

DAILY HEALTHY MEAL PLAN *(Print this and carry with you!)*

Model your daily meal plan to look like this from now on, selecting from the list of "choice foods" on the next page, and following the guidelines recommended for your individual calorie needs (See p. 3).

NOTE: Add ½ serving of "healthy fat" to any 3 of the meals or snacks below. If still hungry after eating, add extra servings of non-starchy veggies wherever/whenever you need to (or as an "optional snack" 2-3 hrs after dinner)

BREAKFAST (Eat within 20 minutes of waking up!)

- 1 lean protein
- 1 complex carb (can be anything under column #2)
- 1 fruit
- 1 non-starchy veggie
- 2 cups water (or 1 c. water, 1 c. unsweet green tea)
(If you are still hungry, fill up on non-starchy veggies)

SNACK (eat 2-4 hours after breakfast)

- 1 dairy
- 1 non-starchy veggie (**replace with any "starchy veggie" or "great grain" if this snack occurs immediately after a workout**)
- 1 cup water or unsweet green tea

LUNCH (eat 2-4 hours after snack)

- 1 non-dairy lean protein
- 1 complex carb (**can be a "great grain" only if you have worked out today already!**)
- 1 fruit
- 1 non-starchy veggie
- 2 cups water or green tea

SNACK (eat 2-4 hours after lunch)

- 1 dairy
- 1 non-starchy veggie (**replace with any "starchy veggie" or "great grain" if this snack occurs immediately after a workout**)
- 1 cup water

DINNER (eat 2-3 hours after snack)

- 1 non-dairy lean protein
- 1 complex carb (**can be a "great grain" only if you have worked out today already!**)
- 1 fruit
- 1 non-starchy veggie
- 2 cups water or green tea

SNACK (Optional, but mandatory if you work out after dinner)

- 1 dairy
- 1 non-starchy veggie (**replace with any "starchy veggie" or "great grain" if this snack occurs immediately after a workout**)

CHOICE FOODS

| #1 PROTEINS | #2 COMPLEX CARBS | #3 HEALTHY FATS |
|---|---|---|
| <p style="text-align: center;">-----DAIRY-----</p> <p>Low-fat/fat-free cheese (2 oz, or 2 slices) Low-fat yogurt (8 oz) Fat free or 2% greek-style yogurt (Fage, Chobani, Skyr) Low-fat cottage cheese (1/2 cup) Low-fat or skim milk (8 oz glass) Low-fat Kefir (1 cup) Low-fat Lactaid Milk (8 oz. glass)</p> <p style="text-align: center;">-----Eggs-----</p> <p>Eggs (1 whole, 3 whites, or ½ c. egg substitute)</p> <p style="text-align: center;">-----FISH/SEAFOOD-----</p> <p>Tuna (4 oz) White Albacore Tuna in a can (water-packed) Salmon (4 oz) Shrimp/crab/lobster (4 oz) Haddock (4 oz) Other white fish (4 oz)</p> <p style="text-align: center;">-----MEAT-----</p> <p>(3-4 oz, about the size of the palm of your hand): Skinless Chicken Breast Skinless Turkey Breast Lean ground beef (ie. 1 hamburger patty) Lean ground turkey (ie. Turkey burger patty) Lean pork or sirloin steak Lean deli meat</p> <p style="text-align: center;">-----VEGETARIAN-----</p> <p>LIMIT to 2 X a week, unless vegetarian: Tofu (8 1-inch cubes; about 4 oz) Soy milk (8 oz, choose flavor with least sugar) Soy nuts (¼ - 1/3 cup) Soy yogurt (8 oz) Soy burger or chicken (4 oz. patty)</p> | <p style="text-align: center;">-----NONSTARCHY VEGGIES-----</p> <p>(1/2 cup cooked/ 1 c. raw): Artichoke Carrots Asparagus Cauliflower Bean sprouts Celery Broccoli Cucumber Brussel Sprouts Green Beans Cabbage Edamame Lettuce (romaine = best) Mushrooms Onions Peppers (green, red, yellow) Pumpkin Spinach Squash Tomato (actually a fruit) or ½ c. sauce Zucchini</p> <p style="text-align: center;">-----STARCHY VEGGIES-----</p> <p>Corn Lima Beans Sweet potato Kidney Beans Peas Beets Snow peas Chickpeas</p> <p style="text-align: center;">-----FRUIT-----</p> <p>(1 whole, or 1 c. berries or chopped): Apple Banana Berries (Straw, rasp, blue, black) Clementine (2 small) Mango Orange Pear Grapefruit Peach Grapes Pineapple Melon Kiwi Plum Dried Fruit (1/2 c) *sparingly 1 T. fruit preserves *sparingly 100% juice (8 oz)</p> <p style="text-align: center;">-----GREAT GRAINS-----</p> <p>Whole grain bread (1 slice) Whole grain bagel (1/2) Whole grain pita/wrap (1/2) Whole grain cereal (3/4 c.) Brown Rice (1/2 c. cooked) Wild Rice (1/2 c. cooked) Whole grain pasta (1/2 c. cooked) Oatmeal (1/2 c. cooked, 1 packet) Barley (1/2 c. cooked)</p> | <p style="text-align: center;">-----NUTS-----</p> <p>Almonds (15) Cashews (10) Peanuts (20) Walnut halves (12) Pistachio (15)</p> <p style="text-align: center;">-----OILS-----</p> <p>1 T. flax oil 1 T fish oil (2 tablets) 1 T olive oil 1 T canola oil 1 T safflower oil ¼ avocado 5 black olives</p> <p style="text-align: center;">-----MISC.-----</p> <p>1 T natural peanut butter; other nut butters 1T smartbalance (butter substitute) 1 T apple butter 2 T hummus</p> <p style="text-align: center;">-----</p> |

Altering the Daily Plan to Meet your Daily Caloric Needs

As I mentioned in the video, ensuring that you are getting enough calories is CRUCIAL to your success! Not enough nutrients wreaks havoc on your ability to get strong and toned, severely slows your metabolism, makes you lethargic, increases your risk to illness and disease, promotes fat storage, and increases stress hormone levels. EEK! So, after calculating your personal calorie "number" (using the [calculator from my site](#), or the formula below), use the simple chart on the next page to modify the above plan to ensure that you aren't stunting your progress. Also remember: If you are ever still hungry while following your individual plan, ADD IN EXTRA SERVINGS OF NON-STARCHY VEGGIES to any of your snacks or meals! You should never go hungry on this plan. :)

CALORIE CALCULATION FORMULA:

Step 1:

$655 + (4.3 \times \text{your ideal weight in lbs}) + (4.7 \times \text{your height in inches}) - (4.7 \times \text{your age in years}) = \text{BMR}$.

This is your Basal Metabolic Rate (BMR), or the minimum calories you need to keep your organs, bones, and body healthy and alive! However, this is just what you need to EXIST... so... You must take your activity level into account...

Step 2:

Multiply your BMR (in step 1) by 0.40. Add this to your BMR to get your daily caloric intake needs!

**The "0.40" in step number 2 is based on the activity level for this program. If you were to stop exercising, just replace this number with ".20". However, you should not stop exercising! Exercise keeps you happy, strong, and is also a great stress reliever!

Daily Nutrition Plan Modification Chart

| <p><u>Your Calorie Number</u> (If your # is below 1550, it shouldn't be while on this workout plan. Round up, and follow the 1550-1649 calorie modifications)</p> | <p><u>Modifications</u> <u>(To the plan given on page 1)</u></p> |
|--|--|
| <p style="text-align: center;"><u>1550-1649</u></p> | <p>Remove dairy serving from third snack (unless snack occurs right after your workout!) If the 3rd snack DOES occur after a workout, remove a serving of dairy from your 1st or 2nd snack.</p> |
| <p style="text-align: center;"><u>1650-1749</u></p> | <p>Follow the plan as written on p. 1!</p> |
| <p style="text-align: center;"><u>1750-1849</u></p> | <p>Add in 1 extra serving of complex carbohydrates at Breakfast, Lunch OR Dinner. (Note that it is ideal to add in this extra serving for the meal that occurs soonest after your workout).</p> |
| <p style="text-align: center;"><u>1850-1949</u></p> | <p>Add in 1 extra serving of complex carbohydrates at Breakfast, Lunch OR Dinner. (Note that it is ideal to add in this extra serving for the meal that occurs soonest after your workout).</p> <p>Add in 1 extra serving of lean protein at one of the three snacks. (A scoop of chocolate whey protein is an awesome choice, and easy to mix into yogurt or smoothies!)</p> |
| <p style="text-align: center;"><u>1950-2049+</u></p> | <p>Add in 1 extra serving of complex carbohydrates at Breakfast, Lunch OR Dinner. (Note that it is ideal to add in this extra serving for the meal that occurs soonest after your workout).</p> <p>Add in 1 extra serving of lean protein at one of the three snacks. (A scoop of chocolate whey protein is an awesome choice, and easy to mix into yogurt or smoothies!)</p> <p>Add ½ serving of "healthy fat" to any <u>4</u> of your daily meals or snacks.</p> |

WEEKLY GROCERY LIST

**Keep in mind you will not have to buy all of this every week, because some of the less perishable items such as olive oil, oatmeal, frozen berries, etc. will not need to be replenished nearly as frequently as fresh foods such as dairy, fruits, and veggies.*

Vegetables:

1. **~25 servings of fresh non-starchy veggies (mix it up!)** What the hell does this mean? Well, for instance, one medium green bell pepper = 1 serving/ 1 cucumber = 2 servings/ 1 tomato = 1 serving/ 1 package mushrooms = 2 servings, 1 "bundle" of asparagus = 2 servings, 1 bag spinach = 2 servings, etc. Just use your judgment about what a serving of that vegetable would look like (usually about 1 c. chopped), and pick a wide variety of veggies until you've got 20-25 "servings" in your cart! (You can adjust this each week depending on which veggies you like best or use most often). It's also wise to have several bags of frozen non-starchy veggies on-hand just in case you run out of fresh, or run out of time.
2. **~ 5-10 servings of Starchy veggies (mix it up!)** (ie. Corn, Lima Beans, Sweet potato, Kidney Beans, Peas, Beets, Snow peas, Chickpeas). Again, just use your judgment about serving sizes here (one medium sweet potato = 2 servings, 1 ear of corn = 1 serving, etc. Although fresh is always best, some of these veggies are rarely in-season and can be found frozen (such as lima beans) or in cans too (such as beets)... so don't be afraid to "stock up" on some of these other less-perishable versions of starchy vegetables.

Fruit:

1. **~21 servings of fresh fruit (mix it up!)** Remember, one serving of fruit = 1 whole fruit, or 1 c. berries or chopped fruit. So again, use your judgment.
2. **Frozen Berries (buy as needed)** (Strawberries, blueberries, raspberries) These are great to have on-hand for smoothies!

Meat/eggs:

1. **14-20 servings of non-dairy lean protein** (fish/seafood/eggs/lean meat). Depends on how often you eat "out" and cook, but just adjust accordingly, and switch it up depending on what you use during the week). It's always a great idea to have a carton of egg whites, whole eggs, and some lean turkey on-hand.

Dairy:

1. **~20 servings of Dairy** (Remember: 1 slice of low fat cheese = 1 serving, 1 cup yogurt = 1 serving, 1 cup milk = 1 serving, etc. Yogurt is one of the best to get because it is easy to bring along as a snack!)

Grains:

1. **10-15 servings of "Great Grains"** (Be careful to not buy too many perishable grains -- but DO stock up on the non-perishable grains such as: Brown rice, Quinoa, Steel Cut Oats, Organic Rolled Whole Grain Oats (Oatmeal), and replace these as you run out.)

Healthy Fats

1. **Replace as-needed**, but should always have on-hand: **Olive oil, flaxseed oil, Olive oil cooking spray, Balsamic vinegar, Natural peanut butter** (choose one that is 100% peanuts (and salt), with no hydrogenated oils! With natural peanut butter, the oil will separate from the peanuts and must be stirred back in. (Turning it upside down before use will help distribute the oil.)

Miscellaneous

1. Green Tea bags
2. Bottled water
3. Sports drink or fitness water (50-calorie (or less) per bottle)