

Getting your calories in check may be the most difficult task for anyone trying to lose weight. It is difficult, time consuming and requires advanced planning.

Now, thanks to our new 7 day meal plan, an idea of what the calorie count is has been suggested for you and our meal ideas lay the groundwork for this half of the fitness equation-healthy nutrition. Always consult the USDA food pyramid for further recommended guidelines or consult a Registered dietician to have your complete nutrition and meal plan developed.

This plan is based on around 1200 calories per day, and needs to be adjusted based on your weight and activity level. We would say good luck-but with healthy nutrition and our a complete Fitness regiment like our new hyper-speed weight loss system, you don't need luck!

7 Breakfast choices

Plain Egg White Omelet on Natures Own Wheat & Fiber toast- calories 128
Fruit side: 1 cup sliced strawberries- calories 53
1 8oz glass of skim milk- calories 80

Total calories- 261
Total carbs- 28.4
Protein- 28.5
Fiber- 5.3

Breakfast Parfait
1- (6 oz) cup of Choban Greek yogurt/nonfat vanilla- calories 120
½ cup Kashi Go Lean cereal- calories 70
½ cup slices strawberries- calories 26.5
½ cup raw blueberries- calories 41.5

Total calories- 258
Total carbs- 36
Protein- 23.6
Fiber- 8.4

Peanut Butter Toast
1 slice Natures Own Wheat & Fiber toasted- calories 60
2 Tbsp of an all natural Peanut butter, Almond butter or Naturally More Flaxseed butter

	<u>PB</u>	<u>Almond</u>	<u>Flaxseed</u>
Total calories	250	240	229
Total carbs	11	10	11
Protein	12	10	15
Fiber	4	6	6

Old Fashioned Oatmeal
(original or 1 minute quick oats) + cinnamon to taste
Option #1 serving size: ½ cup dry oats prepared with water- calories 150
Option #2 serving size: ½ cup dry oats with 1 cup skim milk- calories 230
Add In's: (a few almonds) 1 almond has 7 calories: 1/8 cup = 85 calories, you can add a serving of 1/8 cup to option #1 for a total of 235 calories

Option #1 Oatmeal with 1/8 cup almonds
Total calories- 235
Total carbs- 24
Protein- 8
Fiber- 6

Breakfast Burrito
1 whole wheat tortilla
2 scrambled egg whites
2-3 Tbsp low fat pepper jack cheese or low fat Mexican cheese blend
2-3 Tbsp fresh salsa mix-see recipe or can purchase already made
1 slice of Turkey or vegan Bacon chopped

Total calories- 215
Total carbs- 19
Protein- 16.2

Fiber- 3

Oatmeal pancakes (2) 4" pancakes- **calories 220**

Add In's -1 Tbsp pure maple syrup- **calories 52**, or try another topping choice...

Add In-1 Tbsp all natural peanut butter spread while warm- **calories 95**

Add In- fruit mix (¼ cup chopped strawberries & ¼ cup blueberries)- **calories 34**

Add In- 1 (4oz.) cup of all natural/no sugar added applesauce room temp- **calories 50**

Oatmeal pancakes with fruit mix

Total calories- 254

Total carbs- 33.8

Protein- 5.5

Fiber- 5.7

Grab & Go Breakfast (no time to eat, don't leave empty handed)

1 Kashi TLC bar- calories 140

1 6oz. Greek Chobani Yogurt- calories 120 or 1 small serving of fruit with bar

Kashi bar with yogurt option

Total calories-260

Total carbs- 28

Protein- 23

Fiber- 4

7 Lunch Options

Tandoori Chicken Salad- (see recipe)

2 Slices of Whole Wheat Bread

Total Calories 242

Total Carbs 23 (12 net carbs)

Fiber 11

Protein 16

*You can add a medium sized apple for 80 calories for a total of 322

(Medium Size Apple info: Carbs 22/net 17, Fiber 5, Sugar 17)

(Small Size Apple info: Calories 50, Carbs 13/net 11, Fiber 2, Sugar 11)

(Organic Applesauce 4 oz. cup: Calories 50, Carbs 13/net 11, Fiber 2, Sugar 10)

Mixed Green Salad with Strawberries & Walnuts

4 cups mixed greens including Romaine lettuce

4 medium strawberries

3 medium button mushrooms

Reduced-fat crumbled, Feta cheese-(1 oz.)

1 Tbsp chopped walnuts

1 Tbsp slivered almonds

2 Tbsp light raspberry or strawberry vinaigrette salad dressing

Grilled chicken breast- (3 oz.)

Total Calories 276

Total Carbs 12

Fiber 7

Protein 27

Tuna Salad Bowls or Sandwich-(see recipe)

1 Whole Red Bell Pepper

Total Calories 295

Total Carbs 29

Fiber 4

Protein 28

Use red pepper or omit & add Nature's Own 100% Whole Wheat Bread for 60 calories a slice.

Grilled Chicken Breast- (4 oz.)=100/(6 oz.)=140 (below based on 6 oz.)

Add your choice of spices or grill rub, ones containing no corn syrup solids

Side: Steamed Broccoli- 1 cup

Side: Fruit Salad- ½ cup blueberries, ½ cup raspberries, 1/2 cup sliced strawberries

Total Calories 270

Total Carbs 30 (20.3 net carbs)

Fiber 9.7

Protein 29

Sun dried Tomato Chicken Hummus Wrap (warm, wrap & enjoy)

1 Sun dried Tomato Light Flat Out Bread

2 Tbs Sun dried Tomato Hummus

2 oz. Shredded Grilled Chicken

1 slice low fat Pepper Jack cheese

½ cup shredded lettuce

Side: Veggie Fruit Salad Mix (1 cup)- see recipe

Total Calories 319

Total Carbs 34 (20 net carbs)

Fiber 14

Protein 28

Peanut Butter & Banana Sandwich

2 slices Whole Wheat (50 calories a slice)

1 Tbsp All Natural Peanut Butter- 95 calories

1 small Banana- 72 calories

Side: 4 Stalks Celery- 8 calories

Total Calories 275

Total Carbs 36 (24 net carbs)

Fiber 12

Protein 11.5

Can add a cup of Progresso Light Savory Vegetable Barley Soup for 60 calories, making your total calories **335**

Progresso Light Savory Barley Soup Nutrition Info:

Calories 60/Carbs 14/net 10, Fiber 4, Protein 2, Fat 0

*Add to any lunch-daily calorie intake permitting

Blueberry-Lean Beef Burger-(1 Pattie)- 163 calories

Option: 1 Double Fiber Hamburger Bun (Nature's Own)-80 calories

Side: Small Side Salad- 83 calories with Light Newman Balsamic dressing

Total Calories 326

Total Carbs 31 (22 net carbs)

Fiber 9

Protein 26

Can cut 40 calories by using Maple Grove Balsamic dressing to make more room for burger condiments.

Tip: Help make lunch easier by planning ahead. If you are having grilled chicken or fish for dinner the night before, grill extra so will have some for lunch. Same with other foods, have the blueberry burgers for dinner one night & set a pattie a side for the next day.

Recipes for Lunch Options

Tandoori Chicken Salad Sandwich

3 ½ oz chicken cooked & torn in shreds

1 ½ Tbsp chopped, seeded cucumber

1 Tbsp chopped mango

1 Tbsp chopped red onion

1 Tbsp fat free mayo

½ tsp tandoori paste

1 tsp fresh-squeezed lime juice

2 slices whole wheat bread

Make a day ahead, mix all ingredients well & spread on wheat bread. Double or Triple recipe to make as many servings as you like & store for up to a week.

Note: Tandoori paste is available at most supermarkets in the ethnic food section. Tandoori is an authentic Indian combination of meat & spices. These spices are very good for you. Tandoori contains both turmeric & ground cardamom which are spices that have been known to have healing properties.

Tuna Salad Bowls or Sandwich

1 3.5 can low sodium chunk light tuna packed in water

1 ½ Tbs light champagne or red wine vinaigrette

4 small pimiento-stuffed green olives, chopped

1/8 cup juice packed mandarin oranges, drained-(about 7 slices)

2 tsp minced red onion

½ tsp minced garlic

Mix all ingredients & either stuff in 1 medium red bell pepper, seeded & cut lengthwise or as sandwich on 2 slices of 100% whole Wheat Nature's Own

Blueberry Lean Beef Burgers

2 slices whole wheat bread, crust removed & torn in pieces
1/3 cup fresh blueberries
1 Tbsp balsamic vinegar
2 tsp Dijon mustard
1 tsp Worcestershire sauce
2 cloves garlic, minced
¼ tsp ground pepper to taste
12 ounces 97% lean ground beef or could try with 99% fat free ground turkey

Place bread in food processor until fine crumbs, Transfer to bowl & add all other ingredients & mix well, form into ½ inch thick patties about 4 inch in diameter. Spray grill with non-stick Canola cooking spray & cook till no longer pink inside, about 4-5 minutes on both sides (grill on medium heat)

Veggie Fruit Salad Mix

1 cup Strawberries
1 cup Blueberries
1 cup Raspberries
2 ½ cups Broccoli Slaw-(most groceries carry in produce section)
½ cup chopped Yellow Pepper
1 cup chopped Green Pepper
2/3 cup chopped Sugar Snap Peas
1 cup chopped Cucumber
4 stalks chopped Celery

Mix all ingredients & serve, this is a great low calorie side to pair with any meal or eat as a snack. You have unlimited options, mix & add your favorite fruits & veggies. Can add chick peas or chicken to make into a meal. It's also great with 1-2 Tbs of slivered almonds, chopped walnuts or roasted pumpkin seeds (these add protein & some healthy mono unsaturated fat).

Note: Usually if you eat the following day as a side salad you don't have to add dressing because the combination of natural fruit juices blend with the vegetables to make it's own dressing.

7 Dinner Options

Chicken & White Bean Soup-(see recipe)
paired with side salad option

Calories 282
Fat 8 (5.5 grams is the healthy mono unsaturated fat/1 saturated)
Carbs 18
Fiber 5
Protein 24

Moo Shu Vegetables serving 1 ½ cups-(see recipe)
1- (4oz.-6oz.) Grilled chicken breast
(4 oz./90 calories & 6 oz./140 calories)

Calories 311
Fat 10 (4 grams healthy mono unsaturated/2 saturated)
Carbs 14
Fiber 4
Protein 38

Note: You can cut back more fat by using less whole eggs in the recipe

Grilled Tilapia with Mango & Peach Salsa (4 oz serving)
Add 2 Tbs of salsa over grilled fish (2 Tbs only 20 calories)
Side: ½ cup Great Northern Beans

Side: Sautéed Cabbage (2 cups) with Toasted Slivered Almonds (2 Tbs)

Calories 329

Fat 7 (all fat is from the almonds to add some healthy fat to meal)

Carbs 28

Fiber 9

Protein 28

Crab Cake Burger (or can substitute with salmon or tuna)- (see recipe)

1 Nature's Own Double Fiber hamburger bun (80 calories/5 fiber)

Side: Grilled Veggie Mix (with sun dried tomato dressing)

Calories 302

Fat 9

Carbs 29 (21 net carbs)

Fiber 8

Protein 24

Sofia's Chicken Paprikash-(see recipe)

Side: Steamed Broccoli (serving size 1 ½ cup)

Side: Broth Based Soup (serving size 1 cup) = 70 calories

Calories 378

Fat 8

Carbs 32 (22 net carbs)

Fiber 10

Protein 36

Grilled Chicken Salad with Strawberry Dressing- (see recipe)

Side: Broth Based Soup (serving size ½ cup)

Calories 356

Fat 17 (11 is healthy mono unsaturated fat)

Carbs 22 (15.5 net carbs)

Fiber 6.5

Protein 27

Bow Tie Whole Wheat Pasta with Red Peppers & Artichokes- (see recipe)

Side: Side salad option depending on daily calories allowed

Note: Option for low carb dieters, follow recipe but leave out pasta & add another side option to your meal.

(Pasta with chicken without salad)

Calories 375

Fat 5 (3 grams mono unsaturated healthy)

Carbs 51 (41 net carbs)

Fiber 10

Protein 28

Ground Turkey & Northern Bean Burritos- (30 minutes or less/see recipe)

Cilantro Dipping Sauce

(1 Burrito using whole wheat variety)

(1 Burrito using low carb wrap)

Total Calories 144

Calories 132

Fat 1.5

Fat 1.5

Carbs 19.5

Carbs 12

Fiber 3.5

Fiber 9

Protein 11

Protein 10

Side: Can pair with a side salad or can use meat & bean mixture to make a taco salad. Romaine lettuce, chopped peppers (red, yellow, orange, green), cucumbers & tomatoes. Add ½ cup of turkey & bean taco mixture, top with 2 Tbs slivered almonds & 1-2 Tbsp of the cilantro dipping sauce for dressing.

Note: You can also add to your cooked meat mixture spicy seasoned onion & pepper veggie mix, found in freezer section at grocery.

Main Meal Recipes

Chicken & White Bean Soup

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into 1/4-inch rounds
- 1 tablespoon chopped fresh sage, or 1/4 teaspoon dried
- 2 14-ounce cans reduced-sodium chicken broth
- 2 cups water
- 1- 15-ounce can cannellini beans, rinsed

- 1- 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)

Preparation

1. Heat oil in a skillet over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve

Per serving: 199 calories; 4 g fat (1 g sat, 2 g mono); 48 mg cholesterol; 10 g carbohydrates; 22 g protein; 2 g fiber; 345 mg sodium; 340 mg potassium.

Moo Shu Vegetables 4 servings, about 1 ½ cups each Prepare Time: 20 minutes

4 servings, about 1 1/4 cups each

Active Time: 20 minutes

Total Time: 20 minutes

Ingredients

- 3 teaspoons toasted sesame oil, divided
- 4 large eggs, lightly beaten
- 2 teaspoons minced fresh ginger
- 2 cloves garlic, minced
- 1 12-ounce bag shredded mixed vegetables, such as “rainbow salad” or “broccoli slaw”
- 2 cups mung bean sprouts
- 1 bunch scallions, sliced, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons hoisin sauce

Preparation

1. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Remove to a plate.
2. Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from the heat.

Per serving: 171 calories; 9 g fat (2 g sat, 4 g mono); 212 mg cholesterol; 14 g carbohydrates; 11 g protein; 4 g fiber; 328 mg sodium; 226 mg potassium.

Crab Cake Burgers

Ingredients

- 1 pound crab meat
- 1 egg, lightly beaten
- 1/2 cup panko breadcrumbs, (see Note)
- 1/4 cup light mayonnaise
- 2 tablespoons minced chives
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 teaspoon celery seed
- 1 teaspoon onion powder
- 1/4 teaspoon freshly ground pepper
- 4 dashes hot sauce, such as
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons unsalted butter

Preparation

1. Mix crab, egg, breadcrumbs, mayonnaise, chives, mustard, lemon juice, celery seed, onion powder, pepper and hot sauce in a large bowl. Form into 6 patties.
2. Heat oil and butter in a large nonstick skillet over medium heat until the butter stops foaming. Cook the patties until golden brown, about 4 minutes per side.

Tips & Notes

- **Note:** Panko breadcrumbs, also known as Japanese breadcrumbs or bread flakes, are coarser in texture than other dried breadcrumbs. They produce a crispy crust and are less likely to become soggy than finely ground breadcrumbs. Look for panko in the Asian food section of large supermarkets and in specialty Asian markets.
- **Tip:** to get some extra fiber & cut out some carbs, you can trade the breadcrumbs for a high fiber whole wheat cereal like Kashi Go Lean. Just pour in your food processor or chopper.

Nutrition

Per serving: 163 calories; 8 g fat (2 g sat, 3 g mono); 86 mg cholesterol; 6 g carbohydrates; 16 g protein; 0 g fiber; 350 mg sodium; 310 mg potassium.

Sofia's Chicken Paprikash

Ingredients

- 1 pound boneless, skinless chicken breasts, trimmed, cut into 2-inch pieces
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon canola oil
- 2 large green bell peppers, thinly sliced

- 1 large onion, halved and thinly sliced
- 2 teaspoons hot or sweet paprika
- 1/2 cup dry white wine
- 1 1/2 cups canned crushed tomatoes
- 1/2 cup reduced-sodium chicken broth
- 1 tablespoon lemon juice
- 1/4 cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley

Preparation

1. Sprinkle chicken with salt and pepper, and grill. Transfer to a plate.
2. Add 1/2-1 tbs canola oil with bell peppers and onion to a pan and cook, covered, over medium heat, stirring occasionally, until softened, about 5 minutes. Add paprika and cook, stirring, until fragrant, about 30 seconds. Add wine; increase heat to medium-high and cook, stirring, until mostly evaporated, about 1 1/2 minutes. Add tomatoes, broth and lemon juice; bring to a boil. Return the chicken and any accumulated juices to the pan; reduce heat to a lively simmer. Spoon some sauce over the chicken and cook, turning occasionally, until the sauce is reduced about 6 to 8 minutes.
3. Remove from the heat; stir in sour cream. Sprinkle with parsley.

Nutrition

Per serving: 263 calories; 7 g fat (2 g sat, 3 g mono); 72 mg cholesterol; 16 g carbohydrates; 30 g protein; 4 g fiber; 294 mg sodium; 804 mg potassium.

Grilled Chicken Salad with Strawberry Dressing

Ingredients

- 8 ounces thin asparagus, stem ends snapped off, cut into 2-inch pieces (about 2 cups)
- 1/2 pound sugar snap peas, stemmed (2 cups) (see Tip)
- 8 ounces snow peas, stemmed (2 cups)
- 2 tablespoons fresh lemon juice
- 1 tablespoon almond oil (see Note), or canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped scallions
- 12 ounces boneless, skinless chicken breasts, trimmed
- 2 teaspoons canola oil
- 1 teaspoon salt-free lemon-pepper seasoning
- Fresh Strawberry Dressing, (recipe follows)
- 1/4 cup sliced almonds, toasted
- 4 whole strawberries, for garnish

Preparation

1. Put a large pot of water on to boil for cooking vegetables. Prepare a grill or preheat broiler.
2. Blanch asparagus, sugar snaps and snow peas in boiling water for 2 minutes. Drain, rinse with cold water to refresh, then blot dry with paper towels. Whisk lemon juice, almond oil (or canola oil), salt and pepper in a medium bowl. Add the vegetables and scallions; toss to coat.
3. Rub chicken with canola oil and sprinkle with lemon-pepper seasoning. Oil the grill rack (see Tip). Grill the chicken and cook until lightly browned and no longer pink in the center, about 6 minutes per side. (Alternatively, broil the chicken on an oiled broiler pan 4 to 6 inches from the heat source until cooked through, about 6 minutes per side.) Let rest for 5 minutes.
4. Cut the chicken crosswise into 1/4-inch-thick slices. Divide the vegetable mixture among 4 plates. Arrange the chicken over the vegetables. Spoon about 3 tablespoons Fresh Strawberry Dressing over each salad. Sprinkle with almonds and garnish each serving with a strawberry. Serve immediately.

Tips & Notes

- **Make Ahead Tip:** Blanch the vegetables up to 4 hours before serving; store in the refrigerator under barely moistened paper towels.
- **Tip:** Sugar snaps have a fibrous seam on the inside curve. To remove it, grasp the stem protruding from one end and pull it down the inside curve as if you were unzipping the pea.
- **Note:** Almond oil is an unrefined oil pressed from almonds. You can find it in many supermarkets and natural-foods stores. Store it in the refrigerator.

Nutrition

Per serving: 321 calories; 17 g fat (2 g sat, 11 g mono); 49 mg cholesterol; 17 g carbohydrates; 25 g protein; 5 g fiber; 356 mg sodium; 633 mg potassium.

Bow Tie Pasta with Chicken, Red Peppers & Artichokes

6 servings

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 12 ounces whole-wheat bow-tie pasta
- 2 tablespoons pine nuts, toasted (see Tip)
- 1 tablespoon extra-virgin olive oil, divided

- 12 ounces boneless, skinless chicken breasts, grilled, trimmed and thinly sliced
- Salt & freshly ground pepper, to taste
- 2 small red bell peppers, thinly sliced
- 2 shallots, minced
- 2 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 1/4 cup balsamic vinegar
- 2 teaspoons chopped fresh rosemary, or 1 teaspoon dried
- 1 9-ounce package frozen artichoke hearts, thawed, or 1 14-ounce can, rinsed

Preparation

1. Cook pasta in a large pot of boiling salted water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse under cold water until cooled. Set aside.
 2. Add 1 teaspoon olive oil to the pan. Add peppers, shallots and garlic, and sauté until the peppers are tender-crisp, 2 to 3 minutes. Add the reserved chicken.
 3. Add broth, vinegar and rosemary to the pan and bring to a boil. Add artichokes and the reserved pasta and cook until heated through, 2 to 3 minutes. Return the reserved chicken mixture to the pan and toss with the pasta. Taste and adjust seasoning and sprinkle with pine nuts. Serve warm.
- **Tip:** To toast pine nuts: Place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition

Per serving: 375 calories; 8 g fat (1 g sat, 3 g mono); 49 mg cholesterol; 51 g carbohydrates; 28 g protein; 10 g fiber; 151 mg sodium; 497 mg potassium.

Turkey & Northern Bean Burritos

Ingredients:

- 1 lb 99% Fat Free Ground Turkey
 - 1 can Bush's Great Northern Beans-drained & rinsed
 - 1 package McCormick's 30% less sodium Taco seasoning mix
 - 1 package whole wheat soft taco tortilla wraps
- Optional: Can add some cooked seasoned onion & pepper veggie mix-(found in freezer section)

Cook Ground turkey in skillet & follow seasoning pack instructions, then add beans. Mix & spoon about 3-4 Tbsp onto soft tortilla wraps. Roll wraps closed & place on a sprayed non-stick baking sheet. Cook in pre-heated oven at 425 degrees for about 12-15 minutes. Should bake till lightly toasted but not over cooked. Serve with Cilantro dipping sauce.

Cilantro Dipping Sauce

- 1 (10 oz) can Rotel diced tomatoes with green chilies
- 4 oz. of fat free cream cheese soften
- 1 cup fresh cilantro leaves
- 1 cup fat free sour cream
- 1 garlic clove minced-optional

Place all ingredients in blender or food processor & mix into dipping sauce

Healthy Dinner Side Choices

Side Options: Choose 1 or 2 side items to be paired with main dishes depending on how many dinner calories you are allowed. If a main dish is higher in calories, you will want to pick 1 side. Lower calorie dishes may be paired with 2 sides depending on your allowed daily calorie intake. Remember what your breakfast/lunch/snack choices were earlier in the day, record in your food journal.

Option #1- Birdseye Steam Fresh Broccoli Florets (freezer section)

Broccoli is a cancer fighting super food. You can also choose other steam fresh varieties. These microwave steam bags are one of the best inventions because steaming is the only way to cook vegetables in order to keep all the vitamins they contain at their highest levels. Vegetables lose some of their vitamins as they boil and cook other ways. Also note that fresh vegetables lose some of their vitamin content the longer they sit in the store, so you can't go wrong with frozen since their vitamins are locked in right after harvesting.

Serving size (1 cup) + more may be added depending on your calorie intake total

Calories 30
Fat 0
Carbs 4
Fiber 2
Protein 1

Option #2 - Broth Based Low Sodium/Low Calorie Soups

(Progresso has light varieties available under 100 calories)

Serving size (1 cup) Light reduced sodium roasted chicken & vegetable

Calories 70
Fat 1
Carbs 10
Fiber 3
Protein 5

Option #3 - Side Salad

Prepared as listed or create your own using the salad chart + portion size can be increased based on your allowed calorie intake.

Calories 38 (no dressing yet)	Salad Dressing (2 Tbsp)
Fat 0	Maple Grove Balsamic Vinaigrette
Carbs 6.27	(add only 5 calories)
Fiber 3.25	Newman's Own light Balsamic
Protein 1.7	(add 45 calories)

Only 43 calories with Maple Grove Balsamic Vinaigrette salad dressing

Side Salad items...

Romaine Lettuce	1 cup
Spinach	1 cup
Cherry tomatoes	¼ cup
Carrots shredded	¼ cup
Cucumber	¼ cup

Option #4 – Steamed Green Cabbage

Serving size (1 cup) +

Calories 28
Fat 0
Carbs 6.6
Fiber 3.6
Protein 1.3

Note: Add a pinch of pepper & a splash of vinegar to taste, vinegar has many health benefits including healing and appetite suppressant properties, blood sugar reduction and energy increasing abilities.

Try: a steamed cabbage & spinach combination to mix things up a bit!

Option #5- Grilled Sun Dried Tomato Vinaigrette Veggie Mix

Combine some of your favorite chopped veggies with 4 Tbsp of sun dried vinaigrette salad dressing toss & grill in grill pan or poke holes in bottom of tin pie pan. You can also just choose your favorite vegetables & vinaigrette salad dressing

Serving Size (1 cup) +	Veggie Grill vegetables
Calories 59	1 cup chopped artichokes
Carbs 8.5	1 cup chopped red pepper
Fiber 3	1 cup chopped red onion
Protein 2	1 cup chopped summer squash
	1 cup chopped zucchini

1 cup grilled veggies without adding a dressing = 29 calories per serving

Option #6- Great Northern Beans

Serving size (½ cup)

Calories 80
Fat 0
Carbs 17
Fiber 6
Protein 6

Note: You can choose other types of beans as sides but look for high fiber beans free of added sugars & syrups (stay away from baked bean varieties). If using canned beans, drain & rinse them with water in a strainer to eliminate added sodium used for preserving.

Option #7- Brown Rice

Serving size (½ cup)
If cutting back on carbs, omit rice as an option or use (¼ cup) serving size

Calories 108
Fat 2
Carbs 22 (total net carbs 20)
Fiber 2
Protein 2.5

Kashi 7 Whole Grain Pilaf

Serving size (½ cup) or only use (¼ cup) option

Calories 170
Fat 3
Carb 30 (total net carbs is 24)
Fiber 6
Protein 6

Healthy Snack Options

Choose your snacks depending on your allowed daily calorie intake. We have provided some very low calorie options & you can add or subtract amounts as needed to meet your calorie needs.

1 Low Fat all Natural Cheese Stick-(Frigo all natural brand, Wal-Mart carries)

5 stalks of celery
Total calories 70
Total carbs 3.5 (2 net carbs)
Protein 8
Fiber 1.5

Low Fat Cottage Cheese-(Organic Valley) 1/2 cup

1 cup Sliced Strawberries
Total calories 153
Total carbs 16.7 (13.4 net carbs)
Protein 16.1
Fiber 3.3

Choban Vanilla Greek Yogurt 4 oz.

1/2 cup Raw Blueberries
Total calories 121
Total carbs 19.5 (16 net carbs)
Protein 12
Fiber 3.5

1 cup Apple Slices (never peeled, that's where your fiber is)

1 Tbs all-natural Peanut butter
Total calories 152
Total carbs 18 (14 net carbs)
Protein 4
Fiber 4

Laughing Cow Cheese Light Garlic & Herb (2 cheese wedges)

AK-Mak Crackers (2 crackers) *These are not tiny crackers, promise!

Apple Slices (1/2 cup)
Total calories 144
Total carbs 17 (15 net carbs)
Protein 8
Fiber 2

Celery Stalks with Peanut Butter

2 Stalks/1 Tbs All-Natural Peanut Butter
Total calories 99
Total carbs 4 (2.4 net carbs)
Protein 3.7
Fiber 1.6

Veggie Green Mix

Chop veggie & put in baggies to grab & go!

2/3 cup sugar snap peas- 35 calories

1/2 cup chopped zucchini- 10 calories

3 stalks chopped celery- 6 calories

1 cup sliced green peppers- 33

1 cup raw or slightly steamed broccoli- 30

Total calories 114

Total carbs 22 (14 net carbs)

Protein 7

Fiber 8

Kashi TLC snack Bar- (There are several varieties)

Dark Mocha Almond

Total calories 130

Total carbs 21 (15 net carbs)

Protein 6

Fiber 4

The information and counseling provided here are not intended to diagnose, treat, mitigate, cure or prevent any disease. This serves as only as an idea of what a proper diet may or may not consist of. It is not intended as medical advice and should not be used for the purpose of self-diagnosis or self-treatment of weight loss. Consult your physician regarding all medical problems and before undertaking any major dietary changes or starting any exercise program. It is also important to tell your doctor what drugs you are taking, including those obtained without prescription. This also includes any herbal remedies, vitamin/mineral supplements, prohormones and any other products to promote health and well being. Also consult your doctor for advice on caloric intake, dietary adjustments, exercise prescription and any changes in lifestyle. Fitness One Training Systems, its staff or trainers are not responsible for the use or misuse of any information contained in this document. for complete nutrition development, we recommend the counsel of a Registered / Licensed dietician.

For more information, research the USDA site at http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1 or contact a registered dietician.