

Healthy Lifestyle Eating Plan

The goal of this dietary program is to provide a structured program that will help maximize weight loss. This plan focuses on lean proteins and whole fruits and vegetables. Nutritional needs are different for men and women.

Here are the daily guidelines:

- 64 ounces of calorie-free fluid daily (minimum)
- 5 servings of protein: (1 serving: 3-4 oz solid meats, 2 oz nuts/seeds, 8 oz low fat dairy, 1 oz low fat cheese)
- 2 servings of fruits (1 serving: 1 small whole fruit, or ½ c canned)
- 5 servings of vegetables (1 serving: ½ cup cooked, or 1 cup raw)

This sample menu provides an outline of how your meals will flow daily:

	Guidelines	Sample Menu
Breakfast	1 protein 1 fruit	1 - egg 1 - grapefruit
Mid-Morning Snack	1 vegetable 1 protein	2 - celery stalks peanut butter
Lunch	1 protein 2 vegetables	chicken breast, with green beans and a small salad, with 1 tsp of regular dressing
Afternoon Snack	1 protein 1 fruit	nuts strawberries
Dinner	1 protein 2 vegetables	fish with cauliflower and a small salad, with 1 tsp of regular dressing.

When using fats such as mayo, salad dressing, and butter you must account for those calories on your food journal.

Healthy Lifestyle Eating Plan

The following tables outline food choices that we want to increase in our diet. Also included is a list of foods to use sparingly!

Protein Choices	<p>Ground meats (85% or less fat), pork loin, lean lunch meats, chicken/turkey breast, crab, shrimp, white fish, tuna, salmon, peanut butter, nuts (almonds, pistachios, peanuts, walnuts), cottage cheese, eggs, egg whites, cheese (mozzarella, colby, provolone, swiss cheese, feta cheese, goat cheese), soy protein (tofu soft or firm)</p> <p>Eat in Moderation: breaded, fried/deep fried protein, bacon, beef (fatty cuts), ground beef (>15% fat), chicken (fried and/or with skin), chicken (buffalo wings), duck, fish sticks, hot dogs (all types), liver, liverwurst, pepperoni, salami, sausage, seafood (canned in oil),</p>
Fruit Choices	<p>FRUITS Count as 15 grams of carbohydrates and 60 calories (Portion sizes listed on next page)</p> <p>Star fruit, cranberries, watermelon, strawberries, grapefruit, cantaloupe, papaya, peach, pear, plum, honeydew melon, blackberries, raspberries, apples, pineapple, oranges, blueberries.</p> <p>Eat in Moderation: Dates, Bananas, Passion Fruit, Pomegranate, Grapes, Figs, Sweet Cherries, Mango.</p>
Vegetable Choices	<p>NON STARCHY VEGETABLES count as 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat, and 25 calories</p> <p>One vegetable exchange: ½ cup cooked or 1 cup raw</p> <p>Sour pickles, watercress, dill pickles, cucumber, mustard greens, radishes, celery, zucchini, summer squash, lettuce, tomatoes, sauerkraut, swiss chard, bell peppers (all colors). Asparagus, mushrooms, spinach, eggplant, cauliflower, cabbage, arugula, green onions, jalapeños, collard greens, okra, spaghetti squash, green beans, turnip greens, broccoli, onions, carrots, snow peas (snap bean), brussel sprouts, kale, Chinese cabbage, bean sprouts.</p> <p>Eat in Moderation: Acorn squash, artichokes (Jerusalem), beans (other than green beans), butternut squash, corn, legumes, parsnips, peas, potatoes, sweet potatoes, and yams.</p>

These choices can be taken in any amount since they do not contain sugar. Aim for 48-64 ounces daily.

- Water, sugar free beverages such as Crystal Light, Wyler's Light, sugar-free Kool Aid, sugar-free Tang, Diet Snapple, MIO, Minute Maid Lite(all flavors), Fruit 2 0 or Propel Zero, Powerade Zero, coffee or tea with sugar substitute, broth/bouillon, strained broth soups.
- Sugar free popsicle, sugar free gelatin, sugar free gum, sugar free mints

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FRUITS Count as 15 grams of carbohydrates and 60 calories

Apple, small 1	(4 oz)	Applesauce, unsweetened	½ cup
Apples, dried	4 rings	Apricots, dried	8 halves
Apricots, fresh	4 whole	Apricots, canned	½ cup
Banana, small 1	(4 oz)	Blueberries	¾ cup
Cantaloupe	1 cup	Cherries, fresh	12
Grapefruit	¾ cup	Grapes, small	17
Honeydew Melon	1 cup	Kiwi	1
Mandarin oranges	¾ cup	Mango	½ cup
Nectarine	1 (5 oz)	Orange, small	1
Peach, medium	1 (4 oz)	Peaches, canned	½ cup
Pear, large fresh	½	Pears, canned	½ cup
Pineapple, fresh	¾ cup	Pineapple, canned	½ cup
Plum, small	2	Raisins	2 Tbsp
Raspberries	1 cup	Strawberries	1 ¼ cup
Whole Tangerine, small	2	Watermelon	1 ¼ cup cubes

- Total calories for the meal plan ranges from 1000-1200 calories depending on food choices.