

Greek yogurt, nonfat

Greek yogurt, low fat

Fish and Seafood

Catfish

Clams

Cod

Crab

Halibut

Lobster

Mahimahi

Oysters

Scallops

Sea bass

Sea trout

Shrimp

Snapper

Swordfish

Tilapia

Tuna, ahi

Tuna, albacore (water
packed)

Tuna steak

Yellowtail

Pork

Ham, Boar’s Head brand,
deli meat, low sodium

Pork tenderloin

Poultry

Chicken breast, boneless/
skinless

Chicken breast, sandwich
meat, Boar’s Head brand,
deli meat, low sodium

Egg Beaters

Egg whites

Ground turkey (99% fat
free)

Turkey breast, boneless/
skinless

Turkey breast, Boar’s Head
brand, deli meat, low
sodium

Protein Powder

Egg-white protein powder

Soy protein powder

Whey protein powder

Complete Protein—Nonlean

These items are complete sources of protein (they come from animal or soy) and are high in fat. Refer to the “Quality of Food” chart on page 8 to learn more about which protein sources are the highest quality.

Beef

Filet mignon
Flank steak
Ground beef (extra-lean;
96%–99% fat free)
London broil
Rib eye
Roast beef (chuck trimmed)
Round tip
T-bone
Top round
Top sirloin
Veal

Fish

Orange roughy
Salmon, fresh
Salmon, smoked
Sardines (oil packed,
drained)
Tuna (solid, white, in oil)

Lamb

Lamb chop (center cut)

Pork

Baby back ribs
Canadian bacon
Pork bacon
Pork chop, trimmed

Poultry

Chicken thigh
Eggs (whole)
Ground turkey (93% fat free)
Turkey bacon
Turkey thigh (fresh, dark
meat)

Complete Protein—Dairy and Soy (Lean and Nonlean)

Why are these dairy and soy items in their *own* category? Well, all dairy and soy items are complete proteins, and, with the exception of cottage cheese and Greek yogurt, most contain less protein per serving than the lean and nonlean proteins presented above. For that reason, lean (low in fat) and nonlean (higher in fat) dairy sources as well as soy are listed here. Always check nutrition labels on these dairy and soy items to learn more about their nutritional breakdown and how to best incorporate them into your meals. The only food item that can be eaten as a meal by itself is edamame. Soy milk can be evenly exchanged for all other milks.

Dairy—Lean

Lactaid (lactose-free milk),
skim or 1% fat
Milk, skim, nonfat
Milk, 1% fat

Dairy—Nonlean

Cheese, Brie
Cheese, cheddar, low fat
Cheese, cheddar
Cheese, Colby
Cheese, feta
Cheese, goat

Cheese, Jack
Cheese, mozzarella, low fat
Cheese, mozzarella
Cheese, mozzarella, string
Cheese, Muenster
Cheese, Parmesan
Cheese, provolone

Cheese, ricotta, low fat
Cheese, ricotta, whole
Cheese, Romano
Cheese, Swiss
Milk, reduced fat (2% fat)

Milk, whole
Milk, goat
Yogurt, plain, low fat
Yogurt, plain, whole

Soy
Soy milk
Edamame

Carbohydrates

Fruits and Vegetables

Whole fruits and vegetables are an excellent source of carbohydrates because they contain more fiber and nutrients than juice. Because whole fruits and veggies are natural and not processed, they are better for your health and blood-sugar levels. Fruit juice will typically spike your blood-sugar levels. If possible, you should avoid exchanging fruit juice for the items found in your meal plans. If you love juice, drink it in moderation.

Fruit

Apple	Cranberries	Peaches
Applesauce	Grape juice	Pears
Bananas	Grapefruit	Pineapple
Blackberries	Grapes	Raspberries
Blueberries	Honeydew melon	Strawberries
Cantaloupe	Nectarines	Watermelon
Cherries	Oranges	

Low-Calorie Vegetables

These vegetables are very low in calories and carbohydrates. When used in small amounts, they are considered “free foods” (that is, you can add them to any meal at any time without worrying about additional calories). For example, it’s fine to add lettuce, tomato, and onion to any sandwich for extra flavor and texture.

Arugula leaves	Lettuce	Tomato
Cucumber	Onion	Peppers, jalapeño

Vegetables

Asparagus	Collard greens	Snow peas
Beans (all)	Corn	Spinach
Beets	Eggplant	Squash (all)
Black-eyed peas	Garden salad (lettuce and vegetables)	Tomato juice
Broccoli	Mushrooms	Tomato sauce
Brussels sprouts	Peas, green	Vegetables, mixed
Carrots	Peppers, green and red	Zucchini
Cauliflower		

Grains and Potatoes

When choosing grain products—whether it’s bread, pasta, cereal, rice, or crackers—aim for the whole-grain or whole-wheat version with a *minimum of 2 grams of fiber per serving*. Whole grains with plenty of fiber, particularly unprocessed, natural items like brown rice and oats, will help stabilize blood-sugar levels best and keep you satisfied longer. Refer to the “Quality of Food” chart on page 8 to learn more about which grains are the highest quality and will yield you the best results.

Limiting the amount of snacks and crackers while aiming for more higher-quality carbohydrates like fruits and vegetables will help to better stabilize blood-sugar levels and assist in achieving faster results.

Bread / Quick Breads / Wraps

Bagels (all flavors)
Bread (all kinds and flavors)
English muffins (all flavors)
Tortilla wraps

Hot and Cold Cereals

Cold cereal (all flavors)
Cereal, corn grits
Cereal, Cream of Rice
Cereal, Cream of Wheat
Cereal, granola (low fat or fat free)

Cereal, oatmeal
(unsweetened)

Rice, Pasta, and Potatoes

Couscous
Pasta
Potatoes, white
Potatoes, red
Potatoes, sweet
Quinoa
Rice, brown
Rice, basmati
Yams

Snacks and Crackers

Chips, baked
Chips, tortilla, baked
Crackers (all)
Popcorn, light
Pretzels
Rice cakes

Miscellaneous Carbohydrates

Because these items are high in sugar and lack nutritional value, they should be eaten sparingly.

Syrup, Jams, Jellies, etc.

BBQ sauce	Splenda, Brown Sugar Blend	Syrup, regular
Honey	for Baking	Syrup, low sugar
Jam (all flavors)	Splenda, Sugar Blend for	
Jelly (all flavors)	Baking	
Marmalade (all flavors)	Sugar	

Fats

Fats with Incomplete Proteins

The following fats contain incomplete sources of protein (meaning they contain nonanimal or nonsoy, vegetarian sources of protein). These items should be counted only as fat grams when implementing them into your meal plans. When choosing nuts, aim for unsalted and raw. Natural nut butters are healthier and a better choice than processed nut butters because they do not contain sugar or hydrogenated fat.

Nuts (all kinds; for example, almonds)	Nut butters (all kinds; for example peanut butter)	Sunflower seeds
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Fats Without Proteins

The following fats contain little to no sources of protein. These items should be counted only as fat grams when implementing them into your meal plans. Natural fat sources such as olive oil and avocado are better for your heart and health than processed fats like sour cream and butter. Please refer to the “Quality of Food” chart on page 8 to learn more about the highest-quality fat sources.

Avocado	Cream cheese, whole (<i>consider this a fat, not dairy, since it has only 1 gram of protein</i>)	Margarine
Butter	Flaxseed, ground	Mayonnaise
Cream cheese, low fat (<i>consider this a fat, not dairy, since it has only 1 gram of protein</i>)	Guacamole	Mayonnaise, light
		Olives
		Sour cream
		Salad dressings (all)

Canola oil
Coconut oil
Fish oil gelcaps

Flaxseed oil
Olive oil
Peanut oil

Vegetable oil

Meal Replacements

Because there are countless protein bars and shakes available in today's market, the brand of meal replacement you choose is up to you. I recommend that you aim for a protein bar or ready-to-drink shake that closely matches your caloric and nutrient ratio parameters, to help stabilize your blood sugar. Here is a list of some of the more balanced protein bars and shakes available. *Venice Nutrition does not specifically endorse nor is associated with any particular meal-replacement product.*

Protein Bars

When choosing a protein bar, look for one that matches or comes close to matching your personal nutritional parameters and has a good balance of protein, carbohydrates, and fat. Protein bars are an excellent meal replacement when you're too busy for whole food or simply on the go. The following protein bars are what I recommend.

Cliff Builders Protein Bar (all flavors)	Odyssey Bar (all flavors) Pure Protein Bar (all flavors)	Think Thin Bar (all flavors)
Detour Bar (all flavors)		

Power Crunch (all flavors) **Note:** This bar is made with hydrolyzed whey protein (section 2, explained in strategy 12). It is higher in fat and lower in carbohydrates. Even though the bar's nutrient ratios will not match your ratios, this bar does digest efficiently and should keep your blood sugar stable. For this reason, you can use this bar in your meals.

Protein Drinks

Whereas some ready-to-drink protein shakes are balanced, others may require that you add a food item on the side to match your nutritional parameters. For example, if a premade protein shake contains only protein and fat, you can add a carbohydrate, such as fruit on the side, to create a balanced meal.

Bio-rhythm, Whole Grains Meal Replacement (any flavor)	Myoplex (EAS)—Ready to Drink Shake, low carb (any flavor) Note: With this shake, you must add a fat (for example, almonds) and a carbohydrate (for example, an apple) to complete the meal.	Proto Whey (BNRG) (any flavor)
Lean Body—Ready to Drink Shake, Regular (any flavor)		Pure Protein Shake (any flavor) Note: With this shake, you must add a fat (for example, almonds) and a carbohydrate (for example, an apple) to complete the meal.
Muscle Milk—Regular (any flavor)		
Muscle Milk—Ready to Drink—Carb Conscious (any flavor)	Myoplex (EAS)—Ready to Drink, Regular (any flavor)	
Muscle Milk—Light (any flavor)		

Premade Desserts

Low-Calorie Desserts

Any balanced lifestyle includes an occasional indulgence like dessert. The following dessert options are low in calories and should be eaten following a balanced meal. (Just lower the carbohydrates in the meal itself to make room for the calories and carbs in the dessert.)

Angel food cake	Frozen Fruit Bar	Jell-O pudding snack (all types and flavors)
Cool Whip topping, sugar free (tablespoon)	(all flavors)	
	Ice cream, light (all flavors)	Popsicle (all flavors)

Condiments, Seasonings, Spices, Etc.

“Free Foods”

In general, condiments, seasonings, and spices provide little nutritional value or calories and can be considered “free foods.” The following is a list of food items that you can use to flavor and season your meals. These “free foods” will keep your food “tasty” and provide an excellent feeling of variety.

Condiments

Butter spray, I Can't Believe
It's Not Butter or Pam
Capers
Horseradish
Hot sauce
Ketchup
Lemon juice
Lime juice
Mustard
Relish

Salsa
Soy sauce (regular and low
sodium)
Sriracha sauce
Vinegar (all flavors)
Worcestershire sauce
Herbs, Dried or Fresh
Basil
Chives
Cilantro

Dill
Fennel
Mint
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme

Seasonings, Spices, and Flavorings

Allspice
Almond extract
Cayenne pepper
Chili powder
Cinnamon
Cumin
Garlic powder

Garlic, minced
Ginger
Lemon pepper
Mrs. Dash
Nutmeg
Onion powder
Paprika

Pepper, black
Pepper, white
Red pepper flakes
Salt
Vanilla bean
Vanilla extract

Calorie-Free Sugar Substitutes

Equal

Splenda

Sweet'N Low

Stevia and Truvia—*Recommended*. (Stevia and Truvia are made from a sweet herb that is plant based. Because they are natural, Stevia and Truvia are considered the healthiest sweeteners on the market.)

SUCCESS STORIES

BEFORE AND AFTER PHOTOGRAPHS

Mark Macdonald



Abbi Macdonald



Results

Weight: ↓ 20 lbs	% Body Fat: ↓ 12 %
Body Fat: ↓ 22 lbs	LBM (Muscle): ↑ 2 lbs

Shana Nozick



Results

Weight: ↓ 89 lbs	% Body Fat: ↓ 32 %
Body Fat: ↓ 91 lbs	LBM (Muscle): ↑ 2 lbs

Tom Barone



Results

Weight: ↓ 38 lbs	% Body Fat: ↓ 16 %
Body Fat: ↓ 39 lbs	LBM (Muscle): ↑ 1 lb

Don Maclellan



Results

Weight: ↑ 21 lbs	% Body Fat: ↓ 4 %
Body Fat: ↓ 5 lbs	LBM (Muscle): ↑ 26 lbs

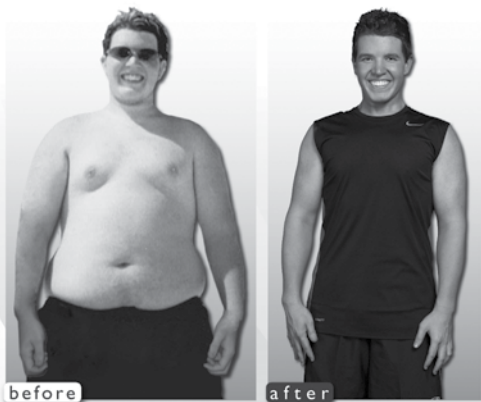
Amy Henry



Results

Weight: ↓ 37 lbs	% Body Fat: ↓ 17 %
Body Fat: ↓ 39 lbs	LBM (Muscle): ↑ 2 lbs

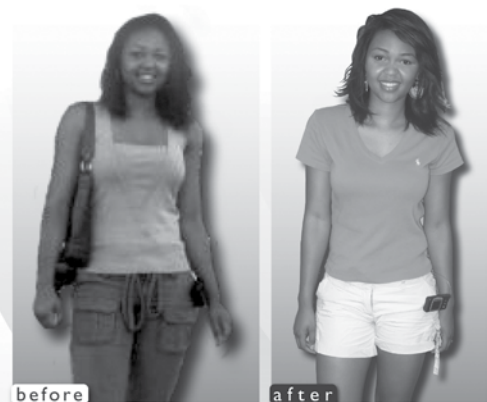
Eric Standridge



Results

Weight: ↓ 103 lbs	% Body Fat: ↓ 33 %
Body Fat: ↓ 108 lbs	LBM (Muscle): ↑ 5 lbs

Rachel Sampson



Results

Weight: ↓ 12 lbs	% Body Fat: ↓ 8 %
Body Fat: ↓ 15 lbs	LBM (Muscle): ↑ 3 lbs

Paula Lippert



Results

Weight: ↓ 29 lbs % Body Fat: ↓ 14 %
Body Fat: ↓ 31 lbs LBM (Muscle): ↑ 2 lbs

Bill Murphy



Results

Weight: ↓ 25 lbs % Body Fat: ↓ 11 %
Body Fat: ↓ 26 lbs LBM (Muscle): ↑ 1 lb

Brendan Zackey



Results

Weight: ↓ 20 lbs % Body Fat: ↓ 11 %
Body Fat: ↓ 21 lbs LBM (Muscle): ↑ 1 lb

Tally Sanders



Results

Weight: ↓ 5 lbs % Body Fat: ↓ 8 %
Body Fat: ↓ 10 lbs LBM (Muscle): ↑ 5 lbs

Bonnie Kieffer



before

after

Results

Weight: ↓ 54 lbs % Body Fat: ↓ 28 %
Body Fat: ↓ 55 lbs LBM (Muscle): ↑ 1 lb

Sandy Haddock



before

after

Results

Weight: ↓ 69 lbs % Body Fat: ↓ 22 %
Body Fat: ↓ 70 lbs LBM (Muscle): ↑ 1 lb

Joe Foster



before

after

Results

Weight: ↓ 43 lbs % Body Fat: ↓ 15 %
Body Fat: ↓ 40 lbs LBM (Muscle): ↓ 3 lbs

Claudette Foster



before

after

Results

Weight: ↓ 29 lbs % Body Fat: ↓ 18 %
Body Fat: ↓ 30 lbs LBM (Muscle): ↑ 1 lb

Jim Gottschalk



before

after

Results

Weight:	↓ 31 lbs	% Body Fat:	↓ 15 %
Body Fat:	↓ 36 lbs	LBM (Muscle):	↑ 5 lbs

Megan Hall



39 Weeks Pregnant

Megan and
her son Zeke