

Today is a day of firsts.

It's the first day of your new lifestyle, the first step toward your new body, and our first workout together. I hope you're excited, committed and ready to transform!

- ➔ Eat first meal within an hour of waking.
- ➔ Plan ahead! Designate a food preparation day.
- ➔ Measure and weigh everything, whenever possible. Purchase measuring cups and kitchen scale.
- ➔ Drink lots of water.!
- ➔ Take a daily multivitamin. If lifting weights, you may want to consider taking an extra calcium supplement.
- ➔ Take one tablespoon of Flaxseed or Fish Oil daily. Flaxseed and Fish Oil actually aid in weight loss and encourage healthy bowel movements. (Mix in oatmeal or mashed sweet potato after heating food. --Do not heat flaxseed).
- ➔ CONSISTENCY IS KEY!! If you have a day where you slip up... Don't give up! Start fresh at your next meal or the next day.



YOU CAN DO THIS! YOU READY?!

Female Meal Plan:

Breakfast:

5 egg whites

Unlimited Vegetables (see list)

1 serving Starch (see list)

Mid Morning:

Shakeology or Small Meal Option (see list)

Unlimited Vegetables (see list)

Lunch:

6 oz lean meat

(chicken breast, white meat turkey, white fish like tilapia and orange roughy, boiled shrimp, egg whites)

1 serving Starch (see list)

Unlimited salads and Vegetables (see list)

Mid Afternoon Snack:

Shakeology or Small Meal Option (see list)

Unlimited Vegetables (see list)

Dinner:

6 oz lean meat (see above)

1 serving Starch (see list)

Unlimited salads and Vegetables (see list)

Evening:

5-6 egg whites *

Unlimited Vegetables (see list)

*No carbs (starch) after 7pm (or 3 hours before bedtime)

Limit fruit to twice daily: berries first thing in the morning and then half of a citrus serving or banana after a workout with your protein shake. Carry a small apple in your gym bag at all times in case an energy slump hits.

Male Meal Plan:

Breakfast:

8 egg whites
1 serving Vegetables (see list)
1 serving Starch (see list)

Mid Morning:

4 Turkey/Chicken Muffins or Small Meal Option (see list)
Unlimited Vegetables (see list)

Lunch:

8 oz lean meat, 10 oz fish
(chicken breast, white meat turkey, white fish like tilapia and orange roughy, boiled shrimp, egg whites)
1 serving Starch (see list)
Unlimited salads and Vegetables (see list)

Mid Afternoon Snack:

4 Turkey/Chicken muffins or Small Meal Option (see list)
Unlimited Vegetables (see list)

Dinner:

8 oz lean meat (see above)
1 serving Starch (see list)
Unlimited salads and Vegetables (see list)

Evening:

6-8 egg whites *
Unlimited Vegetables (see list)

*No carbs (starch) after 7pm (or 3 hours before bedtime)

Limit fruit to twice daily: berries first thing in the morning and then half of a citrus serving or banana after a workout with your protein shake. Carry a small apple in your gym bag at all times in case an energy slump hits.

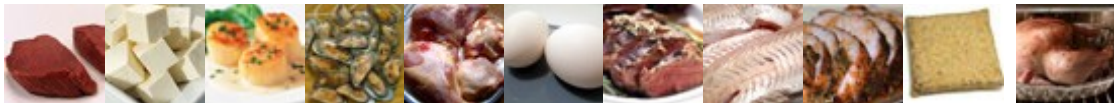
APPROVED FOOD LIST

Think of these food lists as general guidelines to what you should include in your food plan -this is not a diet. The lists include examples of what can be included, but are certainly not complete lists. If you have a clean, (or healthy) alternative that's not here, give it a try.

You don't have to include everything in your food plan either. Pick and choose what fits best for you according to taste, cost and availability. Preferences change from person to person, so choose what tastes best for *you*.

If you like what you eat, you'll enjoy the plan and stick to it.

Lean Proteins: (Ladies: 6-8 oz, Guys: 8-10oz)



- egg whites
- shellfish
- bison
- game meat
- cod
- swordfish
- cobia
- tofu
- ahi tuna
- london broil
- turkey
- lean ground turkey
- halibut
- tilapia
- tempeh
- mahi mahi
- top round
- soul
- red snapper
- grouper
- scallops
- chicken breast
- pork chops
- flounder
- orange ruff
- corvina

Fatty Proteins: Healthy fats are often built into the meals. In the event they are not, pay attention to the serving size. Males typically get a full serving and females, a half serving.



- avocado
- almonds
- salmon
- trout
- coconut
- nut meal/flour
- sea bass
- mussels
- walnut
- seeds
- mackerel
- bluefin tuna
- cashews
- nautal peanut butter
- bluefish

Flours:



- spelt flour
- rice flour
- wheat flour
- quinoa flour
- oat flour
- chickpea flour

Dairy:



- unsweetened almond milk
- greek yogurt
- unsweetened rice milk
- cottage cheese

Fruits: It's best to choose berries in the morning and citrus or banana directly following your workout, to eat in conjunction with your protein.

Melons:



- honeydew
- cantelope
- watermelon

Sweet (More Calorie & Nutrient Dense):

These are to be used before a workout because they are more insulin-responsive.



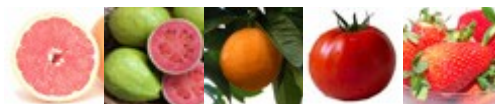
- banana
- date
- fig
- persimmon

Sub Acid (Low Cal):



- apple
- blackberry
- guava
- papaya
- blueberry
- pear
- cherry
- raspberry
- mango

Acid (High Water Content, Low Cal):



- orange
- passionfruit
- strawberry
- tangerine
- tomato
- grapefruit

Vegetables: Prepare vegetables by either steaming, baking, or grilling, or raw. Stay away from anything sauteed or fried.

Leaves:



- kale
- beet greens
- lettuce
- cabbage
- collard green
- chard
- mustard greens
- spinach
- turnip greens
- watercress
- arugula
- endive
- garlic chives

Flower Bud:



- broccoli
- cauliflower
- artichoke

Roots:



- carrots
- rutabagas
- parsnips
- turnips
- beets
- radishes

Whole Plant Sprouts:



- soybean
- mung beans
- alfalfa

Bulbs:



- Shallots
- Onions
- Garlic

Seeds:



- beans

Stems of Leaves:



- celery
- rhubarb
- lemon grass

Stem Shoots:



- asparagus
- bamboo shoots
- ginger

Stems:



- Kohlrabi

Tubers:



- potatoes
- taro
- jerusalem artichokes

Leaf Sheaths:



- leek

Buds:



- brussel sprouts
- capers

Legumes:



- green beans
- lentils
- snow peas
- soybean

Fruits Used As Vegetables:



- tomato
- pumpkins
- okra
- cucumbers
- peppers
- avocado
- squash
- eggplant
- zucchini
- tomatillos

Note for Fruits and Vegetables: Best options are fresh and frozen. However, if you choose canned, check for additives and high sodium.

Superfoods:



- spirulina
- chia
- flax

Oils: Use Sparingly.



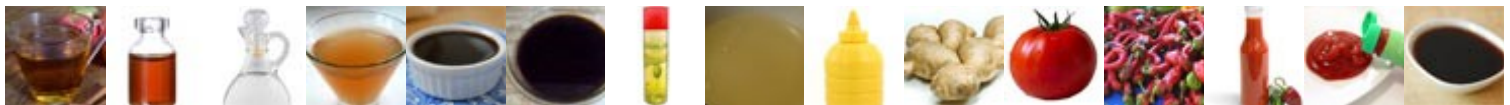
- sunflower oil
- olive oil
- coconut oil
- grapeseed oil
- walnut oil
- pumpkin seed oil
- avocado oil

Sweeteners:



- sugar free maple syrup (use sparingly)
- applesauce (no sugar added)
- coconut sugar
- birch sugar ideal (xylitol)
- stevia in the raw -or truvia

Condiments:



- apple cider vinegar
- red wine vinegar
- rice vinegar
- reduced sodium soy sauce
- salsa or fresh pico de gallo (tomatillo or regular)
- steak sauce (low sugar)
- herb pastes (ginger, garlic, cilantro, etc.)
- mustard (yellow or dijon)
- worcestershire sauce -no high fructose corn syrup
- broth (low sodium, fat free)
- balsamic or raspberry vinaigrette
- white vinegar
- ketchup (heinz or wholefood organic)
- reduced sodium teriyaki sauce
- hot sauce or chalula
- chilli paste
- tomato paste
- tomato sauce
- fat free cooking spray

Misc:



- salt
- coffee
- nutritional yeast
- tea
- dry herbs
- vanilla extract
- spices
- almond extract

Carbs/Starches:



- barley
Ladies: 3/4 cup, Guys: 1 1/2 cup
- cream of wheat/rice or rye
Ladies: 1 serving, Guys: 2 servings
- lentils
Ladies: 3/4 cup, Guys: 1 1/2 cup
- whole wheat pasta
Ladies: 1 cup, Guys: 2 cups
- brown rice
Ladies: 3/4 cup, Guys: 1 1/2 cup
- sweet potato
Ladies: 4-6 oz, Guys: 7-8oz
- chickpea
Ladies: 3/4 cup, Guys: 1 1/2 cup
- adzuki
Ladies: 3/4 cup, Guys: 1 1/2 cup
- white beans
Ladies: 3/4 cup, Guys: 1 1/2 cup
- black beans
Ladies: 3/4 cup, Guys: 1 1/2 cup
- quinoa
Ladies: 1/4 cup cooked, Guys: 1/2 cup cooked
- corn tortilla
Ladies: 2-3, Guys: 4-5
- ezeikiel bread (made by "food for life")
Ladies: 1 slice, Guys: 2 slices
- oats
Ladies: 1 serving, Guys: 2 servings (cups)
- potato (white, only occasionally)
Ladies: 5 oz, Guys: 7-8oz
- rice cakes
Ladies: 3, Guys: 4
- pinto beans
Ladies: 3/4 cup, Guys: 1 1/2 cup
- kidney beans
Ladies: 3/4 cup, Guys: 1 1/2 cup
- mung beans
Ladies: 3/4 cup, Guys: 1 1/2 cup
- navy beans
Ladies: 3/4 cup, Guys: 1 1/2 cup
- farro
Ladies: 1/2 cup cooked, Guys: 3/4 cup cooked
- couscous
Ladies: 1/4 cup cooked, Guys: 1/2 cup cooked

Note: Always check the package for serving size!

Female Small Meal Options:

Meal Option One:



fat free cottage cheese with fruit or no-cal sweetener, **1 cup**

Meal Option Two:



Ezekiel pita or Ezekiel bread, **1/2 portion**



lean meat (**no** deli meats -real turkey or chicken), **4 oz**

Meal Option Three:



protein shake (or Shakeology) w/ water or almond milk, **1 serving**

Meal Option Four:



rice cakes, **3**

Meal Option Five:



lean meat (**no** deli meats -real turkey or chicken), **4 oz**



brown rice, **3/4 cup**

Meal Option Six:



homemade pumpkin protein bars, **2 small squares**

Male Small Meal Options:

Meal Option One:



fat free cottage cheese with fruit or no-cal sweetener, **1 cup**

Meal Option Two:



Ezekiel pita or Ezekiel bread, **1/2 portion**



lean meat (no deli meats -real turkey or chicken), **8 oz**

Meal Option Three:



rice cakes with 1 Tb Peanut Butter, **2**



protein shake (or Shakeology) w/ water or almond milk, **1 serving**

Meal Option Four:



low carb/sugar free yogurt with cinnamon & no cal sweetener, or fruit

Meal Option Five:



lean meat (**no** deli meats -real turkey or chicken), **6 oz**



brown rice, **1 cup**

Meal Option Six:



homemade pumpkin protein bars, **4 small squares**

Recipes:



Pumpkin Protein Bars

Nutrition Facts:

Nutrition (without walnuts): 1 square = 47 calories, .7 g fat, 8 g carbs, 3.7 g protein

Nutrition (with walnuts): 1 square = 63 calories, 2.3 g fat, 8 g carbs, 4 g protein

Ingredients:

- 1/2 C Xylitol Brown Sugar Blend (Ideal)
- 1 - 4 oz. Jar baby food applesauce
- 2 tsp. Ground cinnamon
- 1 1/2 tsp. ground ginger
- 1/2 tsp. Ground clove
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 tsp. vanilla extract
- 4 large egg whites
- 1 - 15 oz. can of raw pumpkin
- 2 C oat flour
- 2 scoops vanilla whey protein
- 1/2 cup almond milk
- 1/2 C chopped walnuts (optional)

Directions:

1. Preheat the oven to 350.
2. Spray a 9 X 13 Pyrex dish with non-stick spray.
3. Combine first 11 ingredients and mix well.
4. Add the final 3 ingredients (4, if adding walnuts), and mix until incorporated. Spread batter into the Pyrex dish and bake for 30 min.

Makes 24 squares.

Recipes:



Italian Turkey Burgers

Nutrition Facts:

Makes 8

1 serving = 144 calories, 1 g fat, 3.5 g carbs, 27.6 g protein

Ingredients:

- 2 packages of ground extra lean turkey breast
- 4 medium zucchini, grated
- 1/2 tsp salt
- 1 tsp garlic powder
- 2 tsp onion powder
- 2 tsp dried basil
- 1 tsp oregano
- 1 tsp black pepper

Directions:

1. Set broiler on high, arranging rack so that burgers will be about 2 inches from the heat.
2. In a large bowl, combine grated zucchini, salt, onion powder, garlic powder, dried basil, oregano, pepper and then turkey.
3. Mix well and scoop out 4-to-5 oz portions. Mixture will be really moist so for easier clean up, use a foil-lined baking sheet, prepped with non-stick spray.
4. Place burgers in oven and broil for 7 minutes. Carefully flip each burger and continue to broil for another 7 minutes on the other side. Serve warm.

Note: These are great at meatballs too! Make with spaghetti squash for a low carb meal.

Recipes:



3-Bean Turkey Chili

Nutrition Facts:

Makes 12 servings

1 serving = 196 calories, 1 g fat, 20 g carbs, 24 g protein

Ingredients:

- 2 lbs. extra lean ground turkey
- 1/2 cup chopped onions
- 1 tbsp. garlic powder
- 2 - 4 oz. cans of diced green chilies
- 1 - 15 oz. can Organic Tri-Bean Blend (drained)
- 1 - 15 oz. Can Organic Black Beans(drained)
- 2 - 14.5 oz. Cans Organic Diced Tomatoes(do not drain)
- 1 tbsp. Xylitol Brown Sugar Blend (Ideal)
- 1 tbsp. chili powder
- 2 tbsp. white vinegar
- 3 tbsp. Regular yellow mustard
- 2 tsp. cumin
- 1 tsp. salt
- 1 tbsp. dried or fresh cilantro
- 2 tsp. adobo sauce (optional)

Directions:

1. In a large pot add onions and meat, sprinkled with garlic powder and cook until no longer pink (drain using a plate, if desired).
2. Next add the green chilies, beans, tomatoes, xylitol and spices (except cilantro) and stir until combined.
3. Bring to a boil and then reduce heat to a simmer for about 10 minutes.
4. Finally, add cilantro. Serve hot.
5. You may sprinkle veggie shreds or a light cheese on top.

Makes 10 servings.

Recipes:



Fish In Foil

Nutrition Facts:

1 serving = 199 calories, 5 g fat, 11 g carbs, 30 g protein

Ingredients:

- 4 oz tilapia (or any fish you'd like)
- asparagus
- lemons, sliced
- lemon juice
- fish seasoning
- pepper
- non stick spray (optional)

Directions:

1. Preheat oven to 375 degrees
2. Use one piece of foil per fish.
3. Add lemon juice.
4. Sprinkle fish seasoning on top.
5. Add pepper, lemon slices.
6. Add veggies on top.
7. Fold into foil down from the top leaving air for steaming
8. Place each foil on a cookie sheet and bake for 14-15 min.

Recipes:



Turkey Meatloaf Muffins

Nutrition Facts:

Makes 12 muffins

1 serving = 80 calories, 2 g fat, 4 g carbs, 11 g protein

Serving size: Ladies: 2 muffins, Guys: 4 muffins

Ingredients:

- 2 lbs ground turkey (or chicken)
- 3 egg whites
- 1 cup quick cooking oats
- 1/2 tsp ground cumin
- 1/2 tsp dried thyme
- 2 tsp dry yellow mustard
- 2 tsp black pepper
- 2 tsp chipotle pepper spice
- 1 stp salt
- 2 Tbs garlic powder (2 cloves minced)
- 1 small onion (finaley chopped)
- 2 celery stalks (finely chopped)

Directions:

1. Preheat oven to 375 degrees.
2. Spray muffin pan with canola or olive oil.
3. Mix all your ingredients together in one large bowl.
4. Roll the mixture into balls and place in muffin pan. Muffins should be about the size of a racquetball.
5. Bake for 40 minutes.