This guide has been designed to help you to start thinking about precisely what you’re eating and why, so you can make better all-around food choices. Since all food is not created equal, a healthy diet is critical for a healthy mind and body. Good nutrition provides all the energy, raw materials, and antioxidants to keep us feeling younger, more resilient, illness free and better able to reach our transformation goals.

We have all heard the adage that “you are what you eat” but what exactly does that mean? The obvious implication of course is that if we eat healthy food, we will be a healthy person and if we eat unhealthy foods, we will be an unhealthy person. While it is not quite that simple, there is some truth to the saying.

Why do we eat what we do? Our food choices say a lot about who we are and what kind of life we lead. Do we eat breakfast each day? Do we like sweets? Do we crave carbs? If someone opened your refrigerator right now, what would be in it? Would it be packed with take-out or would it be filled with fresh food? Would it contain soft drinks or bottled water? Would it be filled with desserts or fruit? These are interesting behavioral questions.

There are a host of additional questions that we can also ask about our motivation for eating, such as, when and why we eat. Do we eat because it’s time? Do we eat because we’re hungry? Do we eat because it tastes good? The answers to all of these questions will help us explore our precise relationship with food. It is a relationship that is vital to our health, our fitness level, our psychological wellness, our longevity and our overall quality of life.

Each of us has a distinct food personality, and once we understand the strengths and weaknesses of that personality, we can address the changes that we must make in order to use food to our advantage so we can achieve all of our transformation goals.

The information contained in this Food Plan and Nutrition Guide is not a replacement for the advice and consultation of a medical doctor or other qualified health care professional. Please consult with your physician or other qualified health care professional before beginning this or any other exercise or weight loss program. If you have any dietary restrictions or health conditions, please discuss the information contained in this booklet with your doctor in order to make appropriate modifications to the suggested menus.
General Food Education

Food is essential for life. Food generates the fuel and provides the power that the body requires to propel itself. Food also stimulates growth and development. There are five basic types of food that are an important component of good health and a balanced diet:

**Protein (meats, beans, fish)**
Protein is an essential component of our diet, because it provides the amino acids that we need to synthesize our own proteins. Protein feeds our muscles. It is a vital part of our hair, skin, cells, tissues and organs. Protein keeps our body running smoothly. It both heals and repairs injures and helps us fight and resist diseases. There are two different types of protein, those from animal sources (complete) which are high in essential amino acids and those from non-animal sources (incomplete) which are lower in essential amino acids.

Good sources of complete proteins include lean beef, tuna fish, salmon, chicken breast, eggs and milk. Sources of incomplete protein include tofu, legumes, yogurt, seeds, and beans.

**Good Fat (nuts, olive oil, avocados)**
Fats are important to a balanced diet, and we simply cannot live without them. They are a major source of energy and help with nutrient absorption. Fats also helps us maintain our body temperature, keep our skin soft and our hair shiny but some fats can contribute to weight gain and heart disease. These are referred to as “bad fats.” Bad fats (saturated and trans fats) raise blood cholesterol levels which can block the flow of oxygen-rich blood to both the heart and brain. One key to a healthy diet is to replace bad fats with good fats as often as possible.

Good sources of “good fats”, monounsaturated fats, like olive oil, almonds, and peanut butter as well as polyunsaturated fats like sardines, trout and soymilk.

**Fruit and Vegetables (melons, bananas, spinach)**
Fruits and vegetables contain many of the essential vitamins and minerals that our bodies need for balanced nutrition including Vitamins A, B, C and E as well as magnesium, iron, zinc, calcium and phosphorus. They also contain dietary fiber which is critical in helping the body rid itself of toxins. The combined benefits of fresh fruit and vegetables include a reduced risk of heart disease, stroke, eye and digestive problems. The greatest benefits can be obtained by consuming both a wide variety and varying colors of fruits and vegetables. We are urged to “eat the rainbow”!

Good sources of healthy fruits include melon, apricots, bananas, and strawberries and healthy vegetables include spinach, cabbage, tomatoes, and carrots.
Whole Grains (whole grain bread, brown rice, cereals)
Grains are naturally low in fat, and they are good source of carbohydrates which we need for energy. Whole grains, which are unrefined grains, are a good source of fiber, potassium, magnesium, selenium and B vitamins like thiamin, riboflavin, niacin and folate. Consuming whole grains has been associated with a lower risk of heart disease, stroke and diabetes. In addition, with rich amounts of dietary fiber, whole grains also improve regularity. And since they are filling, we tend to feel full longer. They have also been an effective carbohydrate source for many weight loss and weight control regimens.

Good sources of whole grains include bread, oatmeal, brown rice, whole wheat pastas, whole grain barley, popcorn, buckwheat, quinoa, wild rice, and bulgur.

Dairy (yogurt, low-fat milk, low-fat cheese)
Dairy foods are among the richest sources of calcium available to us and calcium is critical for the health of our bones and teeth. As a matter of fact, milk is a leading source of calcium, phosphorus, vitamin D and potassium. Vitamin D supports the absorption of calcium and plays a role in immune function, cell growth and inflammation reduction. Dairy foods are also another rich source of protein, magnesium and B vitamins. The many nutrients that dairy foods provide help the body function at an optimal level and lower our risk of a variety of health problems.

Good sources of dairy include low fat milk, fat free milk, yogurt, cheese, butter, hard cheeses (like parmesan, aged cheddar, and aged gouda), cottage cheese, and frozen custard.

Understanding Carbs
Carbohydrates are comprised of sugars, starches and cellulose; and are vital to a healthy diet. They provide energy for our daily activities as well as more intense physical activity since they directly fuel our muscles. Like many nutritional elements, carbohydrates must be eaten in moderation in order to maintain healthy body weight.

There are also two different kinds of carbs. The first kind, simple carbs (monosaccharides), are found in white bread, white rice, cake, soft drinks, candy, milk, syrups, and fruit. These carbs are broken down quickly by the body and provide fast energy, but they are typically not a good source of vitamins or key nutritional elements. Simple carbs are infamous for providing the short-term energy “buzz” and the subsequent “crash and burn” that we feel mere moments later. Simple carbs are also more apt to leave us feeling hungry an hour or two after eating and can contribute to weight gain by inviting over-eating.

The second kind of carbohydrate, complex carbs (polysaccharides) are starches which are more naturally occurring and contain unrefined sugars. These carbs come in the form of more fiber-rich foods like grains, potatoes, oatmeal, wheat, rice, vegetables, legumes, and corn. Complex carbs are processed and broken down by our bodies at a much slower rate than the fast-digesting, fast-energy simple carbs above.

Complex carbs produce longer lasting energy and help improve digestion. Their slow release of glucose also helps stabilize blood sugar. After eating these types of carbs, we are more likely to feel satisfied or full and it lasts much longer. When marathoners, cyclists and endurance athletes “carbohydrate load” before a race, this is precisely the type of energy that they are seeking.

So carbohydrates satisfy both the body’s short-term and long-term energy requirements. They also provide fuel for the central nervous and the muscular system. Carbs are vital for anyone engaging in a regular exercise program since they directly impact stamina, performance and most important of all … usable energy.

Understanding Fats
Fat is one of the three nutrients along with protein and carbohydrates that supplies nourishment to the body. Fat is an important source of energy and unlike carbohydrates, it does not cause fluctuations in blood sugar. Fat is actually an organic compound that is comprised of carbon, hydrogen and oxygen. While it is critical for certain body and cell functions, too much fat in the diet can be very unhealthy.

There are four types of dietary fat: saturated, trans, monounsaturated and polyunsaturated. The first two are considered bad fats while the latter two are good fats. Bad fats tend to increase cholesterol, triglycerides levels and obesity thereby increasing heart attack risk while good fats consumed in moderation can actually improve heart health.

Saturated Fats are those fats found in animal products like whole milk, ice cream, butter, and certain cheeses as well as coconut and palm oil. They can increase “bad cholesterol” levels and increase heart disease.

Trans Fats are often considered by doctors to be the worst type of fat. Trans fats are rare in nature, but can occur in food production process (i.e. fried foods), and they raise bad LDL cholesterol levels and lower good HDL cholesterol levels. Trans fats are the leading dietary culprits in increasing the risk of heart attack, stroke, and type 2 diabetes.

Monounsaturated Fats like olive oil and canola oil are liquid at room temperature but tend to turn solid when chilled or refrigerated. This type of unsaturated fat can help lower cholesterol and are typically high in antioxidants.

Polyunsaturated Fats stay liquid even when chilled and heated and processing can actually damage these types of fats. They include fish, fish oil and seafood which are packed with Omega-3 fatty acids and sunflower, safflower and soybean oils which are rich in Omega-6 fatty acids and reduce the risk of cardiovascular disease.
The Art of Eating in Moderation

Gone are the days when we could just eat about anything. Over time our bodies have changed. Our metabolism is not what it once was. Weight has found a way to collect on our bodies and stay, and it tends to settle in our hardest to reach places.

We know that it’s not really the piece of donut that we sneak now and then at work, the handful of fries that we had at lunch yesterday, or the small taste of pie on a holiday. It’s those extra bagels, the late afternoon lattes, or the mounds of butter and sour cream that we slap on an otherwise innocent baked potato. It’s not the pretzel or two, it’s the whole bag! It’s not the healthy salad, it’s the mass of ranch dressing on top and the garlic bread on the side. You see, moderation is not just about portion control. It is about food choices, condiments, extras and perhaps most importantly … timing. We need to watch what we eat, how much we eat and precisely when we eat.

What makes us over-weight is simply overeating. It’s variety of choices and actions that take many forms. We know we have to moderate, but how do we do it?

Five Very Simple Moderation Do’s:

1. Eat only when you’re hungry. That’s right. Simple, isn’t it? Don’t eat because it’s time, because you’re bored or because you have not had anything in a few hours. Ask yourself, am I hungry?

2. You don’t have to finish it. Forget what your mother said. You are no longer growing (at least height-wise). Finishing everything on your plate in our portion oversized society will only make you fatter.

3. Eat food naked as often as possible. How about the toast without butter? Or, the crackers without the cheese or the peanut butter without the jelly?

4. If you feel guilty about having something, then don’t. If you are struggling about whether to have that piece of chocolate cake, you have your answer.

5. Don’t eat late at night. You’ve heard that calories consumed late at night turn to fat. Guess what? They do! Did you know we also tend to eat larger portions later in the day? And, did you know late-night eating will keep you up? It’s a good quandary to avoid.

It’s important that you spend some time with your body. Listen to it, understand it, and learn how it communicates its basic needs to you. Remember, your body is not overeating or making wrong food choices … you are.

Understanding Proteins

There is no doubt that we need protein. Protein is required for the growth, maintenance, repair and strength of our bodies. It is our most abundant molecule and plays an important role in all of our metabolic functions. Like carbohydrates and fats, protein also contains carbon, hydrogen and oxygen, but proteins have an additional essential element, nitrogen, which forms the chemical components of amino acids, from which all proteins are made.

Amino acids are the building blocks of protein and there are 20 different ones found in our body. Humans, however, can only produce half of those found and the rest must be obtained through food. Unlike excess fats, carbs and starch the body does not store excess amino acids. There are ten essential amino acids that we must take in. Without even one of these “essentials” protein breaks down and we can experience muscle loss, weakness, metabolic disruption, immune system collapse, and destruction of red blood cells.

High protein intake is critical during an exercise regimen since it one of the key nutrients for muscle and strength building. It also helps the tissues that are broken down during exercise regenerate.

The recommended dietary allowance for protein is 0.8 grams per kilogram of body weight per day which is roughly 0.36 grams per lb. of body weight. It averages out to about 40-70 grams per day for the average person. Endurance athletes, however, should consume more or about 1.2 to 1.4 grams per kilogram (2.2 grams per lb.) of body eight per day and someone engaged in strength training would benefit from about 1.4 to 1.8 grams per kilogram (2.2 grams per lb.) of body weight per day.

Good food sources of protein include:

<table>
<thead>
<tr>
<th>Fish (3 oz., 21 grams)</th>
<th>Tofu (3 oz., 15 grams of protein)</th>
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</thead>
<tbody>
<tr>
<td>Beef (3 oz., 21 grams)</td>
<td>Peanut Butter (2 tbsps, 8 grams)</td>
</tr>
<tr>
<td>Eggs (2, 13 grams)</td>
<td>Cheese (3 ounces, 21 grams)</td>
</tr>
</tbody>
</table>
Below are some examples of NOT eating in moderation on the left side with some better choices on the right side, which represent healthier options and tasty alternatives for better eating.

<table>
<thead>
<tr>
<th>Don'ts</th>
<th>Do's</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot dog with chili cheese sauce</td>
<td>Plain turkey dog</td>
</tr>
<tr>
<td>Cheeseburger, ketchup and fries</td>
<td>Veggie burger with no bun</td>
</tr>
<tr>
<td>Chicken parmesan</td>
<td>Fresh chicken in wine sauce</td>
</tr>
<tr>
<td>Side of french fries</td>
<td>Baked potato with salt &amp; pepper</td>
</tr>
<tr>
<td>Bowl of ice-cream with hot fudge</td>
<td>Yogurt and fruit</td>
</tr>
<tr>
<td>Potato chips and dip</td>
<td>Whole grain crackers and cheddar</td>
</tr>
<tr>
<td>Spaghetti bolognese</td>
<td>Pasta in olive oil</td>
</tr>
<tr>
<td>Fried mozzarella</td>
<td>Fresh mozzarella with tomato</td>
</tr>
<tr>
<td>Steak and kidney pie</td>
<td>Grilled steak and vegetables</td>
</tr>
<tr>
<td>Sweet and sour pork</td>
<td>Sliced pork and salad</td>
</tr>
<tr>
<td>Slice of apple pie</td>
<td>Fresh sliced apples</td>
</tr>
<tr>
<td>Huevos rancheros</td>
<td>Poached eggs and turkey sausage</td>
</tr>
<tr>
<td>Ribs with barbecue sauce</td>
<td>Turkey meatloaf</td>
</tr>
<tr>
<td>Fish and chips</td>
<td>Poached salmon and vegetables</td>
</tr>
<tr>
<td>Liter of beer</td>
<td>Glass of white wine</td>
</tr>
</tbody>
</table>

Below are some examples of NOT eating in moderation on the left side with some better choices on the right side, which represent healthier options and tasty alternatives for better eating.

The Psychology of Food

There are a host of reasons why we eat certain foods and many of them have as much to do with our mood and mindset as with the food itself. Many of us don’t necessarily eat because we are hungry. Sometimes we eat out of boredom or routine. Sometimes we eat out of loneliness or fear. Sometimes we eat to be social and other times we eat to be comforted.

There is a psychology to food that is very revealing and a clear understanding of how food interacts with our mind and our psyche will help us control our relationship with eating rather than vice-versa.

Did you ever wonder why we often say to ourselves, “I feel like something sweet”? What is our body trying to tell us? Most likely the message is, “I am fatigued.” We’ve all heard the theory about craving bread or carbohydrates. They are considered “comfort” foods, but what does that say about our mood at the time? The reason we crave certain things is part chemical and part emotional and addressing cravings in moderation is the best course of action to maintain a healthy relationship with food.

Many experts believe that if we constantly deprive ourselves of a craving, we will ultimately yield to a worse one. So if you keep saying “no” to that piece of birthday cake long enough, you may very well find yourself eating the entire bowl of ice-cream to “make yourself feel better.” We can only deprive ourselves for so long. Deprivation leaves us disappointed and dissatisfied and that can undermine our efforts to transform our body. Transformation is hard. It requires discipline, passion, and power. Feeling deprived puts us into a defeatist mindset where diets are broken, fitness routines are missed, excuses are made and we get caught up in an endless cycle of futility.

We need to slowly transition ourselves to having fewer carbs, less sugar, and a lower fat intake. We may need perhaps just a “bite” of cake or a “couple” of French fries, or a “nibble” of those homemade cookies to help us maintain the positive attitude necessary to stay focused on our ultimate goal of better health and fitness. Positive change requires that we remain positive, and we will need all of our energy, determination and inner motivation to stay the course.

We’ve all engaged in emotional eating. Every time a meal makes us remember an event, recall a holiday tradition, or recollect a certain family member … it is an emotional eating experience. Whether we are reminded of our wedding cake, or Thanksgiving dinner at our aunt’s house, or our grandmother’s chicken soup, we can’t help but associate food with memory and emotion. This illustrates the power and influence that food has on our mood and our frame of mind, and it is not a bad thing.
Food can help to heal and to forget. It can comfort us and brighten our day. It can calm us down and give us energy. So forget everything you’ve heard about stress-eating and comfort-eating being bad for you. It’s time to view food as our friend and partner in building a better life and a healthier mind and body. If you find yourself to be a bit lethargic, or tired or blue … think about how food can possibly help:

**Consider These Foods If You Need A Mood Changer:**

**Fatigued** – When we are tired, we tend to crave breads and sweets. They are generally high in calories and help produce energy. So if you feel exhausted, consider reaching for:
- A fresh, peeled orange
- Pineapple slices
- Yogurt
- Cottage cheese
- Beans and lentils
- Green tea
- Nuts and raisins
- Peanut butter and toast

**Stressed Out** – When we're stressed out we tend to crave calming food. We should also turn to those high in anti-oxidants and stress-fighting vitamins. When feeling anxious, consider these:
- Peppermint tea
- Papaya
- Avocado
- Blueberries
- Oatmeal
- Asparagus
- Milk
- Leafy greens

**Down in the Dumps** – When we're feeling blue, we tend to withdraw. Sometimes we don’t even want to eat but it’s important that we consume nutrition-packed food like the following:
- Beets
- Sardines
- Walnuts
- Eggs
- Black beans
- Broccoli
- Mushrooms
- Tofu

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**Comfort Seeking** – When we are craving nostalgia and longing to be soothed and consoled with memories of childhood and home-cooked meals, foods to consider include:
- Apple pie
- Beef stew
- Corn on the cob
- Chicken soup
- Meatloaf
- Mashed potatoes
- Homemade bread
- Popcorn

**Healthy Food Choices : High Protein**
- Almonds
- Anchovies
- Beans
- Beef fillet
- Broccoli
- Carrots
- Cheese
- Chicken breast
- Cod fish
- Couscous
- Crab meat
- Eggs
- Hummus
- Lamb
- Monk fish
- Orange roughy
- Peanut butter
- Pork chops
- Prawns
- Salmon
- Sardines
- Tofu
- Tuna
- Venison

**Healthy Food Choices : Low-Fat**
- Olive oil
- Canola oil
- Pinto beans
- Broccoli
- Tuna packed in water
- Canned salmon
- Asparagus
- Lentils
- Black beans
- Whole wheat pasta
- Oatmeal
- Almonds
- Pretzels
- Cereal
- Grapefruit
- Lemons
- Pears
- Chicken
- Light meat turkey
- Cod
- Halibut
- Minestrone soup
- Kidney beans
- Spinach
Healthy Food Choices : Low-Carb

- Beef
- Ham
- Lamb
- Quail
- Sausage
- Mahi-mahi
- Trout
- Halibut
- Herring
- Lobster
- Scallops
- Shrimp
- Mussels
- Clams
- Coffee
- Celery
- Mushrooms
- Fennel
- Arugula
- Cucumber
- Brussels Sprouts
- Cauliflower
- Pumpkin
- Peppers
- Tomatoes
- Zucchini

Successful Meal Planning
Making healthy meals on a regular basis takes a firm commitment and then some simple steps to craft a working plan.

Decide to Start and Make a Plan – It’s important that you make the decision to get serious about good nutrition. Doing so will require both discipline and planning. When meals are planned, there is less opportunity to eat poorly. In addition, planned meals help ensure better ingredients and more balanced servings. Through planning, we are more purposeful when we shop and therefore more economical. We are less likely to buy junk food or extra items that simply pack on extra weight. It’s a good idea to talk to family members, get them on board as well, and then mark your calendar to get started.

Select Your Proteins, Fats and Carbs – Your meals should center around the three, key elements of nutrition that we have discussed: a protein, a low-fat component and a low-carb element. Start with your protein and figure out which type you will prepare for which days of the week. For instance, if it is beef on Monday and salmon on Wednesday add an accompanying low fat side dish like black beans and broccoli and low-carb accompaniments like brussels sprouts and zucchini.

Decide on Your Preparation Method – Grilled, baked, roasted, sauté, stir-fried; in order to understand precisely what your plate will look like as you sit down to your meal, you’ll need to determine your preparation method in advance. Deciding whether to grill or bake your protein ahead of time will help you select the cut of meat you’ll need, the size, and how you’ll prepare your side dishes. For instance, grilled salmon goes nicely with steamed asparagus and roast turkey goes well with baked or mashed potatoes. Stir-fried vegetables, on the other hand, is a healthy and complete meal all on its own.

Find Some Recipes – Consulting some healthy cookbooks for a few nutrition-conscious recipes is a good way to stimulate your creativity and ensure that you are putting the proper food elements together. A few good recipes can help take the guess work out of marrying the right nutritional ingredients, they also contain preparation secrets to boost flavor so you get the most out of your food to keep your mind and body satisfied and reduce potential feelings of deprivation.

Make a Shopping List – Your shopping list is a crucial element to both planning meals and maintaining meal quality. Create a shopping list template that accounts for staple items each week and add a section for your new eating goals and your new meal planning undertaking. The shopping list will help you stay focused on more wholesome purchases so you can construct complete meals with healthy components. In addition, with a well-planned list, you are less likely to stray into the candy or chip aisle and yield to temptation.

Plan for Leftovers – Be sure to save and use your leftovers, particularly your proteins. They can easily be rotated back into your menu to save you both time and money. Proteins can also be reinvented and sometimes they even turn out better the second or third day! Leftover turkey, for instance, can be made into a delicious turkey salad the next day and leftover steak can be cut up and made into fresh steak tacos the following night.

The healthy shopping list on the next page is a great way to start successful meal planning!
The Healthy Shopping List

Main Protein
- Beef
- Chicken
- Turkey
- Pork
- Venison
- Eggs
- Fish
- Tofu

Healthy Carbs
- Black beans
- Garbanzo beans
- Pinto beans
- Cheddar cheese
- Apples
- Grapefruit
- Kiwi
- Mango
- Strawberries
- Watermelon
- Almonds
- Cashews
- Walnuts
- Raw coconut
- Celery
- Cabbage
- Corn
- Edamame
- Onions
- Radishes
- Spinach
- Scallions
- Whole wheat bread
- Oatmeal
- Whole wheat pasta
- Brown rice
- Wild rice
- Rye bread

Healthy Fats
- Avocados
- Walnuts
- Extra virgin olive oil
- Wild alaskan salmon
- Sardines
- Mackerel
- Trout
- Flaxseed oil
- Almonds
- Natural peanut butter

Healthy Snacks
- Popcorn
- Sliced apples
- Raw carrots
- Pretzels
- Almonds
- Granola bars
- Trail mix
- Hard boiled egg
- Edamame
- Graham crackers
- Hummus
- Jello
- Fruit smoothie
- Sunflower seeds
- Pickles
- Crackers and tuna

The Food Mood Log

Try completing the “Food Mood Log” below for several days to help you understand the relationship that your mood has on eating and food selections.

<table>
<thead>
<tr>
<th>How Do You Feel?</th>
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<th>3</th>
<th>4</th>
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<table>
<thead>
<tr>
<th>What Did You Eat Today?</th>
<th>DAY</th>
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<th>2</th>
<th>3</th>
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### Daily Food Minders

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**Breakfast**

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**Healthy Snack(s)**

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**Record your food mood:**

- Happy
- Great
- Sad
- Anxious
- Lonely
- Irritable
- Conflicted
- Hopeless

**Did you workout?**

- Yes
- No

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Daily Food Minders

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Healthy Snack(s)

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Record your food mood:

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Thinking positively is simply the act of embracing success. It is the process by which we create optimistic thoughts and focus on them as a means of manifesting our desires. When we think in purely positive terms, we bring energy and motivation to our goals and greatly increase the likelihood of achieving them.

An affirmation is the self-talk that says “I can do this!” It is the auto-encouragement that separates the achievers from the cynics, the winners from the quitters, and the truly exceptional from those that never quite seem to get in shape. If you tell yourself each day that your diet is working and that your exercise regimen is tightening and sculpting your body, it absolutely will.

Goal visualizing is another powerful technique where we envision ourselves fit, thin, or cut. Visualizing the objective provides the inspiration to stay the course. There are different levels of visualization. Some merely craft a picture or image in their mind’s eye, while others experience the full emotion of how their new body moves, feels to the touch, or slides into new clothes.

Banishing negative thoughts is essential for a positive and more successful body image mantra to take hold. Negative thinking devours large amounts of energy which are diverted away from more constructive pursuits. Ultimately when we think negative thoughts, we manifest negativity throughout our life and set processes in motion that make losing weight and getting fit virtually impossible.

As you embark on your fitness regimen, try to say these affirmations each day to help keep you positive, inspired and motivated:

- Working out improves my vitality and frees my mind.
- My body is strong and capable.
- I can feel my muscles responding to my exercise routine.
- I am getting tighter and lighter.
- My mind and body are perfectly synchronized.
- Every day I feel more and more attractive.
- The intensity of my workouts is getting easier.
- As my heart pounds in my chest, it is getting healthier.
- Sweat is my body’s way of releasing toxins.
- I can feel my metabolism getting more efficient.
- I feel healthy, vigorous and invincible.
- The harder I work, the more fat melts off my body.
- Physical fitness is freedom from illness and despair.
- I have reached a positive cross-road in my life.
- I will never be overweight or out of shape again.
Conclusion

We have now outlined how important food is to achieving any health and fitness goal. The key to mind and body success is to understand the role that food plays in our daily lives. While food is the fuel that our bodies need to function, there are different kinds available to us. There are fats, carbs and proteins and all of them nourish our bodies in a unique way. We need these nutrients in varying degrees depending upon our age, body type, fitness level, activity level and at different times of the day as well as during different moments of our lives.

We have learned that not all food is created equal. Some foods are better for us than others but all food must be consumed in moderation. Our bodies are constantly changing and so is our need for different types of food. From childhood, through puberty, through young adulthood, into our mid-adult years and beyond, food plays an important role in our general health, our energy level, our fitness level, our mood, our psyche, and the overall efficiency of our bodies. It is important to listen to our ever-changing nourishment needs.

Planning well-rounded and nutritious meals is the key to proper food management. Designing and creating meals around healthy food choices like high protein, low-fat and low-carb options will help cover all the key dietary elements necessary for maintaining a good physical fitness regimen. Through meal planning we can avoid empty-calorie impulse foods, create more nutritious options, craft more complete mealtimes, limit senseless snacking, and shop more economically and intelligently to increase our odds of staying on a sound course of wellness.

Overall, it's important to make food work for you. Food is not the enemy of those seeking ultimate fitness, improved conditioning and a better body but rather, it is the ammunition in the war on weight gain, lethargy, obesity, and excuses.

So understand, moderate, record your mood, plan, mind your food, stay the course and make food the true companion it should be for a better outlook, a better body, and a better life!

How to Stay the Course

It’s important to remember that weight gain never takes time off. Despite all of the emotional aspects of eating and food selection that we have outlined in the prior pages we must understand that our body operates fairly simply. Much like a machine, it needs fuel to function and if it takes in more fuel than it needs, it will store the excess. Storing the excess means one thing ... weight gain. So we must constantly adjust what we consume in accordance with our bodily output. The message here is not all that different from the age-old call-to-arms of watching what we eat and working out regularly. It’s not a hard process, but it is a way of life. Getting fit and maintaining a new level of mind and body strength and vigor requires us to establish an entirely new standard of living for ourselves and why shouldn't we?

Alas, so many have tried and so many have failed to lose weight, to get fit, to make a lasting lifestyle change, and to maintain a healthier existence. Every New Year’s there are resolutions. Every swim season there are new diets. Every spring there is another weight loss fad. Every March or April there is another gadget on television and another guru with a secret. But getting into the best shape of your life is about one thing ... tenacity. Being tenacious requires consistency and persistence. Excess body weight is tough and stubborn but you must be tougher and more stubborn. You must be relentless in your pursuit of a new mind and body dialogue and intolerant of those old routines and rituals that have gotten you out of shape.

We must clearly understand that the goal of a healthy and attractive body justifies the means. There is no greater feeling than knowing that you are getting stronger, fitter, and more attractive. And, there is no greater reward than a sound mind and body.
DAY 1

BREAKFAST
Puffed Cereal with Milk (1 serving)
• 1 cup puffed cereal
• 1/2 cup non-fat milk
• Sugar substitute, if desired
• 6 oz/177 ml of fruit or vegetable juice

LUNCH
Turkey Bacon, Lettuce & Tomato Sandwich (1 serving)
• 4 slices of cooked turkey bacon
• 1 tbsp light mayonnaise
• 2 slices of tomato
• 2 lettuce leaves
• Salt and pepper to taste
• 2 slices of toasted wheat bread
Preparation: Spread the mayonnaise on the two slices of toast. Place bacon on one slice, then the tomato, salt and pepper, and top with the lettuce. Place the other piece of toast on top and cut the sandwich in half.

DINNER
Oven Fried Fish Sticks (1 serving)
• 1/8 cup uncooked yellow cornmeal
• 1/4 tsp paprika
• 1/4 tsp dried thyme
• 1/4 tsp table salt
• Pinch of celery seed
• Pinch of onion powder
• Pinch of garlic powder
• Pinch of black pepper, freshly ground
• 1/8 cup fat-free skim milk
• 1 spray of cooking spray
• 1/4 lb/113g catfish fillet(s), cut into 2 pieces
Preparation: Preheat oven to 425°F/220°C. Mix together cornmeal, paprika, thyme, salt, celery seeds, onion powder, garlic powder and pepper in a shallow soup bowl. Pour milk into another bowl. Coat a large nonstick baking sheet with cooking spray. Dredge fillets first in milk, then in cornmeal mixture, coating both sides and pressing cornmeal mixture gently to adhere. Place coated fillets on baking sheet and lightly spray each with cooking spray and add asparagus. Bake until cooked through, about 15 minutes. Let stand at room temperature 2 minutes before serving with asparagus and lemon wedges.

DAY 2

BREAKFAST
Breakfast Sandwich (1 serving)
• 1 whole wheat english muffin
• 1 egg, cooked any style (except fried)
• 1 slice of Canadian bacon
• 1 slice of low-fat or non-fat cheese
Preparation: Split and toast the English muffin. Put the Canadian bacon on the bottom half of the English muffin, top with the slice of low-fat cheese and the egg. To melt the cheese, microwave the sandwich for 15 seconds.

LUNCH
Chicken Soup (1 serving)
• 4 oz/113g skinless, boneless chicken breast
• 1/2 onion, cut into fourths
• 1 clove of garlic
• 1 small carrot, peeled and cut into 2 inch/5cm pieces
• 1 small celery stalk, cut into 2 inch/5cm pieces
• 1 cup of low-sodium chicken broth
• 1/2 tbsp chives, minced
• 1/2 tsp low-sodium soy sauce
• Salt and pepper to taste
Preparation: Put all ingredients in a pot, except the spinach, and bring to a boil. Reduce heat and simmer for 20 minutes, or until the chicken is done. Strain the broth into another pot, dice up the chicken and carrots and add back to the soup. Add the spinach and heat for 2 minutes. Serve with a small side salad.
DAY 3

BREAKFAST

Bagel & Cream Cheese (1 serving)
- 1/2 bagel (toasted, if desired)
- 1 tbsp low-fat cream cheese
- 2 tsp all-fruit jam or jelly
- 6 oz/177 ml of fruit or vegetable juice

LUNCH

Tomato & Feta Salad in Pita (1 serving)
- 1 cup torn lettuce
- 2 slices of tomato
- 4 slices of cucumber
- 2 tbsp red onion, chopped
- 1 oz/28g feta cheese, crumbled
- 1 tbsp low fat or non fat Italian dressing
- 1 whole wheat pita

Preparation: In a bowl, mix together lettuce, red onion, feta cheese and dressing. Toss well. Slice top ¼ of pita and open. Fill pita with lettuce mixture, add tomato and cucumber slices.

DINNER

Lemon Asparagus Pasta (1 serving)
- 2 tsp olive oil
- 1/4 lb/113g asparagus, cut into 1-inch/2.5cm pieces
- Pinch of salt
- Black pepper to taste
- 1/4 cup fat-free creamer, such as fat-free half-and-half
- 1/4 tsp cornstarch, mixed with 1 tbsp water
- 1/8 lb/57g uncooked whole wheat fettuccine, cooked and kept hot
- 3 tbsp fresh parsley, chopped
- 1/2 tbsp grated Parmesan cheese
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice

Preparation: While fettuccine is boiling, put olive oil in a large skillet and heat over medium heat. Add asparagus, sprinkle with salt and pepper and cook, stirring occasionally, until asparagus begins to brown, about 6 minutes; remove from skillet and set aside. Whisk egg and creamer together in a small bowl; add mixture to skillet used to cook asparagus. Place skillet over medium heat and add cornstarch mixture, stirring constantly, until thickened. Add remaining ingredients and asparagus back to pot, stir to combine and serve immediately over fettuccine.

DAY 4

BREAKFAST

Eggs Benedict (1 serving)
- 2 slices of Canadian bacon, grilled
- 2 poached eggs
- 2 tbsp ice water
- 2 tbsp non-fat powdered milk
- 1 tsp lemon juice
- 2 tbsp light mayonnaise
- Black pepper to taste

Preparation: Place 1 egg on top of each slice of bacon. In a small bowl, mix powdered milk with ice water. Whip until soft peaks form. Add lemon juice and whip until stiff peaks form. Gently fold in mayonnaise. Set small bowl in a larger bowl that contains hot water and gently stir to warm sauce. Spread sauce over egg. Sprinkle with pepper.

LUNCH

Mediterranean Salmon Salad (1 serving)
- 3 oz/85g canned white beans, drained and rinsed
- 4 oz/113g canned pink salmon, flaked with a fork, bones removed
- 1/4 small red onion, diced
- 1/2 bunch arugula, stems removed, chopped
- 3 tbsp fresh parsley, chopped
- 1/4 tsp lemon zest
- 1/4 tsp fresh thyme, chopped
- 1 tbsp fresh lemon juice
- 1/2 tbsp olive oil
- Pinch of salt
- Black pepper to taste
- Lettuce cups

Preparation: Combine all ingredients in a large bowl and mix thoroughly. Scoop salad into lettuce cups and serve.

DINNER

Ginger Spiced Chicken Breast (1 serving)
- 1 tbsp olive oil
- 1 boneless, skinless chicken breast halves, about 4 ounces/113g
- Kosher salt and freshly ground black pepper
- Juice of 1/2 lime (about 1 tbsp)
- 2 tbsp canned chicken broth, homemade or low-sodium
- 1 tsp ginger, finely grated
- 1 tbsp garlic, minced
- 2 tbsp fresh basil leaves, chopped
- 1 tbsp packed fresh mint leaves, chopped

Preparation: Heat the oil in a medium skillet over medium-high heat until shimmering. Season both sides of the chicken breasts with salt and pepper, and place them skin side down in the pan. Cook, turning once, about 5 minutes per side. Transfer the chicken breasts to a plate. Add the lime juice to the skillet, and scrape up any browned bits that cling to the pan with a wooden spoon. Add the chicken broth, ginger and garlic and bring to a boil. Turn off the heat, add the basil and mint to the pan and swirl the pan to combine. Place the breasts on two plates and top with the sauce.
DAY 5

BREAKFAST
Yogurt with Strawberries & Ginger
(1 serving)
• 1 cup low-fat vanilla yogurt
• 2 strawberries, sliced
• Pinch of ground ginger

LUNCH
Waldorf-Style Chicken Salad
(1 serving)
• 3 oz/85g cooked chicken breast, sliced
• 1/4 cup ready-cut coleslaw
• 1/4 cup celery, chopped
• 1/2 small apple, diced
• 1 walnut, chopped
• 2 tbsp low-fat mayonnaise
• Salt & pepper to taste
• 2 romaine lettuce leaves
Preparation: In a bowl combine chicken, coleslaw, celery, apple, walnut, mayonnaise salt & pepper. Serve on lettuce leaves.

DINNER
One Pot Lentil Stew
(1 serving)
• 1 1/2 oz/43g dry lentils
• 1/8 cup uncooked brown rice
• 1/2 cup carrot, shredded
• 4 oz/113g tomatoes, diced
• 1 cup water
• 1/4 packet onion soup mix, reduced-sodium preferred
• Pinch of dried basil
• Pinch of garlic powder
• 1/2 tsp olive oil
Preparation: Rinse lentils. Place all ingredients in a large pot. Bring to a boil. Reduce heat, cover and cook until rice is done, about 20 minutes.

DAY 6

BREAKFAST
Sausage & Egg “Muffin”
(1 serving)
• 2 patties of reduced-fat turkey breakfast sausage
• 2 eggs
• 2 tbsp non fat milk
• Pinch each of salt & pepper
• 1 oz/28g low fat or non fat cheese, grated
• Vegetable oil spray
Preparation: Preheat oven to 350°F/175°C. Spray 2 large muffin tins with oil. Put one sausage patty in the bottom of each tin. Beat eggs, cream, salt and pepper. Pour some egg mixture in each tin. Sprinkle with half the cheese. Pour remaining egg mixture into each tin. Sprinkle the remaining cheese on top. Bake until eggs are golden, approximately 15-20 minutes. Gently lift “muffins” out of tins.

LUNCH
Mexican-Style Spinach Salad
(1 serving)
• 2 cups fresh spinach
• 1/4 cup cooked garbanzo beans, drained
• 2 tbsp alfalfa or other sprouts
• 1/2 small tomato, diced
• 1/2 small avocado, cut in small chunks
• 1/2 tangerine sections
• 4 pitted olives, sliced
• 2 slices of hard salami, cut in thin strips
• 1 tbsp cold-pressed extra-virgin olive oil
• 1 tsp lemon juice
• 1 clove garlic, minced
• Salt & pepper to taste
Preparation: Mix oil, lemon juice, garlic, salt and Continued

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pepper. Place all other ingredients in a salad bowl and toss with dressing.

DINNER
Easy Fish Tacos
(1 serving)
• 2 medium frozen breaded fish sticks
• 1 wheat flour tortilla
• 2 tbsp light sour cream
• 2 tbsp cup salsa
• 1/2 cup lettuce, shredded
• 1 oz/28g shredded low-fat or non fat cheese
Preparation: Cook fish sticks according to package instructions. Warm tortilla in oven at 350°F/175°C (wrap in tin foil). Place all the ingredients in the center of the warm tortilla, fold up end and roll.
**DAY 7**

**BREAKFAST**

*Toast & Peanut Butter (1 serving)*
- 1 slice of wheat toast
- 1 tbsp peanut butter
- 6 oz/177ml fruit or vegetable juice

Preparation: Spread peanut butter onto hot toast.

**LUNCH**

*Beef & Arugula Salad (1 serving)*
- 3 oz/85g lean beef (deli style is fine)
- 1/4 tomato, chopped
- 2 cups arugula, stems removed and torn
- 1/4 red onion, thinly sliced
- 1/8 Mandarin oranges
- 1 tsp balsamic vinegar
- 1/2 tsp Dijon mustard
- 1 tbsp olive oil
- 1 tbsp of water
- Salt and pepper to taste

Preparation: In a small bowl, whisk together vinegar, mustard, olive oil, and salt and pepper. Thin the dressing with 1 tbsp of water. In a medium bowl, toss all ingredients together, top with dressing and lightly toss to coat. Serve with a piece of fruit.

**DINNER**

*Steak & Baked Potato (1 serving)*
- 4 oz/113g lean beef
- Steak seasoning
- 1 small russet potato, baked
- 2 tbsp non fat sour cream
- 1 tsp chives, chopped
- Salt and pepper to taste

Preparation: Season both sides of steak with seasoning. Grill until desired doneness. Slice baked potato in half and top with non fat sour cream, chives and salt and pepper.

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**DAY 8**

**BREAKFAST**

*Crunchy Apple Pie Yogurt (1 serving)*
- 6 oz/170g non-fat plain yogurt
- 1 packet of no-calorie sweetener, or to taste
- 1/8 tsp vanilla
- 1/2 cup apple, chopped
- Sprinkle of cinnamon, to taste
- Sprinkle of nutmeg, to taste

Preparation: Mix all ingredients in a bowl.

**LUNCH**

*Chinese Chicken Salad (1 serving)*
- 1 cup pre-packaged coleslaw mix with broccoli
- 1/2 tangerine, seeded, peeled and chopped
- 3 oz/85g grilled boneless, skinless chicken breast, chopped
- 1 radish, sliced
- 1/2 carrot, julienened
- 1 tbsp orange juice
- 1 tsp honey mustard
- 1 tsp jalapeno pepper, minced (if desired)
- 1 tsp olive oil
- Salt and pepper to taste

Preparation: In a salad bowl, place coleslaw mix with dressing and tangerines, chicken, radishes and carrot; set aside. Whisk together orange juice, honey mustard, jalapeno, olive oil and salt and pepper. Pour over salad and toss.

**DINNER**

*Sautéed Shrimp Pasta (1 serving)*
- 1/2 cup cooked spaghetti (preferably whole wheat)
- 1/8 cup reserved pasta water
- 4 oz/113g shrimp, peeled and deveined
- 1 tbsp fresh lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste
- 2 tsp fresh parsley, chopped

Preparation: In a non-stick skillet, heat oil and sauté garlic for 1 minute. Add shrimp and sauté 1 minute. Add lemon juice, salt and pepper and coat shrimp and cook until done, about 3 minutes. In a bowl, place cooked pasta. Top with shrimp mixture and add reserved pasta water. Toss to coat. Top with parsley.
DAY 9

BREAKFAST
Raisin Oatmeal (1 serving)
• 1/2 cup cooked oatmeal
• 2 tbsp raisins
• Sugar substitute, to taste
• 1% or non-fat milk
Preparation: Make oatmeal according to package. Place oatmeal in serving bowl, add raisins, sugar substitute and milk to taste.

LUNCH
Turkey Cheese Burger (1 serving)
• 3 oz/85g lean ground turkey
• 1 slice of low fat cheese
• 1 slice of red onion
• 2 slices of tomato
• 3 slices of pickle
• 1 tsp sugar-free ketchup or mustard
• 1 tsp mayonnaise
• Salt & pepper to taste

DINNER
Beef Teriyaki (1 serving)
• 1/4 lb/113g lean steak, cubed
• 1/4 cup beef or vegetable broth
• 1/4 cup reduced-salt soy or tamari sauce
• 1 tsp canola oil
• 1/2 tsp fresh ginger, chopped
• 1 clove garlic, minced
• 1/2 tsp sugar substitute
• 3 stalks steamed broccoli

DAY 10

BREAKFAST
Cheese & Veggie Egg White Omelette (1 serving)
• 2 egg whites, beaten
• 1 oz/28g low-fat or non-fat cheese, shredded
• 1/2 cup cooked oatmeal
• 1/2 cup cooked oatmeal
• 2 tbsp raisins
• Sugar substitute, to taste
• 1% or non-fat milk
Preparation: Make oatmeal according to package. Place oatmeal in serving bowl, add raisins, sugar substitute and milk to taste.

LUNCH
Mediterranean Citrus Salad (1 serving)
• 1/2 orange
• 2 slices of grapefruit
• 2 slices of tangerine
• 1 1/2 cups lettuce
• 1 tbsp pine nuts
• 1/2 tsp olive oil
• 1 tbsp fruit vinegar (raspberry)
• Basil leaves, shredded
• 1/2 garlic clove, minced
• Salt and pepper to taste
Preparation: Peel fruit and section over a bowl. Keep 2 tbsp of the juice aside. In a large bowl, combine fruit with greens and pine nuts. In the juice bowl, whisk together olive oil, reserved

Continued

DINNER
Italian-Style Tuna (1 serving)
• 3 oz/85g water-packed tuna
• 1/2 cup canned black beans, drained
• 1/2 small tomato, diced
• 1/2 avocado, diced (optional)
• 2 tbsp red onion, chopped
• 2 tsp fresh lemon juice
• 2 tsp olive oil
• 1 tbsp fat-free Italian salad dressing
• Salt and pepper to taste
Preparation: Combine all ingredients in a bowl and toss gently. Serve with lettuce as a salad or in 1/2 whole wheat pita.
DAY 11

BREAKFAST

Very Berry French Toast (1 serving)
• 1 slice whole wheat bread
• 1 egg, beaten
• 2 tbsp low fat or non-fat milk
• Cinnamon, to taste
• Nutmeg, to taste
• 1 packet of no-calorie sweetener, or to taste
• 1/8 tsp vanilla extract
• 1/2 cup berries of your choice
• 3 tbsp sugar-free maple syrup
Preparation: Beat egg with milk, cinnamon, nutmeg, no-calorie sweetener and vanilla. Dip one side of the wheat bread, turn over and let soak up remainder of liquid. Heat a non-stick skillet with cooking spray over medium heat. Place the wheat bread into the skillet and cook for 2-3 minutes or until brown then turn over. Top the toast with berries and sugar-free maple syrup.

LUNCH

Chicken with Onion, Tomato & Arugula Sandwich (1 serving)
• 3 oz/85g grilled chicken breast, sliced
• 1 slice of tomato
• 1 tsp basil leaves, torn
• 1 slice of red onion
• Handful of fresh baby arugula
• 2 slices of whole wheat bread, toasted
• Salt and pepper to taste
Preparation: Marinate tomato slice with basil and salt and pepper. Let stand for one hour. Place chicken on bread, and layer with tomato and basil, onion and arugula.

DINNER

Curry Chicken Salad Sandwich (1 serving)
• 1 bone-in skinless chicken breast halves, (about 3 oz/85g)
• 1 cup of water
• 2 tsp kosher salt
• 3 tbsp low-fat mayonnaise
• 2 tsp freshly squeezed lime juice
• Pinch of Madras-style curry powder
• Pinch of ground ginger
• 2 tbsp flat-leaf parsley, chopped
• 1 tbsp sliced almonds
• 1/2 cup pineapple, diced
• 2 slices of wheat bread
Preparation: Put the chicken in a saucepan along with the water and salt. Bring just to a boil then reduce to a gentle simmer. Cook, covered, until the chicken is just firm, about 15 minutes. Set chicken aside off the heat, to cool and finish cooking in the liquid. When cool, pull apart by hand into shredded bite-size pieces. Whisk yogurt, mayonnaise, lime juice, curry, ginger and parsley in a bowl. Add chicken, almonds, and pineapple, and fold to coat evenly. Make open-faced sandwiches with the salad and watercress on the bread.

DAY 12

BREAKFAST

Scrambled Eggs with Turkey Bacon (1 serving)
• 1 egg
• 1 egg white
• 1 tbsp low-fat or non-fat milk
• 1 slice of turkey bacon, cooked
• Salt and pepper to taste
Preparation: In a bowl, whisk together egg, egg white and milk. Heat a non-stick pan over medium heat. Add egg mixture, salt and pepper. Scramble eggs until desired doneness.

LUNCH

Turkey Burger & Oven Fries (1 serving)
• 3 oz/85g ground white turkey meat
• 1/8 onion, finely chopped
• 1 garlic clove, minced
• 1 tsp mustard
• Salt and pepper to taste
• 1/2 russet potato, sliced
• 1 tbsp olive oil
• Garlic powder
• Oregano
Preparation: Preheat oven to 375°F/190°C. Place potato in a plastic bag with olive oil, garlic powder, oregano, and salt and pepper. Mix together until potato is coated. Spread potato onto a cookie sheet and bake for 20-25 minutes or until the potato is golden brown. In a bowl mix together turkey, onion, garlic, mustard and salt and pepper. Form into a patty and grill to desired doneness. Serve the turkey burger and fries with a small side salad with light dressing.

DINNER

Veggie Burger with Grilled Onion & Cheese (1 serving)
• 1 veggie burger patty
• 1 whole wheat hamburger bun
• 1 slice of red onion
• 1 slice of tomato
• 1 slice of low-fat or non-fat cheddar cheese
• 1 piece of lettuce
• 1 tsp low-fat or non-fat mayonnaise
• 1 tsp Dijon mustard
• Non-stick cooking spray
• Salt and pepper to taste
Preparation: Heat grill. Grill veggie patty according to package instructions. Add cheese and cook for 1 minute, or until the cheese has melted. Spray each side of the onion with non-stick cooking spray and grill until brown. Toast bun in oven or on grill. Spread the bun with mayonnaise and mustard. Place the veggie burger on the bottom of the bun, then top with the grilled onion, tomato slice, salt and pepper, and lettuce.
DAY 13
BREAKFAST
Vegetable Frittata (1 serving)
• 1/4 small sweet red pepper, thinly sliced
• 1/2 medium zucchini, grated
• 1/2 medium tomato, chopped
• 1/4 cup sliced mushrooms
• 2 large eggs, lightly beaten
• 1/4 cup fat-free skim milk
• 1/8 tsp dried oregano
• 1/8 tsp dried thyme
• 1/2 tbsp parsley, chopped
Preparation: Coat a small ovenproof skillet with cooking spray and heat. Add red pepper, zucchini, mushrooms and tomato and cook until tender.
Combine eggs, milk, herbs and parsley in a small bowl. Stir into vegetables, reduce heat and cook until eggs are firm. Place skillet under a preheated broiler and cook until top is browned.

LUNCH
Tex Mex Egg Salad (1 serving)
• 2 whole hard-boiled eggs
• 1 medium scallion, finely chopped
• 1/2 tsp canned green chili peppers, drained and chopped
• 1 tbsp fresh cilantro, minced
• 1/4 small sweet red pepper, finely chopped
• 1/8 cup fat-free mayonnaise
• 1 tsp salsa
• Pinch of ground cumin
• Pinch of salt
• Black pepper to taste
Preparation: Peel eggs; mash with a fork in a large bowl. Add remaining ingredients and mix thoroughly to coat. Serve egg salad in a cored bell pepper, over mixed greens, in 1/2 wheat pita or on its own in a bowl.

DINNER
Lemon & Dill Grilled Salmon with Brown Rice (1 serving)
• 1 tbsp lemon juice
• 1 tsp olive oil
• 1 tsp fresh dill
• Salt and pepper to taste
Preparation: In a small bowl, whisk together lemon juice, dill, and olive oil. Dredge salmon with mixture, top with salt and pepper and grill until desired doneness.

DAY 14
BREAKFAST
Continental Deluxe (1 serving)
• 1 medium low carb bagel
• 1 tbsp low-fat or fat-free cream cheese
• 2 tsp jam
• 8 oz/237ml glass of non-fat milk

LUNCH
South of the Border Shrimp Salad (1 serving)
• 1 cup torn lettuce
• 3 oz/85g cooked shrimp, chopped
• 1/4 cup zucchini, diced
• 1/4 avocado, diced
• 2 tbsp fresh cilantro, chopped
• 2 tbsp salsa
• 1 tbsp low-fat or non-fat ranch dressing
Preparation: In a bowl, toss lettuce, shrimp, zucchini, avocado and cilantro. Mix together salsa and ranch dressing and pour over lettuce. Toss well.

DINNER
Middle Eastern Chicken Burgers (1 serving)
Burgers:
• 1 tsp extra-virgin olive oil
• 1/4 large onion, finely chopped
• Pinch of ground cinnamon
• Pinch of ground coriander
• Pinch of red pepper flakes
• Pinch of kosher salt
• Freshly ground black pepper
• 1 garlic clove, minced
• 3 tbsp flat-leaf parsley, chopped
Continued
• 1/4 lb/113g ground lean chicken
• 3 tbsp plain yogurt
Fixings:
• 1 whole wheat bun, toasted
• 1 tomato, thinly sliced
• 1 English cucumber, thinly sliced
• 1 small red onion, sliced
• Lettuce
Preparation: Heat the olive oil in a skillet, add the onion, cinnamon, coriander, pepper flakes, and season with salt and pepper. Cook until onions are tender, about 5 minutes. Stir in the garlic and parsley and cook until garlic is fragrant, about 1 more minute. Transfer to a large bowl and let cool slightly. Stir in the chicken and yogurt until the onions are evenly mixed. Season with salt and pepper. Shape into 4 1/2-inch/11cm thick patties. Cook in a non-stick skillet over medium heat until browned and cooked through, about 5 minutes on each side, or until an instant-read thermometer inserted into the sides of the burgers registers between 165°F/75°C and 170°F/80°C. Brush burgers with the pomegranate molasses and set aside to rest for 5 minutes. Serve on toasted buns with fixings.
DAY 15

BREAKFAST
Creamy & Spicy Brown Rice Cereal (1 serving)
• 1 cup fat-free skim milk
• 1/2 cup quick-cooking brown rice
• 1/2 medium apple, peeled, cored and coarsely chopped
• 2 tsp no-calorie sweetener
• Pinch of ground cinnamon
• 1/4 cup plain fat-free yogurt, preferably Greek
Preparation: Bring milk to a boil in a medium saucepan. Stir in rice. Reduce heat to low; cover and simmer 5 minutes. Stir in apple, sweetener and cinnamon. Cover and simmer 5 minutes or until rice is tender. Remove from heat and stir in yogurt.

LUNCH
Chicken Taco Salad (1 serving)
• Cooking spray
• 1 medium whole wheat tortilla, cut into 4 wedges
• Pinch of salt
• 2 cups romaine lettuce, shredded
• 3 oz/85g skinless chicken breast, cooked and shredded
• 1/4 cup tomato, diced
• 2 oz/56g shredded reduced-fat Mexican cheese
• 3 tbsp fat-free sour cream
• 1/8 cup salsa
• Pinch of ground cumin, or Adobo seasoning
• Splash of hot pepper sauce
Preparation: Preheat oven to 400°F/200°C. Coat a large baking sheet with cooking spray. Arrange tortilla wedges on baking sheet; spray tortillas with cooking spray and sprinkle with salt. Bake until golden, about 10 minutes.

DINNER
Stir-Fry Shrimp with Garlic (1 serving)
• 1/4 lb/113g shrimp, peeled and deveined
• 1 tsp olive oil
• 1 clove garlic, chopped
• 1 green onion, sliced into 1-inch/2.5cm pieces
• 1/2 cup mushrooms, sliced
• 1/4 red bell pepper, cubed
• 1/4 cup vegetable or chicken broth
• 2 spears of broccoli, steamed
Preparation: In a non-stick pan, stir-fry garlic in oil for 1 minute. Add mushrooms, onion, red pepper and shrimp. Stir-fry until shrimp turn pink (about 1 minute). Serve with broccoli.

DAY 16

BREAKFAST
Cool & Refreshing Melon Smoothie (1 serving)
• 3/4 cup watermelon, seeded and chopped
• 3/4 cup honeydew melon or cantaloupe, seeded and chopped
• Juice of 1 lime
• 1 cup plain non-fat low-calorie yogurt
• 1/2 cup ice cubes
• Splash of vanilla extract
Preparation: Place all ingredients in a blender and blend until smooth.

LUNCH
Turkey & Swiss on Wheat (1 serving)
• 3 oz/85g fresh turkey breast
• 1 oz/28g low-fat Swiss cheese
• Lettuce
• Tomato slices
• 1 tsp mayonnaise
• 1 tsp mustard
• Salt and pepper to taste
• 2 slices of low carb wheat bread
Preparation: Spread mayonnaise and mustard on the bread, layer the turkey, Swiss, lettuce, tomato and season generously with salt and pepper.

DINNER
Mexican Beef Fajitas (1 serving)
• 2 sprays of cooking spray, divided
• 4 oz/113g lean sirloin beef, about 1/2-inch/1.3cm thick, trimmed
• 1 tbsp fresh lime juice, divided
• Pinch of chili powder

Continued
DAY 17

BREAKFAST

Bacon & Cheese Quesadilla (1 serving)
- 1 small low-carbohydrate or whole wheat tortilla
- 1 oz/28g low-fat or non-fat cheese, shredded
- 1 slice of turkey bacon, cooked
- 1 tbsp salsa

Preparation: Line half of the tortilla with cheese and bacon. Fold over. Place a damp paper towel over the top. Microwave for 1 minute, or until the cheese has melted. Top with salsa.

LUNCH

Latin Black Bean Salad (1 serving)
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lime juice
- 1 tsp vegetable oil
- Salt and pepper to taste
- 1/2 can of black beans, drained and rinsed
- 1 tomato, chopped
- 1/2 avocado, diced
- 1/2 jalapeno, seeded and minced (optional)
- 2 cups shredded lettuce

Continued: In a bowl, whisk together cilantro, parsley, lime juice, oil and salt and pepper. In another bowl, mix together beans, tomato, red onion, avocado and jalapeno; toss with dressing and refrigerate for 2 hours. Serve the bean mixture over the shredded lettuce. Enjoy with fruit.

DINNER

Garlic Ginger Chicken Stir Fry (1 serving)
- 1/2 tbsp canola oil
- 1 clove garlic, minced
- Pinch of ground ginger
- 4 oz/113g boneless, skinless chicken breasts, cut into strips
- 1/4 onion, diced
- 1/4 cup carrots, sliced
- 1/4 red bell pepper, seeded and sliced into thin strips
- 1/2 cup sugar snap peas
- 1/2 cup broccoli florets
- 1/2 cup mushrooms, sliced
- 1/8 cup reduced-sodium soy sauce
- 1 tsp cornstarch
- 1/2 cup reduced-sodium chicken broth

Preparation: Heat oil in a wok or large skillet over medium-high heat. Add garlic and ginger and cook 1 minute. Add chicken and cook 3 to 4 minutes, until starting to brown, stirring constantly. Add onions, carrots, and peppers and cook 1 minute. Add snap peas, corn and broccoli and cook 2 minutes. Add soy sauce and cook 2 minutes, until vegetables are crisp-tender.

DAY 18

BREAKFAST

Apple Crumble Bagel (1 serving)
- 1 cinnamon raisin mini bagel, sliced in half
- 1/4 cup apple, chopped
- 1 tbsp packed light brown sugar
- Pinch of ground cinnamon
- 1/2 tbsp reduced-calorie margarine, melted
- 2 tbsp fat-free cream cheese

Preparation: Toast bagels. Meanwhile, stir together apple, sugar, cinnamon and margarine. Spread bagel halves with cream cheese and sprinkle with apple topping.

LUNCH

Veggie Wrap (1 serving)
- 1/4 small zucchini, sliced
- 1/4 sweet bell pepper, thinly sliced
- 2 oz/56g tofu, chopped
- 2 tbsp canned black beans, drained and rinsed
- 2 tbsp salsa
- 1 oz/28g shredded low-fat or non-fat cheese
- 1 large whole wheat tortilla

Preparation: In a non-stick skillet, place zucchini, bell pepper and tofu with 1 tsp of water, cook over medium high heat until crisp, about 4 minutes. Add beans and salsa; heat for 1 – 2 minutes. Place mixture into the center of the warm tortilla and top with the cheese. Fold and roll tortillas.

DINNER

Caesar Salad with Shrimp (1 serving)
- 1/8 cup fresh lemon juice
- 1 tbsp of water
- 1 tbsp grated Parmesan cheese
- 1 medium garlic clove, sliced
- 1/2 tsp olive oil
- 1/2 tbsp red wine vinegar
- 1 anchovy canned in oil, drained, finely chopped (if desired)
- 1/2 tsp Dijon mustard
- 1/4 tsp Worcestershire sauce
- 2 cups romaine lettuce, chopped
- 4 oz/113g grilled shrimp, cut into 1 inch/2.5cm pieces

Preparation: In a blender, add all ingredients except lettuce and shrimp. Puree until blended.
DAY 19

BREAKFAST

Spinach & Cheese Omlette (1 serving)
- 1 large egg
- 2 large egg whites
- 1/2 cup spinach, chopped
- Black pepper to taste
- Cooking spray
- 1/4 cup fat-free shredded cheddar cheese or cheese of your choice

Preparation: Preheat oven to 400°F/200°C. Beat together eggs and egg whites in a large bowl; stir in spinach, scallion, salt and pepper. Coat a 10-inch/25cm ovenproof nonstick skillet with cooking spray; heat skillet over medium heat. Pour egg mixture into skillet and cook until partially set, about 5 minutes. Sprinkle cheese over eggs. Bake in oven until cheese softens and eggs firm up, about 5 minutes. Remove from oven and let stand 1 minute before cutting into 4 wedges.

LUNCH

Grilled Salmon Salad with Lemon Dill Dressing (1 serving)
- 3 oz/85g grilled salmon (seasoned with salt and pepper), sliced
- 2 cups torn lettuce
- 1/4 cup tomato, sliced
- 1/4 cucumber, sliced
- 1/4 cup of any other fresh veggies of your choice

Continued

DRESSING:
- 1/2 cup low-fat or non-fat plain yogurt
- 2 tbsp fresh dill, minced
- 2 tbsp fresh squeezed lemon juice
- 1 tsp low-fat or non-fat milk
- Salt and pepper to taste

Preparation: In a bowl, whisk together cilantro, parsley, lime juice, oil and salt and pepper. In another bowl, mix together beans, tomato, red onion, avocado and jalapeno; toss with dressing and refrigerate for 2 hours. Serve the bean mixture over the shredded lettuce. Enjoy with fruit.

DINNER

Chicken Scallopini With Mushrooms & Garlic Spinach (1 serving)
- Vegetable oil spray
- 4 oz/113g chicken breast, pounced thin
- 2 large mushrooms, sliced
- Salt & pepper to taste
- 1 clove garlic, crushed
- 4 cups baby spinach, washed
- 1 tbsp grated parmesan

Preparation: Spray a non-stick skillet with vegetable oil. Brown mushrooms and veal for one minute on each side, over high heat. Place veal and mushrooms on a plate. Add the garlic and spinach to the same skillet and sauté for 1 minute. Transfer to plate. Season everything with parmesan, salt and pepper.

Continued

DAY 20

BREAKFAST

Fresh Orange, Bread & Cheese (1 serving)
- 1 medium orange, sectioned
- 1 cup low-fat cottage cheese
- 1 slice of multi-grain light bread
- 2 tsp all-fruit preserves

LUNCH

Lemony Tomato Cucumber Salad (1 serving)
- 1/8 cup fresh lemon juice
- 1/4 small sweet onion, thinly sliced
- 1/4 cucumber, peeled, seeded and cut into small slices
- 1/2 pint cherry tomatoes
- Pinch of salt
- Black pepper to taste

DRESSING:
- Reserved lemon juice
- 1/4 cup low-fat or non-fat yogurt
- 1 clove garlic, minced
- 1/4 cup loosely packed chopped herbs
- 1 tbsp olive oil
- Pinch of salt
- Black pepper to taste
- 1 small whole wheat pita

Preparation: In a small bowl, pour lemon juice over the onion slices. Let stand from 30 minutes to 2 hours. Season cucumber slices with salt and place in a colander. Place sliced tomatoes on a plate and season with salt and pepper to taste. Prepare the dressing by straining the lemon juice off the onions into a bowl. Add yogurt, garlic, herbs, oil and salt and pepper. Whisk together. Place onions and cucumbers

DINNER

Chicken Fajitas (1 serving)
- 4 oz/113g skinless, boneless chicken breast
- 1/4 cup bell pepper, sliced
- 1/4 onion, sliced
- 1 garlic clove, minced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup mushrooms, sliced
- 1 whole wheat tortilla
- Cooking spray
- Salt and pepper to taste
- Non-fat chicken broth, if needed

Preparation: Spray a non-stick skillet with cooking spray and heat over medium heat. Brown chicken on both sides. Remove chicken and set aside. Add garlic and sauté for 1 minute. Add vegetables and sauté until cooked, but still crisp and tender. Add chicken broth if more moisture is needed. Slice chicken breast and add back to pan and cook until flavors have blended, about 3 minutes.

Continued

over the tomatoes, pour the dressing over the salad, toss to coat and serve. Stuff pita with salad.
COME AND GET IT!