

Sample Day Guidelines
Best choice in GREEN

Breakfast: Protein/dairy/carb _____ calories

Choice of one:

- Protein Drink
- Slim Fast
- Peanut Butter on toast whole grain or LAVASH
- Bowl of cereal
- Egg white Omelet with side of Low fat cottage cheese

MORNING SNACK : Protein _____ calories

Choice of one:

- Apple and nuts
- Beef jerky and fruit
- Tuna pouch and Fruit
- Small protein bar or ½ detour type bar
- Turkey meat and piece of fruit
- Yogurt

Lunch: Protein/dairy/carb _____ calories

Choice of one:

- Sandwich with fruit
- Salad with protein and starch
- Stir fry of chicken and rice
- See highlighted GOOD choices and add skim milk or LF cheese to one.

PM snack: - 3ish or 3 hour post lunch Protein _____ calories

- ❖ Same choices as AM snack

Dinner: Protein/dairy/carb _____ calories

- ❖ Basic meal: Protein, salad, veggie and starch/grain...
- ❖ Remember to watch portions on this meal.

Post dinner If you are up more than 3 hours post dinner _____ calories

Choice of one:

- Piece of fruit...
- One good choice cookie
- One scoop low fat low sugar frozen yogurt ice cream with a few nuts
- Yogurt

WEEK ONE TIPS

Drink Lots of water try for 68 oz.

- Drink 16 oz. right when you wake up.
- Drink H2O with meals
- Carry a water bottle
- Drink in the car....so when you get to destination.....you can P

Take Vitamins

Move -

- Walks around the block
- Bike rides
- YOGA
- Elliptical or Bike while watching TV
- Dancing
- Isometric toning

Keep a diary:

Measure foods to start to get portion sizes down...bigger than your fist any one item toooooo much. NO SECONDS, NO PICKING...Chew gum while you cook

Potato = size of an egg

Meat size of pack of cards

Always eat a protein with a carb

DON'T avoid carbs, you body needs and if you deprive...it will win eventually

REMEMBER to snack and eat every 3-4 hours...this increased your metabolism and helps you burn FAT. If you do not eat...your body will slow down and you will actually gain weight.

Weigh yourself Same day and time once a week - **ONLY**

Do not fixate on DIET or Weight

Focus on fueling your metabolism.....

REWARD yourself for:

- Sticking to the plan
- One week of getting enough water daily
- Good choices
- Getting back on track if you slip
- Moving at least 3 times a week
- Only weighing yourself on Monday

POSITIVE TALK ONLY

No "I AM";

Fat, ugly, flabby, heavy, or whatever no I AM's unless they are POSITIVE!!!