

## The Staple Plan

This plan is intended to guide you in making the right food choices. It allows you to choose from a list of nutritious foods and even offers the option of an occasional treat.

### Getting started

- Clean out your cabinets and remove foods that are not on the Staple Foods List. If the foods are in your cabinet, you are more likely to eat them.
  - Fill your cabinets with foods listed on the Staple Foods List so they are easily accessible.
- #### Guidelines
- You may eat as much of the foods off the Staple list as you need.
  - If you want to eat foods off the “Splurge” list, then you are limited to three per week.
  - Follow the Healthy Eating Guidelines for overall nutritional health.
  - Drink a minimum of one gallon (128 oz.) of water per day.
  - Eat a minimum of 6 meals per day using the “Clock Method”. Beginning when you wake up, you should eat approximately every 3 hours until bedtime. This keeps your bodies “engine” running throughout the day and aids in weight loss.

## The Staple Foods

The Staple Foods are made up of all food groups and can help you make the right food choices.

### Milk Products and Dairy Substitutes

#### Milk Products

- Fat-free cheese
- Fat-free cottage cheese
- Fat-free milk ( 1 cup)
- Fat free, sugar free pudding ( 1 cup)
- Fat-free sour cream
- Fat-free plain yogurt ( 1 cup)

#### Dairy Substitutes

- Soy milk (plain)
- Soy cheese
- Soy yogurt (plain)

### Vegetables

- Fresh, frozen, or canned ( without added sauce, fat, or sugar)
- Tomato paste, puree, and sauce.
- Vegetables cannot contain ingredients that are not listed in the Staple Foods list. Vegetable juices are not included.
- *Canned fruits must be packed in water or juice ( not syrup) and drained before eating. Unsweetened applesauce is a Staple food, but sweetened applesauce is not. Dried fruits and fruit juices are not Staple foods.*

### Fruits

- Fresh, frozen, or canned fruits (without added sugar)

### Soups

- Fresh, canned, frozen, or homemade soups made only with Staple Foods.
  - Bean soup (e.g. lentil soup, split pea soup)
  - Bouillon
  - Broth-based soup
  - Tomato soup
- Cream soups are not Staple Foods.*

### Starches, Grains, and Cereals

- Whole-wheat pasta , brown rice or potatoes is limited to one meal a day
  - Barley, Buckwheat, Bulgur, Cornmeal (polenta), Couscous, Kasha
  - Popcorn ( air –popped or 94% fat-free microwave popped only)
  - Cooked (hot) cereal ( any plain variety that does not contain added sugar)
  - Quinoa, Rolled oats, Starchy vegetables (e.g. peas, corn)
- Puffed wheat, puffed rice, shredded wheat, 100% bran cereals that do not contain added sugar are limited to one meal a day and must be eaten with fat-free milk or fat-free plain yogurt.*

### Oils, condiments, and Extras

- Fat-free salad dressing, Fat-free margarine, Fat-free mayonnaise
- Non-stick cooking or baking spray
- *Include 2 teaspoons of olive oil, canola, safflower, or flaxseed oil each day*
- Baking powder, baking soda,
- Cocktail sauce, Hot sauce (pepper sauce), Soy sauce, Steak sauce, taco sauce, Teriyaki sauce,

## Worcestershire sauce

- Extracts and Flavorings
- Herbs and Spices
- Lemon juice, Lime juice (unsweetened)
- Mustard, Ketchup, Horseradish
- Capers, Vinegar, Salsa ( fat-free)
- Sugar substitutes
- Gelatin (unflavored and sugar-free flavored)

## Lean Meats, Poultry, Fish, Meat Substitutes, and Egg Products

### Beef

- Bottom and top round roast
- Bottom and top sirloin steak
- Eye round roast
- Flank steak
- Filet mignon
- Organ meats
- Round steak
- Round tip steak and roast
- Sirloin steak
- T-bone steak
- Tenderloin roast and steak
- Top loin steak
- Top sirloin steak

### Pork

- Canadian-style bacon
- Ham, lean
- Loin chop or roast
- Organ meats
- Sirloin chop
- Sirloin cutlet
- Tenderloin roast
- Veal
- Cutlet
- Loin chop or roast
- Organ meats
- Round steak
- Sirloin steak

### Lamb

- Leg roast
- Loin chop or roast
- Organ meats
- Sirloin chop

*Choose visibly lean cuts and trim any excess fat.  
(At the meat case look for cuts from the "loin",  
"round", and "leg").*

## Poultry- Chicken and Turkey

### Fish and Shellfish

- Fresh, frozen or canned
- Organ meats (e.g. chicken livers)
- *Trim any visible fat before preparing,  
skin before eating*

*Fresh, frozen, or canned, any variety  
Canned varieties must be packed in water,  
broth, or tomato juice ( not packed in oil). remove*

## Meat Substitutes

### Egg Products

- Dried beans and lentils
- Tofu, any type
- Vegetarian burgers, frozen
- *Ground beef with no more than 7% fat  
or ground turkey or ground chicken is  
limited to one meal a day.*
- *Process meats such as deli products and hot dogs are not considered Staple Foods.*

Egg, whole  
Egg substitutes  
Egg whites

## Beverages

- Coffee and Tea (without sugar)
- Diet soft drinks
- Club soda, Seltzer (plain or flavored, unsweetened)
- Water or mineral water
- *Beverages containing alcohol are not considered Staple Foods.*

## The "Splurge" List

Foods from this list are limited to Three servings per week.

### Dining Out

- Grilled chicken sandwich

### Beverages

Orange juice, 1 cup

- Chicken fajitas
  - Hamburger on a bun
  - Lasagna with meat
  - One meat topping pizza, med. Crust
  - Cheese quesadilla
- Soft drink, 12 fl. Oz.

#### Baked Products

- 1 small bagel
- 1 slice bread
- 1 English muffin

#### Snacks

- Baked potato chips
- Pretzel twists
- Tortilla Chips

#### Fats and Oils

- Butter or margarine, regular or whipped
- Reduced calorie Italian salad drsg. 2 Tbsp.
- Peanut Butter, 1 Tbsp

#### Sweets

- Chocolate, 2 assorted pieces, ½ candy bar, or 2 Tbsp. chips
- Ice cream, 1 scoop or ½ cup

Jam or jelly, 1 Tbsp

#### Healthy Eating Requirements

- Eat at least 5 servings of vegetables and fruits each day
- Choose whole grain foods, such as brown rice and oats, whenever possible
- Include 2 servings of milk products (1% or fat free) each day. For teenagers or those over 50 years old, increase this to 3 servings a day
- Have some healthy oil each day. This can be olive, canola, sunflower, or flaxseed. This habit ensures that you get the essential fatty acids and vitamin E that your body needs. Use the oil on salads, in cooking, or as an ingredient in a mixed dish.
- Ensure that you are getting enough protein by choosing at least a serving or two of meat, poultry, fish, eggs, dried beans, or soy products each day. Many milk products are also good sources of protein.
- Limit added sugar and alcohol.
- Drink at least 1 gallon (128 oz.) of water each day. This is especially important as your body loses fluid when you increase your cardio activity.
- Take a multiple vitamin- mineral supplement each day.