



ADVENTURE BOOT CAMP NUTRITION

ABC NUTRITION3

THREE FACTORS THAT DETERMINE YOUR SUCCESS3

ABC EXERCISE PHILOSOPHY7

NUTRTION OVERVIEW8

NUTRTION PLAN.....8

HOW THE MEAL PLAN WORKS.....9

DETERMINE YOUR CALORIC NEEDS9

WHEN TO EAT11

START EATING12

ABC NUTRITION MEAL LISTS13

FOOD BLOCKS49

MONTH TWO: EAT MORE OPTION50

BASICS FOR BEGINNERS50

NUTRITION TROUBLESHOOTING53

SUBSTITUTION LISTS55

NUTRITION JOURNAL.....59

MICHI’S LADDER.....60

ABC NUTRITION

Food has many roles. It's a source of fuel, energy and nutrients. It affects your body weight. It alters your health and vital indicators, like cholesterol and blood pressure. Food is social and food is emotional. But the primary purpose of food is fuel. Your body needs fuel to function: proteins, fats and carbs. Your goal in the next 60 days is to eat healthy, learn about balanced nutrition and feed your body what it needs to thrive in the ABC program like so many others.

THE 3 FACTORS OF SUCCESS

There are 3 areas we need to gain control of in order to get optimal results in boot camp: The Head, Nutrition, and Exercise.

THE HEAD

Of the 3, The Head accounts for 80% of our success. It's the control zone for what we're willing to do. Nutrition and Exercise are the mechanics, and although critical, account for 20%. I'll provide some simple strategies to master your head, so that the nutrition and exercise quickly fall in line.

The first step toward success is to set 1-3 realistic goals for ABC. If I were some sort of a psychological surgeon, I would love to reach inside of American's brains and remove all of the JUNK that popular media and advertising has implanted. No, you can't lose 30 pounds in 30 days. Yes, the Bowflex significantly OVERSTATES their promise of the body of your dreams in 6 weeks with 3 twenty minute workouts each week. No, using the Shake Weight for 4 minutes a day will not give you fantastic looking arms. And no, it's not possible to rock, wobble, twist, or lounge your way to 6 pack abs. Sorry.

But, in your hands you now have the keys to success. Read this manual, listen to the accompanying audio, and implement some simply weekly improvements, and you will be happy with you results!

Set 1 – 3 Goals

A medium to long term goal, such as losing 15 pounds over 12 weeks; and some short term goals, like reducing stress, enhancing your energy, and feeling better physically, emotionally and mentally. The short term goals can be achieved in your FIRST WEEK of making these positive changes with nutrition and exercise!

Why are we doing this?!

You can change ANYTHING in your life, as long as you have a strong enough reason why. You can even learn to love broccoli! It's true ... I've watched the biggest broccoli haters transform into huge fans.

You just have to tap into why you want to reach the 1-3 goals you've established for ABC.

The 2 people that have made the most impressive changes I've ever witnessed in my career had the strongest motivation, or reason why they were doing this.

The Heart Attack Victim and The Bride

I'll never forget Darrin, a 52 year old client from a few years back.

Darrin's wife purchased an 8 week fitness training package with me, training 3 times per week.

And it was a painful experience for everyone involved!

His wife wanted him to improve his overall health and fitness, and lose some weight. Although Darrin wanted to please his wife, he didn't want anything to do with exercise and fueling the body with healthy foods.

He "hated broccoli, spinach, peppers, apples, bananas" ... pretty much all fruits and veggies. And he refused to give up fast food, high fat and high sugar consumption.

Now I love working with clients, but I have to say that 8 week program Darrin and I went through was one of the hardest experiences of my career.

He'd rather talk sports, career, cars, college experiences ... ANYTHING in an attempt to slow me down and avoid my workouts for the day.

I was very disappointed that I couldn't make more of an impact on Darrin ... yet relieved when our initial 8 weeks was over.

Then about a year later I got a call from Darrin. He wants to start training again. Five times a week for an indefinite period of time.

Huh? Why, I thought? He made almost no effort to change a year earlier! I started to call his wife (also a client) to talk with her and let her know that Darrin isn't into exercise and proper nutrition.

But something in Darrin's voice was different this time.

As he and I talked on the phone he told me that 3 weeks earlier he had the scare of his life: A massive heart attack.

His doctor told him that he was very lucky to be alive. And the next time, he wouldn't be so lucky.

The message hit him square between the eyes.

And he's coming back in to train. This time, he listened intently. He completely changed his diet. He worked extremely hard during our training sessions. He now loves broccoli. And he's lost a ton of weight.

Darrin found his reason why he must change. It was literally do or die.

When someone is faced with that level of leverage, broccoli doesn't seem too bad, huh?

Meet Jana

I recently got a call from a camper who needed help to "get back on track."

She's been EXTREMELY consistent over about 9 months of camp, but then in the past 6 weeks she's really struggled.

So I asked her what she had been doing to stay so focused on great nutrition, and missing almost NO boot camp sessions over those 9 months.

"I didn't need any motivation; I was getting ready for my wedding."

Aha!

See, the wedding WAS the motivation. It was her POWERFUL reason why she was eating clean, and not missing a beat with her workouts.

But, now married that "why" is gone.

And she no longer has a driving force getting her out of bed at 4:45am to work hard and eat well.

So, we just needed to find a new powerful reason to replace the wedding motivation.

Maybe it's continuing to strive for optimal health and fitness so that when she and her hubby get pregnant (a goal of theirs) the baby will be given the BEST environment for development over those 9 months?

But there are really countless options. We all need to figure out what's important to us individually, and associate eating clean and consistent exercise to those goals.

According to research, exercise helps us professionally by being better problem solvers, more mentally clear, more tolerant of co-workers, less impacted by organizational strife, while earning higher incomes.

Personally, exercise reduces stress, wards off disease, gives us more energy, builds self-esteem, is the stimulus to stay lean and healthy, helps us keep up with our kids, etc. It's a long list of wonderful benefits too many for this manual.

If you want to eliminate any struggle with eating clean and getting to boot camp every day, **find your own personal WHY** you want to get fit and healthy.

For me, I continue to exercise week after week to be a role model for my 4-year old daughter...AND to give me all the energy I need to keep up with her (she's a fire ball!!)

And of course, I love how I feel - mentally sharp, emotionally balanced, lots of physical energy, and I'm much better equipped to handle the stress and demands of life.

Oh yeah, I run a fitness business. It would sort of be a challenge to buy in to what we're selling if the guy who runs the place is of out of shape, lethargic, and eats pizza all the time!! Right?

I've got my why's. If I didn't have powerful reasons, I would NOT get out of bed at 3am to run at 4am before starting my "work" day.

Discover yours. Create them now, look at them, and incorporate them into your being. You'll become an exerciser for life. Trust me on this one! ;)

See, in the end, it's never about the trainer when it comes to success. It's always about the client. When the client finds a powerful reason why she wants to change, NOTHING will stand in her way. She will find the time to plan her meals, to eat healthy. Convenience, self control, eating breakfast, what to eat, being bored with food, and variety is no longer a barrier.

When we absolutely HAVE to change our habits, like Darrin, we discover a new inner strength that was previously untapped, just under the surface.

My Goals for ABC are:

And the Reasons Why I Will Achieve those goals are:

Need more help on discovering your "WHY"? Visit: <http://www.cincinnatifitnessbootcamp.com/why.html>

THE ABC EXERCISE PHILOSOPHY

The ABC workouts are always changing, evolving, and designed to give you the absolute maximum benefit in our 1-hour together each morning. We want to work your muscle with intensity by combining 3 or 4 different exercises in a row. And within each of those exercises we'll do compound and complex movements, meaning that we're working much more than just a single muscle in a single exercise.

Think of the squat/press or lunge/curl or squat/upright row combinations. Those exercises are working most of the lower body (quadriceps, hamstrings, glutes), plus a lot of upper body muscles (triceps, biceps, deltoids, trapezius, lats). And that's just one movement of 3 or 4 that we're doing in a series of movements!!

The best part about this style of training is that because we do these complex movements back to back, without much rest, not only are we toning, shaping, and strengthening muscle, we're also really cranking up the heart rate **AT THE SAME TIME!** We need to shift our thinking of cardio being steady state machine based (or outdoor running or biking, elliptical machine) exercise. In fact, many recent studies are showing that interval heart rate training is far more effective for improvement in cardiovascular fitness **AND** for burning body fat **AND** toning muscle!

We like to get in, get to it, and get on with our day - done before your friends and family are out of bed!

NUTRITION OVERVIEW

In this plan, you'll learn about healthy food basics and the proper balance of nutrients you need each day. Your body doesn't require refined sugars, processed foods, sodas or artificial sweeteners. In fact, they can be harmful. When you eliminate them, you'll actually feel better. And guess what? Food that's good for you tastes great, too.

Here are the tools to help you figure out what and how much to eat for the next 60 days and beyond. This guide gives you meal options and food lists to choose from. As you get in better shape and your metabolism soars, you'll also learn how to increase your calories to fuel your changing body.

This plan will work for you whether you've been dieting for years or don't know what a calorie is. It will give you the energy to maximize your workouts and become a healthier person. It's not about quick fixes or fads. It's about eating and using food for its intended purpose. Fuel.

ABC NUTRITION PHILOSOPHY

This ABC Nutrition guide is designed to power your body through the ABC workouts and help you become a stronger, healthier, leaner, happier woman. When you're digging into this healthy lifestyle, you can't go low-calorie or low-carb. You need to fuel your system with balanced and nutritious meals and snacks. Your body is literally going to burn through the food you eat, whether they're carbs, fats, or protein. This is NOT the time to diet (or become overly aggressive in restricting your calories). But if you want to lose weight, you'll eat the right foods in the right proportions. The balanced meal plans will provide your body with the fuel that it needs to get through these AWESOME workouts.

This isn't a diet, it's a plan that will teach you how to eat healthy for the duration of ABC and for the rest of your life. ABC Nutrition focuses on eating 5 meals a day, none too large or too small. All the meals contain roughly the same number of calories. This frequent eating is optimal for your metabolism and provides stamina for your intense workouts.

Everyone has different caloric needs, so this guide shows you how to increase the calories, add the "Food Blocks" to your meals, or enjoy them as snacks, to reach your caloric requirements.

Each meal listed is around 40% protein, 40% carb, and 20% fat. It's important to balance protein, carbs, and fats to promote optimal blood sugar control, resulting in the best possible state for your workouts. There is a full overview on protein, carbs, and fat in this guide, as well as Michi's Ladder, a tool to help you create your own meals.

The recommended foods have a low glycemic index, which has less impact on blood sugar. High glycemic foods, such as white bread and candy, cause a rapid rise and subsequent rapid drop in blood sugar, which drains your energy. Low glycemic foods provide you with steady energy throughout the day and optimal fuel for your workouts. The plan also avoids additives, overly processed foods, sugar substitutes, and alcohol.

HOW THE MEAL PLAN WORKS

Month One: Your Daily Meals

In the “Start Eating” section you’ll find 5 separate meal lists. Each day you’ll pick one meal from each of the five meal lists, totaling 5 meals a day. Try not to skip any meals.

Each meal list has 10 options to choose from. Keep selecting different meals to give yourself healthy variety.

Each meal contains approximately 300 calories, and has instructions about how to scale it up to either 400 or 500 calories depending on your individual caloric needs. Therefore, these five meals a day will provide anywhere from 1,500 calories to 2,500 calories per day. You can also use the 100-calorie and 200-calorie food blocks to meet your daily caloric requirements. Add them to your meals, or eat them as snacks.

Month Two: Option to Eat More

As you enter the second month of this ABC Nutrition program, you’ll find that your body burns calories much faster than it did a month ago. To meet your increased fuel needs, this plan includes a list of 100-calorie complex carbohydrates. Based on your weight loss or weight gain goals, you can add these to meet your increased caloric needs, or continue with your basic meal lists from Month One. If you add these complex carbs, choose from one to three of them per day, adding them to your earlier meals.

DETERMINE YOUR DAILY CALORIC NEEDS

To figure out your needs for the ABC Nutrition program, use this three-step formula. While it may seem lengthy, it’s the best way to estimate your energy needs for your individual fitness objective, whether that’s to gain muscle, lose fat, or just maintain your weight while you get in the best shape ever.

Step 1

First, use the Harris Benedict Equation to calculate your caloric needs. This formula determines your basal energy requirements, which is the energy required to maintain your current weight without exercise. After completing this step, you’ll add in your exercise level.

For Women: $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Step 2

Now take your number from above and multiply by the level of exercise listed below.

Since you're doing ABC, most people will use the "moderately active" factor. If in addition to ABC, you're involved in running, or other intense activity, you may use the "very active" factor.

Exercise Factor	Category	Explanation
1.2	Sedentary	Little or no exercise
1.375	Lightly Active	Light exercise (1 to 3 days/week)
1.55	Moderately Active	Moderate exercise (3 to 5 days/week)
1.7	Very Active	Hard exercise (6 to 7 days/week)
1.9	Extremely Active	Hard daily exercise and/or a physical job

Step 3

The number that you now have will tell you your calorie needs for weight maintenance. In step 3, you'll adjust this number up or down, depending on your weight loss or gain goals.

See below:

- For weight loss, subtract 500 - 1000 calories per day from your number in step 2
- For weight maintenance, do nothing, just use the number from step 2
- For weight gain, add 250 to 300 calories per day to your number from step 2

EXAMPLE: Determining Your Calories

This example is a 40-year-old woman who is 5'5", 150 pounds, doing the ABC workouts 5 days per week, and who would like to lose weight.

Step 1

Plug in her age, weight and height to the equation:

$$655 + (4.35 \times 150 \text{ pounds}) + (4.7 \times 65 \text{ inches}) - (4.7 \times 40)$$

$$655 + (652.5) + (305.5) - (188) = 1,425$$

Step 2

So 1,425 calories is her daily energy expenditure, that is, her calorie needs for weight maintenance if she were inactive.

Multiply 1,425 by 1.55 for a “Moderately Active” activity factor and you get approximately 2,400 calories per day.

Step 3

Now add or deduct calories for weight loss or weight gain.

The number from step 2 is 2,208 calories. However, since this woman would like to lose weight, deduct 500 (no more than 1000) calories per day from her calorie needs. So, 2,208 calories MINUS 500 calories EQUALS 1,700 calories per day. If she wanted to be more aggressive with her weight loss, she would subtract out 1000 calories from her 2208, and she’d then strive to consume around 1200 calories per day.

Ultimately, you’ll discover the amount of calorie deficit that you’re comfortable with. DO NOT EXCEED 1000 calorie deficits per day – your body will become significantly fatigued, stressed, and your results will quickly backfire.

While this equation may seem confusing, it’s the simplest scientific way of truly estimating your needs. Keep in mind that after starting the ABC Nutrition program, you may want to alter your calories up or down based on the feedback you are getting from your body, i.e., too much food, not enough, losing or gaining weight, etc.

WHEN TO EAT

Eat your meals every few hours, for example:

Meal 1: breakfast time

Meal 2: mid-morning snack

Meal 3: lunch time

Meal 4: afternoon snack

Meal 5: dinner

Timing your meals while doing ABC is important. For most people, eating a very small meal about one hour before exercising is ideal. Of course that can be a challenge when you’re working out at 5:30am. So, consuming a meal replacement shake 30 minutes before boot camp is a great option. If you exercise immediately after eating a normal meal, you may lack the energy you need to complete your workout

because your body's focused on digestion. Keep in mind that everyone's different, so you should experiment and see what works best for you.

Now that you know your calorie requirements, you can start choosing your meals. If you followed the base plan, you'd eat 1,500 calories a day (5 meals x 300 calories). You can add the food blocks as needed to meet your daily caloric requirements. A few examples for illustration:

If your body requires 1,600 calories a day, your daily intake would look like this:

Meal 1: 400-calorie meal

Meal 2: 300-calorie meal

Meal 3: 300-calorie meal

Meal 4: 300-calorie meal

Meal 5: 300-calorie meal

You could also choose to keep a few of the meals to 300 calories and add the other calories using the food block lists. Here's another 1,400 calorie meal plan:

Meal 1: 300-calorie meal + 100 calories*

Meal 2: 300-calorie meal

Meal 3: 300-calorie meal

Meal 4: 300-calorie meal

Meal 5: 300-calorie meal

*Add food blocks: one 100-calorie block

You get to choose how to divide up your calories, as long as you are eating 5 times per day.

START EATING

- Eat 5 meals a day, one from each of the lists in the following section. Use the food blocks, if needed, to reach your additional calorie needs.
- Each week, assess your calories and your measurements. You may need to increase or decrease your calories based on the information you are getting. Muscle tissue is denser than fat tissue, so your scale can mislead you. Use measurements to gauge your progress, instead of weight. And the easiest way to measure is to have a favorite outfit that might be a bit snug at the start of ABC, and to try it one once a week. It should start to fit better week after week.

- Remember, everything counts. Milk and sugar for your coffee or tea, the glass of wine with dinner, the little snack from a bowl at work, it all counts!
- Eat something every few hours to keep your metabolism burning steadily.
- Drink water. Not only will it keep you hydrated, it will ease your hunger. One of the primary causes of hunger pangs is dehydration. Half of your ideal body weight in water per day is not excessive when you're doing ABC workouts.
- Remember, nothing comes easy. You just have to dig deeper! If you have a **STRONG** enough reason **WHY**, you will follow through like the champion you are destined to become!

ABC NUTRITION MEAL LISTS

MEAL 1

PROATMEAL

2/3 cup cooked oatmeal, prepared with water

1 scoop of protein powder

½ cup of fresh or frozen berries

1-1/2 Tbsp. chopped walnuts

Splash (1/4 cup) of skim, almond, rice, or soy milk

Combine ingredients in bowl.

Nutrition Breakdown:

307 calories

26 grams protein

34 grams carbohydrate

9 grams fat

9 grams fiber

*For a 400-calorie meal: increase oatmeal to 1 cup and increase protein powder to 1-1/2 scoops

*For a 500-calorie meal: increase oatmeal to 1-1/3 cup, increase protein powder to 1-1/2 scoops, increase walnuts to 2-1/2 Tbsp. and increase berries to 1 full cup.

FRUIT AND COTTAGE CHEESE

1 cup cottage cheese, 1% milk fat

1 cup mixed fruit

½ cup whole-grain cereal

On a medium size dinner plate, portion out 1 cup of 1% cottage cheese and top with 1 cup of mixed fruit and ½ cup of whole-grain cereal, such as bran flakes or Fiber One™.

Nutrition Breakdown:

293 calories

30 grams protein

36 grams carbohydrate

6 grams fat

5 grams fiber

*For a 400-calorie meal: add 2 Tbsp. of flaxseeds

*For a 500-calorie meal: add 2 Tbsp. of flaxseeds and a slice of whole-grain toast

BERRY PROTEIN SMOOTHIE

1-1/2 scoops protein powder

½ cup fresh or frozen berries

1 cup skim, almond, rice, or soy milk and ice

Combine in blender until smooth.

Nutrition Breakdown:

306 calories

36 grams protein

36 grams carbohydrate

3 grams fat

3.5 grams fiber

*For a 400-calorie meal: add ½ of a medium banana

*For a 500-calorie meal: add ½ of a medium banana and 1 Tbsp. of all-natural peanut butter

BAGEL AND LOX

½ whole wheat bagel

1 Tbsp. whipped cream cheese

2 oz. smoked salmon (lox)

2 slices tomato

½ large grapefruit

Toast half of a whole wheat bagel, scoop out the innards, and fill the bagel with 1 Tbsp. whipped cream cheese, salmon (lox), and 2 slices of tomato. Serve bagel with grapefruit.

Nutrition Breakdown:

291 calories

23 grams protein

35 grams carbohydrate

8 grams fat

5.5 grams fiber

EGG WHITE AND FRUIT PLATE

3 hard-boiled eggs, whites only

1/3 cantaloupe, sliced

4 pieces whole wheat melba toast

1 slice reduced-fat Swiss cheese

Peel 3 hard-boiled eggs and slice the whites onto a salad plate. (Discard or save the yolks for another purpose). To the plate, add sliced cantaloupe, 4 whole wheat melba toasts and 1 slice of reduced-fat Swiss cheese.

Nutrition Breakdown:

293 calories

23 grams protein

35 grams carbohydrate

7 grams fat

3.5 grams fiber

*For a 400-calorie meal: add an egg yolk and increase the cantaloupe to ½ the melon

*For a 500-calorie meal: add an egg yolk and increase the cantaloupe to ½ of the melon and add 1 cup of low-fat, skim, almond, rice, or soy milk (you may use the milk in a coffee drink, such as a fat-free latte).

EGG WHITE BREAKFAST WRAP

4 egg whites

1 whole-grain tortilla

½ cup part-skim mozzarella cheese

Sliced tomato to taste

½ cup melon, cubed

In a non-stick skillet coated with cooking spray, scramble egg whites. Pile egg whites into a whole-grain tortilla and top with cheese and sliced tomato. Serve with melon cubes.

Nutrition Breakdown:

296 calories

32 grams protein

34 grams carbohydrate

5.5 grams fat

3 grams fiber

*For a 400-calorie meal: add 2/3 cup of nonfat yogurt

*For a 500-calorie meal: add 1 cup of nonfat yogurt topped with 1-1/2 Tbsp. chopped walnuts

CEREAL BOWL

1 cup high-protein whole-grain cereal

1 Tbsp. flaxseeds

2/3 cup skim, almond, rice, or soy milk

½ cup bananas, sliced

Portion out 1 cup cereal and top with flaxseeds, skim, almond, rice, or soy milk, and sliced bananas.

Nutrition Breakdown:

299 calories

22 grams protein

55 grams carbohydrate

4.5 grams fat

13 grams fiber

*For a 400-calorie meal: increase flaxseeds to 2 Tbsp. and increase bananas to 1 cup

*For a 500-calorie meal: increase cereal to 1-1/2 cups, increase milk to 1 cup, increase flaxseeds to 2 Tbsp. and increase banana to 1 cup

BEVERLY INTERNATIONAL SHAKE

Mix two scoops with water or blend with water and ice (double the normal serving).

Nutrition Breakdown:

260 calories

42 grams protein

8 grams carbohydrate

2 grams fat

6 grams fiber

PEANUT BUTTER TOAST

1 slice whole-grain toast

1 Tbsp. all-natural peanut or almond butter

1 tsp. all-fruit preserves

½ cup cottage cheese, 1% milk fat

Top one slice of whole-grain toast with nut butter and preserves. Serve with cottage cheese.

Nutrition Breakdown:

280 calories

22 grams protein

28 grams carbohydrate

11 grams fat

4 grams fiber

*For a 400-calorie meal: increase cottage cheese to $\frac{3}{4}$ cup and top with 1 cup of sliced fruit

*For a 500-calorie meal: increase cottage cheese to $\frac{3}{4}$ cup and top with 1 cup of sliced fruit AND use an extra piece of whole wheat toast to make it into a sandwich

VEGGIE OMELET

2 whole eggs

2 egg whites

Mushrooms and onions to taste

1 slice whole-grain wheat toast

1 Tbsp. all-fruit preserves

In a non-stick skillet coated with cooking spray, make an egg omelet with 2 whole eggs plus 2 egg whites, sautéed mushrooms, and onions, and serve with 1 slice of whole-grain wheat toast topped with 1 Tbsp. of all-fruit preserves

Nutrition Breakdown:

301 calories

24 grams protein

25 grams carbohydrate

11 grams fat

3 grams fiber

*For a 400-calorie meal: add a large orange or 1 cup of orange juice

*For a 500-calorie meal: add a large orange or 1 cup of orange juice and 1 slice of reduced-fat cheese to the omelet

MEAL 2

MEXICAN STYLE EGGS

2 large eggs

1 whole-grain tortilla

¼ cup low-fat cheddar cheese, shredded

½ cup fresh or frozen berries

Scramble eggs in a non-stick skillet coated with cooking spray. Pile cooked eggs into a whole-grain tortilla and top with cheese. Serve with berries.

Nutrition Breakdown:

301 calories

23 grams protein

28 grams carbohydrate

12 grams fat

6 grams fiber

*For a 400-calorie meal: add 1 cup of skim, almond, rice, or soy milk

*For a 500-calorie meal: add 1 cup of skim, almond, rice, or soy milk mixed with 1 scoop of protein powder

WARM CEREAL BOWL

¾ cup whole-grain Cream of Wheat® cereal, cooked

2 Tbsp. raisins

1 Tbsp. slivered almonds, toasted

¼ cup skim, almond, rice, or soy milk

1 scoop whey protein powder

Combine ingredients in bowl, heat.

Nutrition Breakdown:

314 calories

25 grams protein

40 grams carbohydrate

6 grams fat

3.5 grams fiber

*For a 400-calorie meal: increase cereal to 1 cup and increase slivered almonds to 2 Tbsp.

*For a 500-calorie meal: increase cereal to 1-1/2 cups, increase almond to 2 Tbsp. and increase milk to ½ cup

PROTEIN PANCAKE

1 whole egg

2 egg whites

1 scoop vanilla protein powder

¼ cup oatmeal

Combine ingredients with a few spoonfuls of water. Mix batter well, and then cook one large pancake on a non-stick skillet coated with cooking spray.

Nutrition Breakdown:

313 calories

31 grams protein

27 grams carbohydrate

8 grams fat

5 grams fiber

*For a 400-calorie meal: serve pancake with 1 cup of fresh fruit salad

*For a 500-calorie meal: serve pancake with 1 cup of fresh fruit salad topped with 2 Tbsp. flaxseeds or chopped walnuts or slivered almonds

EGG SANDWICH

1 whole egg

2 egg whites

1 whole-grain English muffin

2 slices turkey bacon

Sliced tomato, to taste

Scramble egg and egg whites in a non-stick skillet coated with cooking spray. Pile cooked eggs onto a whole-grain English muffin and top with turkey bacon and a few thin slices of tomato.

Nutrition Breakdown:

307 calories

23 grams protein

29 grams carbohydrate

11 grams fat

4.5 grams fiber

*For a 400-calorie meal: add a large navel orange or a small banana

*For a 500-calorie meal: add a large navel orange or a small banana and add 1 slice of 2% American cheese to the sandwich

PROTEIN OMELET

1 whole egg

3 egg whites

2 oz. turkey breast, sliced

½ cup sliced mushrooms and onions

1 slice whole-grain bread

1 cup melon balls

In a non-stick skillet coated with cooking spray, make an omelet with egg and egg whites and fill omelet with turkey, mushrooms, and onions. Serve omelet with 1 slice of whole wheat toast and melon balls.

Nutrition Breakdown:

298 calories

21 grams protein

40 grams carbohydrate

7.5 grams fat

5.5 grams fiber

*For a 400-calorie meal: add 1 oz. of crumbled feta or goat cheese to the omelet

*For a 500-calorie meal: add 1 oz. of crumbled feta or goat cheese to the omelet and have 2 slices of whole wheat toast

VANILLA-BERRY PROTEIN SHAKE

1 cup skim milk, almond milk, or rice milk

1 scoop vanilla protein powder

1 cup frozen berries

½ banana

Ice

Add ingredients to blender. Add ice to thicken if needed.

Nutrition Breakdown:

296 calories

28 grams protein

30 grams carbohydrate

2 grams fat

5.5 grams fiber

*For a 400-calorie meal: add 1 Tbsp. all-natural peanut butter or almond butter

*For a 500-calorie meal: add 1 Tbsp. all-natural peanut butter or almond butter and increase the protein powder to 2 scoops

YOGURT BOWL

1 cup of nonfat plain yogurt (look for Greek yogurt if possible)

1 apple, diced

2 Tbsp. walnuts, chopped

1 tsp. honey

Combine yogurt with apple, walnuts, and honey.

Nutrition Breakdown:

299 calories

13 grams protein

50 grams carbohydrate

9 grams fat

3.5 grams fiber

*For a 400-calorie meal: stir 1 scoop of whey-based protein powder into the yogurt bowl

*For a 500-calorie meal: increase yogurt to 1-1/2 cups, increase the walnuts to 3 Tbsp. and stir in 2 Tbsp. dried cranberries or raisins

NUTRITION BAR

1 nutrition bar – Clif Bar is my personal favorite (taste great, best quality)

½ cup 1% cottage cheese

Choose a nutrition bar with approximately 200 calories, fewer than 25 grams of sugar and at least 10 grams of protein (like the P90X Peak Performance Bar). Have nutrition bar and cottage cheese.

Nutrition Breakdown:

280 calories

29 grams protein

26 grams carbohydrate

7.5 grams fat

2 grams fiber

*For a 400-calorie meal: add a small banana or a large navel orange

*For a 500-calorie meal: add a small banana or a large navel orange and add 2 Tbsp. chopped walnuts to the cottage cheese

DELI SANDWICH

½ whole wheat bagel or 1 slice toast

2 oz. turkey breast, sliced

1 slice reduced-fat cheese

Sliced tomato, to taste

1 cup tomato or vegetable juice

Scoop out half of a whole wheat bagel, toast it and fill with turkey, cheese, and sliced tomato. Serve with tomato or vegetable juice.

Nutrition Breakdown:

297 calories

26 grams protein

38 grams carbohydrate

7 grams fat

5.5 grams fiber

*For a 400-calorie meal: increase turkey to 4 oz. of turkey and leave the bagel “un-scooped”

*For a 500-calorie meal: increase the turkey to 4 oz., leave the bagel “un-scooped” and add another slice of reduced-fat cheese

TURKEY BLT

2 slices whole wheat bread

3 slices turkey bacon

Sliced tomato, to taste

Lettuce, to taste

1 fresh pear

Make a sandwich of bread, turkey bacon, tomato, and lettuce. Serve with a fresh pear.

Nutrition Breakdown:

293 calories

13 grams protein

46 grams carbohydrate

9 grams fat

8 grams fiber

*For a 400-calorie meal: add 2 oz. of sliced deli turkey to the sandwich and 1 Tbsp. light mayonnaise

*For a 500-calorie meal: add 2 oz. of sliced deli turkey and 1 Tbsp. light mayonnaise to the sandwich and use regular whole wheat bread, not light-style

MEAL 3

GRILLED CHICKEN SALAD

3 oz. grilled chicken breast

3 cups mixed dark greens

½ apple, chopped

1 Tbsp. pecans, chopped

Cucumber, sliced, to taste

Pile mixed greens on a large salad plate. Top with chicken breast, chopped apple, chopped pecans and sliced cucumber. Dress salad with fresh lemon juice.

Nutrition Breakdown:

283 calories

30 grams protein

25 grams carbohydrate

8.5 grams fat

6 grams fiber

*For a 400-calorie meal: add 1 whole wheat English muffin or 1 slice of whole-grain bread

*For a 500-calorie meal: add 1 whole wheat English muffin or 1 slice of whole-grain bread and add 1 Tbsp. olive oil onto the salad

SUSHI

1 tuna or salmon roll, made with brown rice if possible

Side salad of mixed greens

2 Tbsp. of Asian ginger dressing

Have one sushi roll sliced, with side salad served with Asian ginger dressing. (Use the fork technique of dipping the tines of your fork in the dressing before spearing the lettuce to avoid overdoing it on the dressing.)

Nutrition Breakdown:

311 calories

26 grams protein

32 grams carbohydrate

12 grams fat

5.5 grams fiber

*For a 400-calorie meal: add 1 cup of steamed edamame

*For a 500-calorie meal: add 1 cup of steamed edamame and 1 cup of miso soup

BLACK BEAN SOUP AND HALF SANDWICH

1 cup of canned black bean soup

1 slice whole-grain bread

2 oz. turkey breast, sliced

2 very thin slices of avocado

Dijon mustard

Make one half of a turkey sandwich made with 1 slice whole-grain bread, turkey, avocado and Dijon mustard. Serve with cup of soup.

Nutrition Breakdown:

299 calories

20 grams protein

41 grams carbohydrate

6 grams fat

12 grams fiber

*For a 400-calorie meal: use regular whole wheat bread, not light-style, and increase the turkey on the sandwich to 3 oz.

*For a 500-calorie meal: use regular whole wheat bread, not light-style, increase the turkey on the sandwich to 4 oz., and use 4 thin slices of avocado-about ¼ of an avocado

ROAST BEEF SANDWICH

4 oz. lean roast beef

½ 6-inch whole wheat pita pocket

Sliced cherry tomatoes

Romaine lettuce

Dark salad greens

Sliced bell peppers

Sliced cucumbers

Sliced mushrooms

Pile roast beef into pita pocket and top with sliced cherry tomatoes and romaine lettuce leaves. Serve pita with a side salad composed of dark greens, sliced peppers, cucumbers and mushrooms, dressed with a fresh squeeze of lemon or lime juice.

Nutrition Breakdown:

292 calories

30 grams protein

37 grams carbohydrate

5 grams fat

8 grams fiber

*For a 400-calorie meal: use the whole 6-inch pita pocket and add 1 tsp. olive oil to the salad

*For a 500-calorie meal: use the whole 6-inch pita pocket and add 1 tsp. olive oil and 2 Tbsp. slivered almonds to the salad

TERIYAKI GRILLED TUNA

4 oz. tuna steak

2 Tbsp. teriyaki sauce (low-fat, bottled)

Fresh spinach

1 tsp. olive oil

1/3 cup brown rice

Marinate tuna in teriyaki sauce or other low-fat bottled marinade. Grill, broil, or sear tuna on both sides to desired degree of doneness. Serve tuna with spinach sautéed in olive oil and 1/3 cup brown rice.

Nutrition Breakdown:

295 calories

36 grams protein

25 grams carbohydrate

7 grams fat

7.5 grams fiber

*For a 400-calorie meal: increase rice to $\frac{3}{4}$ cup

*For a 500-calorie meal: increase rice to 1 cup and use 2 tsp. olive oil in the spinach

PROTEIN SHAKE

1 scoop Protein Powder

1 whole banana

$\frac{1}{2}$ cup skim, almond, rice, or soy milk

$\frac{1}{2}$ cup water

Ice

Blend ingredients with ice to desired consistency.

Nutrition Breakdown:

299 calories

30 grams protein

35 grams carbohydrate

3 grams fat

5.5 grams fiber

*For a 400-calorie meal: add 1 Tbsp. of peanut butter to the shake

*For a 500-calorie meal: add 1 Tbsp. of peanut butter to the shake, increase Protein Shake to 1-1/2 scoops and increase milk to 1 full cup

CHICKEN RANCH WRAP

1 6-inch whole-grain tortilla

3 oz. grilled chicken breast

Sliced tomato

Lettuce

Red bell pepper, sliced

Celery sticks

1 Tbsp. ranch dressing, reduced-fat

Fill tortilla with 3 oz. of grilled chicken breast, sliced tomato, lettuce leaves and ranch dressing. Serve with red pepper slices and celery sticks.

Nutrition Breakdown:

307 calories

31 grams protein

33 grams carbohydrate

8 grams fat

5 grams fiber

*For a 400-calorie meal: add 1/3 of a small avocado into the wrap

*For a 500-calorie meal: add 1/3 of a small avocado into the wrap and serve with a sliced apple

LEAN BURGER

4 oz. extra-lean ground beef

Mixed greens

½ cup mixed berries and/or melon

Grill or broil 4 oz. lean hamburger patty. Serve without a bun over a large green salad, with a side of ½ cup mixed berries or melon balls.

Nutrition Breakdown:

302 calories

27 grams protein

17 grams carbohydrate

14 grams fat

4 grams fiber

*For a 400-calorie meal: serve hamburger on a whole wheat English muffin with the salad on the side

*For a 500-calorie meal: serve hamburger on a whole wheat English muffin with 1 slice of reduced-fat cheese and the salad on the side

WHOLE WHEAT PASTA WITH VEGETABLES AND FETA

¾ cup whole wheat pasta

1 cup mixed, steamed vegetables

1/3 cup feta cheese, crumbled

Top pasta with mixed steamed vegetables and crumbled feta cheese.

Nutrition Breakdown:

304 calories

17 grams protein

37 grams carbohydrate

11 grams fat

7.5 grams fiber

*For a 400-calorie meal: add 2-3 oz. of diced grilled chicken breast to the pasta bowl

*For a 500-calorie meal: add 2-3 oz. of diced grilled chicken breast to the pasta bowl, and serve with a fresh pear

SALMON NICOISE PLATE

3 oz. salmon

2 cups mixed salad greens

1 cup green beans, steamed

1 small red potato, boiled

5 black olives

Fresh lemon, salt, pepper, to taste

Grill, poach, bake, or broil salmon. Pile 2 cups of mixed salad greens onto a large dinner plate, top the greens with beans, potato, olives and the cooked salmon. Season with fresh lemon, salt and pepper.

Nutrition Breakdown:

301 calories

28 grams protein

30 grams carbohydrate

8.5 grams fat

7.5 grams fiber

*For a 400-calorie meal: add a whole wheat dinner roll or a slice of whole wheat bread

*For a 500-calorie meal: add a whole wheat dinner roll or a slice of whole wheat bread and top the salad with 2 tsp. olive oil

MEAL 4

SASHIMI

3 oz. (about 6 pieces) of sashimi

½ cup brown rice, steamed

Side salad of mixed greens

2 Tbsp. Asian ginger dressing

Have any variety of sashimi with a side of rice, and a side salad of mixed greens topped with Asian dressing.

Nutrition Breakdown:

319 calories

24 grams protein

27 grams carbohydrate

12 grams fat

3.5 grams fiber

*For a 400-calorie meal: add 1 cup of steamed edamame

*For a 500-calorie meal: add 1 cup of steamed edamame, increase fish to 4 oz. and increase rice to ¾ cup

ABC SPECIAL SANDWICH NUT BUTTER AND BANANA

1 slice whole-grain bread

1 Tbsp. all-natural peanut or almond butter

¼ sliced banana

½ cup cottage cheese, 1%

Make half of a nut butter and banana sandwich with bread, using peanut or almond butter. Serve with cottage cheese.

Nutrition Breakdown:

289 calories

22 grams protein

29 grams carbohydrate

11 grams fat

4 grams fiber

*For a 400-calorie meal: make sandwich with 2 slices of bread

*For a 500-calorie meal: make sandwich with 2 slices of bread and increase cottage cheese to 1 full cup

COLD CUT PLATTER

2 oz. turkey breast, sliced

2 oz. ham, sliced

1 oz. reduce-fat Swiss cheese, thinly sliced

Sliced tomato

Whole-grain crackers (100 calories worth)

It's like a grown-up Lunchables! Make your own cracker sandwiches with the ingredients.

Nutrition Breakdown:

289 calories

27 grams protein

20 grams carbohydrate

12 grams fat

3.5 grams fiber

*For a 400-calorie meal: serve with 1 cup of fresh green or purple grapes

*For a 500-calorie meal: serve with 1 cup of fresh green or purple grapes and increase turkey to 3 oz. and the ham to 2 oz.

TUNA SALAD IN A TOMATO

4 oz. water-packed tuna

¼ cup celery, chopped

¼ cup red onion, chopped

1 Tbsp. reduced-fat mayonnaise

1 tsp. Dijon mustard

1 large tomato, hollowed out

3 pieces whole-grain melba toast

½ whole-grain English muffin

Combine tuna, celery, onion, mayonnaise, and mustard and stuff into hollowed out tomato. Serve with melba toast or English muffin.

Nutrition Breakdown:

289 calories

30 grams protein

21 grams carbohydrate

9 grams fat

3.5 grams fiber

*For a 400-calorie meal: serve with 1 medium fresh apple

*For a 500-calorie meal: serve with 1 medium fresh apple, increase tuna to 6 oz. and increase to 5 pieces of wheat melba toast OR a full whole-grain English muffin

TURKEY LETTUCE WRAP AND BEAN SALAD

2 oz. turkey breast, sliced

Tomato, sliced

1 Tbsp. reduced-fat Russian dressing

Large romaine or Boston lettuce leaves

¼ cup chickpeas

¼ cup kidney beans

¼ cup celery, chopped

¼ cup tomato, chopped

1 tsp. olive oil

Lemon juice, salt, and pepper, to taste

Wrap turkey, sliced tomato and Russian dressing inside large lettuce leaves. Serve lettuce wrap with a bean salad made of remaining ingredients.

Nutrition Breakdown:

308 calories

20 grams protein

34 grams carbohydrate

11 grams fat

7 grams fiber

*For a 400-calorie meal: increase turkey to 4 oz., increase both the chickpeas and the kidney beans to 1/3 cup

*For a 500-calorie meal: increase turkey to 5 oz. Increase both the chickpeas and the kidney beans to 1/3 cup and serve with 1 cup of fresh fruit salad

TURKEY CHILI

1 cup turkey or veggie chili (homemade or store-bought)

Mixed greens

2 egg whites, hard-boiled

Red wine vinegar

1 tsp. olive oil

Serve chili with a mixed green salad topped with 2 hard boiled egg whites and dressed with oil and vinegar.

Nutrition Breakdown:

310 calories

23 grams protein

30 grams carbohydrate

10 grams fat

7 grams fiber

*For a 400-calorie meal: increase chili to 1-1/2 cups

*For a 500-calorie meal: increase chili to 1-1/2 cups and serve with 1 whole-grain dinner roll or slice of whole wheat bread

PROTEIN PIZZA MUFFIN

1 whole-grain English muffin

¼ cup tomato sauce

¼ cup mozzarella cheese, part-skim

2 oz. grilled chicken breast, sliced

1 cup broccoli, steamed

Top English muffin with tomato sauce, cheese, and chicken breast. Bake at 350 degrees for 10 minutes and serve with 1 cup steamed broccoli.

Nutrition Breakdown:

313 calories

31 grams protein

33 grams carbohydrate

8 grams fat

8 grams fiber

*For a 400-calorie meal: increase chicken to 3 oz. and the mozzarella cheese to 1/3 cup

*For a 500-calorie meal: increase chicken to 3 oz. and the mozzarella cheese to 1/3 cup and serve with a large navel orange

SHRIMP COCKTAIL PLATTER

4 oz. shrimp, boiled and cooled

2 Tbsp. cocktail sauce

Fresh lemon wedges

1 whole wheat dinner roll or slice of whole wheat bread

1 cup mixed raw vegetables, such as carrots, peppers and cucumbers

Serve shrimp with cocktail sauce and/or lemon. Have roll or bread and raw veggies on the side.

Nutrition Breakdown:

286 calories

28 grams protein

33 grams carbohydrate

4 grams fat

3.5 grams fiber

*For a 400-calorie meal: dip raw veggies into ¼ cup hummus

*For a 500-calorie meal: increase shrimp to 6 oz., increase cocktail sauce to 4 Tbsp. and dip raw veggies into ¼ cup hummus

ROTISSERIE CHICKEN AND SALAD

1 4 oz. skinless rotisserie chicken breast

Mixed greens

1 tsp. olive oil

Lemon juice

1 Granny Smith apple, sliced

Serve chicken with a mixed green salad topped with lemon juice and 1 tsp. olive oil. Finish meal with sliced apple.

Nutrition Breakdown:

314 calories

38 grams protein

20 grams carbohydrate

10 grams fat

4.5 grams fiber

*For a 400-calorie meal: add a small baked potato with skin

*For a 500-calorie meal: add a small baked potato with skin topped with 1 oz. of reduced-fat shredded cheese

ROAST BEEF WRAP

4 oz. lean roast beef

2 thin slices avocado

Tomato, sliced

1 6-inch whole-grain tortilla

1 cup mixed fresh or frozen berries

Roll beef, avocado, and tomato in tortilla. Serve with side of mixed berries.

Nutrition Breakdown:

307 calories

28 grams protein

40 grams carbohydrate

8 grams fat

7 grams fiber

*For a 400-calorie meal: add 1 cup of plain nonfat yogurt to the mixed berries

*For a 500-calorie meal: add 1 cup of plain nonfat yogurt to the mixed berries and top with 2 Tbsp. chopped walnuts

MEAL 5

BAKED COD WITH STEAMED CARROTS AND CAULIFLOWER

4 oz. cod filet

1 tsp. olive oil

2 Tbsp. seasoned bread crumbs

Salt and pepper to taste

Steamed vegetable medley of carrots, corn, and cauliflower

Coat cod with olive oil, bread crumbs, and a pinch of salt and pepper. Bake cod at 375 degrees for 12 to 15 minutes, or until it flakes easily with a fork. Serve cod with 1 cup of steamed vegetable medley of carrots, corn and cauliflower.

Nutrition Breakdown:

286 calories

27 grams protein

28 grams carbohydrate

6 grams fat

4 grams fiber

*For a 400-calorie meal: add a whole-grain dinner roll or a slice of whole wheat bread

*For a 500-calorie meal: increase cod to 6 oz., increase olive oil to 2 tsp., and add a whole-grain dinner roll or a slice of whole wheat bread

DINNER OMELET

1 whole egg

2 egg whites

¼ cup feta cheese, crumbled

1 cup baby spinach leaves

1 slice of whole wheat bread or whole-grain English muffin

In a non-stick skillet coated with cooking spray, make an omelet with egg, egg whites, feta cheese, and spinach. Serve omelet with 1 slice of whole wheat bread or English muffin.

Nutrition Breakdown:

302 calories

23 grams protein

20 grams carbohydrate

14 grams fat

3.5 grams fiber

*For a 400-calorie meal: serve omelet with a fresh pear

*For a 500-calorie meal: serve omelet with a fresh pear topped with 2/3 cup of nonfat vanilla yogurt

STEAK WITH BROCCOLI

3 to 4 oz. flank steak, filet mignon, or sirloin

Olive oil

Sea salt and pepper to taste

1 small baked potato

Dijon mustard

1 cup steamed broccoli

Lemon juice to taste

Brush steak with olive oil and sprinkle with sea salt and freshly ground pepper. Grill or broil steak on both sides for 5-7 minutes, or until degree of doneness is achieved. Serve steak with a small baked potato topped with country Dijon mustard and steamed broccoli topped with fresh lemon juice.

Nutrition Breakdown:

304 calories

30 grams protein

33 grams carbohydrate

6 grams fat

7.5 grams fiber

*For a 400-calorie meal: increase steak to 5-6 oz.

*For a 500-calorie meal: increase steak to 5-6 oz. and finish meal with ½ cup of fat-free pudding OR 1 cup of skim or 1% milk

CHICKEN MEATBALLS

3 oz. lean ground chicken

1 egg white

1 Tbsp. seasoned bread crumbs

½ cup whole-grain pasta, cooked

½ cup tomato sauce

1 cup green beans, steamed

Mix ground chicken with egg white and seasoned bread crumbs. Form mixture into small meatballs, place on a baking sheet, and bake at 375 degrees for 15 to 20 minutes, or until cooked through. Serve chicken meatballs over whole-grain pasta and toss with tomato sauce. Serve with steamed string beans.

Nutrition Breakdown:

296 calories

28 grams protein

40 grams carbohydrate

3 grams fat

7 grams fiber

*For a 400-calorie meal: increase chicken to 5 oz., bread crumbs to 2 Tbsp. and pasta to 2/3 cup

*For a 500-calorie meal: increase chicken to 5 oz., bread crumbs to 2 Tbsp. and pasta to 2/3 cup and finish meal with ½ cup fruit sorbet

GRILLED SALMON WITH ASPARAGUS

4 oz. salmon filet

1 tsp. honey mustard

Asparagus, steamed

½ cup whole-grain pasta, cooked

Coat salmon filet with honey mustard and grill or broil for about 12 to 15 minutes until cooked to desired degree of doneness. Serve salmon with steamed asparagus and pasta.

Nutrition Breakdown:

294 calories

30 grams protein

25 grams carbohydrate

9 grams fat

3 grams fiber

*For a 400-calorie meal: finish meal with 1 cup of fresh grapes

*For a 500-calorie meal: increase salmon to 5 oz., increase pasta to 2/3 cup and finish meal with 1 cup of fresh grapes

TURKEY BURGER

4 oz. lean ground turkey

2 Tbsp. salsa

2 Tbsp. red onion, chopped

1 whole-grain hamburger bun or English muffin

Green beans, steamed

Combine turkey, salsa, and onion. Form into a burger and grill or broil until cooked through. Serve on bun or English muffin with green beans on the side.

Nutrition Breakdown:

301 calories

25 grams protein

24 grams carbohydrate

9 grams fat

5 grams fiber

*For a 400-calorie meal: add 1 slice of reduced-fat cheese to the burger

*For a 500-calorie meal: add 1 slice of reduced-fat cheese to the burger and finish the meal with 1 cup of fruit salad

BROWN RICE BOWL

½ cup cooked brown rice

2 oz. grilled chicken breast, diced

1/3 cup corn niblets

1/3 cup cooked peas

Combine rice with chicken, corn, and peas.

Nutrition Breakdown:

318 calories

25 grams protein

45 grams carbohydrate

3.5 grams fat

7 grams fiber

*For a 400-calorie meal: increase rice to 2/3 cup and increase chicken to 3 oz.

*For a 500-calorie meal: increase rice to 2/3 cup, increase chicken to 4 oz. and increase both corn and peas to ½ cup

CITRUS BAKED CHICKEN WITH GLAZED CARROTS

4 oz. boneless, skinless chicken breast

½ Tbsp. olive oil

2 Tbsp. lemon juice

½ tsp. paprika

Sea salt and pepper

1 cup carrots, sliced and cooked

2 tsp. honey

Place chicken breast in an overproof dish and top with olive oil, lemon juice, paprika, sea salt, and pepper. Bake at 375 for 15 to 20 minutes, or until cooked through. Serve chicken breast with cooked carrots glazed with honey.

Nutrition Breakdown:

297 calories

24 grams protein

28 grams carbohydrate

9 grams fat

5 grams fiber

*For a 400-calorie meal: add ½ cup of cooked brown rice

*For a 500-calorie meal: increase chicken to 6 oz. and add 2/3 cup of cooked brown rice

CHICKEN STIR-FRY WITH BROCCOLI, MUSHROOMS, AND SNOW PEAS

4 oz. boneless, skinless chicken breast, cut into 1-inch cubes

1 cup broccoli florets

½ cup sliced mushrooms

½ cup snow peas

2 tsp. reduced-sodium soy sauce

2 Tbsp. chicken broth

1 tsp. sesame oil

1/3 cup brown rice, cooked

In a large skillet coated with cooking spray, cook chicken breast pieces over medium heat until cooked through, about 7 to 10 minutes. Remove chicken from pan and cook broccoli, mushrooms, and snow peas in the same pan. Cook until vegetables begin to soften, about 6 to 8 minutes. Add the chicken back to the pan, with the vegetables, and season with soy sauce, chicken broth, and sesame oil. Serve over 1/3 cup cooked brown rice.

Nutrition Breakdown:

307 calories

31 grams protein

27 grams carbohydrate

9 grams fat

6.5 grams fiber

*For a 400-calorie meal: increase chicken to 5 oz. and increase rice to 2/3 cup

*For a 500-calorie meal: increase chicken to 5 oz. increase rice to 2/3 cup, and finish meal with 1/3 cup nonfat vanilla yogurt topped with a handful of fresh or frozen berries

PASTA WITH SEAFOOD MARINARA

½ cup whole-grain pasta, cooked

3 oz. shrimp, boiled

½ cup tomato sauce

1 Tbsp. Parmesan cheese, grated

1 cup spinach, steamed

Fresh lemon juice to taste

Combine pasta with shrimp and tomato sauce. Top with Parmesan cheese and serve with steamed spinach, topped with fresh lemon.

Nutrition Breakdown:

287 calories

31 grams protein

33 grams carbohydrate

4 grams fat

8 grams fiber

*For a 400-calorie meal: increase pasta to ¾ cup and increase shrimp to 5 oz.

*For a 500-calorie meal: increase pasta to ¾ cup, increase shrimp to 5 oz., and finish meal with ½ cup nonfat pudding or 1 cup skim, almond, rice, or soy milk

FOOD BLOCKS

These food blocks can be added to help you meet your individual calorie needs. Below you will find a list of 100-calorie and 200-calorie options to choose from. Just add these as needed to any of your five meals, or eat as a snack, to reach your daily total caloric allowance.

100-calorie food blocks

1. ½ cup cottage cheese with ¼ cup berries
2. ½ cup nonfat yogurt with 1 Tbsp. Grape Nuts® or other high-fiber cereal
3. ½ an apple with ½ oz. of reduced-fat cheese
4. 1 hard-boiled egg with baby carrots
5. 1 banana
6. 12 raw almonds
7. 1 cup of skim, almond, rice, or soy milk
8. 2 oz. of sliced turkey on 1 slice of light-style whole wheat bread
9. ½ of a whole-grain English muffin topped with 1 slice of tomato and a thin slice of reduced-fat cheese
10. 1 scoop of Beverly International Protein Powder mixed with 6-8 ounces of water

200-calorie food blocks

1. ½ cup of oatmeal (measured dry and then cooked with water) topped with 1 Tbsp. of slivered almonds or chopped walnuts
2. 1 banana with 1 Tbsp. peanut butter
3. 1 slice of whole grain toast topped with 1 oz. of turkey and 1 oz. of reduced-fat cheese
4. 1 whole-grain rice cake topped with 1 Tbsp. all-natural peanut butter or almond butter and half of a sliced apple
5. 1 cup of nonfat yogurt with 2 Tbsp. Grape Nuts® or other high-fiber cereal
6. 1 cup of whole-grain high-fiber breakfast cereal with ¾ cup skim or low-fat milk
7. 1 large orange with 12 raw almonds
8. 3 oz. of water-packed tuna mixed with 1 Tbsp. light mayonnaise served on a whole-grain rice cake
9. 1 scoop of Beverly International Protein Powder mixed with 6-8 ounces of water + banana
10. Egg salad made with 2 egg whites and 1 yolk and 1 Tbsp. light mayonnaise served on ½ of a whole-grain English muffin

MONTH TWO: EAT MORE OPTION

In the second month of the ABC Nutrition program, your metabolism should be raging. As your workouts become more intense, you may need to eat a bit more. Below is a list of complex carbohydrates you can add to your daily food intake. Your metabolism can likely handle this additional energy at this stage of the game. However, if you would like to see your weight loss continue at a more rapid pace, you may choose to limit or avoid these additional foods altogether.

If you choose to add these complex carbs, start with 1 per day and add on as needed, up to 3 of them per day. While you can add these carbs to any of your 5 meals, it's best to fuel your body with them earlier in the day, when possible.

- 1 small baked potato with skin
- 1 small baked sweet potato
- 1 100-calorie whole-grain slice of bread
- ½ cup brown rice, measured after it's been cooked
- ½ cup barley, measured after it's been cooked
- 1 small banana or large orange
- 2/3 cup cooked oatmeal, cooked in water
- ½ cup canned beans, rinsed of brine
- 2/3 cup whole-grain high-fiber breakfast cereal
- ½ cup whole wheat pasta, measured after it's been cooked
- ½ cup whole wheat couscous
- 1 slice of whole-grain bread or Ezekiel bread
- 1 whole wheat English muffin
- ¾ cup cooked corn

BASICS FOR BEGINNERS

In case you are new to healthy nutrition, this section provides a quick summary of the basic building blocks. You may have heard the terms before, but here's an explanation of their importance.

Protein

Protein is essential to your body at all phases of life. Made up of amino acids, it's responsible for building lean muscle tissue. When you are engaging in intense physical activity, such as the ABC workouts, getting adequate protein is critical. Your body simply will not be able to recover from these workouts without it, as ample protein is essential for muscle recovery and improvement. Muscle improvement is what will transform your body into a metabolic machine. The best sources of lean, high-quality protein include:

- Whole eggs and eggs whites

- Skinless white-meat poultry
- Fish and seafood
- Low-fat dairy
- Lean red meat
- Lean center-cut pork chops
- Beans and legumes
- Certain veggies

Carbohydrates

There is a lot of confusion about carbohydrates.

Frankly, it's easy to see why. For years the popular diets encouraged us to eliminate carbs or at the least to minimize them. These diets were essentially telling us that 'carbs make us fat'!

Yes, they certainly can add to our waistline, if we eat too many (but that's true anytime we eat more calories than we burn).

Carbohydrates truly are incredible for you ... or they can be terribly bad for you.

An apple is a carbohydrate. Strawberries, blueberries, and every other piece of fruit and vegetable are carbohydrates. So are soda, cookies, cakes, and pastries. There is obviously a big difference among those.

The key with carbs -- they should have at least 3 grams of fiber **per serving** and less than 5 grams of sugar. PER SERVING. And the other key is to "earn them" -- and that means through exercise.

Think of your muscles like the engine in your car. And carbohydrates like the gas that fuels your engine. Your engine requires gas if you want to drive. Likewise, your muscles require carbs if they want to move.

If your car just sat in the garage and was never used, it wouldn't need gas. But the more you drive it, the more gas you need.

The more you move, the more carbohydrates you need. Hence the reason I say "earn your carbs." Earn them through physical activity.

And the key is that most of them should come from fruits and veggies -- that's how you get to the levels we recommend -- a minimum of 10/day (fruits & veggies combined).

And one more thing...bleached, enriched & processed carbs, when you eat them, it's like putting regular unleaded (87 Octane) gas into a high performance sports car that requires premium unleaded (93 Octane) fuel.

Our bodies are high performance machines. Yes, they will run on junky fuel, but you'll need MORE of it (leading to too many calories), and our body's won't respond well on the junky fuel.

Put the right fuel into your body, and you feel great, you experience optimal energy, reduced stress, and function at your peak capacity!!

So, stock up on fruits, veggies, 100% whole grains, and you'll be ready to take on the world!

And I also recommend raw nuts ... I say "raw" because there is nothing added. No oils, sugars, salt, or other flavorings.

There is 1 ingredient -- nuts. That's what I love and they are a good source of protein, healthy fats, and loads of antioxidants.

Portion them out (1 ounce or the amount you could fill in an Altoid Tin container - you know, those curiously strong mints), combine them with a piece of fruit, and you've got a perfect small meal or snack.

Be sure to choose “good carbs” each day. The majority of healthy carbs will come from:

- Whole fruits (an occasionally juice is OK as well, but whole fruit is preferable)
- Whole vegetables
- Whole grains
- Dairy (some dairy products contain a decent amount of carbs)

Fats

Not all fats are bad for you. In fact, they are just as important as proteins and carbs, and play a key role in almost every bodily function. Many fats, such as omega-3, -6 and -9 fatty acids, are central to the healthy function of your metabolism, immune system, and brain. The key is to avoid too much saturated fat (found mostly in fatty cuts of meat and high-fat dairy) and trans fats (found in some baked goods, stick margarines, cookies, and crackers). When in doubt, check the food label and keep the following in mind:

- Avoid any food with trans fats, which are now required to be listed on the label. Thankfully, most products have since eliminated these.
- Limit fatty cuts of meat. The more “white” fat you see on meat, the more saturated fat there is. Saturated fat is solid at room temperature, so while the fat appears to dissolve when cooked, it will harden up when it cools off. The same thing occurs in your arteries – not good!
- Avoid all poultry skin; it's best to remove it prior to cooking to avoid the saturated fat from leaking into the poultry.
- Choose fatty fish, such as salmon, to optimize your intake of healthy oils.

- Choose natural cooking oils, like olive oil and canola. They're an excellent source of desirable monounsaturated fats.
- Choose all-natural nuts and nut butters.
- Choose low-fat dairy to decrease saturated fat.

NUTRITION TROUBLESHOOTING

Below you will find answers to the many questions that may come to mind as you begin the ABC Nutrition plan. If you don't find the information that you need here, email Brian at brian@healthstylefitness.com.

What if I don't like the food choices?

If some of the meal items are not appealing to you, you can use the substitution lists, found at the end of the ABC Nutrition guide, to help you to swap out some of your less preferred foods for other items that you prefer. You can also use Michi's Ladder to create meals that meet your personal preference.

What can I drink?

Obviously, water is best. Drink half your ideal body weight in ounces per day. Your body will need it. Jazz it up with lemon or lime, or mix in citrus fruits with water in a pitcher. Avoid soda, fruit juices, sweetened beverages, diet sodas, artificial sweeteners or energy drinks. Unsweetened herbal teas and iced teas are fine. You can sweeten with Stevia or Spenda. If you drink tea or coffee, try to avoid or limit cream and sugar.

What if I can't eat all 5 meals each day?

Eating every few hours is the backbone of the ABC Nutrition philosophy, and it is critical to getting the results that you desire. If need be, you can choose less labor-intensive meals, such as meal replacement shakes, to make food preparation easier.

What if I feel sore?

It's natural to feel tired and sore as your body adapts to the boot camp, but this should subside over time. If it doesn't, or if you feel it's beyond what it should be, here are a few things to check. First off, how are you sleeping? Are you getting 7 to 8 hours of sleep each night? You really should be! If this is not possible, you can supplement your night of sleep with a power nap during the day. Also be sure to get adequate water. Drinking water is vital to your energy levels. If nothing works, you may need to back off a little until your energy returns. While it's important to push through barriers, you won't make progress if your body can't recover.

What if I feel hungry?

It's natural to be a little hungry, especially at first. If you are finding yourself continually hungry, you may want to re-calculate your calorie needs and double check your portions to make sure that you are eating the appropriate amount. If all that checks out, and you are still hungry, try adding more calories, about 100 to 150 calories per day, to see if that helps. Post-exercise calories are used efficiently and will limit the muscular damage that sends signals to your brain to eat more.

What if I get a headache?

Headaches occasionally occur when you begin a challenging exercise program, and dehydration is generally the culprit. Make sure you're drinking enough water. The added intensity of ABC will dramatically change your hydration requirements. They could also be the result of a nutrient deficiency, so try adding nutrient-dense foods, such as fruits, veggies, oatmeal, and beans. While all of the food options in the ABC Nutrition guide are ultra-nutritious, these foods were shown to help others with symptoms of headaches and fatigue. If they persist, check with your doctor.

What if I am not losing weight?

It's important to remember that the scale may not always give you a true sense of what is going on with your body, so don't feel defeated too quickly. However, if after a few weeks, the scale has not budged, try the following:

- Recalculate your calories.
- Reduce your calories by 100 to 150 calories per day, but NEVER go below 1,200 calories per day, unless you are under the care of a physician or registered dietitian.
- Check your portions and account for everything that enters your mouth.
- Are you eating every few hours?
- Are you drinking soda, juice, alcohol? Not only do these calories count, they are worthless calories that will sabotage your weight loss efforts.
- Are you drinking diet soda? Two recent large-scale studies showed people who regularly drank diet soda were 40% more likely to be obese and at very high risk of metabolic syndrome.

Can I drink alcohol?

Try to avoid alcohol. If you do drink, consider that alcohol has 7 calories per gram, almost twice that of protein and carbs, with no nutrient value. If you're trying to streamline your diet, alcohol is not the way to go. If you must drink alcohol, remember the 90/10 principle - eat clean 90% of the time, relax the rules 10% of the time and save it for a weekend night.

Should I take a multivitamin?

Definitely, take a multivitamin. As you increase the workload on your body, you increase its nutrient needs. The RDA isn't going to keep up with ABC. Furthermore, if you're reducing caloric consumption to lose weight, you may be cutting out necessary nutrients as well. A multivitamin is like insurance for your diet.

SUBSTITUTION LISTS

Here's a list of substitutions so you can further customize the ABC Nutrition plan to your personal food preferences.

DAIRY	
Food found in meal plan	May substitute with
1 cup of skim, almond, rice or soy milk	<ul style="list-style-type: none"> • ½ cup cottage cheese (1-2%) • ½ cup of low-fat yogurt • 1 oz. of cheese or 1.5 oz. of low-fat cheese
½ cup of cottage cheese	<ul style="list-style-type: none"> • 1 cup of skim, almond, rice, or soy milk • ½ cup low-fat yogurt • 1 egg or 3 egg whites • 1 Tbsp. peanut butter • 1 oz. of cheese or 1.5 oz. of low-fat cheese
1 oz. of cheese or crumbled cheese	<ul style="list-style-type: none"> • 1 cup of skim, almond, rice, or soy milk • ½ cup cottage cheese (1-2%) • ½ cup of low-fat yogurt • 1 egg or 3 egg whites • ½ oz. of nuts
1 cup of nonfat yogurt	<ul style="list-style-type: none"> • 1 cup of cottage cheese • 2 eggs or 4 egg whites • 2 Tbsp. of peanut butter

PROTEINS

Food found in meal plan	May substitute with
1 oz. of chicken breast, turkey breast or canned tuna in water	<ul style="list-style-type: none"> • 1 oz. of tuna, turkey, tofu, chicken breast, or shrimp • ¼ oz. lean red meat, such as sirloin • 1 oz. of lean pork tenderloin • 1 egg or 3 egg whites • 1/3 cup 1-2% cottage cheese • ½ oz. of nuts • ¼ cup beans
1 oz. of fresh or canned salmon	<ul style="list-style-type: none"> • 1.5 oz. of tuna, turkey, tofu, or shrimp • 1 oz. of lean red meat, such as sirloin • 1.5 oz. of lean pork tenderloin • ½ cup of cottage cheese • 1 egg or 3 egg whites • 1/3 cup beans
1 oz. of shrimp or other white fish (tilapia, cod, flounder, orange roughy)	<ul style="list-style-type: none"> • 1 oz. of tuna, turkey, tofu, or chicken breast • ¼ oz. lean red meat, such as sirloin • 1 oz. of lean pork tenderloin • 1 egg or 3 egg whites • 1/3 cup cottage cheese • ½ oz. of nuts • ¼ cup beans
1 egg	<ul style="list-style-type: none"> • 1.5 oz. tuna, turkey, tofu, or shrimp • 1 oz. of salmon, or other “fatty” fish • 1.5 oz. of lean pork tenderloin • ½ cup of cottage cheese • 3 egg whites • 1/3 cup beans
1 oz. of red meat	<ul style="list-style-type: none"> • 1.5 oz. of tuna, turkey, tofu, or shrimp • 1 oz. of salmon, or other “fatty” fish • 1.5 oz. of lean pork tenderloin • ½ cup of cottage cheese • 1 egg or 3 egg whites • 1/3 cup beans

BREADS/STARCH	
Food found in meal plan	May substitute with
Half of a 6-inch pita	<ul style="list-style-type: none"> • 1 slice of wheat bread • 1 English muffin • 1 small dinner roll • 1 small whole grain tortilla
1 slice of whole wheat bread (about 100 calories per slice)	<ul style="list-style-type: none"> • 1 small dinner roll • 1 English muffin • 1/3 cup of rice • ½ cup of whole-grain cereal, no sugar added • ½ of a 6-inch pita
1 slice of light-style bread (about 45 to 55 calories per slice)	<ul style="list-style-type: none"> • ½ small dinner roll • ½ English muffin • ¼ cup of rice • 1/3 cup of whole-grain cereal, no sugar added • 1/3 of a 6-inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> • 1 cup whole-grain cereal, no sugar added • 1.5 slices of wheat bread • 1 English muffin • 1 cup of Cream of Wheat®
1/3 cup of cooked rice	<ul style="list-style-type: none"> • ½ cup pasta or couscous • 1 small baked potato or sweet potato • 2/3 cup green peas • 1 slice of bread • 1/3 cup cooked barley
Small baked potato	<ul style="list-style-type: none"> • 1 baked sweet potato • 1/3 cup of brown rice • ½ cup of whole wheat pasta or couscous • 1/3 cup cooked barley • 1 piece of whole-grain bread or whole wheat English muffin
½ cup pasta	<ul style="list-style-type: none"> • 1/3 cup of brown rice or barley • ½ cup couscous or orzo • 1 piece of bread or a small dinner roll

FRUIT	
Food found in meal plan	May substitute with
½ banana	1 apple
2 small plums	15-20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 cup of melon (cantaloupe, honeydew or watermelon)
½ cup of pineapple	½ mango
½ papaya	15-20 cherries
2 kiwis	1 pear

VEGETABLES	
Food found in meal plan	May substitute with
1 cup of cooked broccoli (or 2 cups raw)	3 cups of salad greens
1 cup of cooked spinach or 2 cups raw	12 asparagus spears
1/3 cup corn or 1 corn on the cob	1 cup of cooked zucchini
1/3 cup cooked peas	1 cup of cooked green beans
1 cup of cooked mushrooms or 2 cups raw	¾ cup cooked pea pods
1 cup of sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup of steamed bell peppers or 2 cups raw	1 cup steamed Brussels sprouts

DAY 1		60-DAY JOURNAL		
MEAL		CALORIES	ADD ONS	TOTAL CALS
1				
2				
3				
4				
5				
Total				

MICHI'S LADDER

CARB ○

FAT ◇

PROTEIN □

MICHI'S LADDER IS A GUIDELINE, BUT WE LEAVE IT TO YOU TO DECIDE. IF YOU ONLY ATE FROM TIERS 1 AND 2, YOU WOULD HAVE A NEAR-PERFECT DIET.

TIER 1: THE PIOUS TIER		
Apples, with skin ○	Eggs, whole ◇ □	Peppers ○
Artichokes ○ □	Endive ○	Pineapple ○
Arugula ○	Fish, cold water (salmon, mackerel, sardines) ◇ □	Plantains ○
Asparagus ○	Fish, freshwater ◇ □	Prunes ○
Avocados ◇	Flaxseed ◇	Radishes ○
Beans ○ □	Garlic, fresh ○	Raspberries ○
Beets ○	Granola, raw, no sugar ○ □	Refried beans, nonfat ○ □
Blueberries ○	Hemp seed ◇	Rice, brown ○
Bok choy ○	Hummus ○ □	Salsa, natural, no sugar ○
Boysenberries ○	Kale ○ □	Spinach ○ □
Bran ○	Kiwifruit ○	Squash ○ □
Broccoli ○ □	Lettuce, romaine, green or red leaf ○	Strawberries ○
Broccoli sprouts ○ □	Melon, honeydew ○	String beans ○ □
Brussels sprouts ○	Milk, nonfat ○ □	Sweet potatoes ○
Buffalo ◇ □	Muesli, raw, no sugar ○ □	Tea, green or black, no sugar
Cabbage ○	Mushrooms ○	Tempeh ○ □
Carrots ○	Mustard ○	Tomato sauce, no sugar ○
Cauliflower ○ □	Nectarines ○	Tomatoes ○
Celery ○	Oatmeal ○ □	Turkey breast (free range) □
Cereal, whole-grain ○ ◇ □	Olive oil ◇	Venison, free-range ◇ □
Chard ○ □	Olives ◇	Vinegar (raw apple cider vinegar)
Cherries ○	Onions ○	Water
Citrus fruits ○	Ostrich ◇ □	Watermelon ○
Coconut oil, unrefined ◇	Papayas ○	Yams ○
Collard greens ○ □	Pears, with skin ○	Yogurt, nonfat, no sugar ○ □
Cottage cheese, nonfat □	Peas ○ □	Zucchini ○
Cucumbers ○		

TIER 2: THE HAPPY TIER		
Apples, skinless ○	Corn ○	Plums ○
Bananas ○	Cottage cheese, low-fat ◇ □	Raisins ○
Beef, filet mignon ◇ □	Cream cheese, nonfat ◇	Ricotta cheese, nonfat □
Beef, lean ground ◇ □	Duck, free range ◇ □	Seitan ○ □
Beef, sirloin ◇ □	Egg whites □	Soy milk ○ □
Bread, whole grain ○	Eggplant ○	Squid □
Butter (if not salted and from grass fed cows, it could even be Tier 1!) ◇	Fish, farmed □	Sunflower seeds ○ □
Cantaloupe ○	Grapes ○	Tofu ○ □
Cheese, nonfat □	Juice, fresh-squeezed w/ pulp, no sugar ○	Tortillas, whole wheat ○ □
Chicken, skinless (free range/grain fed) white meat □	Mangoes ○	Vegetable juice ○ □
Coconut ◇ □	Milk, 1% ○ □	Veggie burger ○ □
Coffee, black or cappuccino w/ nonfat milk ○ □	Walnuts, raw ○	Vinegar
	Peaches ○	Yogurt, no sugar ○ □

TIER 3: THE SWISS TIER

<ul style="list-style-type: none"> Applesauce ○ Bagels ○ Beef, eye of round ◇ □ Beef, London ◇ □ Beef, top round ◇ □ Canola oil ◇ Cheese, low-fat ◇ □ Chicken, dark meat ◇ □ Chicken sandwich, broiled ○ □ Chicken taco, baked ○ □ Chili (no lard/or sugar added) ○ □ Clams □ Crab □ Cream cheese, low-fat ◇ □ French fries, baked ○ 	<ul style="list-style-type: none"> Fruit, dried ○ Granola, (no sugar added) ○ ◇ Honey ○ Jam or marmalade (no sugar added) ○ Jerky, turkey □ Ketchup (no sugar added) ○ Lamb, lean ◇ □ Lettuce, iceberg ○ Lobster □ Meal replacement bar ○ □ Milk, 2% ○ □ Muesli ○ ◇ Oatmeal, flavored ○ Oysters □ Pancakes, buckwheat ○ □ 	<ul style="list-style-type: none"> Pasta, whole-grain ○ Popcorn, plain ○ Peanut butter, raw ◇ □ Pork tenderloin ◇ □ Potatoes, baked or boiled ○ Refried beans, low-fat ○ □ Rice cakes ○ Rice, white ○ Sauerkraut ○ Soup, canned broth, low sodium ○ ◇ Soy nuts ○ □ Steak, lean ◇ □ Veal cutlet ◇ □ Yogurt, frozen, nonfat ○ □
---	--	---

TIER 4: THE DODGY TIER

<ul style="list-style-type: none"> A1 Steak Sauce ○ Angel food cake ○ Animal crackers ○ Beef stroganoff ◇ □ Beer ○ Bread, refined flour ○ Caesar salad, w/ chicken ○ □ Canadian bacon ◇ □ Cheese (including bleu and goat) ◇ Chinese food ○ □ Chips, low-fat, baked ○ Coffee, iced mocha latte w/nonfat milk ○ □ Coffee, latte w/whole milk ○ □ Coffee cake ○ ◇ Crackers ○ Graham crackers ○ Grilled cheese sandwich ○ ◇ Ham ◇ □ Hot dogs, turkey ◇ □ Ice cream, sugar-free or fat free ○ 	<ul style="list-style-type: none"> Jell-O ○ Juice, from concentrate ○ Juice, sweetened ○ Lamb chops ◇ □ Lasagna, w/meat ◇ □ Macaroni and cheese ○ ◇ Margarine ◇ Mayonnaise ◇ Meat loaf ◇ □ Mexican food ○ □ Milk, whole ○ □ Muffins ○ ◇ Nuts, salted or roasted ◇ Pancakes ○ Peanut butter, not raw ○ ◇ Pepper, stuffed ◇ Pizza, meatless or Hawaiian style ○ □ Popcorn, w/salt and butter ○ ◇ Pork chop ◇ □ Potato salad or macaroni salad ○ ◇ 	<ul style="list-style-type: none"> Pretzels ○ Pudding, w/low-fat milk ○ ◇ Reuben sandwich ◇ □ Sherbet ○ Shrimp □ Sloppy Joe, lean beef or turkey ◇ □ Soft drinks, diet (note: artificial sweeteners can be as bad for you as sugar itself) Soup, canned creamy ○ ◇ Soy sauce ○ Spaghetti, w/meatballs ○ □ Sub sandwich ○ □ Sweet-and-sour sauce ○ ◇ Taco salad, w/chicken ○ □ Tortilla, refined flour or corn ○ ◇ Tuna salad or chicken salad ◇ □ Wine, red ○ Wine, white ○ Yogurt, frozen ○ □
---	---	--

TIER 5: THE NEWBURG TIER

<ul style="list-style-type: none"> Alcohol, hard liquor Bacon ◇ □ Baked beans ○ □ Beef, ground, regular ◇ □ Beef taco, fried ◇ □ Breakfast sandwich, fast food ◇ □ Cakes ○ Candy ○ Cereal, sugared ○ Chicken a la King ◇ □ Chicken, buffalo wings or nuggets ◇ □ Chicken or fish sandwich, fried ◇ □ Chips, potato or corn ○ ◇ Chocolate ○ ◇ Cinnamon bun ○ ◇ 	<ul style="list-style-type: none"> Coffee, mocha, macchiato, ice blended, frappe, triple caramel vanilla buzz bomb, etc. ○ ◇ Cookies ○ ◇ Cream cheese ◇ Creamed veggies ○ ◇ Creamer, nondairy ◇ Doughnuts ○ ◇ French fries ○ ◇ Gravy ◇ Hamburger, fast food ◇ □ Hot dogs ◇ Ice cream ○ ◇ Jerky, beef, pork, venison □ Juice, sugar added ○ Lobster Newburg ◇ □ 	<ul style="list-style-type: none"> Nachos ○ ◇ Onion rings ○ ◇ Pastries ○ ◇ Pies ○ ◇ Potato skins, fried ◇ Potatoes, fried ○ ◇ Potpie ◇ □ Refried beans, w/lard ○ □ Salad dressing, creamy ◇ Sausage ◇ □ Soft drinks, sugared ○ Tater tots ○ ◇ Toaster pastries ◇ Vegetable oil ◇
--	--	--