

The FIRM Believers'

Ultimate Meal Plan

Compendium

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Summer 2010

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Introduction

Hello Again FIRM Fans!

Over the last year I had MANY requests from FIRM Believers' like yourselves asking me to add the FIRM Meal Plans from all the Body Sculpting Systems to the WILDLY popular FIRM Believers' Ultimate Compendium. I looked at the size of the original Compendium.....and said it would be such a HUGE file for everyone to download if I did that.....so after much consideration, I decided it would be better all around if I compiled a Compendium with ONLY the meal plans separately from the original compendium. This way those following whichever meal plan that either came with the product or from the website could have the information in their kitchen at their fingertips at a moments notice!

I have tried to put everything in this meal plan compendium that has either come with any of the meal plans or on the website in reference to eating healthy.

The first part of this compendium will have descriptions on how the Body Sculpting System Meal Plan works. Immediately following the descriptions are the meal plans from Body Sculpting System 3 to The Wave System. All these plans come complete with Snack options and shopping lists. I have also included the contents of the pamphlet of healthy eating information from Body Sculpting System 1 (Body Sculpting System 1 & 2 are identical). **Please Note: I have left the AMT column blank for specific reasons. 1. Some individuals have allergies. 2. More often than not, individuals also have personal preferences—EX: I hate Brussels sprouts! I was forced to eat them as a child, now I can't stand them! For these reasons—I have left the AMT column blank for such reasons!** There is also a substitutions list after the snack options list so yet another reason for leaving the Amt column blank. After all these wonderful Meal Plans have made their glorious appearances I have added some by popular demand! There is the 3 Day Detox, 5 Day Diet, 7 Day Diet, Old and NEW 14 Day Diet, Boot camp diet and The Abs Diet! All these diets come with shopping lists, substitutions, and snack options as well! And last, but not least, I have brought in a few extras for your benefit! 1) A food journal template—I tried so hard to recreate the food journal from the FIRM website—and I hope I did it justice! 2) A self analyzer personality snapshot. I retrieved this from the FIRM for Life book by Anna and Cynthia Benson which was published in 1998. The original is found in the book on page 205. After each meal plan I have incorporated a page specifically for Notes. This will allow you to write down gentle reminders for yourself as you go through the meal plans. I thought about only doing one page or so for notes at the very end, but since some of these plans are so different, why should I restrict it to only 1? That is the reasoning behind one page for notes after each meal plan.

Please Note: VERY IMPORTANT!!!!!! This Compendium is over 400 pages long! Please read the Table of Contents before printing, it will save you a lot of time, paper, and ink, not to mention frustration!!!!

Thank you!_

Special Thanks!

I want to thank first and foremost the nutritionist on the FIRM website Sara! You have given such amazing meals over the years and I would like to say on behalf of the FIRM community THANK YOU SO MUCH!!!! You have helped many in community realize what REAL nutrition is! I want to thank Sara for coming up with all the meal plans that the FIRM has had on the website as well as in the Body Sculpting System sets. You may know how much it means, but I still would like to say thank you anyway! I also want to give thanks to Cathy Sovde who has allowed me to work within a time frame that is comfortable for me. While juggling the many things life has to offer, and ailing Father-in-law (who is living with us), to being a full-time student there appears to never be a break in my busy life, so thank you Cathy for allowing me to work within a comfortable time frame which suits my needs. I also want to thank CLTonda for always being my best friend and biggest supporter on the boards and offering up suggestions when she knows they are needed. I want to thank CLBeth for all your encouraging words for all the work I have done! I also want to thank Joanna 25's for planting that one little bitty seed in my head back around Thanksgiving of last year. If you had not asked about it, it probably would not exist. I usually don't come up with ideas like these on my own. I usually need a little 'nudge' in order to get the creative juices flowing. So thank you Joanna 25's for little 'nudge'. It was just what I needed! And last but not least, a very special thanks to my dear husband Doug. You have been by my side through literally thick and thin and understand that when I have my mind on a project, I don't ever let up until I'm completely finished!

Maintenance/Errors/Discrepancies

This Compendium as with the FIRM Believers' Ultimate Compendium will be continually revised through out the years.

If you see **ANY** errors or discrepancies of any kind, please **PM** me and I'll be happy to fix whatever happened. Please remember that if for some reason I left you out of the "Special Thanks" portion of this Compendium and you did assist me in whatever way, large or small, please just PM me with whatever you helped me with and I'll be delighted to give you credit.

The FIRM Meal Plan

Description

The FIRM Meal Plan

How It Works

The FIRM Meal Plan offers several options, depending on your caloric needs. To determine how many calories is right for you, simply multiply your current weight by 10, and that is the number of calories you need each day! (Example: If you weigh 157 pounds, multiply $157 \times 10 = 1570$. Therefore, 1600 calories is the best option for you.) It is advised not to go below 1400 calories, or above 2000 calories. The FIRM Meal Plan is intended as a guide, if you feel you are not getting enough calories or find it difficult to stick to the meal plan post on the boards so we can all help!

SUBSTITUTIONS LIST

Since everyone has different likes and dislikes we have created a list of substitutions, which will help you to stay on track. These lists will provide you with greater flexibility so that you can customize your plan to your distinct lifestyle and taste preferences. It is what we like to think of as The FIRM food cheat sheet, so that you can simply swap one food for another. For instance, if you dislike chicken, but love tuna, you can switch your meal, but pay attention to portion size.

How to Substitute Within Each Food Category

Within each food category (milk/dairy, protein, smoothies, breads/starch, fruits, vegetables and miscellaneous), there are many different food choices. These choices are all interchangeable. However, don't forget to watch your portion sizes! For example, if your plan calls for $\frac{1}{2}$ cup Cottage Cheese and you would prefer something else, you can have 1 egg or 3 egg whites.

**Tips to Get You
Past Weight Loss
Plateaus**

The FIRM
Tips to Get You Past a Weight Loss Plateau
By: Sara Ryba RD, CDN

Journal Your Food

It is possible that your food is not quite as clean as it had been when you first started your weight loss plan. In order to "clean up" your food, I suggest keeping a journal and writing down every morsel of food that enters your mouth. This type of monitoring and accountability is very likely to push you past your plateau!

Drink More Water

Water could be your key to continued weight loss. When your body is dehydrated, your metabolism will likely take a hit. Many scientists believe that when your body is in a dehydrated state, you will not burn fat as efficiently. So be sure to drink up! About 64 ounces per day is optimal.

Change Up Your Meals

Food ruts can be boring not only to you, but to your body and its metabolism. If you eat the same meals each and every day, change it up. This will keep your body "guessing" and is more likely to result in weight loss. An added benefit is that you will probably enjoy your food more as well!

Drop the Sugar Even More

You may be keeping an eye on your sugar intake, but if you find that you are still not losing weight, try to cut the sugar even more. I find that a reduction of only 50-100 calories worth of sugar can be the difference between weight loss and weight maintenance.

Be Patient

Often times your body is just "catching up." If you have lost 10 pounds in a 4-6 week time span, and then you hit a plateau, that is actually normal. Your body needs to get comfortable at the new weight before it is willing to shed more. During this plateau phase, you may find that your clothes actually feel looser but that the scale is not budging. So don't give up; your body is trying to hang on to the weight, but if you stay consistent with your healthy diet, you are sure to win your way past this plateau.

Food Journal

Whether you are trying to lose weight, or eat more fruits and vegetables, food journals can be one of the best tools for you. Although it sounds like a simple task, there are tricks and strategies in order to make this a successful exercise for you.

Getting Started

Before you start the food journal, give some thought as to the best mode of compiling your journal entries. Do you like to hand write, or are you more of a computer person? Some people prefer to make a food entry form on the computer, while others like to buy a pretty journal. Either way is fine, you could even use a little note pad. The important thing is that you pick a central location to gather your food journal entries.

After you have chosen where you are going to record your journal entries, you should decide on a time (or times) of day that you would be entering your foods. For many people, it is enter one full day at a time. You could either sit down at night to enter the food consumed for the day, or you could make your entry first thing in the morning for the previous day.

If you find that you have a difficult time remembering all of the foods for a full day, then choose to make your entries after each meal; however, this does become more time consuming. The important thing is not to let more than one day go by without recording your entries.

What to Write

The general guideline is to include all foods consumed. Whether they are eating while standing up at the refrigerator, or off of your child's plate, you must be sure to track all foods consumed, even beverages should be included. The basic components that most people find help in include in their journal are

- Time of day food was eaten
- Type of food (with portion size, to make this less laborious, you can be subjective about your portion size, i.e. large bowl of pasta, or small chocolate chip cookie)
- Who you were with or what you were doing
- How you felt after eating the meal or snack.

Week One

Make it your goal to simply write down all of the food that you consume. You need not make any great efforts to "eat better," or adjust our eating habits just yet. The first and important step, in the process is to collect information on your current eating habits. You may find that after three days you are already learning a lot about your strengths and weaknesses.

Week Two

Now you can review you first seven days and make some conclusions about your eating patterns. This is the time to create your goals: Try to make them concrete and easy to evaluate. Here are a few ideas of small, manageable adjustments that may make sense of you.

To Lose Weight:

1. Reduce empty calories. These empty calories are often consumed during the mid-afternoon or at night in front of the TV.
2. Control portion sizes. If most of your entries include 'large' portions, try to focus on downsizing these meals and snacks.

To Feel More Energized:

1. Do not skip meals. Look for skipped meals and long gaps of time that you do not eat. Then make an effort to fill in the gaps with nutritious meals and snacks.
2. Avoid foods that drag you down. Take notice of how you feel after particular foods. You may notice a trend that after eating a particular lunch, you are exhausted all afternoon.

This may occur because the meal was too high in fat or calories. Try to adjust these meals to increase your energy.

To Eat More Healthfully:

1. Eat more fruits and vegetables. Count your fruits and vegetables servings for the day. Ideally you will be eating 5-7 servings daily from both fruits AND vegetables. They should be diverse, as the more variety you get, the better array of vitamins and minerals you will consume.
2. Look to reduce meals that are fried or that or cream-based. You are most likely consuming a lot more fat that you realize. Words to look for when trying to reduce fried and creamy foods include: crispy or creamy.

Make It Fun

Enlist a friend or family member to be your partner in crime. You and your partner can review your food journals together or via email.

If you both set up goals, you can then provide each other with feedback. It can make a big difference when you know that you are accountable to someone else.

Estimate How Many Calories You're Body Needs

Estimate How Many Calories Your Body Needs

Weight	110	120	130	140	150
Approximate Calories/Day	1,200	1,200	1,300	1,400	1,500

Weight	160	170	180	190	200
Approximate Calories/Day	1,600	1,700	1,800	1,900	2,000

The most basic way to determine how many calories is right for you, is to multiply your current weight by 10, and that is the number of calories you need each day!

EX: If your weight is 1575. You multiply $157 \times 10 = 1570$ calories you need each day!

Portion

Distortion

Portion Distortion

Food	Portion Comparison	Calories
3 ounces of meat, chicken or fish	a deck of cards OR a cassette tape	110-220 calories depending on how high-fat the meat is. Generally white meat poultry and fish are on the lower end of calories. Beware of fatty red meats.
1 ounce of cheese	4 dice	About 80-120 calories per ounce. Generally softer cheese, like brie, is higher in calories.
2 tablespoons of peanut butter	The size of a roll of film OR your 2 thumbs	180 calories for each 2 tablespoon serving--so don't overindulge!
An ounce of nuts	25-30 peanuts, 17-20 almonds or cashews, 4-5 walnuts	170 calories per ounce--so don't overindulge!
A medium piece of fruit	The size of a tennis ball	A medium apple or orange will provide 80-100 calories
A cup of fresh fruit	The size of a baseball	About 60-90 calories/cup. Some fruits are higher in calories than others, like grapes, pineapple and banana.
1/4 cup of dried fruit	About the size of a golf ball	Yes, this small little golf ball is 80 calories, so watch the portion size; dried fruit can be fattening--so eat sparingly.
One cup of dry breakfast cereal	The size of a light bulb, or roughly half of a standard cereal bowl	One cup is usually about 90-140 calories, but beware of higher-calorie cereals, like granola, which can provide up to 350 calories per cup!
A 2 ounce bagel	No bigger than a hockey puck OR no bigger than 3 1/2 inches	At 200 calorie, it is important to watch the size of your bagels. If you are a fan of big bagels, then eat half. A big bagel can load up to 450 calories.
1/2 cup of pasta or rice	The size of your fist	These starches provide 100 calories per half cup--so don't overindulge!

Portion Distortion Cont.

Food	Portion Comparison	Calories
1/2 cup cooked veggies	Half of a tennis ball	Eat up! At 50 calories per 1/2 cup, you can't get into too much trouble. Just watch out for the higher-calorie vegetables like peas and corn.
A medium baked potato	The size of your computer mouse	A medium baked potato is about 150 calories, but beware, there are some mammoth spuds out there; if you buy the big ones, eat half.

The FIRM

10 Little-Known Weight

Loss Secrets

The FIRM
10 Little-Known Weight Loss Secrets
By: Sara Ryba, RD, CDN

1. The Scale is not the best indicator of weight loss.

Your clothes are a much better indicator of whether or not your diet and exercise plan is working. The scale can, and will, be affected by a multitude of factors including hormones, sleep, water consumption and salt intake. My advice is to "weigh in" NO more than once a week

2. All sugar is detrimental to weight loss!

It does not matter if the sugar in your diet comes from fruit, honey or plain white sugar. All sugar sources are processed similarly by your body and too much sugar is a leading reason why weight loss plans fail. So limit all sugar, even if it is a "natural" sugar like honey.

3. "Healthy foods" are not always "weight loss foods."

There is a difference between foods that are "good for you" and foods that are "good for weight loss." In order to make sure that your "healthy" food is not thickening your waistline, be sure to check out the calories and the "suggested serving size." Examples of healthy foods that can be fattening if you eat too much of them include avocados, whole grains, fruit juice, peanut butter and almonds.

4. Some vegetables can slow weight loss.

Sadly, not all vegetables are created equal. While all vegetables are good for you, not all of them are low in calories. There are a few starchy vegetables to watch out for as they are much more calories dense than their non-starchy cousins. So, when you are trying to lose weight, be sure to limit your portions of starchy vegetables such as corn (132 calories/cup), peas (134 calories/cup) and potatoes (135 calories for one medium baked potato). You do not need to give up these nutritious delicacies; just be sure to keep an eye on portion size.

5. Low sugar fruits are better for weight loss.

Just like vegetables, some fruits are much higher in calories than others. When trying to lose weight, it is best to limit high-sugar fruits and instead choose low-sugar varieties. Some lower-sugar fruits include berries, melon, peaches, plums and kiwis. Some examples of higher-sugar fruits include bananas, grapes, dried fruit, mangos and fruit juice.

6. There's more to a diet than just calories.

Just counting calories is not always enough to ensure steady weight loss. You have to be sure that your calories are coming from the right sources. If you eat too many carbs and not enough protein or fat, your weight loss plan is sure to fail. So when you are planning your food for the day, be sure to choose foods that are balanced in protein, carbs and fat.

7. Eat all day long.

Eating small meals throughout the day is the best way to lose weight. By eating in this fashion, your blood sugar stays on an even keel, resulting in less hunger pangs and likely, less binges. Your body will also do better by getting a constant stream of fuel as opposed to three large meals per day. Since these mini meals can be time consuming to prepare, you can simply break your meals into 2 servings. For example, eat half our sandwich at noon and the other half as a snack around 2 p.m.—it works like a charm.

8. Alcohol can ruin your diet in two ways.

Most diets recommend limiting alcoholic beverages because these drinks are full of empty calories; however, that is not the only reason that I would want you to keep your guard up during cocktail hour, Alcohol is full of calories, but also will lower your blood sugar, causing cravings and hunger, while decreasing your inhibitions. I generally suggest no more than four alcoholic drinks per week, and when you do choose to indulge, be sure to keep your food clean.

9. Limit fruit to two servings when trying to lose weight.

Many of my clients feel badly when they are not eating fruit; however do not fret. The same nutrients that you get from fruit can be found in vegetables, with fewer calories and fewer carbohydrates. If you are a fan of fruit, you can surely indulge, but limit it to two servings per day as more than that can actually be fattening.

10. Don't eat back your "exercise" calories.

This is a hard concept to explain, but basically, don't eat more just because you exercised more. I have many clients who have gained weight while training for a marathon because they were eating more to fuel their workouts. If you happened to have a really hard workout, and you are truly feeling hungrier, then have an extra healthy snack, but don't go for a high-calorie bagel or muffin. You'll be defeating yourself.

BSS1

FIRM

Fuel

FIRM Fuel

FISH -fresh fillet with lemon and herbs, steamed dark leafy greens with sesame seeds, baked squash, and baked potato with garlic

SIRLOIN-fat trimmed ground meat with garlic and fresh ginger rice with mushrooms green beans and broccoli raw beets and carrots

OMELETTE -three egg whites, one yolk with spring onion, and whole grain cereal orange or other fruit in season

CHICKEN -baked skinless breast with fresh thyme and oregano boiled potatoes with sesame seed and garlic raw carrots and raisins watercress with lentils

NON-FAT YOGURT -nonfat yogurt fresh pineapple raw mixed lentil sprouts sweet potato with sugar substitute and cinnamon

BEANS AND RICE -rice cakes fat free pinto bean spread raw carrot apple or orange

TURKEY -stir-fried breast strips with garlic and onions stir-fried spinach green beans and red pepper brown rice and fresh corn

BSS1

Portable

Survival

Kits

Portable Survival Kits

1- 3 1/2 oz water packed tuna, carrots, celery, 1 orange, 2 rice cakes

2- 8 oz nonfat sugar free yogurt, 12 raisins, 1 banana

3- 3-4 oz chopped turkey or chicken breast with low-fat mustard, low-fat bread, celery

4- 3-4 oz homemade tuna salad (made with dill pickle, yogurt and low-fat mayo), fat free rye crackers, apple

BSS1

Sample Daily

Diets

Sample Daily Diets

Day 1-

Breakfast:

Oatmeal (8 oz), scrambled eggs (4 whites and yolk), 1 orange, flaxseed on oatmeal (2 teaspoons) 400 cal

Snack:

8 oz nonfat yogurt, banana, 1 oz pumpkin seeds 345 cal

Lunch:

8 oz green beans, 8 oz brown rice, 3 oz lean ground beef 470 cal

Snack:

2 scoops protein powder, 10 strawberries, 8 oz nonfat yogurt, ice blended in shake 290 cal

Dinner:

3 oz chicken, 1 oz garlic, 1/2 T olive oil, kale 8 oz, 9 oz new potatoes with seasoning, 2 oz pineapple 502 calories

Total for day - 2007

Day 2-

Breakfast:

2 medium pancakes, 2 T maple syrup, 3 oz low fat ham, 1/2 grapefruit

446 cal

Snack:

8 oz nonfat yogurt, 6 oz fresh fruit, 1 oz pumpkin seeds 340 cal

Lunch:

3 oz tuna, 6 oz brown rice, 8 oz salad, 4 oz carrots 374 cal

Snack:

1 pear, 6 oz nonfat cottage cheese, 1 muffin 405 cal

Dinner:

6 oz pasta, 3 oz chicken, 1 oz garlic, 1/2 Tablespoon olive oil, 2 Tablespoons grated parmesan cheese, 4 oz squash, 4 oz spinach, 4 oz tomatoes with onions and seasoning 552 cal

Total for day 2117

Day 3 -

Breakfast:

8 oz cantaloupe, 3 oz water packed tuna, 2 pcs toast, 2 t fruit only jam

328 cal

Snack:

8 oz nonfat yogurt, 1/2 grapefruit, 4 oz cherries, 3 oz turkey 350 cal

Lunch:

3 oz baked chicken, 4 oz cooked beets with vinegar, 4 oz brown rice, 4 oz broccoli, 1 peach

Snack:

3 oz tuna, 3 rice cakes, 4 oz carrots, 4 oz celery, 1 oz pumpkin seeds

403 cal

Dinner:

3 oz lean ground beef, 4 oz fresh pineapple, 1 med sweet potato, 4 oz green beans, 1" by 10" slice watermelon 565 cal

Daily total - 2003

The FIRM Box
30 Day Meal Plan

**The FIRM Box 30 Day
Meal Plan**

Day 1

Breakfast

8 ounces oatmeal
1 banana
2 teaspoons flaxseed
8 ounces skim milk

Snack

8 ounce nonfat yogurt
3 tablespoons wheat germ

Lunch

3 ounces tuna, packed in water
2 cups large green salad with lots of veggies
1 whole carrot, chopped
1/8 avocado
2 tablespoons light dressing

Snack

1 cup 1 % low fat cottage cheese
1 cup fresh fruit salad

Dinner

4 ounce filet of sole
1 sweet potato
1 cup steamed spinach with squeeze of lemon
1 cup green salad

Day 2

The FIRM Box 30

Day Meal Plan

Breakfast

Scrambled eggs (4 whites + 1 yolk) with
1/4 cup mushrooms
1/4 cup salsa
2 slices whole wheat toast (whole grain bread)
1 cup skim milk
1/2 grapefruit

Snack

6 ounces 1% cottage cheese
1/2 cantaloupe
3 tablespoons wheat germ

Lunch

2 cups green salad: lettuce, cucumber, broccoli, tomato, shredded carrots
4 ounces grilled chicken, white meat
2 tablespoons light dressing or 1 tablespoons regular dressing or vinegar
1/2 (6.5 inch) whole wheat pita
2 tablespoons chopped walnuts

Snack

Nancy's Popcorn
3 cups air-popped popcorn
butter-flavored Pan
Molly McButter (any flavor)
Directions: Air pop popcorn, Spray Pam on top and sprinkle Molly McButter.
Servings = 1 (3 cups popped corn)

Dinner

4 ounces lean ground beef

1 medium sweet potato

1 cup steamed broccoli

1 cup sliced berries

The FIRM Box 30
Day Meal Plan

Day 3

Breakfast

Libby's Breakfast

8 ounces plain nonfat yogurt
1 teaspoon honey
3 tablespoons plain quick oatmeal stirred in
Servings = 1
1 small banana, sliced

Snack

Baby carrots
4 stalks celery
3 ounces low-fat cheese

Lunch

2 cups green salad: fresh mixed greens, cucumber, tomato, shredded carrots, raw mushrooms
chopped onions
3 ounces fresh turkey breast
4 ounces cooked beets with vinegar
2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar
1 whole wheat roll (small) or whole wheat pita

Snack

3 ounces tuna, packed in water
3 rice cakes
celery and red pepper strips

Dinner

4 ounces grilled white meat chicken, cooked

2/3 cup brown rice

1 cup steamed green vegetables or green beans with lemon juice and seasonings

1 cup green salad

2 tablespoons light dressing or 1 tablespoon regular dressing

**The FIRM Box 30
Day Meal Plan**

Day 4

Breakfast

Scrambled eggs (4 whites + 1 yolk)
8 ounces non fat yogurt
3 tablespoons wheat germ

Snack

3/4 cup bran flakes cereal
1 cup berries
1 cup skim milk

Lunch

Janet's English Muffin Pizzas

3 ounces canned tomato sauce
1 teaspoon oregano
1 whole wheat English muffin
2 ounces grated part-skim mozzarella cheese
Your choice of vegetables: fresh tomatoes, mushrooms, artichoke hearts, olives,
peppers, etc.
Directions: Bake at 425* for 10-12 minutes
Servings = 1

Snack

4-6 stalks celery
1 large carrot
1/4 cup hummus or 1 tablespoon peanut butter

Dinner

4 ounces turkey burger, cooked

1 slice low fat cheese (optional)

1 whole wheat pita

mustard (optional)

lettuce and tomato

1 cup side green salad

1 cup steamed spinach

**The FIRM Box 30
Day Meal Plan**

Day 5

Breakfast

8 ounces oatmeal, cooked
1 cup chopped peach
1/2 cup strawberries
2 teaspoon flaxseed
1 cup skim milk

Snack

1 apple
1 tablespoon peanut butter

Lunch

3 ounces tuna, packed in water
lettuce and tomato
1 cup side green salad, vinegar
1/2 cup couscous, cooked

Snack

Smoothie:

2 scoops protein powder
10 strawberries
8 ounces nonfat yogurt

Dinner

4 ounces lean ground beef
1 medium sweet potato
1 cup steamed broccoli and carrots
1 cup sliced berries

The FIRM Box 30
Day Meal Plan

Day 6

Breakfast

Scrambled eggs (4 whites + 1 yolk) with
1/4 cup mushrooms
2 sliced whole wheat toast (whole grain bread)
hot sauce (optional)

Snack

3/4 cup dry cereal (cheerios, total, Kashi)
1/2 cup skim milk
1/2 banana, sliced

Lunch

Pam's Spinach Salad

2 cups spinach salad: spinach, cucumber, broccoli, tomato, shredded carrots
3 ounces turkey
2 ounces goat cheese
2 tablespoons light Italian dressing
Directions: Toss together all the vegetables, the turkey and cheese. Lightly toss in the Italian dressing.
Served chilled.
1 whole wheat roll (small) or whole wheat pita

Snack

2 rice cakes
1 tablespoons peanut butter

Dinner

4 ounces grilled chicken, white meat
2/3 cup brown rice
1 cup steamed green broccoli and cauliflower and lemon juice and seasoning.

The FIRM Box 30
Day Meal Plan

Day 7

Breakfast

Nancy's Oatmeal Pancakes

1 cup oatmeal (not instant)

6 egg whites

1 packet Splenda

option: fruit (e.g. blueberries, banana, etc.)

Directions: Combine ingredients. Pour into skillet (coated with cooking spray). Cook until slightly brown.

Servings = 1

2 tablespoon maple syrup

Snack

4 ounces 1 % cottage cheese

2 rice cakes

1 slice tomato

Lunch

3 ounces tuna in water

2 cups green salad

1 (6.5-inch) whole pita

1 cup cantaloupe, cubed

Snack

2 scoops protein powder

10 strawberries

8 ounces nonfat yogurt

Dinner

3 ounces baked white meat chicken

1 medium baked potato

1/4 cup salsa

1 cup steamed squash and zucchini

1/2 cup pineapple

The FIRM Box 30
Day Meal Plan

Day 8

Breakfast

1 cup whole grain cereal
1 small banana, sliced
1 cup skim milk
1 tablespoon sliced almonds

Snack

1 cup celery sticks with 1 tablespoon peanut butter

Lunch

Emily's Tuna Macaroni Salad

1/2 cup cooked elbow pasta
3 ounces tuna, drained
1/3 cup canned sweet early peas, drained
2 teaspoons light mayonnaise

Directions: Cook pasta and drain. Let cool. Combine pasta, tuna, peas, and as much mayo as you like in large bowl. Mix well. Salt and pepper to taste.

Serving = 1

Snack

Smoothie

Combine in blender:

2 scoops protein powder
10 strawberries
8 ounces nonfat yogurt
Ice

Dinner

4 ounces skinless chicken breast, grilled
2 cups salad with 2 tablespoons low fat salad dressing
1 medium sweet potato
1 cup steamed broccoli

Day 9

**The FIRM Box 30
Day Meal Plan**

Breakfast

Omelet: (3 egg whites to 1 whole egg) with spinach, tomato, mushroom
2 slices whole wheat toast
1/2 grapefruit

Snack

1 peach
2/3 cup 1% cottage cheese

Lunch

4 ounce turkey burger, cooked
1 slice low fat Swiss cheese
2 cups salad greens, tomato slices
1 whole wheat English muffin

Snack

2 celery stalks
1 large carrot
1/4 cup salsa
2 slices low fat cheese

Dinner

Allie's Tarragon-Crusted Orange Roughy

1 (6 ounce) orange roughy filet

1/4 cup orange juice

1 teaspoon dried tarragon

1 teaspoon coarsely ground black pepper

grate zest of 1 orange

Directions: Pour juice into shallow baking dish. Add fish lightly with cooking spray. In bowl, combine tarragon, pepper and orange zest, Sprinkle and press onto fish. Bake uncovered for 20 minutes at 325*.

Serving = 1

1 cup steamed spinach

3/4 cup brown rice

The FIRM Box 30
Day Meal Plan

Day 10

Breakfast

3/4 cup 1% cottage cheese
1 cup cubed cantaloupe
2 tablespoons flaxseed

Snack

8 ounces nonfat yogurt
3 tablespoons wheat germ

Lunch

2 cups green salad: fresh mixed greens, cucumber, tomato, shredded carrots, raw mushrooms,
chopped onions
4 ounces fresh turkey breast
1/2 cup (4 ounces) cooked beets with vinegar
2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar
1 whole wheat roll (small)

Snack

Emily's Chocolate Cool Whipped

Graham Cracker Sandwiches

2 reduced-fat chocolate graham crackers

2 tablespoons fat free Cool Whip

Directions: Break crackers into half sheets. Place a scoop of Cool Whip in between two
crackers. Freeze for at least one hour before serving.

Servings = 1 sandwich equals one serving

Dinner

4 ounces lean steak

2 cups salad greens

1 tomato, sliced

1 slice red onion

1 medium baked sweet potato

1 cup steamed broccoli

The FIRM Box 30
Day Meal Plan

Day 11

Breakfast

8 ounces low fat yogurt
1 small banana
3 tablespoons wheat germ

Snack

1 cup fresh fruit salad
1 tablespoon flaxseed

Lunch

Grilled Vegetable Pita

red pepper, zucchini, pepper (grilled with Pam)
1 (6.5 inch) whole wheat pita
2 ounces mozzarella
1 apple

Snack

1 protein bar, about 180-210 calories

Dinner

Nancy's Chicken Nang

4 ounces boneless, skinless chicken breast, diced
1/3 can tomatoes
1/3 can seasoned stewed tomatoes
1/3 jar marinated artichoke hearts, diced
1/2 cup penne pasta, cooked
1/2 package frozen spinach, thawed

Directions: Sauté chicken with artichoke hearts. Add tomatoes and spinach. Simmer for 1 hour. Prepare pasta. Serve chicken on top of pasta.

Servings = 1

2 cups green salad with tablespoon light dressing

The FIRM Box 30
Day Meal Plan

Day 12

Breakfast

1 serving whole grain cereal, about 1 cup
1 small banana, sliced or
1 cup berries
1 cup skim milk

Snack

Lisa's Oranges

1 orange, sliced up
1/2 cup 1 % cottage cheese

Lunch

Large chopped salad
1/3 cup chick peas or kidney beans
1/3 cup low fat cottage cheese or another light cheese
2 tablespoons chopped walnuts
1 whole wheat pita or small whole wheat roll

Snack

Stephanie's Strawberry Shake

Mix one packet vanilla protein shake mix with:
1 1/2 cups cold water
1 cup frozen unsweetened strawberries
2 packets Splenda
1 tablespoon light Cool Whip
Blend and serve immediately.
Servings = 1

Dinner

4 ounces gilled salmon

3/4 cup brown rice

1 cup spinach, sautéed in Pam with garlic and herbs

1 1/2 cups green salad

1 cup sliced berries

Day 13

The FIRM Box 30
Day Meal Plan

Breakfast

Stephanie's Southwestern Omelet

(3 egg whites to 1 whole egg)

1 tablespoon skim or soy milk

sautéed onions, green peppers, mushrooms

1/3 cup part-skim shredded mozzarella cheese

1 tablespoon salsa (optional)

Direction: Beat eggs and milk and pour into pan sprayed with Pam. Once egg begins to firm up, add additional ingredients and fold. Serve with hot salsa for added flavor.

Serving = 1

2 slices whole wheat toast (whole grain bread)

Snack

1 apple

1 tablespoon peanut butter

Lunch

2 cups green salad: fresh mixed greens, cucumber, tomato, shredded carrots, raw mushrooms, chopped onions

4 ounces fresh turkey breast

2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar

1 (6-inch) whole wheat pita

Snack

Protein bar, about 180-210 calories

Dinner

4 ounces grilled chicken

1 cup steamed green broccoli and cauliflower with lemon juice and seasonings

1 medium baked potato with salsa

The FIRM Box
30 Day Meal
Plan

Day 14

Breakfast

8 ounces oatmeal
1 small banana, sliced
2 teaspoon flaxseed
1 cup skim milk

Snack

8 ounces non fat yogurt
3 tablespoon wheat germ

Lunch

Janet's Tuna Nicoise

1 (3 ounces) can tuna, packed in water
1 medium boiled potato (peel and chunk potato, boil in already boiling water on medium heat for 10-14 minutes)
1/3 cup pitted whole black olives, drained
1 fresh whole tomato, cut in eighths
1 teaspoon drained capers
2 tablespoons low fat Italian or vinaigrette salad dressing
salt and pepper to taste
Make sure potato is boiled and soft.
Mix all ingredients in bowl.
Refrigerate at least 30 minutes.
Serving = 1

Snack

celery and carrot strips
1/4 cup hummus

Dinner

4 ounces skinless chicken breast, grilled

2 cups salad with 2 tablespoon low fat salad dressing

3/4 cup couscous

1 cup steamed broccoli

**The FIRM Box 30
Day Meal Plan**

Day 15

Breakfast

1 cup whole grain cereal
1 cup sliced berries
1 cup skim milk
1 tablespoon sliced almonds

Snack

1 cup celery sticks
1 tablespoon peanut butter

Lunch

Janet's Greek Salad Sandwich

1/2 large tomato, chopped
1/3 cup pitted black olives, coarsely chopped
1 teaspoon fresh lemon juice
1 cup shredded green leaf lettuce
salt and pepper to taste
1/3 cup crumbled feta cheese
1 (6.5 inch) pita pocket, preferably whole wheat, split in half
Directions: Place tomato, olives, lemon juice, lettuce, salt, and pepper in mixed bowl - toss to combine. Toss in feta cheese. Place mixture onto pita.
Servings = 1

Snack

3 ounces tuna, packed in water
3 rice cakes

Dinner

4 ounces hamburger (lean ground beef)

2 cups salad greens

1 tomato

1 slice red onion

1 whole wheat English muffin

1 cup steamed spinach

The FIRM Box 30
Day Meal Plan

Day 16

Breakfast

2 slices whole wheat toast

1 cup skim milk

Allie's Egg Beaters Omelet

1/3 cup Egg Beaters

1 tablespoon bacon bits

1/2 cup fat free cheese (shredded)

1/2 cup skim milk

1 tablespoon fat free sour cream

Direction: Scramble eggs, bacon bits and skim milk. Melt cheese on top and add a dollop of sour cream.

Snack

8 ounces nonfat yogurt

2 tablespoons chopped or slivered almonds

Lunch

2 cups green salad: spinach, cucumber, broccoli, tomato, shredded carrots

4 ounces turkey, sliced

2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar

1 whole wheat roll (small) or whole wheat pita

Snack

2 rice cakes

1/2 cup 1% cottage cheese

3 slices tomato

Dinner

4 ounces grilled shrimp

3/4 cup brown rice

1 cup steamed broccoli

1 cup sliced berries

The FIRM Box 30
Day Meal Plan

Day 17

Breakfast

8 ounces non fat yogurt
1 small banana
2 tablespoons chopped or slivered almonds

Snack

6 ounces 1 % cottage cheese
1/2 cup fresh fruit

Lunch

Suzanne's Veggie Quesadilla

1 (6.5 inch) whole wheat tortilla, cut in half
2 tablespoons hummus
1/2 cup chopped vegetables (pepper, mushrooms, broccoli, squash)
2 tablespoons shredded low fat cheddar or low fat Monterey Jack cheese
2 tablespoons low fat sour cream
cooking spray

Directions: Layer ingredients between tortilla halves; cook in pan with cooking spray until cheese melts and tortilla browns. Top with sour cream.

Servings = 1
1 apple

Snack

Smoothie -- Combine in blender:
2 scoops protein powder
10 strawberries
8 ounces non fat yogurt
Ice

Dinner

1 cup cooked whole wheat pasta

1 cup cooked steamed broccoli, white mushrooms, and zucchini

1/2 cup tomato sauce

1 teaspoon shredded parmesan cheese

2 cups green salad with 2 tablespoon light dressing

The FIRM Box 30
Day Meal Plan

Day 18

Breakfast

8 ounces oatmeal
2 teaspoon flaxseed
8 ounces skim milk

Snack

1 cup 1% cottage cheese
1 cup fresh fruit salad

Lunch

3 ounces tuna, packed in water
2 cups large green salad with lots of veggies
1 whole carrot, chopped
1/8 avocado
2 tablespoons light dressing

Snack

1 non fat yogurt
3 tablespoons wheat germ
1 banana

Dinner

4 ounces filet of sole
1 sweet potato
1 cup steamed spinach with squeeze of lemon
1 cup green salad with 2 tablespoon light dressing

The FIRM Box 30
Day Meal Plan

Day 19

Breakfast

Libby's Breakfast

8 ounces plain non fat yogurt
1 teaspoon honey
3 tablespoons plain quick oatmeal
Mix together
Serving = 1

Snack

3 rice cakes
celery and red pepper strips
3 ounces low fat cheese

Lunch

2 cups green salad: fresh mixed greens, cucumber, tomato, shredded carrots, raw mushrooms, chopped onions
4 ounces grilled white meat chicken, cooked
2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar
1 whole wheat roll (small) or whole wheat pita
1 small banana, sliced

Snack

10 baby carrots
4 stalks celery
3 ounces fresh turkey breast

Dinner

3 ounces tuna, packed in water
2/3 cup brown rice
4 ounces cooked beets with vinegar
1 cup steamed green beans with lemon juice and seasonings
1 cup green salad with 2 tablespoons light dressing

Day 20

The FIRM Box 30
Day Meal Plan

Breakfast

Scrambled eggs (4 whites + 1 yolk)
1/4 cup mushrooms, sliced
2 sliced whole wheat toast (whole wheat bread)
1/2 grapefruit

Snack

6 ounces 1 % cottage cheese
3 tablespoons wheat germ
1 cup sliced berries

Lunch

4 ounces grilled chicken, white meat
2 cups green salad: lettuce, cucumber, broccoli, tomato, shredded carrots
2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar
1/2 (6.5 inch) whole wheat pita
2 tablespoons walnuts, chopped

Snack

Nancy's Popcorn

3 cups air-popped popcorn
butter-flavored Pam
Molly McButter (any flavor)
Directions: Air pop the popcorn. Spray Pam on top and sprinkle Molly McButter.
Serving = 1 (3 cups of popped corn)

Dinner

4 ounces lean ground beef
1 medium sweet potato
1 cup steamed cauliflower
1/2 cantaloupe

The FIRM Box 30
Day Meal Plan

Day 21

Breakfast

1 egg, scrambled
3/4 cup bran flakes cereal
1 cup skim milk

Snack

4-6 stalks celery
1 large carrots
1 tablespoon peanut butter

Lunch

4 ounces turkey burger (cooked) with 1 slice low fat cheese (optional)
1 whole wheat English muffin
mustard
lettuce and tomato
1 cup steamed spinach

Snack

8 ounces non fat yogurt
3 tablespoons wheat germ
1 cup berries

Dinner

Janet's English Muffin Pizza

3 ounces canned tomato sauce
1 teaspoon oregano
1 whole wheat English muffin
2 ounces grated part-skim mozzarella cheese
Your choice of vegetables--fresh tomatoes, mushrooms, artichoke hearts, olives, pepper, etc.
Directions: Bake at 425* for 10-12 minutes
Servings = 1
1 cup green salad

Day 22

The FIRM Box 30
Day Meal Plan

Breakfast

Omelet (3 egg whites to 1 yolk) with spinach, tomato, mushrooms
2 slices low fat cheese
2 slices whole wheat toast
1/2 grapefruit

Snack

Lisa's Orange

1 orange, sliced
2/3 cup 1 % cottage cheese

Lunch

4 ounces cooked hamburger with 1 slice low fat Swiss cheese
2 cups salad greens
4 tomato slices
1 whole wheat English muffin
1 cup steamed spinach

Snack

2 celery stalks
1 large carrot
1/4 cup salsa

Dinner

Allie's Tarragon-Crusted Filet of Sole

1 (6 ounce) filet of sole

1/4 cup orange juice

1 teaspoon dried tarragon

1 teaspoon coarsely ground black pepper

grated zest of 1 orange

Directions: Pour juice into shallow baking dish. Add fish. Spray fish lightly with cooking spray. In bowl, combine tarragon, pepper and orange

zest. Sprinkle and press onto fish. Bake uncovered for 20 minutes at 325*.

Servings = 1

3/4 cup brown rice

Day 23

**The FIRM Box 30
Day Meal Plan**

Breakfast

1 serving whole wheat cereal, about 1 cup
1 cup berries
1 cup skim milk

Snack

Stephanie's Strawberry Shake

Mix one packet vanilla protein shake mix with:

1 1/2 cups cold milk
1 cup frozen unsweetened strawberries
2 packets Splenda
1 tablespoon light Cool Whip
Blend and serve immediately.
Servings = 1

Lunch

2 cups chopped salad
1/3 cup chick peas or kidney beans
1/3 cup low-fat cottage cheese or another light cheese
2 tablespoon chopped walnuts
1 (6.5 inch) whole wheat pita or small whole wheat roll
2 tablespoons light dressing

Snack

1/2 grapefruit
1/2 cup 1% cottage cheese

Dinner

4 ounces grilled salmon

3/4 cup brown rice

1 cup steamed spinach

1 1/2 cups green salad

1 cup sliced banana

The FIRM Box
30 Day Meal
Plan

Day 24

Breakfast

Fruit Smoothie:

2 scoop protein powder
10 strawberries
8 ounces non fat yogurt

Snack

8 ounces oatmeal, cooked
2 teaspoons flaxseed
1 cup skim milk

Lunch

3 ounces tuna, packed in water
lettuce and tomato
1 cup green salad with vinegar
1 cup sliced berries

Snack

1 apple
2 tablespoons peanut butter

Dinner

4 ounces grilled chicken
1/2 cup couscous, cooked
1 cup steamed broccoli and carrots
2 cups green salad
1 chopped peach

Day 25

The FIRM Box 30
Day Meal Plan

Breakfast

Stephanie's Southwestern Omelet (3 egg whites to 1 whole egg)

1 tablespoon skim or soy milk

sautéed onions, green peppers, mushrooms

1/3 cup part-skim shredded mozzarella cheese

1 tablespoon salsa (optional)

Directions: Beat eggs and milk and pour into pan sprayed with Pam. Once egg begins to firm up, add additional ingredients and fold. Serve with hot salsa for added flavor.

Servings = 1

2 slices whole wheat toast (whole wheat bread)

Snack

1 protein bar, about 180-210 calories

Lunch

2 cups green salad: fresh mixed greens, cucumber, tomato, shredded carrots, raw mushrooms
chopped onions

4 ounces grilled chicken

2 ounces feta cheese

2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar

1 apple

Snack

1 (6.5 inch) whole wheat pita

2 ounces low fat cheese

Dinner

4 ounces fresh turkey breast

1 cup steamed green broccoli and cauliflower with lemon juice and seasonings

1 medium baked potato with salsa

The FIRM Box 30
Day Meal Plan

Day 26

Breakfast

1/2 cup 1% cottage cheese
1 small banana, sliced
1 tablespoon flaxseed

Snack

8 ounces non fat yogurt
3 tablespoon wheat germ
1 apple, chopped

Lunch

Grilled Vegetable Pita

red pepper, zucchini, pepper (grilled with Pam)
2 ounces mozzarella
1 (6.5 inch) whole wheat pita
1 cup fresh fruit salad

Snack

1 protein bar, about 180-210 calories

Dinner

Nancy's Chicken Nang

4 ounces boneless, skinless chicken breast, diced
1/3 cup Rotelle tomatoes
1/3 can seasoned stewed tomatoes
1/3 jar marinated artichoke hearts, diced
1/2 cup penne pasta, cooked
1/2 package frozen spinach, thawed

Directions: Sauté' chicken with artichoke hearts. Add tomatoes and spinach. Simmer for 1 hour. Serve chicken on top of pasta.

Servings = 1

2 cups green salad

Day 27

The FIRM Box 30
Day Meal Plan

Breakfast

6 ounces 1% cottage cheese

1 cup fresh fruit

Snack

Smoothie

Combine in blender:

2 scoops protein powder

1 chopped peach

8 ounces non fat yogurt

Ice

Lunch

1 cup cooked whole wheat pasta

1 cup steamed with mushrooms and zucchini

1/2 cup tomato sauce

1 teaspoon shredded parmesan cheese

1 cup green salad with 2 tablespoons light dressing

Snack

8 ounces non fat yogurt

2 tablespoons chopped or slivered almonds

1 small banana, sliced

Dinner

Suzanne's Veggie Quesadilla

1 (6.5 inch) whole wheat tortilla, cut in half

2 tablespoons hummus

1/2 cup chopped vegetables (pepper, mushrooms, broccoli, squash)

2 tablespoons shredded low fat cheddar or low fat Monterey Jack cheese

2 tablespoons low fat sour cream

Directions: Layer ingredients between tortilla halves, cook in pan with cooking spray until cheese melts and tortilla browns. Top with sour cream.

Servings = 1

1 apple

Day 28

The FIRM Box 30
Day Meal Plan

Breakfast

Nancy's Oatmeal Pancakes

1 cup oatmeal (not instant)

6 egg whites

1 packet Splenda

Option: fruit (blueberries, bananas, etc.)

Directions: Combine ingredients. Pour into skillet (coated with cooking spray). Cook until slightly brown.

Servings = 1

2 tablespoons maple syrup

Snack

4 ounces 1% cottage cheese

2 rice cakes

Lunch

3 ounces tuna in water

2 cups green salad

1 (6.5 inch) whole wheat pita

1/2 cup pineapple

Snack

2 scoops protein powder

10 strawberries

8 ounces non fat yogurt

Dinner

3 ounces baked white meat chicken

1 medium baked potato

1/4 cup salsa

1 cup steamed squash and zucchini

1 cup cantaloupe, cubes

Day 29

The FIRM Box 30
Day Meal Plan

Breakfast

Allie's Egg Beaters Omelet

1/3 cup Egg Beaters

1 tablespoon bacon bits

1/2 cup fat free cheese (shredded)

1/2 cup skim milk

1 tablespoon fat free sour cream

Directions: Scramble eggs, bacon bits and skim milk. Melt cheese on top and add a dollop of sour cream.

Snack

2 rice cakes

1/2 cup 1% cottage cheese

2 slices tomato

Lunch

2 cups green salad: spinach, cucumber, broccoli, tomato, shredded carrots

4 ounces grilled shrimp

2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar

2 slices whole wheat toast (whole wheat bread)

Snack

8 ounces non fat yogurt

2 tablespoons chopped or slivered almonds

Dinner

4 ounces turkey

3/4 cup brown rice

1 cup steamed green beans

1 cup sliced berries

Day 30

The FIRM Box 30
Day Meal Plan

Breakfast

1 cup whole grain cereal
1/2 cup berries
1 cup skim milk
1 tablespoon sliced almonds

Snack

3 rice cakes
1 tablespoon peanut butter

Lunch

4 ounces hamburger (lean ground beef)
2 cups salad greens
1 tomato
1 slice red onion
1 whole wheat English muffin
1 cup steamed cauliflower

Snack

3 ounces tuna, packed in water
1 cup celery sticks

Dinner

Janet's Greek Salad Sandwich

1/2 large tomato, chopped

1/3 cup pitted black olives, coarsely chopped

1 teaspoon fresh lemon juice

1 cup shredded green leaf lettuce

salt and pepper to taste

1/3 cup crumbled feta cheese

1 pita pocket (preferably whole wheat), split in half

Directions: Place tomato, olives, lemon juice, lettuce, salt, and pepper in mixing bowl; toss to combine. Toss in feta cheese. Divide salad into pita halves and serve.

Servings = 1

Food

Substitution

Lists

Milk/Dairy

Food found in meal plan	May Substitute with
1 cup of skim milk	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup of cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 ounce of cheese or 1.5 ounces of low fat cheese
1/2 cup cottage cheese	<ul style="list-style-type: none"> * 1 cup of skim milk or low fat soy milk * 1/2 cup low fat yogurt * 1 egg or 3 egg whites * 1 tbsp peanut butter * 1 ounce of cheese or 1.5 ounces of low fat cheese
1 ounce of cheese or crumbled cheese	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 egg or 3 egg whites * 1 cup of low fat soy yogurt
1 cup of nonfat yogurt	<ul style="list-style-type: none"> * 1 cup of cottage cheese * 2 eggs or 4 egg whites * 2 tbsp of peanut butter * 1 cup of low fat soy yogurt

Smoothies

Food found in meal plan	My substitute with
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * Protein bar with about 200 calories & at least 9 g protein * 1 glass of skim milk or low fat soy milk with 1 tbsp of peanut butter * 1 ounce of nuts with 1 serving of fruit * 3/4 cup of 1-2% cottage cheese with 1 serving of fruit * 2 ounces of lean protein (turkey or tofu) with 8 melba crackers & 1 fruit
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * May be swapped with any other smoothie

Proteins

Food found in meal plan	May substitute with
1 ounce of chicken breast, turkey breast or canned tuna in water	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, tofu, chicken breast, or shrimp * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 ounce of shrimp or other white fish (tilapia, cod, flounder, orange roughy)	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of lean red meat, such as sirloin * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans
1 ounce tofu	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, shrimp, or chicken breast * 1 ounce of tempeh * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 egg	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 3 egg whites * 1/3 cup beans
1 ounce Hamburger or other red meat	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans

Breads/Starch

Food found in meal plan	May substitute with
1/2 of a 6.5 inch pita bread	<ul style="list-style-type: none"> * 1 slice of wheat bread * 1 English muffin * 1 small dinner roll
1 slice of bread (about 100 calories per slice)	<ul style="list-style-type: none"> * 1 small dinner roll * 1 English muffin * 1/3 cup of rice * 1/2 cup of whole grain cereal, no sugar added * 1/2 of a 6.5 inch pita
1 slice of bread (Light style bread-about 45-55 calories per slice)	<ul style="list-style-type: none"> * 1/2 small dinner roll * 1/2 English muffin * 1/4 cup of rice * 1/3 cup of whole grain cereal, no sugar added * 1/3 of a 6.5 inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> * 1 cup whole grain cereal, no sugar added * 1.5 slices of wheat bread * 1 English muffin * 1 cup of Cream of Wheat
1/3 cup of Rice	<ul style="list-style-type: none"> * 1/2 cup pasta or couscous * 1 small baked potato or sweet potato * 2/3 cup green beans * 1 slice of bread * 1/3 cup cooked barley
Small Baked Potato	<ul style="list-style-type: none"> * 1 baked sweet potato * 1/3 cup of brown rice * 1/2 cup of whole wheat pasta or couscous * 1/3 cup cooked barley * 1 piece of whole grain bread or whole wheat English muffin
1/2 cup pasta	<ul style="list-style-type: none"> * 1/3 cup of brown rice or barley * 1/2 cup couscous or orzo * 1 piece of bread or a small dinner roll

Fruit

All of the following are 1 single serving of fruit and may be interchanged as desired.

1/2 banana	1 apple
2 small plums	15-20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 cup of melon (cantaloupe, honeydew or watermelon)
1/2 cup of pineapple	1/2 mango
1/2 papaya	15-20 cherries
2 kiwis	1 pear

Vegetables

All of the following are 1 serving of fruit and may be interchanged as desired.

1 cup of cooked broccoli (or 2 cups raw)	3 cups of salad greens
1 cup of cooked spinach or 2 cups raw	12 asparagus spears
1/3 cup corn or 1 corn on the cob	1 cup of cooked zucchini
1/3 cup cooked peas	1 cup of cooked green beans
1 cup of cooked mushrooms or 2 cups raw	3/4 cup cooked pea pods
1 cup of sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup of steamed bell peppers or 2 cups raw	1 cup steamed Brussels sprouts

Snack

Lists

List of 100-Calorie Snacks

- * 1 cup of vanilla nonfat yogurt (artificially sweetened, about 100 calories)
- * 1/2 cup cottage cheese
- * Smoothie: 1/2 cup of skim milk, 5 strawberries or half a scoop of protein powder
- * Chocolate milk (1 cup skim milk with 1 tablespoon chocolate syrup)
- * 1 ounce of low-fat cheese (approximately 50 calories) with 3 wheat crackers
- * 3 cups air-popped popcorn, seasoned but butter buds or spicy Cajun Mix
- * 1 ounce whole wheat pretzels
- * 1 ounce baked potato chips
- * 2 graham crackers with 1/2 cup of skim milk
- * 1 large fresh orange or 1 large apple
- * 1/2 apple with 2 teaspoon peanut butter
- * Celery stalks filled with 1 tablespoon peanut butter
- * 1 string cheese sliced red pepper
- * 1/2 medium banana with 1/2 cup of chilled vanilla soy milk (or soy milk)
- * 1/2 wheat English muffin, toasted, with 2 teaspoon jam
- * 1 rice cake with 1 tablespoon of peanut butter
- * 1 light beer
- * 1 glass of wine or champagne

List of 200-Calorie Snacks

- * 1 cup of vanilla nonfat yogurt (artificially sweetened, about 100 calories) with 1 cup of crunchy bran cereal
- * 1/2 cottage cheese (1% fat) with 1 small banana
- * Smoothie: 1 cup of skim milk, 1/2 frozen banana and half a scoop of protein powder
- * 1 1/2 ounces baked tortilla corn chips with 5 tablespoons salsa
- * 1 ounce of nuts
- * 2 low-fat cookies, about 50 calories each, with a glass of skim milk
- * 1 cup of nonfat frozen yogurt
- * Granola bars, such as Nature's Valley (2 thin bars, should equal about 200 calories)
- * 15 raw baby carrots with 3 tablespoons low-fat dip
- * Wheat English muffin, toasted, with 4 teaspoons jam
- * 2 rice cakes with 1 tablespoon of peanut butter and 1 tablespoon fruit preserves
- * 1 packet of sweetened oatmeal, prepared with 1/2 cup of skim milk
- * 1/4 cup low-fat black bean dip with 8-10 baby carrots and 8-10 baked tortilla chips
- * 1/4 cup hummus with half of a 6-inch pita pocket
- * 1 1/2 beers (about 20 ounces) or 2 light beers
- * 2 glasses of wine or champagne

List of 200-Calorie Snacks

Dairy/Fruit and Dairy

- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) with 1/2 cup crunchy bran cereal
- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) mixed with 2 cups watermelon chunks
- * 1/2 cup cottage cheese (1% fat) with 1 small banana
- * 1/3 cup non-fat yogurt mixed with 1 cup fresh fruit and 2 teaspoon brown sugar
- * Smoothie: 1 cup skim milk, 1/2 frozen banana, and 8 frozen strawberries
- * Chocolate Skim Milk (1 cup skim milk + 1 tablespoon chocolate syrup) and 1 apple
- * 2 ounces low-fat cheese (approximately 50 calories per ounce) with 5 wheat crackers

Salty Snacks

- * 6 cups air-popped popcorn, seasoned with butter buds or spicy Cajun mix
- * 2 ounces whole wheat pretzels
- * 1 1/2 ounce baked tortilla corn chips with 5 tablespoons salsa
- * 2 ounces baked potato chips
- * 1 ounce peanuts
- * 1 ounce cashews
- * 1 ounce almonds

Sweet Snacks

- * 2 low-fat cookies, about 50 calories each, with 1 glass skim milk
- * 1 cup non-fat frozen yogurt
- * 1/2 cup non-fat frozen yogurt with 1 tablespoon chopped walnuts and 2 tablespoons whipped topping
- * Granola bars, such as Nature's Valley (2 thin bars, should equal about 200 calories)
- * 4 graham crackers with 1 cup skim milk

Fruits/Vegetables

- * 1 cup apple slices (with peel) served with 1 1/2 tablespoon dry-roasted almonds
- * 1 fresh pear with 3 Wasa rye crackers
- * 1 large fresh orange with 1 large whole wheat pretzel
- * 2 fresh plums with 2 brown rice cakes
- * 2 small peaches with 4 whole wheat crackers
- * 1 medium bananas with 1 glass chilled vanilla soy (or skim) milk
- * 15 raw baby carrots with 3 tablespoons low-fat dip
- * 1/2 cup dried apricots
- * 1 baked potato with 1 ounce low fat cheese melted on top
- * 1 artichoke, steamed with 2 teaspoons butter and 2 tablespoons seasoned bread crumbs

List of 200-Calorie Snacks Cont.

Combination and Mixed Foods

- * 1 cup low-sugar, high-fiber cereal (about 100 calories per cup) with 1 cup skim milk
- * wheat English muffin, toasted, with 4 teaspoons jam
- * 2 rice cakes with 1 tablespoon peanut butter and 1 tablespoon fruit preserves
- * 1 packet sweetened oatmeal, prepared with 1/2 cu skim milk
- * 1/4 cup low fat black bean dip with 8-10 baby carrots and 8-10 baked tortilla chips
- * 1/4 cup hummus with 1/2 6-inch pita pocket

Beverages

- * 2 cups juice
- * 1 1/2 beers (about 20 ounces) or 2 light beers
- * 2 glasses wine or champagne

30 Day

FIRM Box

Shopping

Lists

30 Day Meal Plan Shopping List

Week 1

Amt	Fruit & Vegetables	Amt	Meat, Poultry and seafood
	banana		tuna
	carrot		chicken
	fruit salad		turkey breast
	spinach		filet of sole
	mushrooms		lean ground beef
	grapefruit		
	cucumber	Amt	Dairy
	tomato		skim milk
	celery		low fat cottage cheese
	beets		low fat cheeses
	green beans		goat cheese
	apple		nonfat yogurt
	pineapple		eggs
	mixed greens		low fat mozzarella cheese
	avocado		
	sweet potato	Amt	Bread, and other grains
	lemon		oatmeal
	salsa		whole wheat bread
	cantaloupe		whole wheat rolls
	broccoli		cereal
	berries		couscous
	onion		wheat germ
	red pepper		whole wheat pita
	peach		brown rice
	strawberries		whole wheat English muffin

Amt	Nuts and Snacks	Amt	Canned Goods
	Flaxseed		Tomato sauce
	Popcorn cornels		
	walnuts	Amt	Condiments
	hummus		Light Dressing
			Molly McButter
			Oregano
			Butter Flavored Pam
			Honey
			Splenda

30 Day Meal Plan Shopping List

Week 2

Amt	Fruit & Vegetable	Amt	Meat, Poultry and Seafood
	banana		tuna
	early peas		chicken breast
	mixed greens		orange roughy
	broccoli		lean steak
	tomato		ground turkey
	grapefruit		turkey
	carrot		salmon
	orange		
	beets	Amt	Dairy
	red pepper		skim milk
	apple		cottage cheese
	artichoke hearts		low fat cheese
	celery		eggs
	strawberries		low fat cottage cheese
	sweet potato		non fat yogurt
	spinach		
	mushrooms	Amt	Bread and Other Grains
	peach		Cereal
	cantaloupe		whole wheat English muffin
	onion		couscous
	zucchini		whole wheat penne pasta
	berries		whole wheat elbow pasta
	cauliflower		brown rice
			whole wheat roll
Amt	Nuts and Snacks	Amt	Canned Goods
	almonds		
	Hummus		Stewed tomatoes
	walnuts		
	flaxseed	Amt	Condiments
	chick peas or kidney beans		Light Mayonnaise
			Light Salad dressing
Amt	Frozen Foods		Low Fat Italian dressing
	Fat Free Cool Whip		

Amt	Other
	Tarragon
	Capers
	Black Olives
	Protein Powder
	Protein Bar (180-210 Calories)
	Orange Juice
	Reduced Fat Chocolate Graham Crackers

30 Day Meal Plan Shopping List

Week 4

Amt	Fruit & Vegetables	Amt	Meat, Poultry and Seafood
	Spinach		ground hamburger
	mushrooms		tuna
	orange		turkey
	celery		filet of sole
	salsa		chicken
	strawberries	Amt Dairy	
	apple		
	peach		eggs
	green peppers		low fat cottage cheese
	baked potato		non fat yogurt
	artichoke hearts		feta cheese
	pineapple		low fat sour cream
	tomato		fat free cheese
	grapefruit		skim milk
	salad mix		low fat mozzarella cheese
	carrot		parmesan cheese
	berries	Amt Bread, and other grains	
	banana		
	broccoli		whole wheat bread
	onion		brown rice
	cauliflower		whole wheat pita
	zucchini		couscous
	cantaloupe		whole wheat pasta
			whole wheat English muffin
			cereal
			oatmeal
			wheat germ
		Amt Canned Goods	
			tomato sauce

Amt	Frozen Foods	Amt	Condiments
	Fat Free Cool Whip		Splenda
			sugar free maple syrup
			orange juice
	tarragon		light dressing
	protein powder		
	protein bar (180-210 calories)		

30 Day Meal Plan Shopping List

Day 29 & 30

Amt	Fruit & Vegetable	Amt	Meat, Poultry and Seafood
	tomato		Turkey
	cucumber		shrimp
	carrots		ground hamburger
	berries		
	cauliflower	Amt	Dairy
	lemon		eggs
	salad mix		skim milk
	broccoli		fat free cottage cheese
	green beans		non fat yogurt
	red onions		fat free cheese
	celery		fat free sour cream
			feta cheese

Amt	Bread and other grains	Amt	Nuts & Snacks
	whole wheat bread		
	brown rice		Rice cakes
	whole wheat pita		Natural Peanut Butter
	cereal		Almonds
	whole wheat English muffin		

Amt	Condiments
	Bacon Bits
	Black Olives
	Light Dressing

Notes for Meal Plan

Notes:

The TransFIRMer

21 Day Meal Plan

Day 1

TransFIRMer 21 Day Meal Plan

Breakfast

1 slice of whole wheat bread, toasted, with 1 teaspoon butter
Scrambled eggs (make with 1 whole egg and 1 egg white, 1 piece of 2 % American cheese and cooking spray)
1 large orange

Lunch

Turkey sandwich made with:
* 2 slices of whole wheat bread (about 90-100 calories per slice)
* 3 ounces of sliced turkey breast
* 1 piece of 2% American cheese
* 2 slices of tomato
10 baby carrots
1 apple

Dinner

Chicken Stir-Fry

Add 2 teaspoons of olive oil to a large nonstick skillet, and sauté' the following ingredients:

- * 3 ounces of cubed chicken breast OR firm tofu
- * 1 cup of broccoli florets
- * 1/2 red pepper, sliced
- * 1/4 red onion, sliced

When soft, add 1 tablespoon of soy sauce, 1 tablespoon sauce and any desired spices.

Serve with 1/2 cup brown rice (measured after cooking).

For Dessert: 1/2 cup of canned peaches in light syrup.

Day 2

TransFIRMer 21 Day Meal Plan

Breakfast

1 cup oatmeal (1/2 cup measured dry, made with water) with 10 raisins and some cinnamon
1/2 cup of nonfat yogurt, about 100 calories
1 sliced apple

Lunch

Large bowl of salad greens (can buy pre-washed lettuce) topped with :

- * 1 tablespoon slivered almonds
- * 1/4 cup grated cheddar cheese
- * 1 hard-boiled egg
- * 10 grape tomatoes
- * 2 tablespoons low-fat bottled dressing (about 40 calories)

Half of a 6-inch toasted wheat pita pocket
15 frozen grapes

Dinner

4 ounces (before cooking) lean hamburger, broiled and served on a wheat English muffin
1 cup of steamed green beans
large green salad made with tomatoes, cucumber and red bell pepper; dress with low-fat salad dressing (about 40 calories for 2 tablespoons)
For Dessert: sugar free Jell-O-O with 1 tablespoon Cool Whip Lite

Day 3

TransFIRMer 21 Day Meal Plan

Breakfast

1 cup of bran flakes with 1 cup of skim or low-fat soy milk
1/2 banana
1 hard-boiled egg

Lunch

1 can of vegetable or chicken soup -- should have about 90-110 calories per serving, with servings per container. You can have both servings.
Half of a toasted wheat English muffin
1/2 cup 2% cottage cheese topped with a chopped-up green apple

Dinner

5 ounces (measured raw) lean pork chop, marinated in teriyaki (or a low-calorie bottled marinade), and then broiled
1 small baked sweet potato 1 teaspoon butter
1 cup of steamed broccoli
For Dessert: 15 frozen grapes

**TransFIRMer 21 Day
Meal Plan**

Day 4

Breakfast

1 whole wheat English muffin with 2 teaspoon of butter and 2 slices of 2% American cheese melted
1 large orange

Lunch

4 ounces turkey burger, or 2 soy-based veggie burger, with 1 slice melted 2% cheese on half of a whole wheat English muffin
10 baby carrots and 1/2 sliced red bell pepper
1 small tangerine or navel orange

Dinner

Vegetable Pasta

3/4 cup of wheat pasta (measure after cooking) topped with
1/2 cup of tomato sauce (about 40-60 calories), 1 cup of mixed cooked vegetables (e.g., broccoli, string beans, carrots, peas), and 1/4 cup grated part-skim mozzarella cheese
Large green salad with tomato, cucumber and bell pepper, dressed with low-calorie salad dressing (about 40 calories for 2 tablespoon)
For Dessert: 1 cup of fresh or frozen mixed berries

Day 5

TransFIRMer 21 Day Meal Plan

Breakfast

2 egg omelet made with 2 whole eggs and 1 slice of 2% cheese
1 slice of wheat toast with 1 teaspoon butter
1 cup of sliced melon

Lunch

1 (6 ounces) can of tuna, packed in water, served over a large green salad and dressed with 2 tablespoons low-fat salad dressing (about 40 calories). Add tomatoes and cucumber to the salad if desired.
Sliced apple with 1/3 cup low-fat yogurt

Dinner

5 ounces skinless chicken breast, marinated in lemon juice, olive oil and garlic, and then sautéed in a nonstick skillet
1 medium baked potato with 2 teaspoon butter
1 cup of steamed spinach
Green salad, if desired, with low-fat salad dressing
For Dessert: 1/2 cup unsweetened applesauce

Day 6

TransFIRMer 21 Day Meal Plan

Breakfast

1 cup of 2% cottage cheese mixed with 1 tablespoon of slivered almonds and 1/2 cup canned peaches in light syrup
1 slice of wheat toast

Lunch

Pita Pizza

Top one 6-inch whole wheat pita with 1/4 cup tomato sauce and 2 ounces of grated low-fat mozzarella cheese; baked or toast until cheese is melted.
Large green salad topped with low-fat dressing (about 40 calories)
1 nectarine

Dinner

5 ounces salmon filet, either broiled with lemon juice or poached in boiling water
1 whole grain dinner roll OR 1/2 cup cooked brown rice
1 cup cooked cauliflower with 1 teaspoon melted butter
large green salad, if desired, with low-fat salad dressing
For dessert: 1/2 cup fresh berries with 2 teaspoons Cool Whip Lite

Day 7

**TranFIRMer 21
Day Meal Plan**

Breakfast

1 whole grain waffle toasted and topped with 1 teaspoon butter and 1 teaspoon jelly
6 ounces of nonfat yogurt mixed with 1/2 cup of mixed berries

Lunch

Chicken Wrap

Fill a 6-inch wheat tortilla with 1/2 cup of pre-cooked chicken breast, 1 teaspoon grated cheddar cheese, lettuce, tomato and low-fat salad dressing.
1/2 cup on non-fat vanilla yogurt

Dinner

5 ounces piece of flank steak, marinated in teriyaki or low-calorie bottled marinade, then broiled on each side for 6 minutes or until done
Baked sweet potato
10 asparagus spears, steamed or baked
Green salad, if desired, with low-calorie bottled salad dressing
For Dessert: Diet hot cocoa topped with 2 tablespoons Cool Whip Lite

Day 8

TransFIRMer 21 Day Meal Plan

Breakfast

1 piece of wheat toast with 1 tablespoon of peanut butter and 1 tablespoon of reduced-calorie fruit spread (about 20 calories)
1/2 cup nonfat yogurt (about 100 calories)
1 orange

Lunch

Chicken salad sandwich made with:

- * 4 ounces of broiled chicken breast, chopped and mixed with 1 tablespoon of reduced-fat mayonnaise and 1 chopped celery stalk
- * stuff the chicken salad into half of a 6-inch wheat pita bread and fill the rest of the space with tomato slices

10 baby carrots
1 apple

Dinner

Turkey Sausage with Peppers and Onions

Add 2 teaspoons of olive oil to a large nonstick skillet and sauté 5-7 bell pepper slices and half of a sliced red onion. Remove the peppers and onions from the pan when they are soft (about 8-10 minutes).

Add 2 sausage links to the pan and sauté until cooked through (about 8 minutes). Remove the sausage and slice into 1/2-inch rounds. (Chicken or turkey sausage is okay; about 3 ounces in total).

Pile the warm peppers, onions, and sliced sausages on top of a bed of greens.

1 warm wheat dinner roll (or a slice of wheat bread)

For Dessert: 1/2 cup canned peaches in light syrup

Day 9

TransFIRMer 21 Day Meal Plan

Breakfast

Egg sandwich made with 1 toasted whole wheat English muffin, 1 whole egg and 2 additional egg whites scrambled, and 1 slice of 2% American cheese
1/2 grapefruit

Lunch

Bean soup and salad

Find a canned bean soup with about 200 calories per cup; Progresso black bean or lentil soup is good. Heat 1 cup of soup and serve with a large green salad with sliced tomato and 1/4 cup crumbled feta cheese. Dress salad with low-calorie dressing (about 40 calories for 2 tablespoons).

1/2 cup 1-2% cottage cheese with 1/4 cup berries on top

Dinner

Place 6 ounces filet of flounder, cod, or other white flaky fish on a broiler pan and top with 1 teaspoon of butter and 1 tablespoon of seasoned bread crumbs. Broil for about 8 minutes until done, and serve with a lemon wedge.

1 cup of steamed green beans

1 medium baked sweet potato

Large green salad made with tomatoes, cucumber and red bell pepper; dress with low-fat dressing (about 40 calories per 2 tablespoons).

For Dessert: 1/2 cup sugar free Jell-O with 1 tablespoon Cool Whip Lite

Day 10

**TransFIRMer 21
Day Meal Plan**

Breakfast

Protein smoothie made with 1 scoop protein powder (should be about 100 calories), 1 cup skim milk, 1/2 banana and 1/2 cup of frozen berries.

Blend with ice until smooth.

1/2 whole wheat English muffin toasted

Lunch

Frozen meal with about 270-320 calories and at least 17 grams protein. Lean Cuisine, Amy's Organic, Smart Ones or Healthy Choices. Serve with a large green salad topped with 1/4 cup shredded cheddar cheese and low-calorie salad dressing.

1 green apple

Dinner

Asian Chicken Salad

Marinate 1 3-ounce chicken breast in teriyaki for about 10 minutes, then sauté' in a nonstick skillet with cooking spray until done.

Prepare salad by tossing 3 cups of pre-washed greens, 2 tablespoon slivered almonds, 1/4 cup canned mandarin oranges and 5 crumbled tortilla chips. Prepare salad dressing by combining 1 part soy sauce with 1 part low-fat ranch dressing.

Add warm chicken to the salad and dress with 2 tablespoon of the dressing.

For Dessert: 15 frozen grapes

Day 11

**TransFIRMer 21
Day Meal Plan**

Breakfast

Egg salad made with 1 whole egg, 2 egg whites and 1 tablespoon reduced-fat mayonnaise
Spread egg salad on a piece of wheat toast with sliced tomato
1/2 cup of non fat vanilla yogurt (about 100 calories)

Lunch

BLT made with the following:

* 4 slices of crisp turkey bacon, 3 slices of tomato and 3 romaine lettuce leaves served
on 2 pieces of wheat toast with 1 tablespoon of reduced- calorie mayonnaise
10 baby carrots and 1/2 sliced red bell pepper
1 small tangerine or navel orange

Dinner

Find a frozen dinner with about 250-300 calories and at least 17 grams of protein. Look at
Lean Cuisine, Healthy Choice, Amy's Organic.
Serve with a large green salad topped with 1/4 cup slivered olives and 2 tablespoons grated
cheddar cheese. Dress with low-calorie bottled dressing (about 40 calorie for 1 tablespoon).
For Dessert: 1/2 cup of fresh or frozen mixed berries mixed with 1/3 cup non fat yogurt
(about 75 calories).

Day 12

TransFIRMer 21
Day Meal Plan

Breakfast

Vanilla-Nut Oatmeal

1/2 cup oatmeal (measured dry) cooked with 1 cup low-fat vanilla soy milk and topped with 1 tablespoon with 1 tablespoon chopped walnuts, 1 tablespoon brown sugar and cinnamon.
1/2 grapefruit

Lunch

**Greek Salad with Grilled
Chicken**

Large bowl of mixed salad greens, topped with a 3 ounce grilled chicken breast (can buy pre-cooked chicken if desired), 1/4 cup crumbled feta cheese, sliced tomato and sliced cucumber. Top with low-calorie bottled dressing (about 40 calorie for 2 tablespoon).
Half of a 6-inch wheat pita pocket
15 green grapes

Dinner

Tex-Mex Wraps

Warm 2 6-inch wheat tortillas in the oven (look for tortillas with 80-100 calories each). Then prepare 1/2 cup of black beans (from a can is fine), 2 tablespoon grated cheddar cheese, 1/2 cup chopped tomatoes and 1/2 cup torn lettuce, and top each with 1 tablespoon of reduced-fat sour cream.

Serve with a green salad, if desired, with low-fat salad dressing

For Dessert: 1/2 cup unsweetened applesauce

Day 13

TransFIRMer 21
Day Meal Plan

Breakfast

1 egg fried in cooking spray, sunny-side up or down, serving with 1 slice of wheat toast and 2 slices of turkey bacon
1 large navel orange and 1 cup of skim milk

Lunch

Tuna Melt on an English muffin

Mix half of a 6-ounce can of tuna with 1 tablespoon of reduced calorie mayonnaise. Toast English muffin, add tuna to each half, and top each side with half of a 2% Kraft American single (1 piece of cheese in total). Melt cheese, and enjoy!
10 baby carrots and 10 cherry tomatoes
1 apple

Dinner

Southwestern turkey burger

Combine 4 ounces of ground white turkey with 3 tablespoon of commercial salsa and 2 tablespoon of seasoned bread crumbs. Broil until cooked through (about 10 minutes), flipping the burger halfway through. Melt one slice on Monterey Jack or other cheese of choice (about 1 ounce).
Serve with 1 cup of steamed green beans and a tossed green salad with low-calorie dressing
For Dessert: 1/2 cup fresh or frozen berries with 2 tablespoons Cool Whip Lite

Day 14

**TransFIRMer 21
Day Meal Plan**

Breakfast

Cream of Berries

1/2 cup of cream of wheat (measured dry), cooked with 1 cup skim milk and 1/2 cup of frozen or fresh blueberries, and topped with 1 tablespoon of slivered almonds and 1 tablespoon brown sugar

Lunch

Spinach Salad

Buy pre-washed spinach leaves, and make a salad with 3 cups of spinach and 2 hard-boiled eggs. Add 2 tablespoon of bacon bits, 2 tablespoons of grated cheddar cheese, and low-calories dressing (about 40 calories per 2 tablespoon).

1 piece of wheat toast or half of a 6-inch pita pocket

1/2 cup of low-fat vanilla (about 100 calories)

Dinner

Dinner Frittata

Combine 1 whole egg with 2 extra egg whites and beat with 2 tablespoon of water. Heat a nonstick skillet, coated with cooking spray, over medium-high heat. Add the eggs to the pan, and then top with the following:

- * 1/2 cup cooked spinach (frozen spinach that has been defrosted is okay)
- * 1/4 cup crumbled feta cheese
- * 1/4 cup chopped tomatoes

Allow the eggs, veggies, and cheese to cook about 4 minutes, until almost 'set', then place skillet under the broiler for 2 minutes. Remove from oven; let sit for 2 minutes.

Serve with half of a 6-inch wheat pita.

Large green salad with chopped tomatoes, cucumber, and low-calorie bottled dressing (40 calories per 2 tablespoons)

For Dessert: Diet hot cocoa topped with 2 tablespoons Cool Whip Lite

Day 15

TransFIRMer 21
Day Meal Plan

Breakfast

Yogurt Parfait

Layer a 6-ounces cup of nonfat vanilla yogurt with 1/2 cup of sliced mixed berries (frozen or fresh), 2 tablespoon of chopped walnuts, and 1/2 cup of a high-fiber breakfast cereal.

Lunch

Chef's Salad

- * 3 cups of mixed salad greens topped with 1 ounce of turkey breast, 1 ounce of roast beef, 1 ounce of low-fat Swiss cheese, and 5 sliced black olives
 - * Dress with low-fat Russian dressing made from 1 tablespoon of reduced fat mayonnaise and 1 tablespoon of ketchup
- 4-5 whole wheat crackers (about 70 calories; try to avoid trans fat)
1 apple

Dinner

Healthy Chicken Parmesan

Bake, grill or broil a 4 ounces chicken cutlet. Then place the chicken in an ovenproof dish and cover with 1/2 cup of bottled tomato sauce and 1/4 cup grated part-skim mozzarella cheese. Bake at 350* for 15 minute, or until cheese melts.

1 cup of steamed broccoli

Mixed green salad with low-calories salad dressing (about 40 calorie per 2 tablespoons)

For Dessert: 1 sugar free Jell-O cup with 2 tablespoon of Cool Whip Lite

Day 16

TransFIRMer 21
Day Meal Plan

Breakfast

Southwest Egg Wrap

Scramble 1 whole egg and 2 additional egg whites. Add 1 slice of Monterey Jack (or any 1 ounce of cheese), and wrap the cheesy eggs in 1 6-inch whole wheat tortilla. Add 2 tablespoons of salsa and warm in microwave for 15 seconds.

1/2 grapefruit

Lunch

Tuna Salad Wrap

Combine 1 6-inch can of tuna, packed in water, with 1 tablespoon of reduced-fat mayonnaise and 3 tablespoons of chopped celery. Stuff tuna salad in a 6-inch whole wheat tortilla and top with sliced tomato and shredded lettuce.

Sliced cucumber and red pepper

15 red or green seedless grapes

Dinner

Shrimp and Asparagus Stir-Fry

Add 1 tablespoon olive oil or sesame oil to a large nonstick skillet, place over medium-high heat, and sauté the following ingredients:

- * 4 ounces of cleaned large shrimp
- * 10 asparagus spears, cut into thirds
- * 1/4 red onion, sliced

When shrimp is cooked through and veggies are soft (about 8-10 minutes), add 1 tablespoon soy sauce, 1 tablespoon teriyaki sauce and any desired spices.

Serve with 1/2 cup brown rice (measure after cooking)

For Dessert: 1/2 cup peaches in light syrup

Day 17

**TransFIRMer 21
Day Meal Plan**

Breakfast

Mixed Berry Waffles

Toast 1 whole grain waffle and top with 1 cup of mixed sliced berries 1/2 cup of 1-2% cottage cheese, and 2 tablespoons of chopped walnuts

Lunch

1 cup fresh or canned low-fat chili (turkey chili or veggie chili, about 200 calories per cup, would be great as well; Wendy's makes a great low-fat chili!); melt 2 tablespoons of grated cheddar cheese on top

Side salad of mixed greens, tomatoes, cucumber and black olives topped with low-calorie Italian dressing

1 green apple

Dinner

Sirloin Steak with Sautéed Spinach

Steak:

- * Marinate a ounce steak in a bottled low-calorie marinade (about 50 calories per 2 tablespoons) for at least 1 hour in the refrigerator.
- * Broil the steak for about 7 minutes on each side, or until it is cooked to your liking.

Spinach:

- * Defrost a 10 ounce package of frozen spinach, and squeeze all the water out of it.
- * Heat 2 teaspoons olive oil in a nonstick skillet over medium-high heat and sauté 1 chopped garlic clove. After 2 minutes, add the spinach, cook for 2 minutes, and then add 1/2 cup of canned chicken broth. Simmer on low until the liquid evaporates. Season with salt and pepper.

If desired, serve with a fresh green salad topped with low-calorie dressing.

For Dessert: 10 frozen grapes

Day 18

TransFIRMer 21
Day Meal Plan

Breakfast

Apple & Cinnamon Cottage

Cheese

Combine 3/4 cup of 1-2% cottage cheese with half of a chopped green apple, 1 teaspoon cinnamon, 1 packet of splenda, and 2 tablespoons of chopped walnuts.

1 slice of toasted whole wheat bread

Lunch

Hamburger Salad

4 ounce lean hamburger or turkey burger (or 2 soy-based veggie burgers), broiled and crumbled over a mixed salad composed of 3 cups mixed greens, 1/2 cup sliced tomatoes 1/4 cup sliced red onion, and 2 tablespoons of grated cheddar cheese. Dress with low-calorie salad dressing (about 40 calorie for 2 tablespoon).

1 small tangerine.

Dinner

Stuffed Baked Potato

Bake a large Idaho potato and scoop out the flesh. Then stuff with 1 cup of steamed broccoli and top with 1/4 cup grated cheddar cheese. Baked at 350 degrees until cheese is melted. Serve with a green salad topped with 2 tablespoons of slivered almonds and 2 tablespoons of crumbled blue cheese. Dress with low-calorie salad dressing (about 40 calories for 2 tablespoons).

For Dessert: 1/2 cup of fresh or frozen mixed berries

Day 19

TransFIRMer 21 Day Meal Plan

Breakfast

Toast 1 whole wheat English muffin and top each half with 1 slice of turkey bacon and 1/2 slice of American cheese (2 slices turkey bacon, and 1 piece of American cheese, in total).
1 navel orange

Lunch

Find a frozen dinner with about 230-300 calories and at least 17 grams of protein. Look at Lean Cuisine, Healthy Choice, Amy's Organic.
Serve with a large bowl of steamed broccoli with 2 tablespoons of melted grated cheddar cheese on top.
Diet hot cocoa (about 50 calories per serving) for dessert

Dinner

Chicken Fajitas

Slice 4 ounces of chicken breast meat into thin strips and marinate in 1/2 cup of salsa for 20 minutes. While chicken is marinating, cut half of a red onion into thin strips, and 1 bell pepper into 1/2-inch strips.
Heat a nonstick skillet over medium-high heat and coat with cooking spray. Add onion and peppers and cook until soft (about 10-12 minutes). Remove peppers and onions from pan and place on a dinner plate. Add chicken and salsa to the hot skillet and cook until chicken is no longer pink (about 8 minutes).
Top the onions and peppers with the chicken, and garnish with 2 tablespoon of grated cheddar cheese and 2 tablespoon of reduced-calorie sour cream.
Serve with 1 6-inch whole wheat tortilla wrap.
For Dessert: 1 sugar-free Jell-O cup with 2 tablespoons of Cool Whip Lite

Breakfast

Nut and Berry Oatmeal

1/2 cup of oatmeal (measured dry), cooked with 1 cup of skim milk and 2 tablespoons of raisins, and topped with 1 tablespoon of chopped pecans and 1 tablespoon brown sugar

Lunch

Veggie Cheese Wrap

Fill a 6-inch wheat tortilla with the following:

- * Baked mixed veggies, such as mushrooms, carrots, zucchini and tomatoes (can use steamed veggies if easier)
- * 2 ounces of sliced part-skim mozzarella cheese
- * 1/4 cup of sliced avocado

Small tossed salad of mixed greens dressed with low-calorie salad dressing

Dinner

Turkey Burger Smothered in Mushrooms and Onions

Mix 4 ounces of lean ground turkey meat with 1 egg white and 2 tablespoon of seasoned bread crumbs and form into a patty. Cook turkey burger on a broiling pan for 6 minutes on each side, or until cooked through.

Slice 10 button mushrooms into quarters and half of a red onion into slivers. Heat a nonstick skillet over medium-high heat and coat with cooking spray. Add mushrooms and onions, a dash of salt and pepper, and a splash of white cooking wine (if desired). Cook for 8-12 minutes or until soft.

Remove turkey burger from oven and cover with mushrooms and onions. Use ketchup or mustard as a condiment.

1 cup of string beans steamed or lightly sautéed' in the same pan as the mushrooms and onions

Large green salad with chopped tomatoes, cucumber, and low-calories bottled dressing (40 calories per 2 tablespoons of dressing)

For Dessert: diet hot cocoa topped with 2 tablespoons Cool Whip Lite

Day 21

TransFIRMer 21 Day Meal Plan

Breakfast

3/4 cup of high-protein, high-fiber breakfast cereal, such as Kashi Golean, with 1 cup of skim milk or low-fat soy milk, topped with half of a sliced banana and 2 tablespoons of chopped walnuts

Lunch

Cobb Salad

3 cups of pre-washed salad greens topped with:

- * 2 ounces grilled chicken (can buy pre-cooked chicken)
 - * 2 tablespoons crumbled blue cheese
 - * 2 tablespoons bacon bits
 - * 1/4 of an avocado, sliced 1/2 cup chopped tomato
 - * topped with low-calorie salad dressing (about 40 calories per 2 tablespoons)
- 1 cup of sliced strawberries (fresh or frozen)

Dinner

Find a frozen dinner with about 230-300 calories and at least 17 grams of protein. Look at Lean Cuisine, Healthy Choice, Amy's Organic or Smart Ones.

Serve with a large bowl of fresh salad green topped with 2 tablespoons of slivered almonds and dressed with low-calories dressing (about 40 calories for 2 tablespoons).

6 ounces nonfat yogurt (about 75 calories)

Food

Substitution

Lists

Milk/Dairy

Food found in meal plan	May Substitute with
1 cup of skim milk	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup of cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 ounce of cheese or 1.5 ounces of low fat cheese
1/2 cup cottage cheese	<ul style="list-style-type: none"> * 1 cup of skim milk or low fat soy milk * 1/2 cup low fat yogurt * 1 egg or 3 egg whites * 1 tbsp peanut butter * 1 ounce of cheese or 1.5 ounces of low fat cheese
1 ounce of cheese or crumbled cheese	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 egg or 3 egg whites * 1 cup of low fat soy yogurt
1 cup of nonfat yogurt	<ul style="list-style-type: none"> * 1 cup of cottage cheese * 2 eggs or 4 egg whites * 2 tbsp of peanut butter * 1 cup of low fat soy yogurt

Smoothies

Food found in meal plan	My substitute with
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * Protein bar with about 200 calories & at least 9 g protein * 1 glass of skim milk or low fat soy milk with 1 tbsp of peanut butter * 1 ounce of nuts with 1 serving of fruit * 3/4 cup of 1-2% cottage cheese with 1 serving of fruit * 2 ounces of lean protein (turkey or tofu) with 8 melba crackers & 1 fruit
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * May be swapped with any other smoothie

Proteins

Food found in meal plan	May substitute with
1 ounce of chicken breast, turkey breast or canned tuna in water	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, tofu, chicken breast, or shrimp * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 ounce of shrimp or other white fish (tilapia, cod, flounder, orange roughy)	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of lean red meat, such as sirloin * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans
1 ounce tofu	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, shrimp, or chicken breast * 1 ounce of tempeh * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 egg	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 3 egg whites * 1/3 cup beans
1 ounce Hamburger or other red meat	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans

Breads/Starch

Food found in meal plan	May substitute with
1/2 of a 6.5 inch pita bread	<ul style="list-style-type: none"> * 1 slice of wheat bread * 1 English muffin * 1 small dinner roll
1 slice of bread (about 100 calories per slice)	<ul style="list-style-type: none"> * 1 small dinner roll * 1 English muffin * 1/3 cup of rice * 1/2 cup of whole grain cereal, no sugar added * 1/2 of a 6.5 inch pita
1 slice of bread (Light style bread-about 45-55 calories per slice)	<ul style="list-style-type: none"> * 1/2 small dinner roll * 1/2 English muffin * 1/4 cup of rice * 1/3 cup of whole grain cereal, no sugar added * 1/3 of a 6.5 inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> * 1 cup whole grain cereal, no sugar added * 1.5 slices of wheat bread * 1 English muffin * 1 cup of Cream of Wheat
1/3 cup of Rice	<ul style="list-style-type: none"> * 1/2 cup pasta or couscous * 1 small baked potato or sweet potato * 2/3 cup green beans * 1 slice of bread * 1/3 cup cooked barley
Small Baked Potato	<ul style="list-style-type: none"> * 1 baked sweet potato * 1/3 cup of brown rice * 1/2 cup of whole wheat pasta or couscous * 1/3 cup cooked barley * 1 piece of whole grain bread or whole wheat English muffin
1/2 cup pasta	<ul style="list-style-type: none"> * 1/3 cup of brown rice or barley * 1/2 cup couscous or orzo * 1 piece of bread or a small dinner roll

Fruit

All of the following are 1 single serving of fruit and may be interchanged as desired.

1/2 banana	1 apple
2 small plums	15-20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 cup of melon (cantaloupe, honeydew or watermelon)
1/2 cup of pineapple	1/2 mango
1/2 papaya	15-20 cherries
2 kiwis	1 pear

Vegetables

All of the following are 1 serving of fruit and may be interchanged as desired.

1 cup of cooked broccoli (or 2 cups raw)	3 cups of salad greens
1 cup of cooked spinach or 2 cups raw	12 asparagus spears
1/3 cup corn or 1 corn on the cob	1 cup of cooked zucchini
1/3 cup cooked peas	1 cup of cooked green beans
1 cup of cooked mushrooms or 2 cups raw	3/4 cup cooked pea pods
1 cup of sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup of steamed bell peppers or 2 cups raw	1 cup steamed Brussels sprouts

Snack

Lists

List of 100-Calorie Snacks

- * 1 cup of vanilla nonfat yogurt (artificially sweetened, about 100 calories)
- * 1/2 cup cottage cheese
- * Smoothie: 1/2 cup of skim milk, 5 strawberries or half a scoop of protein powder
- * Chocolate milk (1 cup skim milk with 1 tablespoon chocolate syrup)
- * 1 ounce of low-fat cheese (approximately 50 calories) with 3 wheat crackers
- * 3 cups air-popped popcorn, seasoned but butter buds or spicy Cajun Mix
- * 1 ounce whole wheat pretzels
- * 1 ounce baked potato chips
- * 2 graham crackers with 1/2 cup of skim milk
- * 1 large fresh orange or 1 large apple
- * 1/2 apple with 2 teaspoon peanut butter
- * Celery stalks filled with 1 tablespoon peanut butter
- * 1 string cheese sliced red pepper
- * 1/2 medium banana with 1/2 cup of chilled vanilla soy milk (or soy milk)
- * 1/2 wheat English muffin, toasted, with 2 teaspoon jam
- * 1 rice cake with 1 tablespoon of peanut butter
- * 1 light beer
- * 1 glass of wine or champagne

List of 200-Calorie Snacks

- * 1 cup of vanilla nonfat yogurt (artificially sweetened, about 100 calories) with 1 cup of crunchy bran cereal
- * 1/2 cottage cheese (1% fat) with 1 small banana
- * Smoothie: 1 cup of skim milk, 1/2 frozen banana and half a scoop of protein powder
- * 1 1/2 ounces baked tortilla corn chips with 5 tablespoons salsa
- * 1 ounce of nuts
- * 2 low-fat cookies, about 50 calories each, with a glass of skim milk
- * 1 cup of nonfat frozen yogurt
- * Granola bars, such as Nature's Valley (2 thin bars, should equal about 200 calories)
- * 15 raw baby carrots with 3 tablespoons low-fat dip
- * Wheat English muffin, toasted, with 4 teaspoons jam
- * 2 rice cakes with 1 tablespoon of peanut butter and 1 tablespoon fruit preserves
- * 1 packet of sweetened oatmeal, prepared with 1/2 cup of skim milk
- * 1/4 cup low-fat black bean dip with 8-10 baby carrots and 8-10 baked tortilla chips
- * 1/4 cup hummus with half of a 6-inch pita pocket
- * 1 1/2 beers (about 20 ounces) or 2 light beers
- * 2 glasses of wine or champagne

List of 200-Calorie Snacks

Dairy/Fruit and Dairy

- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) with 1/2 cup crunchy bran cereal
- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) mixed with 2 cups watermelon chunks
- * 1/2 cup cottage cheese (1% fat) with 1 small banana
- * 1/3 cup non-fat yogurt mixed with 1 cup fresh fruit and 2 teaspoon brown sugar
- * Smoothie: 1 cup skim milk, 1/2 frozen banana, and 8 frozen strawberries
- * Chocolate Skim Milk (1 cup skim milk + 1 tablespoon chocolate syrup) and 1 apple
- * 2 ounces low-fat cheese (approximately 50 calories per ounce) with 5 wheat crackers

Salty Snacks

- * 6 cups air-popped popcorn, seasoned with butter buds or spicy Cajun mix
- * 2 ounces whole wheat pretzels
- * 1 1/2 ounce baked tortilla corn chips with 5 tablespoons salsa
- * 2 ounces baked potato chips
- * 1 ounce peanuts
- * 1 ounce cashews
- * 1 ounce almonds

Sweet Snacks

- * 2 low-fat cookies, about 50 calories each, with 1 glass skim milk
- * 1 cup non-fat frozen yogurt
- * 1/2 cup non-fat frozen yogurt with 1 tablespoon chopped walnuts and 2 tablespoons whipped topping
- * Granola bars, such as Nature's Valley (2 thin bars, should equal about 200 calories)
- * 4 graham crackers with 1 cup skim milk

Fruits/Vegetables

- * 1 cup apple slices (with peel) served with 1 1/2 tablespoon dry-roasted almonds
- * 1 fresh pear with 3 Wasa rye crackers
- * 1 large fresh orange with 1 large whole wheat pretzel
- * 2 fresh plums with 2 brown rice cakes
- * 2 small peaches with 4 whole wheat crackers
- * 1 medium bananas with 1 glass chilled vanilla soy (or skim) milk
- * 15 raw baby carrots with 3 tablespoons low-fat dip
- * 1/2 cup dried apricots
- * 1 baked potato with 1 ounce low fat cheese melted on top
- * 1 artichoke, steamed with 2 teaspoons butter and 2 tablespoons seasoned bread crumbs

Combination and Mixed Foods

- * 1 cup low-sugar, high-fiber cereal (about 100 calories per cup) with 1 cup skim milk
- * wheat English muffin, toasted, with 4 teaspoons jam
- * 2 rice cakes with 1 tablespoon peanut butter and 1 tablespoon fruit preserves
- * 1 packet sweetened oatmeal, prepared with 1/2 cu skim milk
- * 1/4 cup low fat black bean dip with 8-10 baby carrots and 8-10 baked tortilla chips
- * 1/4 cup hummus with 1/2 6-inch pita pocket

Beverages

- * 2 cups juice
- * 1 1/2 beers (about 20 ounces) or 2 light beers
- * 2 glasses wine or champagne

The TransFIRMer

Shopping Lists

21 Day TransFIRMer Meal Plan

Week 1

Amt	Fruit & Vegetable	Amt	Meat, Poultry and seafood
	orange		Turkey
	carrots		lean pork chops
	broccoli		salmon
	red onion		precooked chicken
	sweet potato		chicken breast
	raisins		ground hamburger
	green beans		tuna
	berries		flank steak
	lemon		
	baked potato	Amt	Dairy
	nectarine		eggs
	tomato		skim milk
	apple		nonfat yogurt
	red bell pepper		low fat mozzarella cheese
	banana		low fat American cheese
	grapes		low fat shredded cheddar cheese
	salad greens		
	cucumber	Amt	Bread, and other grains
	melon		whole wheat bread
	garlic		cereal
	spinach		oatmeal
	cauliflower		whole wheat pasta
			whole wheat roll
			brown rice
Amt	Nuts & Snacks		whole wheat English muffin
	Almonds		whole wheat pita
			whole wheat tortilla
Amt	Frozen Foods		
	Mixed vegetables		
	fat free cool whip	Amt	Canned Goods
	frozen waffles		Vegetable or chicken soup (90-100 cal)
			peaches
			tomato sauce
			natural applesauce
Amt	Condiments		
	butter		
	soy sauce		
	Extra Virgin Olive Oil		
Amt	Condiments Cont.	Amt	Other
	Teriyaki sauce		Sugar Free Jell-O
	low fat dressing		
	sugar free jelly		

21 Day TransFIRMer Meal Plan

Week 2

Amt	Fruit & Vegetables	Amt	Meat, Poultry an Seafood
	orange		Chicken breast
	tomato		filet of flounder
	apple		tuna
	red onion		sausage links (chicken or turkey)
	banana		turkey bacon
	berries		ground turkey
	sweet potato	Amt Dairy	
	spinach		
	celery		
	carrots		
	bell pepper		
	salad greens		
	grapes		
	green beans		
	grapefruit		
	cherry tomatoes		

Amt	Bread and Other grains	Amt	Nuts and Snacks
	whole wheat bread		Tortilla chips
	whole wheat roll		Natural Peanut Butter
	oatmeal		Walnuts
	whole wheat pita		Almonds
	whole wheat English muffin		
	cream of wheat		

Amt	Condiments	Amt	Frozen Foods
	sugar free fruit spread		Berries
	teriyaki sauce		fat free cool whip
	low sodium soy sauce		frozen dinner (270-310 cal; 17 g protein)
	low fat mayonnaise	Amt Canned Foods	
	low fat dressing		
	bacon bits		
	brown sugar		

Amt	Other
	Protein powder
	olives
	diet hot cocoa

21 Day TransFIRMer Meal Plan

Week 3

Amt	Fruit & Vegetables	Amt	Meat, Poultry and Seafood
	Berries		turkey
	broccoli		ground turkey
	cucumbers		roast beef
	spinach		sirloin steak
	garlic		turkey bacon
	celery		shrimp
	red onion		ground hamburger
	orange		chicken breast
	green beans		
	carrots	Amt	Dairy
	salad greens		low fat Swiss cheese
	tomato		low fat mozzarella cheese
	apple		low fat shredded cheddar cheese
	grapes		low fat American cheese
	salsa		low fat cottage cheese
	red pepper		montary jack cheese
	raisins		blue cheese
	avocado		nonfat yogurt
	mushrooms		
	zucchini	Amt	Bread, and other grains
	baked potato		cereal
			brown rice
			whole wheat English muffin
Amt	Nuts and Snacks		whole wheat tortillas
	Walnuts		whole wheat bread
	Pecans		oatmeal
	Wheat crackers		
	Almonds		
		Amt	Frozen Foods
Amt	Canned Foods		Fat free cool whip
	low fat chili (200 cal/cup)		frozen waffles
	low sodium/fat free chicken broth		frozen dinner (270-310 cal; 17 g protein)
	peaches		
	diet hot cocoa		
Amt	Condiments		
	black olives		
	low fat Mayonnaise		
	sugar free fat free Jell-O		

	low fat Italian dressing
	teriyaki sauce
	low fat Russian dressing
	ketchup
	white cooking wine
	soy sauce
	brown sugar

Notes for Meal Plan

Notes:

The FIRM

CardioWeights

Meal Plan

**The FIRM
CardioWeight 7 Day
Meal Plan**

Day 1

Breakfast

3 egg whites scrambled with 1 slice of American cheese on 1 slice of whole-grain bread.
Serve with 1 cup of fresh or frozen berries.

Snack

1 low-fat string cheese and 1/2 of a sliced red pepper.

Lunch

Sliced turkey breast (about 4 ounces) served on a whole-grain English muffin topped with lettuce, tomato and mustard. Serve with a big salad topped with 2 tablespoons of grated cheese and 2 tablespoons balsamic vinaigrette.

Snack

1/2 cup of cottage cheese topped with 1 tablespoon of chopped walnuts

Dinner

Lean Sirloin hamburger (about 5 ounces) broiled and served with 1 cup of steamed broccoli,
1 small sweet potato and a large green salad topped with 2 teaspoons olive oil and vinegar.

1,467 Calories

112 grams protein

106 grams carbohydrates

69 grams fat

26 grams fiber

**The FIRM
CardioWeights 7
Day Meal Plan**

Day 2

Breakfast

1 cup 1% or 2% cottage cheese with 1 cup of sliced melon and berries.

Snack

1 ounce (about 17-20) almonds

Lunch

1 1/2 cups of minestrone soup (canned soup such as Progresso) topped with 2 tablespoons grated cheese, served with a plate of steamed veggies.

Snack

Protein smoothie made with 1 scoop protein powder (such as The FIRM protein shake), 1 cup of fresh or frozen berries, and 1/2 cup of skim or soymilk. Add Ice and splenda if desired.

Dinner

5 ounces of skinless chicken breast, with or without the bone, marinated in teriyaki sauce and baked until cooked through. Serve with steamed zucchini topped with 1 teaspoon of reduced sodium soy sauce and 1/2 cup of brown or wild rice. Serve with a large green salad topped with 1/3 of a sliced avocado and 2 tablespoons of vinaigrette dressing.

1,491 Calories

108 grams protein

129 grams carbohydrates

57 grams fat

34 grams fiber

**The FIRM
CardioWeights 7
Day Meal Plan**

Day 3

Breakfast

1 cup of high-protein, high-fiber cereal (such as Kashi Golean) with 1 cup of skim 1% or soy milk and 1/2 of a sliced banana.

Snack

2-3 slices of turkey breast rolled with 1 slice of cheese and 1/2 of a sliced cucumber.

Lunch

Chicken salad (use about 4 ounces of diced chicken breast mixed with 1 tablespoon of reduced fat mayonnaise and 1 teaspoon of Dijon mustard), served over a bed of mixed greens and a chopped tomato.

Snack

1 ounce of soy chips or baked tortilla chip with salsa.

Dinner

Southwest turkey burger made with 4-5 ounces of ground white meat turkey, 3-4 tablespoons commercially prepared salsa, and 1-2 tablespoons seasoned breadcrumbs. Broil burger for about 6 minutes on each side until cooked through. Serve with a large green salad topped with 1/3 cup canned corn and 2 tablespoons grated Monterey Jack cheese and dressed with vinaigrette.

1,467 Calories

112 grams protein

106 grams carbohydrates

69 grams fat

26 grams fiber

**The FIRM
CardioWeights 7 Day
Meal Plan**

Day 4

Breakfast

3 egg whites scrambled with 1 slice American cheese, served with 1 slice of whole-grain and 1/2 of a sliced apple.

Snack

20 almonds and other half of apple from breakfast

Lunch

4-5 ounces of grilled over mixed greens and tomatoes, topped with 2 tablespoons of low-fat salad dressing. Serve with 1 whole-grain English muffin.

Snack

1/2 cup of 1% or 2% cottage cheese with 1 cup of sliced melon or berries.

Dinner

1 1/2 cups of prepared black bean soup (such as Progresso) topped with 2 tablespoons with of grated Cheddar cheese. Serve with 12 baked tortilla chips and a tomato and cucumber salad.

1,471 Calories

105 grams protein

163 grams carbohydrate

47 grams fat

35 grams fiber

**The FIRM
CardioWeights 7 Day
Meal Plan**

Day 5

Breakfast

1/2 cup (pre-cooked) of oatmeal served with 2/3 cup of 2% Cottage cheese with 1 cup of berries mixed in.

Snack

1 string cheese and 1 slice pear.

Lunch

Tuna salad (buy chunk light for less mercury) made with 5 ounces of tuna and 2 tablespoons of light mayonnaise. Serve over a bed of lettuce and tomato with 2-3 Melba toast crackers.

Snack

1 ounce of sliced turkey and 1 ounce of Swiss cheese served with 5 cherry tomatoes and half of a sliced cucumber.

Dinner

Veggie burger taco salad. Crumble 2 veggie burgers over a salad made with romaine lettuce, tomato, 1/4 cup grated Cheddar cheese, and 1/4 cup black beans. Dress with salsa and 2 tablespoons of low-fat sour cream and serve with 1/2 of a 6-inch wheat pita.

1,498 Calories

112 grams protein

158 grams carbohydrates

48 grams fat

34 grams fiber

**The FIRM
CardioWeights 7
Day Meal Plan**

Day 6

Breakfast

Smoothie made with 90-100 calories worth of protein shake (such as The FIRM protein shake), and 1 cup of frozen berries. Add ice and splenda is desired.

Snack

1 rice cake topped with 1 tablespoon of peanut butter and a thin layer of fruit spread.

Lunch

Greek salad made with 2-3 cups of chopped romaine lettuce, 3 ounces of feta cheese, 5 cherry tomatoes, 1/4 cup chick peas and 1/2 cup of sliced cucumber. Dress with 2 tablespoons reduced calorie vinaigrette dressing and serve with 1/2 of 6-inch whole wheat pita.

Snack

1/2 cup 2% cottage cheese, topped with 3 tablespoons of slivered almonds and 1/2 cup frozen berries. Sweeten with splenda if desired.

Dinner

Shrimp wrap: Toss 5-6 ounces of boiled chopped shrimp in a bowl with 1/4 cup canned corn, 1/4 of a avocado and 1 /4 cup chopped tomato. Stir in 2 tablespoons of bottled reduced calorie Italian or Caesar dressing. Wrap mixture in a whole-wheat tortilla and serve with a large green salad dressing with 2 tablespoons of the dressing you used for the filling.

1,487 Calories

100 grams protein

129 grams carbohydrates

65 grams fat

24 grams fiber

**The FIRM
CardioWeights 7 Day
Meal Plan**

Day 7

Breakfast

1 cup of low-fat plain yogurt topped with 2 tablespoons of chopped walnuts and 1/2 of a chopped apple, flavor with cinnamon and splenda if desired. Serve with 1 slice of whole-wheat toast.

Snack

1 navel orange with 1 string cheese and a mug of diet hot cocoa (about 25-50 calories).

Lunch

Choose a frozen meal with 250-350 calories (such as Amy's Organic Veggie Lasagna or Lean Cuisine Glazed Chicken). Served with a large green salad topped with vegetables and 3 hard-boiled egg whites, dressed with balsamic vinegar and 1 tablespoon of olive oil.

Snack

1 ounce of nuts (about 17-20 almonds, 25-30 peanuts, 17 cashews, or 10 walnuts halves).

Dinner

5-6 ounces of broiled salmon (or any fish you desire) with 1 cup of steamed broccoli and 1/2 cup of brown rice. Serve with green salad topped with 1 tablespoon of feta cheese.

1,476 Calories

106 grams protein

126 grams carbohydrates

63 grams fat

24 grams fiber

Snack

Lists

100-Calorie Snacks

- * 1 string cheese
- * 1/2 cup of 1% or 2% cottage cheese
- * 1/2 an apple with 1/2 a glass of skim/soy milk
- * 1 rice cake with 2 teaspoons of peanut butter
- * 1 medium banana
- * 10 almonds
- * 2-3 cups of air-popped popcorn
- * A glass of low-fat milk or soy milk
- * 1 slice of turkey with 1 slice of low-fat cheese
- * 1 hard-boiled egg plus an extra egg white
- * 1 ounce of cheese

200-Calorie Snacks

- * 1 slice of cheese with an apple or an orange
- * 1/2 cup cottage cheese with a cup of berries or cantaloupe
- * A glass of skim milk and a small banana
- * 1 tablespoon of peanut butter on an apple or a slice of wheat toast
- * A whole-wheat English muffin with an ounce low-fat cheese
- * 3 ounces of deli turkey with an ounce of cheese
- * 1 ounce of nuts (17-20 almonds, 25-30 peanuts, 17-20 cashews, or 10 walnut halves)
- * 1 cup of whole wheat cereal (about 100 calories/cup) with 1 cup of skim/soy milk
- * A protein shake made with 1 cup of skim/soy milk, one scoop of low-sugar protein powder (such as The FIRM protein shake) and 1/2 cup of fresh or frozen berries

List of 200-Calorie Snacks

Dairy/Fruit and Dairy

- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) with 1/2 cup crunchy bran cereal
- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) mixed with 2 cups watermelon chunks
- * 1/2 cup cottage cheese (1% fat) with 1 small banana
- * 1/3 cup non-fat yogurt mixed with 1 cup fresh fruit and 2 teaspoon brown sugar
- * Smoothie: 1 cup skim milk, 1/2 frozen banana, and 8 frozen strawberries
- * Chocolate Skim Milk (1 cup skim milk + 1 tablespoon chocolate syrup) and 1 apple
- * 2 ounces low-fat cheese (approximately 50 calories per ounce) with 5 wheat crackers

Salty Snacks

- * 6 cups air-popped popcorn, seasoned with butter buds or spicy Cajun mix
- * 2 ounces whole wheat pretzels
- * 1 1/2 ounce baked tortilla corn chips with 5 tablespoons salsa
- * 2 ounces baked potato chips
- * 1 ounce peanuts
- * 1 ounce cashews
- * 1 ounce almonds

Sweet Snacks

- * 2 low-fat cookies, about 50 calories each, with 1 glass skim milk
- * 1 cup non-fat frozen yogurt
- * 1/2 cup non-fat frozen yogurt with 1 tablespoon chopped walnuts and 2 tablespoons whipped topping
- * Granola bars, such as Nature's Valley (2 thin bars, should equal about 200 calories)
- * 4 graham crackers with 1 cup skim milk

Fruits/Vegetables

- * 1 cup apple slices (with peel) served with 1 1/2 tablespoon dry-roasted almonds
- * 1 fresh pear with 3 Wasa rye crackers
- * 1 large fresh orange with 1 large whole wheat pretzel
- * 2 fresh plums with 2 brown rice cakes
- * 2 small peaches with 4 whole wheat crackers
- * 1 medium bananas with 1 glass chilled vanilla soy (or skim) milk
- * 15 raw baby carrots with 3 tablespoons low-fat dip
- * 1/2 cup dried apricots
- * 1 baked potato with 1 ounce low fat cheese melted on top
- * 1 artichoke, steamed with 2 teaspoons butter and 2 tablespoons seasoned bread crumbs

Combination and Mixed Foods

- * 1 cup low-sugar, high-fiber cereal (about 100 calories per cup) with 1 cup skim milk
- * wheat English muffin, toasted, with 4 teaspoons jam
- * 2 rice cakes with 1 tablespoon peanut butter and 1 tablespoon fruit preserves
- * 1 packet sweetened oatmeal, prepared with 1/2 cu skim milk
- * 1/4 cup low fat black bean dip with 8-10 baby carrots and 8-10 baked tortilla chips
- * 1/4 cup hummus with 1/2 6-inch pita pocket

Beverages

- * 2 cups juice
- * 1 1/2 beers (about 20 ounces) or 2 light beers
- * 2 glasses wine or champagne

Food

Substitution

Lists

Milk/Dairy

Food found in meal plan	May Substitute with
1 cup of skim milk	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup of cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 ounce of cheese or 1.5 ounces of low fat cheese
1/2 cup cottage cheese	<ul style="list-style-type: none"> * 1 cup of skim milk or low fat soy milk * 1/2 cup low fat yogurt * 1 egg or 3 egg whites * 1 tbsp peanut butter * 1 ounce of cheese or 1.5 ounces of low fat cheese
1 ounce of cheese or crumbled cheese	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 egg or 3 egg whites * 1 cup of low fat soy yogurt
1 cup of nonfat yogurt	<ul style="list-style-type: none"> * 1 cup of cottage cheese * 2 eggs or 4 egg whites * 2 tbsp of peanut butter * 1 cup of low fat soy yogurt

Smoothies

Food found in meal plan	My substitute with
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * Protein bar with about 200 calories & at least 9 g protein * 1 glass of skim milk or low fat soy milk with 1 tbsp of peanut butter * 1 ounce of nuts with 1 serving of fruit * 3/4 cup of 1-2% cottage cheese with 1 serving of fruit * 2 ounces of lean protein (turkey or tofu) with 8 melba crackers & 1 fruit
Any fruit or chocolate smoothie	* May be swapped with any other smoothie

Proteins

Food found in meal plan	May substitute with
1 ounce of chicken breast, turkey breast or canned tuna in water	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, tofu, chicken breast, or shrimp * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 ounce of shrimp or other white fish (tilapia, cod, flounder, orange roughy)	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of lean red meat, such as sirloin * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans
1 ounce tofu	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, shrimp, or chicken breast * 1 ounce of tempeh * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 egg	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 3 egg whites * 1/3 cup beans
1 ounce Hamburger or other red meat	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans

Breads/Starch

Food found in meal plan	May substitute with
1/2 of a 6.5 inch pita bread	<ul style="list-style-type: none"> * 1 slice of wheat bread * 1 English muffin * 1 small dinner roll
1 slice of bread (about 100 calories per slice)	<ul style="list-style-type: none"> * 1 small dinner roll * 1 English muffin * 1/3 cup of rice * 1/2 cup of whole grain cereal, no sugar added * 1/2 of a 6.5 inch pita
1 slice of bread (Light style bread-about 45-55 calories per slice)	<ul style="list-style-type: none"> * 1/2 small dinner roll * 1/2 English muffin * 1/4 cup of rice * 1/3 cup of whole grain cereal, no sugar added * 1/3 of a 6.5 inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> * 1 cup whole grain cereal, no sugar added * 1.5 slices of wheat bread * 1 English muffin * 1 cup of Cream of Wheat
1/3 cup of Rice	<ul style="list-style-type: none"> * 1/2 cup pasta or couscous * 1 small baked potato or sweet potato * 2/3 cup green beans * 1 slice of bread * 1/3 cup cooked barley
Small Baked Potato	<ul style="list-style-type: none"> * 1 baked sweet potato * 1/3 cup of brown rice * 1/2 cup of whole wheat pasta or couscous * 1/3 cup cooked barley * 1 piece of whole grain bread or whole wheat English muffin
1/2 cup pasta	<ul style="list-style-type: none"> * 1/3 cup of brown rice or barley * 1/2 cup couscous or orzo * 1 piece of bread or a small dinner roll

Fruit

All of the following are 1 single serving of fruit and may be interchanged as desired.

1/2 banana	1 apple
2 small plums	15-20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 cup of melon (cantaloupe, honeydew or watermelon)
1/2 cup of pineapple	1/2 mango
1/2 papaya	15-20 cherries
2 kiwis	1 pear

Vegetables

All of the following are 1 serving of fruit and may be interchanged as desired.

1 cup of cooked broccoli (or 2 cups raw)	3 cups of salad greens
1 cup of cooked spinach or 2 cups raw	12 asparagus spears
1/3 cup corn or 1 corn on the cob	1 cup of cooked zucchini
1/3 cup cooked peas	1 cup of cooked green beans
1 cup of cooked mushrooms or 2 cups raw	3/4 cup cooked pea pods
1 cup of sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup of steamed bell peppers or 2 cups raw	1 cup steamed Brussels sprouts

The FIRM

CardioWeights

Shopping List

7 Day CardioWeights Shopping List

Amt	Fruit and Vegetables	Amt	Meat, Poultry and seafood
	berries		turkey
	salad greens		chicken breast
	broccoli		ground hamburger
	zucchini		ground turkey
	banana		tuna
	salsa		shrimp
	pear		salmon
	cherry tomatoes		
	red pepper	Amt	Dairy
	tomato		eggs
	sweet potato		low fat cheese
	avocado		low fat cottage cheese
	cucumber		montary jack cheese
	apple		low fat sour cream
	orange		feta cheese
			low fat American cheese
			grated cheese
Amt	Bread, and other grains		skim milk
	whole wheat bread		low fat cheddar cheese
	cereal		low fat plain yogurt
	brown rice		
	whole wheat English muffin		
	whole wheat pita	Amt	Nuts and snacks
	oatmeal		walnuts
			tortilla chips
			rice cakes
Amt	Frozen Foods		almonds
	Veggie Burger		
	Frozen meal (270-310 cal; 17 g protein)		melba toast
			chicken peas
			natural peanut butter

Amt		Canned Foods		Amt		Condiments	
		canned corn				Balsamic vinaigrette	
		black bean soup				Extra virgin olive oil	
		minestrone soup				mustard	
		black beans				vinegar	
						teriyaki soy sauce	
Amt		Other				red fat mayonnaise	
		protein powder				low fat dressing	
		splenda					
		diet hot cocoa					

Notes for Meal Plan

Notes:

The FIRM

Wave

Meal Plan

Description

The FIRM 30-Day Mix 'n' Match Meal Plan

Your Customizable Nutrition Program for Optimal Weight Loss with a One-Week Kick Start

This customizable meal plan is designed to help you lose weight quickly and healthfully. The following four-week diet is comprised of over 30 meals and snacks that you can customize into your very own weight loss plan.

The first week of the meal plan, Phase I, is the detoxification phase. During these seven days, you'll finally combat those cravings by cutting out caffeine, alcohol, sugar and refined carbohydrates.

By engaging in this detox phase first, you not only get a jumpstart on weight loss, but you also set yourself up for success during Phase II by conquering your cravings now. In Phase II you'll find more liberal meals and will be allowed to add caffeine, alcohol and sugar substitutes, but only in limited quantities.

Phase I

Phase I, the first seven days on the plan, is designed to be your "kick start" or detox phase. During this week, you get detailed guidance about exactly what meals and snacks you should be eating. This week you'll also be encouraged to avoid caffeine, alcohol, artificial sweeteners and any added sugars. By cleaning up your diet with a healthy detox, you set yourself up for quick weight loss and for a greater feeling of health and well-being.

The reduction in sugar and refined carbs may be difficult for the first two or three days, but by day four you'll be feeling great and will have increased energy and a decreased appetite. After this first week, you'll start Phase II of the meal plan, which lasts the remaining three weeks.

Phase II

During this three-week phase, you create your very own weight loss program by picking and choosing from meal and snack lists. You can also reintroduce caffeine, alcohol and artificial sweeteners into your diet, but only in limited quantities.*

Each day during Phase II, you'll choose one breakfast meal, one lunch meal and one dinner meal. Together, these three meals total around 1,000 calories. To figure out how many snacks to choose each day, you will need to calculate your total daily calorie needs. See the equation below to estimate your needs.

Your current weight X 10 = daily calorie needs for weight loss

Example: 150 lb. X 10 = 1,500 calories per day

So, the person in this example would need to choose 500 calories worth of snacks in order to meet her daily weight loss needs. To do this, she would choose two 200-calorie snacks and one 100-calorie snack.

* During Phase II you may have: up to two 6 ounce cups of coffee or tea per day; up to four glasses of wine or light beers per week and up to three packets of artificial sweetened per day (one diet soda equals one packet).

The FIRM

Wave

Meal Plan

Day 1

The Wave 7 Day Meal Plan

Breakfast

Cottage Cheese Parfait--Scoop 3/4 cup of 1-2% cottage cheese into a cereal bowl and top with 1 cup of fresh or frozen mixed berries and 2 tablespoons chopped walnuts.

Snack

1/2 apple with 2 teaspoons all-natural peanut butter

Lunch

Chef's Salad--On a large dinner plate, pile 2 cups of cleaned mixed lettuce, 1 chopped plum tomato, 3 halved olives, 3 ounces of turkey breast (sliced into strips) and 1 ounce of reduced-fat Swiss cheese (sliced into strips). In a separate bowl, make the Russian by mixing together 1 tablespoon light mayonnaise and 1 tablespoon ketchup. Dress the salad the salad and serve with 2 whole-grain melba toasts.

Snack

Smoothie made with 1 scoop of protein powder, 2/3 cup skim milk, 1/2 cup frozen or fresh berries and ice.

Dinner

Rosemary Chicken--Marinate a 4-5 ounce boneless skinless chicken breast in 1/4 cup orange juice, the juice of one lemon and 1 tablespoon minced fresh rosemary (or 1/2 tablespoon dried rosemary) for 30-60 minutes. Bake the chicken in the marinade at 350* for about 20 minutes, or until cooked through. Serve chicken with 1 cup of oven roasted Brussels sprouts (sprouts can cook on a baking sheet sprinkled with 1 teaspoon olive oil and 1 teaspoon salt oven as the chicken) and a large green salad topped with 2 tablespoons crumbled feta cheese and low-calorie vinaigrette

**The Wave 7 Day
Meal Plan**

Day 2

Breakfast

Goat Cheese Omelet--Heat a nonstick coated with nonstick cooking spray over medium heat. Add in 1 whole egg whisked together with additional egg whites and cook for about 2 to 3 minutes. Then add 1 ounce of crumbled goat cheese and 1/2 cup chopped tomatoes and fold over into an omelet and cook for 1 to 2 additional minutes. Serve with 1 cup of mixed berries or melon.

Snack

1 part skim mozzarella string cheese with 1/2 of a sliced bell pepper.

Lunch

Greek Salad--Mix 2 cups of cleaned lettuce leaves with 1/2 cup chopped tomato and 1/2 cup chopped cucumber. Top with 1/4 cup crumbled feta cheese, 2 ounces of grilled chicken breast and 3 sliced olives. Drizzle with 1 teaspoon olive oil and 2 teaspoon fresh lemon juice and season with salt and pepper to taste. Serve with 1/2 of a 6-inch whole-wheat pita bread.

Snack

1 ounce of nuts (approximately 20 almonds, 17 cashews or 10 walnut halves).

Dinner

Steak and Spinach--Marinate a 4-5 ounce piece of flank steak or sirloin in balsamic vinegar and olive oil, then grill or broil on each side for 5-6 minutes, or until desired degree of doneness is achieved. Sauté' 2 cups of fresh or frozen spinach in 1 teaspoon olive oil and 1 clove of minced garlic over medium heat for 5-8 minutes. Serve steak and spinach with a tomato and onion salad topped with low-calorie vinaigrette and 1/2 cup of whole-grain croutons (should have about 50 calories for the 1/2 cup of croutons).

Day 3

The Wave 7 Day Meal Plan

Breakfast

Smoothie--Add the following into a blender: 1 cup of skim or vanilla soy milk, 1 tablespoon all-natural peanut butter, 1 scoop of vanilla protein powder, 1/2 teaspoon vanilla extract and ice. Blend until thick and frothy.

Snack

1 rice cake with 1 ounce of reduced fat cheese

Lunch

Tuna Salad--Mix a 6 ounce can of tuna, packed in water, with 1 tablespoon of light mayonnaise. Pile tuna salad onto a bed of romaine lettuce and sliced beefsteak or plum tomatoes and serve with 2 melba toasts.

Snack

2 celery sticks stuffed with 2 tablespoons all-natural peanut butter

Dinner

Turkey Taco Salad--Season 4-5 ounces of lean ground turkey meat with 1 tablespoon taco seasoning or chili powder and 2 tablespoons ketchup. Cook turkey in a nonstick skillet coated with cooking spray over medium heat for about 5-7 minutes, stirring often cooked through. Meanwhile, on a large dinner plate, make a taco salad with 2 cups of cleaned torn romaine lettuce, 5 halved cherry tomatoes, 1/2 of a sliced cucumber, 1/4 of a sliced avocado, 2 tablespoons shredded low fat cheese and 7 crushed baked tortilla chips. Pile warm turkey onto the salad and season with salt and pepper as desired.

Day 4

The Wave 7 Day Meal Plan

Breakfast

Devilish Eggs--Cut 3 hard-boiled eggs in half. Mash 1 yolk and 2 egg white halves (equal to one full egg white) with 1 tablespoon light mayonnaise. Discard (or save) the other yolk. Add the mashed egg yolk into the 4 hallowed egg halves and sprinkle with a dash of paprika. Serve with 1 whole-grain rice cake and 1/2 of a sliced apple.

Snack

Smoothie made with 1/2 scoop protein powder, 3 frozen strawberries, 1/3 cup of skim milk and ice.

Lunch

Tarragon Chicken Salad--Chop 3 ounces of cooked chicken breast into 1/2-inch cubes. Mix chopped chicken with 1 1/2 tablespoon light mayonnaise, 1 teaspoon chopped fresh tarragon (1/2 teaspoon dried tarragon), 5 grapes cut in half and 1/4 cup chopped celery. Pile the chicken onto a bed of romaine lettuce and sliced tomato and serve with 1/2 of a 6-inch whole-wheat pita pocket.

Snack

100-calories with of low-fat yogurt with 3/4 cup high fiber breakfast cereal.

Dinner

Lemon Chicken--Season a 4 ounce boneless skinless chicken breast with salt and pepper. Heat a nonstick skillet over medium heat and add 2 teaspoons of olive oil and cook chicken for 2-3 minutes of each side, until brown, then add 1/4 cup fresh lemon juice and 1 teaspoon capers and simmer until chicken is cooked through. Season with salt and pepper and serve with 1 cup steamed asparagus and a mixed green salad dressed with low-calorie salad dressing.

Day 5

The Wave 7 Day Meal Plan

Breakfast

Cottage Cheese--Scoop 3/4 cup of 1-2% cottage cheese into a cereal bowl and top with 1 cup of fresh or frozen mixed berries and 2 tablespoons chopped walnuts

Snack

1 rice cake topped with 1 ounce of reduced-fat cheese

Lunch

Chef's Salad--On a large dinner plate, pile 2 cups of cleaned mixed lettuce, 1 chopped plum tomato, 3 halved olives, 3 ounces of turkey breast (sliced into strips) and 1 ounce of reduced-fat Swiss cheese (sliced into strips). In a separate bowl, make the Russian dressing by mixing together 1 tablespoon light mayonnaise and 1 tablespoon ketchup. Dress the salad and serve with 2 whole-grain melba toasts.

Snack

1 ounce of nuts (approximately 20 almonds, 17 cashews or 10 walnut halves)

Dinner

Roasted Halibut--Season a 5 ounce halibut steak with salt and pepper. Place halibut in a baking dish and top with 2 teaspoon olive oil, 3 tablespoons low-sodium chicken broth, 2 tablespoons lemon juice and 5 halved cherry tomatoes. Bake the fish at 375* for 20 minutes, or until fish is cooked through. Serve with 1 cup of steamed broccoli and 1/2 cup and 1/2 cup black beans.

Day 6

The Wave 7 Day Meal Plan

Breakfast

Goat Cheese Omelet--Heat a nonstick skillet coated with nonstick cooking spray over medium heat. Add in 1 whole egg whisked together with additional egg whites and cook for about 2 to 3 minutes. Then add 1 ounce of crumbled goat cheese and 1/2 cup chopped tomatoes and fold over into an omelet and cook for 1 to 2 additional minutes. Serve with 1 cup of mixed berries or melon.

Snack

1 contain of 100-calorie yogurt

Lunch

Turkey Burger--Mix 4 ounce of lean ground turkey with 2 tablespoons salsa and 2 tablespoons seasoned breadcrumbs. Bake or broil turkey burger and serve with 1 cup of steamed broccoli and a mixed salad topped with 2 tablespoons of reduced calorie vinaigrette dressing.

Snack

Smoothie made with 1 scoop of protein powder, 2/3 cup skim milk, 1/2 cup frozen of fresh berries and ice.

Dinner

Rosemary Chicken--Marinate a 4-5 ounce boneless skinless chicken breast in 1/4 cup orange juice, the juice of one lemon and 1 tablespoon minced fresh rosemary (or 1/2 tablespoon dried rosemary) for 30-60 minutes. Bake the chicken in the marinade at 350* for about 20 minutes, or until cooked through. Serve chicken with 1 cup of oven roasted Brussels sprouts (sprouts can cook on a baking sheet sprinkled with 1 teaspoon olive oil and 1 teaspoon salt in the same oven as the chicken) and a large green salad topped with 2 tablespoons crumbled feta cheese and low-calorie vinaigrette.

Day 7

The Wave 7 Day Meal Plan

Breakfast

Blackberry Ricotta--In a medium cereal bowl combine the following ingredients: 1/2 cup part-skim ricotta cheese, 1/2 teaspoon vanilla extract, 1/2 cup fresh or fresh blueberries and 1 tablespoon slivered almonds.

Snack

1/2 apple with 2 teaspoon all natural peanut butter

Lunch

Spinach Salad--Mix 2 cups of cleaned baby spinach leaves with 1/2 cup chopped tomato and 1/2 cup chopped cucumber. Top with 1/4 cup crumbled feta cheese, 2 ounces of grilled chicken breast and 3 sliced olives. Drizzle with 1 teaspoon olive oil and 2 teaspoons fresh lemon juice and season with salt and pepper to taste. Serve with 1/2 of a 6-inch whole-wheat pita bread.

Snack

2 ounces of turkey breast rolled with 1 ounce of reduced fat Swiss cheese, 5 whole grain crackers on the side.

Dinner

Steak and Spinach--Marinate a 4-5 ounce piece of flank steak or sirloin in balsamic vinegar and olive oil, then grill or broil on each side for 5-6 minutes, or until desired degree of doneness is achieved. Sauté' 2 cups of fresh or frozen spinach in 1 teaspoon olive oil and 1 clove of minced garlic over medium heat for 5-8 minutes. Serve steak and spinach with a tomato and onion salad topped with low calorie vinaigrette dressing and 1/2 cup of whole-grain croutons (should have about 50 calories for the 1/2 cup of croutons).

The FIRM

Wave

Phase II

Breakfast Options

Phase II: Breakfast Options

Goat Cheese and Tomato Omelet: Heat a nonstick skillet coated with nonstick cooking spray over medium heat. Add in 1 whole egg whisked together with 2 additional egg whites and cook for about 2 to 3 minutes. Then add 1 ounce of crumbled goat cheese and 1/2 cup chopped tomatoes and fold over into an omelet and cook for 1 to 2 additional minutes. Serve with 1 cup mixed berries or melon.

262 calories, 21 grams of protein, 20 grams of carbohydrate, 12 grams fat

Cottage Cheese Parfait: Scoop 3/4 cup of 1-2% cottage cheese into a cereal bowl and top with 1 cup of fresh or frozen mixed berries and 2 tablespoon chopped walnuts. Sweeten with one packet of Splenda if desired.

258 calories, 25 grams of protein, 18 grams of carbohydrate, 11 grams fat

Peanut Butter Vanilla Smoothie: Add the following into a blender: 1 cup of skim or vanilla soy milk, 1 tablespoon all-natural peanut butter, 1 scoop of vanilla protein powder, 1/2 teaspoon extract and ice. Blend until thick and frothy. Sweeten with one packet of Splenda if desired.

273 calories, 30 grams protein, 18 grams of carbohydrate, 9.5 grams fat

Devish Eggs: Cut 3 hard-boiled eggs in half. Mash 1 yolk and 2 eggs white halves (equal to one full egg white) with 1 tablespoon light mayonnaise. Discard (or save) the other yolk. Add the mashed egg yolk into the hallowed egg halves and sprinkle with a dash of paprika. Serve with 1 whole grain rice cake and 1/2 of a sliced apple.

250 calories, 16 grams protein, 20 grams carbohydrates, 12 grams fat

Blueberry Ricotta Cheesecake: In a medium cereal bowl combine the following ingredients: 1/2 cup par-skim ricotta cheese, 1/2 teaspoon vanilla extract, 1/2 cup fresh or frozen blueberries and 1 tablespoon slivered almonds. Sweeten with one packet of Splenda if desired.

265 calories, 15 grams protein, 34 grams carbohydrate, 9 grams fat

Vanilla Nut Oatmeal: Cook steel cut or Irish oats with vanilla soy milk (or skim milk). Measure out 1 cup of cooked oats and top with 2 tablespoons of slivered almonds.

260 calories, 12 grams protein, 34 grams carbohydrate, 9 grams fat

Berry Good Waffles: Top 1 whole-grain waffle with 1/2 cup fresh or frozen berries and 2/3 cup of 1-2% cottage cheese

254 calories, 21 grams protein, 30 grams carbohydrate, 6.5 grams fat

Phase II: Breakfast Options Cont.

A Sunny Start: Heat a nonstick skillet over medium heat and spray with nonstick cooking spray. Crack one egg, plus one additional egg white into the pan and cook for about 3-4 minutes (cover the pan for a more well-done yolk or leave open for a runnier egg). Serve with 1 toasted whole-grain light-grain light-style English muffin and 1/2 a grapefruit. You may spread 1 scant teaspoon of butter on the English muffin if desired.

247 calories, 15 grams protein, 30 grams carbohydrate, 8 grams fat

Cold Breakfast Bowl: Add 3/4 cup of a high-fiber, high-protein breakfast cereal (such as Kashi GoLean) to a cereal bowl and top with 1/2 cup skim milk, 2 tablespoons chopped walnuts and 1/2 a sliced peach.

267 calories, 17 grams protein, 36 grams carbohydrate, 10 grams fat

Breakfast Wrap: Lay a 6-inch whole-wheat tortilla on a plate and top with 2 scrambled egg whites, 1 ounce of shredded reduced-fat cheese, 2 slices of avocado and 2 dashes of hot sauce (if desired). Wrap and enjoy with 2 slices of cantaloupe.

257 calories, 20 grams protein, 28 grams carbohydrate, 10 grams fat

The FIRM

Wave

Phase II

Lunch Options

Phase II: Lunch Options

Tuna on a Bed: Mix a 6 ounce can of tuna, packed in water, with 1 tablespoon of light mayonnaise. Pile tuna salad onto a bed of romaine lettuce and sliced beefsteak or plum tomatoes and serve with 2 melba toasts.

344 calories, 20 grams protein, 17 grams carbohydrate, 11 grams fat

Greek Style Spinach Salad: Mix 2 cups of cleaned baby spinach leaves with 1/2 cup chopped tomato and 1/2 cup chopped cucumber. Top with 1/4 cup crumbled feta cheese, 2 ounces of grilled chicken breast and 3 sliced olives. Drizzle with 1 teaspoon olive oil and 2 teaspoon fresh lemon juice and season with salt and pepper to taste. Serve with 1/2 of a 6-inch whole-wheat pita bread.

358 calories, 27 grams protein, 25 grams carbohydrate, 16 grams fat

Classic Chef's Salad: On a large dinner plate, pile 2 cups of cleaned mixed lettuce, 1 chopped plum tomato, 3 halved olives, 3 ounces of turkey breast (sliced into strips). In a separate bowl, make the Russian dressing by mixing together 1 tablespoon light mayonnaise and 1 tablespoon ketchup. Dress the salad and serve with 2 whole-grain melba toasts.

360 calories, 30 grams protein, 29 grams carbohydrate, 15 grams fat

Tarragon Chicken Salad: Chop 3 ounces of cooked chicken breast into 1/2-inch cubes. Mix chopped chicken with 1 1/2 tablespoons light mayonnaise, 1 teaspoon chopped fresh tarragon (or 1/2 teaspoon dried tarragon), 5 grapes cut in half and 1/4 cup chopped celery. Pile the chicken salad onto a bed of romaine lettuce and sliced tomato and serve with 1/2 of a 6-inch whole-wheat pita pocket.

351 calories, 32 grams protein, 32 grams carbohydrate, 12 grams fat

Turkey Burger: Mix 4 ounces of lean ground turkey with 2 tablespoons salsa and 2 tablespoons seasoned breadcrumbs. Bake or broil turkey burger and serve with 1 cup of steamed broccoli and a mixed salad topped with 2 tablespoons of reduced calories vinaigrette dressing.

352 calories, 29 grams protein, 33 grams carbohydrate, 12.5 grams fat

Soup and Salad: Heat 1 cup of canned black bean soup (about 150-175 calories per cup), such as Progresso, and top with 1/4 cup reduced-fat shredded cheddar cheese. Serve with a mixed green salad topped with 2 hard-boiled egg whites, sliced tomato and reduced-fat Russian dressing.

362 calories, 27 grams protein, 44 grams carbohydrates, 9 grams fat

Chicken Avocado Wrap: Layer a 6-inch whole-wheat tortilla with 3 ounces of sliced grilled chicken breast, 1/2 of a sliced avocado, 1/2 of a sliced plum tomato and a thin layer

of Dijon mustard. Serve with a 1/2 cup of nonfat vanilla yogurt.

345 calories, 34 grams protein, 32 grams carbohydrate, 11 grams fat

Pizza and Salad: Order 1 slice of cheese pizza, topped with a high protein topping, such as grilled chicken or meatballs. (You can also buy a 'healthy' frozen pizza entrée with about 250 calories per slice). Enjoy the pizza with a tossed green salad topped with reduced-fat Italian salad dressing.

353 calories, 33 grams protein, 35 grams carbohydrate, 9 grams fat

Turkey Pita: Stuff a 6-inch whole-wheat pita pocket with 3 ounces of deli turkey breast, 1 slice of reduced-fat cheese, 1 romaine lettuce and deli mustard. Enjoy with an assortment of cut up raw veggies such as baby carrots, sliced bell pepper and crunchy cucumbers.

354 calories, 34 grams protein, 39 grams carbohydrate, 8 grams fat

Mexican Shrimp Salad: Make a bed of cleaned, torn romaine lettuce leaves on a large dinner plate. Top the lettuce with 4-5 ounces of boiled shrimp, 1/2 cup of corn kernels (frozen or canned), thinly sliced red onion, 5 cherry tomatoes and 2 tablespoons shredded reduced-fat jack or cheddar cheese. Top with 1-2 tablespoons reduced-fat ranch dressing and 5 crushed baked tortilla chips.

350 calories, 32 grams protein, 31 grams carbohydrate, 11 gram fat

The FIRM

Wave

Phase II

Dinner Options

Phase II: Dinner Options

Steak and Spinach: Marinate a 4-5 ounces piece of flank steak or sirloin in balsamic vinegar and olive oil, then grill or broil on each side for 5-6 minutes, or until desired degree of doneness is achieved. Sauté 2 cups of fresh or frozen spinach in 1 teaspoon olive oil and 1 clove of minced garlic over medium heat for 5-8 minutes. Serve steak and spinach with a tomato and onion salad topped with low-calorie vinaigrette dressing and 1/2 cup of whole grain croutons (should have about 50 calories for the 1/2 cup of croutons).

405 calories, 37 grams protein, 30 grams carbohydrate, 15 grams fat

Citrus and Rosemary Chicken: Marinate a 4-5 ounce boneless skinless chicken breast in a 1/4 cup orange juice, the juice of one lemon and 1 tablespoon minced fresh rosemary (or 1/2 tablespoon dried rosemary) for 30-60 minutes. Bake the chicken in the marinade at 350* for about 20 minutes, or until cooked through. Serve chicken with 1 cup of oven roasted Brussels sprouts (sprouts can cook on a baking sheet sprinkled with 1 teaspoon olive oil and 1 teaspoon salt in the same oven as the chicken) and a large green salad topped with 2 tablespoons crumbled feta cheese and low calorie vinaigrette.

397 calories, 39 grams protein, 34 grams carbohydrate, 14 grams fat

Turkey Taco Salad: Season 4-5 ounces of lean ground turkey meat with 1 tablespoon taco seasoning or chili powder and 2 tablespoon ketchup. Cook turkey in a nonstick skillet coated with cooking spray over medium heat for about 5-7 minutes, stirring often until cooked through. Meanwhile, on a large dinner plate, make a taco salad with 2 cups of cleaned torn romaine lettuce, 5 halved cherry tomatoes, 1/2 of a sliced cucumber, 1/4 of a sliced avocado, 2 tablespoons shredded low fat cheese and 7 crushed baked tortilla chips. Pile warm turkey onto the salad and season with salt and pepper as desired.

415 calories, 46 grams protein, 33 grams carbohydrate, 12 grams fat

Chicken Piccata with Steamed Asparagus: Season a 4 ounce boneless skinless chicken breast with salt and pepper. Heat a nonstick skillet over medium heat and add 2 teaspoon of olive oil, cooking chicken for 2-3 minutes on each side until brown, then add 1/4 cup fresh lemon juice and 1 teaspoon capers and simmer until chicken is cooked through. Season with salt and pepper and serve with 1 cup steamed asparagus and a mixed green salad dressed with low-calorie salad dressing.

385 calories, 44 grams protein, 15 grams carbohydrates, 14 grams fat

Tomato Roasted Halibut: Season a 5 ounce halibut steak with salt and pepper. Place halibut in a baking dish and top with 2 teaspoon olive oil, 3 tablespoon low-sodium chicken broth, 2 tablespoon lemon juice and 5 halved cherry tomatoes. Bake the fish at 375* for 20 minutes, or until fish is cooked through. Serve with 1 cup of steamed broccoli and 1/2 cup black beans.

409 calories, 42 grams protein, 31 grams carbohydrate, 14 grams fat

Dinner in Minutes: Buy a frozen meal, such as Lean Cuisine, Weight Watchers or Amy's Organics, with about 250-300 calories and at least 17 grams of protein. Serve with a side of steamed broccoli topped with 1/4 cu crumbled feta cheese.

390 calories, 29 grams protein, 42 grams carbohydrates, 13 grams fat

Burger Night: Broil a 4 ounces ground sirloin burger on both sides until it is cooked through. Top with 1 slice of low-fat cheddar cheese and serve on a whole wheat light-style English muffin. Prepare a mixed green salad dressed with low-calorie vinaigrette dressing.

407 calorie, 40 grams protein, 30 grams carbohydrates, 14 grams fat

Lemon Baked Tilapia: Preheat oven to 400*. Spray an ovenproof baking dish with cooking dish and place a 6 ounces piece of tilapia (or other thin white fish, such as flounder or cod) in the dish. Season the fish with salt and pepper and drizzle it with 2 teaspoons of olive oil and the juice of one fresh lemon. Finally, sprinkle fish with 2 tablespoons seasoned breadcrumbs and bake fro 15-20 minutes or until the fish flakes easily with a fork. Serve fish with 1 cup of steamed green beans and 1/2 a baked potato.

413 calories, 41 grams protein, 34 grams carbohydrates, 12 grams fat

Grilled Chicken Parmesan: Preheat oven to 350*. Place a 4 ounces pre-cooked boneless skinless chicken breast in an oven-proof baking dish. (You can either bake/grill the chicken breast yourself, or buy a pre-cooked chicken breast at the deli counter of your market.) Cover the chicken breast with 1/2 cup of canned tomato sauce, 1/4 cup shredded part-skim mozzarella cheese and 2 tablespoons. Parmesan cheese. Bake for 20 minutes or until cheese has melted and tomato sauce is beginning to bubble. Serve chicken with 1 cup steamed cauliflower and 1/2 cup whole wheat pasta (measure the pasta after cooking).

413 calories, 43 grams protein, 32 grams carbohydrates, 13 grams fat

Stir-Fry: Add 2 teaspoons of olive oil to a large nonstick skillet and sauté' the following ingredients; 4-5 ounces of cubed chicken breast, 1 cup of broccoli florets, 1/2 red bell pepper sliced and 1/4 red onion sliced. Cook over medium heat, stirring frequently, for 10-12 minutes; or until veggies begin to soften and chicken is cooked through. Then add 1 tablespoon soy sauce and 1 tablespoon teriyaki sauce to the skillet, stir well and remove from heat. Season stir-fry with any desired spices, such as onion powder. Serve over 1/2 cup cooked brown rice (measure rice after it has been cooked).

409 calories, 36 grams protein, 35 grams carbohydrates, 14 grams fat

The FIRM Wave

Phase II

Snack Options

Phase II 100-Calorie Snack Options

- * 1/2 apple with 2 teaspoons all-natural peanut butter
- * 1/2 cup 1-2% cottage cheese with 1/4 cup fresh berries
- * 1 rice cake topped with 1 ounce of reduced-fat cheese
- * Smoothie made with 1/2 scoop protein powder, 3 frozen strawberries, 1/3 cup of skim milk and ice
- * 1 part-skim mozzarella string cheese with 1/2 of a sliced bell pepper
- * 2 large graham crackers squares with 1 teaspoon peanut butter
- * 1 container of 100-calorie yogurt
- * 1 ounce of baked tortilla chips
- * 1/2 cup of fat-free frozen yogurt
- * 3 ounces of rolled deli turkey with cucumber slices

Phase II 200-Calorie Snack Options

- * 1 cup of 1-2% cottage cheese with 3/4 cup of melon or berries
- * 1 apple of melon or berries
- * 1 ounce of nuts (approximately 20 almonds, 17 cashews or 10 walnut halves)
- * 2 celery sticks stuffed with 2 teaspoons all-natural butter
- * 100 calories worth of low-fat yogurt with 3/4 cup high-fiber breakfast cereal
- * 2 ounces of turkey breast rolled with 1 ounce of reduced-fat Swiss cheese, 5 whole wheat on the side
- * 1/2 of a 6-inch whole wheat pita pocket with 1/4 cup hummus
- * Smoothie made with 1 scoop of protein powder, 2/3 cup skim milk, 1/2 cup frozen or fresh berries and ice
- * 1 whole grain light-style English muffin toasted with 2 slices of tomato and 1 slice of reduced-fat cheese
- * 1 protein bar with approximately 180-220 calories and no more than 15 gram of sugar

**The
Substitution
List**

Milk/Dairy

Food found in meal plan	May Substitute with
1 cup of skim milk	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup of cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 ounce of cheese or 1.5 ounces of low fat cheese
1/2 cup cottage cheese	<ul style="list-style-type: none"> * 1 cup of skim milk or low fat soy milk * 1/2 cup low fat yogurt * 1 egg or 3 egg whites * 1 tbsp peanut butter * 1 ounce of cheese or 1.5 ounces of low fat cheese
1 ounce of cheese or crumbled cheese	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 egg or 3 egg whites * 1 cup of low fat soy yogurt
1 cup of nonfat yogurt	<ul style="list-style-type: none"> * 1 cup of cottage cheese * 2 eggs or 4 egg whites * 2 tbsp of peanut butter * 1 cup of low fat soy yogurt

Smoothies

Food found in meal plan	My substitute with
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * Protein bar with about 200 calories & at least 9 g protein * 1 glass of skim milk or low fat soy milk with 1 tbsp of peanut butter * 1 ounce of nuts with 1 serving of fruit * 3/4 cup of 1-2% cottage cheese with 1 serving of fruit * 2 ounces of lean protein (turkey or tofu) with 8 melba crackers & 1 fruit
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * May be swapped with any other smoothie

Proteins

Food found in meal plan	May substitute with
1 ounce of chicken breast, turkey breast or canned tuna in water	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, tofu, chicken breast, or shrimp * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 ounce of shrimp or other white fish (tilapia, cod, flounder, orange roughy)	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of lean red meat, such as sirloin * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans
1 ounce tofu	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, shrimp, or chicken breast * 1 ounce of tempeh * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 egg	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 3 egg whites * 1/3 cup beans
1 ounce Hamburger or other red meat	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans

Breads/Starch

Food found in meal plan	May substitute with
1/2 of a 6.5 inch pita bread	<ul style="list-style-type: none"> * 1 slice of wheat bread * 1 English muffin * 1 small dinner roll
1 slice of bread (about 100 calories per slice)	<ul style="list-style-type: none"> * 1 small dinner roll * 1 English muffin * 1/3 cup of rice * 1/2 cup of whole grain cereal, no sugar added * 1/2 of a 6.5 inch pita
1 slice of bread (Light style bread-about 45-55 calories per slice)	<ul style="list-style-type: none"> * 1/2 small dinner roll * 1/2 English muffin * 1/4 cup of rice * 1/3 cup of whole grain cereal, no sugar added * 1/3 of a 6.5 inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> * 1 cup whole grain cereal, no sugar added * 1.5 slices of wheat bread * 1 English muffin * 1 cup of Cream of Wheat
1/3 cup of Rice	<ul style="list-style-type: none"> * 1/2 cup pasta or couscous * 1 small baked potato or sweet potato * 2/3 cup green beans * 1 slice of bread * 1/3 cup cooked barley
Small Baked Potato	<ul style="list-style-type: none"> * 1 baked sweet potato * 1/3 cup of brown rice * 1/2 cup of whole wheat pasta or couscous * 1/3 cup cooked barley * 1 piece of whole grain bread or whole wheat English muffin
1/2 cup pasta	<ul style="list-style-type: none"> * 1/3 cup of brown rice or barley * 1/2 cup couscous or orzo * 1 piece of bread or a small dinner roll

Fruit

All of the following are 1 single serving of fruit and may be interchanged as desired.

1/2 banana	1 apple
2 small plums	15-20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 cup of melon (cantaloupe, honeydew or watermelon)
1/2 cup of pineapple	1/2 mango
1/2 papaya	15-20 cherries
2 kiwis	1 pear

Vegetables

All of the following are 1 serving of fruit and may be interchanged as desired.

1 cup of cooked broccoli (or 2 cups raw)	3 cups of salad greens
1 cup of cooked spinach or 2 cups raw	12 asparagus spears
1/3 cup corn or 1 corn on the cob	1 cup of cooked zucchini
1/3 cup cooked peas	1 cup of cooked green beans
1 cup of cooked mushrooms or 2 cups raw	3/4 cup cooked pea pods
1 cup of sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup of steamed bell peppers or 2 cups raw	1 cup steamed Brussels sprouts

The FIRM

Wave Phase I

Shopping List

7 Day Wave Shopping List

Amt	Fruits and Vegetables	Amt	Meat, Poultry and Seafood
	Berries		ground turkey
	blueberries		chicken breast
	tomato		turkey
	bell pepper		flank steak
	lemon		beef steak
	onion		tuna
	celery		halibut
	strawberries		
	broccoli	Amt	Dairy
	apple		low fat cottage cheese
	salad greens		low fat ricotta cheese
	melon		skim milk
	cucumber		eggs
	spinach		low fat vanilla soy milk
	romaine lettuce		low fat yogurt
	avocado		feta cheese
	asparagus		low fat Swiss cheese
	Brussels sprouts		goat cheese
			low fat mozzarella cheese
			low fat cheese
Amt	Bread, and other grains		
	whole wheat pita		
	croutons	Amt	Nuts and Snacks
	cereal		Walnuts
			natural Peanut butter
			olives
Amt	Canned goods		rice cakes
	low sodium chicken broth		almonds
	canned black beans		melba toast
			tortilla chips
Amt	Condiments		
	light mayonnaise		
	ketchup		
	low fat vinaigrette		
	vanilla extract		
	balsamic vinegar		
	Russian dressing		
		Amt	Other
			Protein powder
			Orange juice
			Extra virgin olive oil

		tarragon
		rosemary
		chili powder
		capers
		paprika

Notes for Meal Plan

Notes:

The Original
FIRM 14 Day
Meal Plan
Description

14 Day Diet

By Nutritionist Sara

March 6, 2007

This diet is designed to help you jumpstart your nutrition and weight loss goals, and serves as the perfect complement to The FIRM fitness plan.

HOW IT WORKS

The 14-day diet offers three versions, depending on your caloric needs. To determine which plan is right for you, simply multiply your current weight by 10, and choose the plan closest to this number. For example, if you weigh 157 pounds, multiply $157 \times 10 = 1570$. For this person, the 1600-calorie plan is the best option. If after three or four days you still find yourself very hungry, try the next level up. If after one week you haven't lost any weight, try dropping down a level.

There are three Calorie Levels to choose from:

1400

1600

1800

OVERVIEW

Each of the 14 days includes three meals and two snacks, and each day is different from the last. You may swap out meals you don't like for other meals that seem more appealing. For example: If you don't like eggs, substitute one of the cereals for an equally healthy breakfast. However, the closer you stick to the plan, the better. The 14-day diet promotes healthy eating while helping to shave off extra pounds.

Carbohydrates: Carbohydrates are the building blocks of any nutrition program. They fuel your body with energy for both exercise and daily living. The carbohydrates offered in the 14-day diet are the high-fiber and complex carbohydrates most often found in whole grains, fruits and vegetables. Refined carbohydrates, such as white bread, and simple carbohydrates, such as candy and jams, are limited.

Fat: Fat is a vital component of your diet. Although fat consumption should be limited, it's important to choose good fats, and not to go on a fat-free diet. The fats comprising The 14-day diet are primarily unsaturated fats. These fats, found in olive oil, nuts and fish, are thought to promote healthy heart activity. Saturated fats and hydrogenated oil, found primarily in animal

products, butter, cookies and snack foods, are limited since they're believed to increase cholesterol and risk of heart disease.

Protein: Protein is a very important component of any diet, especially when exercising. Protein fuels your muscles and helps you retain lean body mass while losing weight. You'll find protein including in almost every meal and snack in the 14-day diet. The protein sources are primarily lean meats, low-fat dairy products, nuts and protein powders. It's important not to skimp on proteins, since they help you feel sated.

Fiber: Fiber, found in whole grains, fruit and vegetables, is important for a number of reasons. It slows digestion, which helps you to stay full for a longer period of time. It also prevents constipation and promotes good intestinal health. As recommended by the American Dietetic Association, The 14-day diet includes about 25 grams of fiber per day.

Smoothies: Each day includes a protein smoothie as one of the snacks. The smoothies are delicious, convenient and provide a healthy dose of protein, calcium, fiber and an assortment of vitamins and minerals. They are also quite satisfying and will keep you full for hours.

The FIRM

Old 14 Day

Meal Plan

1400

Calorie

Plan

Day 1

**Original 14
Day Meal Plan**

1432 Calories
132 grams carbohydrate
24 grams fiber
45 grams fat
132 grams protein

Keep a journal so you can track your progress and develop your own customized workout resource. I sit down once a week to jot down what weights I've been lifting and how I've been eating. I now know what works for me and the best to support my efforts with proper nutrition." Stephanie Corley (Huckabee)

Breakfast

Cereal with toasted walnuts

3/4 cups dry cereal (bran flakes, kasha, cheerios)
1 tbsp chopped toasted walnuts
1 cup skim milk
1/2 grapefruit

Snack

3 ounces turkey sliced
10 melba toasts (round)

Lunch

Poached Salmon over greens with sliced avocado

4 ounces salmon
2 slices tomato
1 cup chopped romaine
1/8 avocado
1 teaspoon light mayo or 2 tablespoons light dressing
1/2 6.5 inch whole-wheat pita
1 peach

Snack

Banana Berry Smoothie

1 scoop vanilla or plain protein powder

1/2 cup skim milk

1/2 banana

1/2 cup of berries

Ice

Dinner

Grilled Turkey burger with a chopped salad

4 ounce cooked turkey burger (grilled or baked)

1 cup steamed spinach

1/3 cup brown rice, cooked

Mixed salad:

1 1/2 cup chopped mixed lettuces

1/2 cup cucumbers

2 tomato slices

1 red pepper sliced

2 tablespoons light dressing or 1 tablespoon regular dressing

**Original 14 Day
Meal Plan**

Day 2

1446 Calories

178 grams carbohydrate

29 grams fiber

29 grams fat

127 grams protein

Everyday is a new day. If you slip up" on your workout and diet don't beat yourself up over it. Just get up the next day more motivated to do better!" Allie Del Rio

Breakfast

Oatmeal with Berries

8 ounces oatmeal, cooked

1/2 cup blueberries

1 cup skim milk

Snack

Strawberry Vanilla Smoothie

1 scoop vanilla protein powder

Strawberries, 10 (fresh or frozen)

1 teaspoon vanilla extract

1 cup low fat vanilla soymilk

Ice

Lunch

Veggie and Tuna Stuffed Pita Pocket

1 1/2 cup romaine shredded

4 ounces tuna packed in water, drained

2 tablespoons light dressing or 1 tablespoon regular dressing

1/2 cup chopped green pepper

1/2 cup white mushrooms sliced

1/2 cup cucumbers

1/2 6.5-inch whole-wheat pita

Snack

1 apple

1 tablespoon peanut butter

1 cup skim milk

Dinner

Lemon Herbed Chicken with Broccoli

4 ounces grilled white meat chicken, (marinated in 1 teaspoon of lemon and 1 teaspoon of olive oil, sprinkled with dried rosemary and thyme. Grill in a grill pan or non-stick sauté' pan.)

1 cup sauté' broccoli

1 medium sweet potato

1 cup mixed salad

2 tablespoon light dressing or 1 tablespoon regular dressing

Day 3

**Original 14 Day
Meal Plan**

1402 Calories
157 grams carbohydrates
23 grams fiber
31 grams fat
126 grams protein

Avoid situations that put you in the path of temptation! Don't buy a bag of your favorite candy; you know you will eat the entire bag in no time flat! If you must purchase treats for your family, make them things you don't like, or can talk yourself out of. If your favorite is cheesecake; DON'T allow it into your home!"

Libby Heath

Breakfast

Cottage Cheese and Fruit Plate

1/2 cup 1 % low fat cottage cheese
1 cup fresh fruit salad
10 melba toasts (rounds)

Snack

Fruit Yogurt Smoothie

1 cup nonfat fruit flavored yogurt
1 scoop of protein powder
5 Strawberries
Ice

Lunch

Grilled Salmon served over Couscous

4 ounces grilled shrimp
1/2 cup couscous, cooked
1/2 cup steamed zucchini
1 cup mixed green salad
2 tablespoons light dressing or 1 tablespoon regular dressing

Snack

2 ounces Turkey slices
1 apple

Dinner

Sirloin Cheeseburger with a Fresh Beet Salad

4 ounces hamburger (made with lean ground sirloin, grilled or baked)

2 tomato slices

1 whole wheat English muffin toasted

Mixed Salad:

Cooked beets with vinegar, 4 ounces (may use canned)

1 1/2 cups mixed greens

1/2 cup cucumber slices

2 tablespoons light dressing or 1 tablespoon regular dressing

Day 4

Original 14 Day Meal Plan

1387 Calories
153 grams carbohydrate
29 grams fiber
40 grams fat
115 grams protein

"Avoid late night snacking by taking a warm bath or shower, reading a book, or going to bed! You'll never miss all those calories the next day, and you'll be so proud of your will power!"
Lisa Kay

Breakfast

Tex-Mex Omelet

Omelet (4 whites + 1 yolk):

1/4 cup mushrooms and 1/4 cup spinach

1/4 cup salsa, store bought is fine

1 slice light style whole wheat bread toasted (should be about 40-50 calories per slice)

1 teaspoon butter or margarine

1 orange

Snack

1 apple

1 tablespoon peanut butter

Lunch

Chopped Salad with Fresh Turkey Breast

1 cup fresh mixed greens

1/2 cup arugula or other dark green lettuce

1/2 cup chopped cucumber

1/4 cup tomato

1/2 cup sliced raw mushrooms

3 ounces fresh turkey breast, julienne

2 tablespoons light dressing or 1 tablespoon regular dressing

10 melba toasts (round)

Snack

Chocolate Banana Smoothie

1 Scoop chocolate protein powder
1/2 cup nonfat chocolate milk or chocolate soymilk
1/2 banana
Ice cubes

Dinner

Chicken Salsa

4 ounces skinless chicken breast, marinated for 1/2 hour in salsa and then sautéed in a non-stick skillet.
1 medium baked potato with 1 tablespoon low fat sour cream
1 cup sautéed string beans
Mixed Salad:
1 1/2 cups mixed greens
1/4 avocado
2 tablespoons light dressing or 1 tablespoon regular dressing

Day 5

**Original 14
Day Meal Plan**

1428 Calories

127 grams carbohydrates

24 grams fiber

55 grams fat

112 grams protein

"Keep your diet colorful - that way you get all the nutrients you need with lots of variety." Jennifer Carmen

Breakfast

Cereal with milk

3/4 cup dry cereal (bran flakes, kashi, cheerios)

1 cup skim milk

1 cup fresh strawberries

Snack

Chocolate Peanut Butter Smoothie

1/2 scoop chocolate protein powder

1 tablespoon peanut butter

1 cup skim milk or chocolate soymilk

Ice cubes

Lunch

Pita Bread, stuffed with veggies and a turkey burger

4 ounces turkey burger

2 slices tomato

1 cup chopped mixed lettuce

1/2 cup chopped cucumbers

2 tablespoon light dressing or 1 tablespoon regular

1/2 6.5 inch whole wheat pita bread

Snack

Celery & Carrots strips with

1/4 cup hummus

Dinner

Pork Chop with fruit salsa

4 ounces Grilled lean pork chop; served with 1/4 cup applesauce mixed with 2 diced canned apricots (drained of syrup)

1/2 cup couscous, cooked

1 cup steamed broccoli

1 cup mixed greens

2 tablespoons light dressing or 1 tablespoon regular dressing

Day 6

Original 14 Day Meal Plan

1414 Calories
152 grams carbohydrate
24 grams fiber
36 grams fat
130 grams protein

"Set realistic goals, and reward yourself each time you meet a goal. For example, when you drop a dress size, buy a new dress (or, if you don't want to buy clothing until you reach your ultimate goal, buy some new workout shoes to use with your FIRM videos!). Remember, getting in your best shape is a marathon, not a sprint!" Janet Brooks Holmes

Breakfast

Mushroom cheese omelet

4 white + 1 yolk
1/2 cup sliced mushrooms, canned or fresh is fine
1 ounce low fat cheese
1 slice light style whole wheat toasted (about 40-50 calories per slice)
1 teaspoon butter or margarine
1 cup cut cantaloupe

Snack

2 rice cakes
1 tablespoon peanut butter

Lunch

Greek Salad with Grilled Chicken

4 ounces grilled chicken strips (can use pre-cooked chicken)
2 cups of chopped romaine salad
1/2 cup sliced cucumber
1 ounces crumbled feta
2 tablespoons light dressing or 1 tablespoon regular dressing
10 melba rounds

Snack

Tropical Fruit Smoothie

1 scoop vanilla or plain protein powder

1/2 cup skim milk

1/2 cup water

1 cup frozen tropical fruit mix - mango, papaya, berries, banana (found in frozen section of supermarket)

Ice

Dinner

Shrimp Stir Fry

4 ounces shrimp stir-fried with 1 cup of each sliced mushrooms, onions & spinach in Pam.

When veggies are wilted, add 2 tablespoons of soy sauce and 1 tablespoon of hoisin sauce

Brown rice, 3/4 cup cooked

1 1/2 cups mixed green salad

2 tablespoon light dressing or 1 tablespoon regular

1 peach

Day 7

Original 14 Day Meal Plan

1420 Calories
161 grams carbohydrates
27 grams fiber
43 grams fat
108 grams protein

"By eating every few hours, you will have more energy, and have fewer cravings. You will be fueling your body so that you lose fat and gain muscle, allowing you to transform your body-fast!"
Nancy Tucker

Breakfast

Cottage cheese and fruit plate

1 cup 1% low fat cottage cheese
1/2 grapefruit and 5 strawberries
10 melba toasts (rounds)

Snack

Peaches and Cream Smoothie

1 scoop vanilla protein powder
2/3 cup frozen, unsweetened peach slices (in freezer section of supermarket)
1 teaspoon vanilla extract
1 cup nonfat vanilla yogurt or soymilk

Lunch

Toasted pita stuffed with BBQ tofu and veggies

3 ounces grilled BBQ flavored tofu (look in the produce section of your supermarket)
1 cup romaine shredded
1 cup spinach chopped and clean
1/2 cup chopped red pepper
1/2 cup white mushrooms sliced
1/2 cup cucumbers
1/2 cup chopped tomatoes
2 tablespoons light dressing or 1 tablespoon regular dressing
1/2 6.5" whole wheat pita

Snack

2 rice cakes

1 ounces low fat cheese

Dinner

Grilled Steak

4 ounces lean red meat, broiled or grilled - (filet mignon, flank steak, or sirloin would all be good)

1 cup steamed Brussels sprouts

1 small baked potato

Mixed Salad:

1 cup chopped mixed lettuces

2 tablespoons light dressing or 1 tablespoon regular dressing

1 peach

Day 8

Original 14 Day Meal Plan

1395 Calories
169 grams carbohydrate
27 grams fiber
28 grams fat
125 grams protein

"Have at least eight ounces of water within arms length for hydration while working out. Drink as often and as much as you want during your workout. Staying hydrated is very important."
Suzanne Bates

Breakfast

Hot Cereal with fresh berries

8 ounces Oatmeal or Cream of Wheat, cooked
1/2 cup blueberries
1 cup skim milk

Snack

1 cup fresh pineapple chunks

Lunch

Turkey Wrap with Ranch Dressing

4 ounces turkey breast skinless
1 cup shredded romaine
2 to 3 slices tomato
1/2 cup cucumber slices
1/4 cup alfalfa sprouts
1 6.5 inch whole wheat pita
2 tablespoons ranch dressing

Snack

Fruit Yogurt Smoothie

6-8 ounces non fat flavored yogurt (about 100 calories per container)
1 scoop of protein powder
5 strawberries
Ice

Dinner

Lemon herbed fish with broccoli

6 ounces white fish, (such as tilapia, orange roughy, or cod). Sprinkle with salt, pepper, 1 tablespoon breadcrumbs and 1 tablespoon of butter. Then shake on some dried rosemary and thyme. Broil until done, about 12-15 minutes.

1 cup steamed broccoli

1 medium sweet potato, baked

Mixed Salad:

1 cup chopped mixed lettuces

2 tablespoon light dressing or 1 tablespoon regular dressing

Day 9

Original 14 Day Meal Plan

1405 Calories
158 grams carbohydrates
28 grams fiber
36 grams fat
122 grams protein

"Alcohol's empty calories sabotage your workout program by slowing down your metabolism by a whooping one-third and making your body and face "puffy". If you choose to indulge, limit yourself to one serving of alcohol."

Stephanie Corley Huckabee

Breakfast

Garden Fresh Omelet

Omelet (4 whites + 1 yolk):

1/4 cup mushroom, 1/4 cup diced tomatoes, 1/4 cup spinach
1 ounce low fat Swiss cheese
1 slice light style whole wheat bread toasted
1 teaspoons butter or margarine
1/2 grapefruit

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder
1/2 cup nonfat chocolate milk or chocolate soymilk
1/2 banana
Ice Cubes

Lunch

Tuna Salad with diced apples and balsamic

3 ounces of tuna in water, drained and mixed with 2 teaspoons olive oil, 2 teaspoons balsamic vinegar and 1/4 cup diced apples. Serve over green salad below.
1 cup shredded romaine
1 cup torn spinach, cleaned
1/2 cup cucumber slices
1/4 cup alfalfa sprouts
1/2 cup chopped tomato
10 round Melba toasts

Snack

Celery & Carrots strips with 1/4 cup hummus

Dinner

Pasta with grilled Chicken and garden veggies

1 cup of cooked spaghetti (al dente)

3 ounces white meat chicken, skinless

1/2 cup steamed broccoli

1/2 cup steamed zucchini

1/2 cup fresh sliced mushrooms

1/2 cup store bought tomato sauce (low fat)

2 tablespoons of shredded Parmesan cheese

1 cup mixed greens

2 tablespoons light dressing or 1 tablespoon regular dressing

**Original 14 Day
Meal Plan**

Day 10

1411 Calories

152 grams carbohydrate

23 grams fiber

37 grams fat

126 grams protein

"More than just cheap and easy to prepare, egg whites have the most perfect protein of any food. We can utilize 97% of egg protein (at 40-60% usable, meat protein takes a distant second.) Eat more egg whites!"
Allie Del Rio

Breakfast

Grilled Cheese Pita

2 tablespoons low fat shredded cheese

2 slices tomato

1 6.5 inch whole wheat pita

Fill pita with cheese and tomato and toast until melted.

Snack

Chocolate Peanut Butter Smoothie

1/2 scoop chocolate protein powder

1 tablespoon peanut butter

1 cup of skim milk, or chocolate soymilk

Ice Cubes

Lunch

FIRM Chef Salad

2 ounces lean roast beef

2 ounces turkey sliced

1 ounce low fat cheddar

1/2 cup chopped tomato

2 cups chopped mixed lettuce

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular dressing

10 melba toasts (round)

Snack

1 cup fresh berries with a 1/2 cup low fat vanilla yogurt

Dinner

Chicken Stir Fry

4 ounces white meat chicken strips stir-fried with 1 cup of each: sliced mushrooms, onions & spinach in Pam (or other vegetables of your choice). When veggies are wilted, add 2 tablespoons of soy sauce and 1 tablespoon of hoisin sauce

Serve over 1/2 cup brown rice

1 1/2 cups mixed green salad

2 tablespoons light dressing or 1 tablespoon regular dressing

Day 11

**Original 14
Day Meal Plan**

1404 Calories
144 grams carbohydrates
25 grams fiber
41 grams fat
123 grams protein

"Place words of encouragement and praise for yourself in key places around your home. When I'm feeling down and out it's always nice to look up and see the words "YOU CAN" right in front of me!"
Lisa Kay

Breakfast

Cereal with Nuts and Berries

3/4 cups dry cereal (bran flakes, kashi, cheerios)
1 cup skim milk
1/2 cup sliced strawberries
1 tablespoons chopped walnuts

Snack

Banana Berry Smoothie

1 scoop vanilla or plain protein powder
1/2 cup skim milk
1/2 banana
1/2 cup berries
Ice Cubes

Lunch

Tuna Salad

2 cup romaine shredded
4 ounces tuna in water
1/2 cup chopped red pepper
1/2 cup white mushrooms sliced
1/2 cup cucumbers
1/8 avocado
2 tablespoons light dressing or 1 tablespoon regular dressing

Snack

1 container non-fat yogurt (about 100 calories) mixed with 3 tablespoons wheat germ

Dinner

Grilled Cheeseburger

4 ounces hamburger (Grilled or baked)

1 ounce low fat cheese

1 whole wheat English muffin toasted

2 tomato slices

Mixed Salad:

1 cup mixed greens

1/2 cucumber slices

1 stalk chopped celery

2 tablespoons light dressing or 1 tablespoon regular dressing

Day 12

Original 14 Day Meal Plan

1411 Calories
128 grams carbohydrates
29 grams fiber
49 grams fat
125 grams protein

"If possible, take a walk after lunch each day. Enjoy the outdoors, soak up some sunlight and clear your mind. If you can't do that, park at the back of the parking lot and walk to the office or mall." Libby Heath

Breakfast

Breakfast Buffet

Scrambled eggs made with 3 egg whites and 1 yolk
2 slices of turkey bacon - cooked well done and drained of extra fat
1 slice of light style wheat bread
1/2 cup of fresh berries

Snack

Strawberry Vanilla Smoothie

1 scoop vanilla protein powder
Strawberries, 10 (fresh or frozen)
1 teaspoon vanilla extract
1 cup low fat vanilla soymilk
Ice

Lunch

Chicken Ranch Wrap

3 ounces chicken breast
1 ounce low fat Swiss cheese
2 slices tomato
1 cup chopped romaine
1 tablespoon light Ranch dressing
1 8-inch wheat tortilla

Snack

Celery & Carrots strips with 1/4 cup hummus

Dinner

Turkey Mushroom Burger

4 ounces cooked turkey burger (grilled or baked)

1/2 cup sautéed mushrooms (in cooking spray)

1 hamburger bun

1 cup steamed spinach

Mixed salad:

1 1/2 cup chopped mixed lettuces

2 tomato slices

1 green pepper sliced

2 tablespoons light dressing or 1 tablespoon regular dressing

Day 13

Original 14 Day Meal Plan

1440 Calories
141 grams carbohydrate
29 grams fiber
49 grams fat
117 grams protein

"Avoid processed foods. If it comes in a box, can or bag, it's probably processed. Stick with foods found in the perimeter of the grocery store: fruits, vegetables, dairy, and meat."

Nancy Tucker

Breakfast

Waffles with fruit and nuts

2 frozen whole grain waffles
1 cup mixed berries
1 tablespoon chopped walnuts

Snack

1 peach sliced
1/2 cup 2% cottage cheese

Lunch

Cobb Salad

2 cups mixed greens
3 ounces grilled chicken breast
1/8 avocado
1 tablespoons crumbled blue cheese
1/2 cucumber
1/2 cup tomato chopped
1/4 cup shredded carrots
2 tablespoons light dressing or 1 tablespoons regular dressing or vinegar
10 melba toasts (round)

Snack

Fruit Yogurt Smoothie

6-8 ounces nonfat fruit flavored yogurt (about 100 calories per container)

1 scoop of protein powder

5 strawberries

Ice

Dinner

Asian Grilled Chicken

4 ounces grilled or broiled salmon, (marinate salmon in 2 tablespoons soy sauce, 1 tablespoons lime juice and 1 teaspoon olive oil for 1/2 hour)

1 cup sautéed spinach, in cooking spray with garlic

1/3 cup brown rice, cooked

Mixed salad:

1 1/2 cup chopped mixed lettuces

1/2 cup cucumbers

2 tomato slices

1 green pepper sliced

2 tablespoons light dressing or 1 tablespoon regular dressing

Day 14

Original 14 Day Meal Plan

1421 Calories
171 grams carbohydrates
25 grams fiber
39 grams fat
105 grams protein

"Throw away the scale! Not only is it detrimental to self-esteem, but it can give you false feedback. Remember that muscle weighs more than fat. The number on the scale is accurate only in poundage. What matters is your body composition!"
Emily Walsh

Breakfast

Hot cereal with nuts and berries

8 ounces Oatmeal, cooked
1 tablespoon chopped walnuts
1/2 cup sliced strawberries
1 cup skim milk

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder
1/2 cup nonfat chocolate milk or chocolate soymilk
1/2 banana
Ice cubes

Lunch

Chef's Salad

1 ounces lean roast beef
2 ounces turkey sliced
1 ounce low fat Swiss
1/2 cup chopped tomato
1 cup chopped mixed lettuce
1/2 cup chopped cucumbers
2 tablespoons light Russian dressing or 1 tablespoon regular
10 melba toast (round)

Snack

1 apple

Dinner

Linguini with Clam Sauce

1 cup of cooked linguini

1/3 cup of bottled clam sauce

2 ounces canned diced clams

1 cup of broccoli, cooked and chopped

1 tablespoon parmesan cheese

Mixed Salad:

1 cup mixed green

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular

1600
Calorie
Plan

Day 1

Original 14 Day Meal Plan

1628 Calories
142 grams of carbohydrate
26 grams of fiber
57 grams of fat
143 grams of protein

Keep a journal so you can track your progress and develop your own customized workout resource. Sit down once a week to jot down what weight I've been lifting and how I've been eating. You will learn what works for you and the best ways to support your efforts with proper nutrition.

Stephanie Corley (Huckabee)

Breakfast

Cereal with Toasted Walnuts

3/4 cups dry cereal (bran flakes, kasha, cheerios)
1 tbsp chopped toasted walnuts
1 cup skim milk
1/2 grapefruit

Snack

3 oz turkey sliced
10 Melba toasts (round)

Lunch

Poached Salmon over greens with sliced avocado

4 ounces salmon
2 slices tomato
1 cup chopped romaine
1/4 avocado
1 teaspoon light mayo or 2 tablespoons light dressing
1/2 6.5-inch whole-wheat pita
1 peach

Snack

Banana Berry Smoothie

1 scoop vanilla or plain protein powder

1/2 cup skim milk

1/2 banana

1/2 cup of berries

Ice

Dinner

Grilled Turkey burger with a chopped salad.

4 ounces cooked turkey burger (grilled or baked)

1 cup steamed spinach

1/2 cup brown rice, cooked

Mixed Salad:

1 1/2 cup chopped mixed lettuces

1/2 cup cucumbers

2 tomato slices

1 red pepper sliced

2 tablespoons light dressing or 1 tablespoon regular

Day 2

Original 14 Day Meal Plan

1625 Calories

196 grams of carbohydrates Everyday is a new day. If you "slip up" on your workout and
31 grams of fiber diet don't beat yourself up over it. Just get up the next day
35 grams of fat more motivated to do better! Allie Del Rio
141 grams of protein

Breakfast

Oatmeal with Berries

8 ounces oatmeal, cooked
1 tablespoon chopped walnuts
1/2 cup blueberries
1 cup skim milk

Snack

Strawberry Vanilla Smoothie

1 scoop vanilla protein powder
Strawberries, 10 (fresh or frozen)
1 teaspoon vanilla extract
1 cup low fat vanilla soymilk
Ice

Lunch

Veggie and Tuna Stuffed Pita Pocket
1 1/2 cup romaine shredded
4 ounces tuna packed in water, drained
2 tablespoon light dressing or 1 tablespoon regular
1/2 cup chopped green pepper
1/2 cup white mushrooms sliced
1/2 cup cucumbers
1/2 6.5 inch whole wheat pita

Snack

1 apple
1 tablespoon peanut butter
1 cup skim milk

Dinner

Lemon Herbed Chicken with Broccoli

5 ounces grilled white meat chicken (marinated in 1 teaspoon of lemon and 1 teaspoon of olive oil, sprinkled with dried rosemary and thyme. Grill in a grill pan or non-stick saute' pan.)

1 cup saute' broccoli
1 medium sweet potato
1 cup mixed salad
2 tablespoons light dressing or 1 tablespoon regular

**Original 14 Day
Meal Plan**

Day 3

1580 Calories

162 grams of carbohydrates

23 grams of fiber

34 grams of fat

156 grams of protein

Avoid situations that put you in the path of temptation! Don't buy a bag of your favorite candy; you know you will eat the entire bag in no time flat! If you must purchase treats for your family, make them things you don't like, or can talk yourself out of. If your favorite is cheesecake, DON'T allow it into your home!

Libby Heath

Breakfast

Cottage Cheese and Fruit Plate

1 cup 1% low fat cottage cheese

1 cup fresh fruit salad

10 Melba toast (rounds)

Snack

Fruit Yogurt Smoothie

1 cup non-fat fruit flavored yogurt

1 scoop of protein powder

5 strawberries

Ice

Lunch

Grilled Salmon served over Couscous

4 ounces grilled shrimp

1/2 cup couscous, cooked

1/2 cup steamed zucchini

1 cup mixed green salad

2 tablespoon light dressing or 1 tablespoon regular

Snack

Turkey slices 3 ounces

1 apple

Dinner

Sirloin Burger with a Fresh Beet Salad

4 ounces hamburger (made with lean ground sirloin, grilled or baked)

1 ounce low fat cheese

2 tomato slices

1 whole-wheat English muffin toasted

Mixed Salad:

Cooked beets w/vinegar, 4 ounces (may use canned)

1 1/2 cups mixed greens

1/2 cup cucumber slices

2 tablespoons light dressing or 1 tablespoon regular

Day 4

Original 14 Day Meal Plan

1598 Calories
164 grams of carbohydrate
31 grams of fiber
48 grams of fat
142 grams of protein

Avoid late night snacking by taking a warm bath or shower, reading a book, or going to bed! You'll never miss all those calories the next day, and you'll be so proud of your will power!

Lisa Kay

Breakfast

Tex-Mex Omelet

Omelet (4 whites + 1 yolk):

1/4 cup mushroom and 1/4 cup spinach

1/4 cup salsa

3 tablespoons of low fat shredded cheddar cheese

1 slice light style whole wheat bread toasted (should be about 40-50 calories per slice)

2 teaspoons butter or margarine

1 orange

Snack

1 apple

1 tablespoon peanut butter

Lunch

Chopped Salad with Fresh Turkey Breast

1 cup fresh mixed greens

1/2 cup arugula or other dark green lettuce

1/2 cup chopped cucumber

1/4 cup chopped tomato

1/2 cup sliced raw mushrooms

4 ounces fresh turkey breast, julienne

2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar

10 Melba toasts (round)

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder

1/2 cup nonfat chocolate milk or chocolate soymilk

1/2 banana

Ice

Dinner

Chicken Salsa

5 ounces skinless chicken breast, marinated for 1/2 hour in salsa and then sautéed in a non-stick skillet.

1 medium baked potato w/1 tablespoon low fat sour cream

1 cup sautéed string beans

Mixed Salad:

1 1/2 cup mixed greens

1/4 avocado

2 tablespoons light dressing or 1 tablespoon regular

Day 5

**Original 14
Day Meal Plan**

1591 calories

133 grams of carbohydrate

24 grams of fiber

63 grams of fat

129 grams of protein

Keep your diet colorful--that way you get all the nutrients you need with lots of variety.

Jennifer Carmen

Breakfast

Cereal with Milk

3/4 cups dry cereal (bran flakes, kasha, cheerios)

1 cup skim milk

1 cup fresh strawberries

Snack

Chocolate Peanut Butter Smoothie

1/2 scoop chocolate protein powder

1 tablespoon peanut butter

1 cup of skim milk, or chocolate soymilk

Ice

Lunch

Pita Bread, stuffed with veggies and a turkey burger

5 ounces turkey burger

2 slices tomato

1 cup chopped mixed lettuce

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular

1/2 6.5-inch whole-wheat pita bread

Snack

Celery and carrot strips w/ 1/4 cup hummus

Dinner

Pork Chop with fruit salsa

5 ounces Grilled lean pork chop; served with 1/4 cup applesauce mixed with 2 diced canned apricots (drained of syrup)

2/3 cup couscous, cooked

1 cup steamed broccoli

1 cup mixed greens

2 tablespoons light dressing or 1 tablespoon regular

Day 6

Original 14 Day Meal Plan

1587 Calories
174 grams of carbohydrate
26 grams of fiber
43 grams of fat
137 grams of protein

Set realistic goals, and reward yourself each time you meet a goal. For example, when you drop a dress size, buy a new dress (or, if you don't want to buy clothing until you reach your ultimate goal, buy some new workout shoes to use with your FIRM videos!). Remember, getting in your best shape is a marathon, not a spirit! Janet Brooks Holmes

Breakfast

Mushroom cheese omelet

4 whites + 1 yolk
1/2 cup sliced mushrooms, canned or fresh is fine
1 ounce low fat cheese
2 slice light style whole wheat bread toasted (about 40-50 calories per slice)
1 teaspoon butter or margarine
1 cup cut cantaloupe

Snack

2 rice cakes
1 tablespoon peanut butter

Lunch

Greek Salad with Grilled Chicken

4 ounces grilled chicken strips (can use pre-cooked chicken, such as Perdue shortcuts)
2 cups of chopped romaine salad
1/2 cup sliced cucumber
2 ounces crumbled feta
2 tablespoons light dressing or 1 tablespoon regular
10 Melba rounds

Snack

Tropical Fruit Smoothie

1 scoop vanilla or plain protein powder

1/2 cup skim milk

1/2 cup water

1 cup frozen tropical fruit mix: mango, papaya, berries, banana (found in frozen section of supermarket)

Ice

Dinner

Shrimp Stir Fry

4 ounces shrimp stir-fried with 1 cup of each sliced mushrooms, onion & spinach in Pam.

When veggies are wilted, add 2 tablespoons of soy sauce and 1 tablespoon of hoisin sauce

Brown rice, 3/4 cup cooked

1 1/2 cups mixed green salad

2 tablespoons light dressing or 1 tablespoon regular

1 peach

Day 7

**Original 14
Day Meal Plan**

1589 Calories
164 grams of carbohydrate
27 grams of fiber
51 grams of fat
124 grams of protein

By eating every few hours, you will have more energy, and have cravings. You will be fueling your body so that you lose fat and gain muscle, allowing you to transform your body--fast!

Nancy Tucker

Breakfast

Cottage Cheese and fruit plate

1 cup 1% low fat cottage cheese
1/2 grapefruit and 8 strawberries
10 Melba toasts (rounds)

Snack

Peaches and Cream Smoothie

1 scoop vanilla protein powder
2/3 cup frozen, unsweetened peach slices (in freezer section of supermarket)
1 teaspoon vanilla extract
1 cup nonfat vanilla yogurt or soymilk
Ice

Lunch

Toasted pita stuffed with BBQ tofu and veggies

4 ounces grilled BBQ flavored tofu (look in the produce section of the supermarket)
1 cup romaine shredded
1 cup spinach chopped and clean
1/2 cup chopped red pepper
1/2 cup white mushrooms sliced
1/2 cup cucumbers
1/2 cup chopped tomatoes
2 tablespoon light dressing or 1 tablespoon regular
1/2 6.5 inch whole wheat pita

Snack

2 rice cakes

2 ounces low fat cheese

Dinner**Grilled Steak**

5 ounces lean red meat, broiled or grilled - (filet mignon, flank steak, or sirloin would all be good)

1 cup steamed Brussels sprouts

1 small baked potato

Mixed Salad:

1 cup chopped mixed lettuces

2 tablespoons light dressing or 1 tablespoon regular

Day 8

**Original 14 Day
Meal Plan**

1593 Calories
185 grams of carbohydrate
29 grams of fiber
38 grams of fat
139 grams of protein

Have at least eight ounces of water within arms length for hydration while working out. Drink as often and as much as you want during your workout. Staying hydrated is very important.
Suzanne Bates

Breakfast

Hot Cereal with fresh berries

8 ounces oatmeal or cream of wheat, cooked
1/2 cup blueberries
2 tablespoons chopped walnuts
1 cup skim milk

Snack

1 cup fresh pineapple chunks

Lunch

Turkey Wrap with Ranch Dressing

5 ounces turkey breast skinless
1 cup shredded romaine
2 to 3 slices tomato
1/2 cup cucumber slices
1/4 cup alfalfa sprouts
1 6.5 inch in whole wheat pita
2 tablespoons light ranch dressing

Snack

Fruit Yogurt Smoothie

6-8 ounces non-fat flavored yogurt (about 100 calories per container)
1 scoop of protein powder
5 strawberries
Ice

Dinner

Lemon herbed fish with broccoli

6 ounces white fish, (such as tilapia, orange roughy, or cod). Sprinkle with salt, pepper, 1 tablespoon breadcrumbs and 1 tablespoon of butter. Then shake on some dried rosemary and thyme. Broil until done, about 12-15 minutes.

1 cup chopped mixed lettuces

2 tablespoons light dressing or 1 tablespoon regular

Day 9

Original 14 Day Meal Plan

1602 Calories
168 grams of carbohydrate
29 grams of fiber
46 grams fat
140 grams of protein

Alcohol's empty calories sabotage your workout program by slowing down your metabolism by a whopping one-third and making your body and face "puffy". If you choose to indulge, limit yourself to one serving of alcohol

Stephanie Corley Huckabee

Breakfast

Garden Fresh Omelet

Omelet (4 whites + 1 yolk)
1/4 cup mushroom, 1/4 cup diced tomatoes, 1/4 cup spinach
1 ounce low fat Swiss cheese
2 slices light whole wheat bread toasted
2 teaspoons butter or margarine
1/2 grapefruit

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder
1/2 cup nonfat chocolate milk or chocolate soymilk
1/2 banana
Ice

Lunch

Tuna salad with diced apples and balsamic

4 ounces of tuna in water, drained and mixed with 1 teaspoon olive oil, 2 teaspoons balsamic vinegar and 1/4 cup diced apples. Serve over green salad below.
1 cup shredded romaine
1 cup torn spinach, cleaned
1/2 cup cucumber slices
1/4 cup alfalfa tomato
10 round melba toasts

Snack

Celery and carrots strips with 1/4 cup hummus

Dinner**Pasta with grilled chicken and garden veggies**

1 cup of cooked spaghetti (al dente)

4 ounces grilled white meat chicken, skinless

1/2 cup steamed broccoli

1/2 cup steamed zucchini

1/2 cup fresh sliced mushrooms

1/2 cup store bought tomato sauce (low fat)

2 tablespoons of shredded Parmesan cheese

1 cup mixed greens

2 tablespoons of light dressing or 1 tablespoon regular

Day 10

**Original 14
Day Meal Plan**

1592 Calories

163 grams of carbohydrates

23 grams of fiber

41 grams of fat

148 grams of protein

More than just cheap and easy to prepare, egg whites have the most perfect protein of any food. We can utilize 97% of egg protein (at 40-60% usable, meat protein takes a distant second). Eat more egg whites!

Allie Del Rio

Breakfast

Grilled Cheese Pita

3 tablespoons low fat shredded cheese

2 slices tomato

1 6.5 inches whole wheat pita

Fill pita with cheese and tomato and toast until melted.

Snack

Chocolate Peanut Butter Smoothie

1/2 scoop chocolate protein powder

1 tablespoon peanut butter

1 cup of skim milk, or chocolate soymilk

Ice

Lunch

Chef Salad

3 ounces lean roast beef

3 ounces turkey sliced

1 ounce low fat cheese

1/2 cup chopped tomato

2 cups chopped mixed lettuce

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular

10 melba toast (rounds)

Snack

1 cup fresh berries with a 1/2 cup low fat vanilla yogurt

Dinner

Chicken Stir-Fry

4 ounces white meat chicken strips stir-fried with 1 cup of each: sliced mushrooms, onions & spinach in Pam (or other vegetables of your choice). When veggies are wilted, add 2 tablespoons of soy sauce and 1 tablespoon of hoisin sauce

Serve over 1/2 cup brown rice.

1 1/2 cups mixed green salad

2 tablespoons light dressing or 1 tablespoon regular

Day 11

**Original 14
Day Meal Plan**

1588 Calories
152 grams of carbohydrate
28 grams of fiber
55 grams of fat
134 grams of protein

Place words of encouragement and praise for yourself in key places around your home. When you're feeling down and out it's always nice to look up and see the words "YOU CAN" right in front of you! Lisa Kay

Breakfast

Cereal with Nuts and Berries

3/4 cups dry cereal (bran flakes, kasha, cheerios)
1 cup skim milk
1/2 cup sliced strawberries
2 tablespoons chopped walnuts

Snack

Banana Berry Smoothie

1 scoop vanilla or plain protein powder
1/2 cup skim milk
1/2 banana
1/2 cup of berries
Ice

Lunch

Tuna Salad

2 cups romaine shredded
4 ounces tuna in water
1/2 cup chopped red pepper
1/2 cup white mushrooms sliced
1/2 cup cucumbers
1/4 avocado
2 tablespoons light dressing or 1 tablespoon regular

Snack

1 container non fat yogurt (about 100 calories) mixed with 3 tablespoons wheat germ

Dinner

Grilled Cheeseburger

5 ounces hamburger (Grilled or baked)

1 ounce low fat cheese

1 whole wheat English muffin toasted

2 tomato slices

Mixed Salad:

1 cup mixed greens

1/2 cup cucumber slices

1 stalk chopped celery

2 tablespoons light dressing or 1 tablespoon regular

Day 12

**Original 14
Day Meal Plan**

1612 Calories
131 grams of carbohydrate
29 grams of fiber
63 grams of fat
137 grams of protein

"If possible, take a walk after lunch each day. Enjoy the outdoors, soak up some sunlight and clear your mind. If you can't do that, park at the back of the parking lot and walk to the office or mall."
Libby Heath

Breakfast

Scrambled eggs made with 3 egg whites and 1 yolk
2 slices of turkey bacon--cooked well done and drained of extra fat
1 slice of light style wheat bread
1 teaspoon butter
1/2 cup of fresh berries

Snack

Strawberry Vanilla Smoothie
1 scoop vanilla protein powder
Strawberries, 10 (fresh or frozen)
1 teaspoon vanilla extract
1 cup low fat vanilla soymilk
Ice

Lunch

Chicken Ranch Wrap
4 ounces chicken breast
1 ounce low fat Swiss cheese
2 slices tomato
1 cup chopped romaine
2 tablespoons light Ranch dressing
1 8-inch wheat tortilla

Snack

Celery and carrots strips with 1/4 cup hummus

Dinner**Turkey Mushroom Burger**

4 ounces cooked turkey burger (grilled or baked)

1 slice of 2% American cheese

1/2 cup sautéed mushrooms (in cooking spray)

1 hamburger bun

1 cup steamed spinach

Mixed salad:

1 1/2 cup chopped mixed lettuces

2 tomato slices

1 green pepper sliced

2 tablespoons light dressing or 1 tablespoon regular

Day 13

**Original 14
Day Meal Plan**

1593 Calories
143 grams of carbohydrate
31 grams of fiber
60 grams of fat
128 grams of protein

"Avoid processed foods. If it comes in a box, or bag, it's probably processed. Stick with foods found on the perimeter of the grocery store: fruits, vegetables, dairy and meat."

Nancy Tucker

Breakfast

Waffles with fruit and nuts
2 frozen whole grain waffles
1 cup mixed berries
1 tablespoon chopped walnuts
1 teaspoon butter

Snack

1 peach sliced
1/2 cup 2% cottage cheese

Lunch

Cobb Salad
2 cups mixed greens
4 ounces grilled chicken breast
1/4 avocado
2 tablespoons crumbled blue cheese
1/2 cucumber
1/2 cup tomato chopped
1/4 cup shredded carrots
2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar
10 Melba toasts (round)

Snack

Fruit Yogurt Smoothie

6-8 ounces non-fat fruit flavored yogurt (about 100 calories per container)

1 scoop of protein powder

5 strawberries

Ice

Dinner

Asian Grilled Salmon

4 ounces grilled or broiled salmon, (marinate salmon in 2 tablespoons soy sauce, 1 tablespoon lime juice and 1 teaspoon olive oil for 1/2 hour)

1 cup sautéed spinach, in cooked spray with garlic

1/3 cup brown rice, cooked

Mixed salad:

1 1/2 cup chopped mixed lettuces

1/2 cup cucumbers

2 tomato slices

1 green pepper sliced

2 tablespoons light dressing or 1 tablespoon regular

Day 14

Original 14 Day Meal Plan

1604 Calories
173 grams of carbohydrate
25 grams of fiber
45 grams of fat
132 grams of protein

Throw away the scale! Not only is it detrimental to self-esteem, but it can give you false feedback. Remember that muscle weighs more than fat. The number on the scale is accurate only in poundage. What matters is your body composition!
Emily Walsh

Breakfast

Hot Cereal with nuts and berries

8 ounces oatmeal, cooked
1 tablespoon chopped walnuts
1/2 cup sliced strawberries
1 cup skim milk

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder
1/2 cup nonfat chocolate milk or chocolate soymilk
1/2 banana
Ice

Lunch

Chef's Salad

2 ounces lean roast beef
2 ounces turkey sliced
1 ounce low fat Swiss
1/2 cup chopped tomato
1 cup chopped mixed lettuce
1/2 cup chopped cucumbers
2 tablespoons light Russian dressing or 1 tablespoon regular
10 Melba toast (round)

Snack

1 apple

Dinner**Linguini with Clam Sauce**

1 cup of cooked linguini

1/3 cup of bottled clam sauce

3 ounces canned diced clams

1 cup of broccoli, cooked and chopped

2 tablespoons Parmesan cheese

Mixed Salad:

1 cup mixed greens

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular

1800
Calorie
Plan

Day 1

Original 14 Day Meal Plan

1842 Calories
163 grams of carbohydrate
29 grams of fiber
64 grams of fat
162 grams of protein

Keep a journal so you can track progress and develop your own customized workout resource. Sit down once a week to jot down what you've been lifting and how you've been eating. You will learn what works for you and the best ways to support your efforts with proper nutrition. Stephanie Corley (Huckabee)

Breakfast

Cereal with toasted walnuts

1 cup dry cereal (bran flakes, kasha, cheerios)
2 tablespoons chopped toasted walnuts
1 cup skim milk
1/2 grapefruit

Snack

3 ounces turkey sliced
10 Melba toasts (round)

Lunch

Poached Salmon over greens with sliced avocado

5 ounces salmon
2 slices tomato
1 cup chopped romaine
1/4 avocado
1 teaspoon light mayo or 2 tablespoons light dressing
1 6.5 inches whole wheat pita
1 peach

Snack

Banana Berry Smoothie

1 scoop vanilla or plain protein powder

1/2 cup skim milk

1/2 banana

1/2 cup of berries

Ice

Dinner

Grilled Turkey burger with a chopped salad

6 ounces cooked turkey burger (grilled or baked)

1 cup steamed spinach

1/2 cup brown rice, cooked

Mixed salad:

1 1/2 cup chopped mixed lettuces

1/2 cup cucumbers

2 tomato slices

1 red pepper sliced

2 tablespoons light dressing or 1 tablespoon regular

**Original 14 Day
Meal Plan**

Day 2

1814 Calories

200 grams of carbohydrate

33 grams of fiber

49 grams of fat

156 grams of protein

Everyday is a new day. If you "slip up" on your workout and diet don't beat yourself up over it. Just get up the next day more motivated to do better! Allie Del Rio

Breakfast

Oatmeal with Berries

8 ounces oatmeal, cooked

2 tablespoons chopped walnuts

1/2 cup blueberries

1 cup skim milk

Snack

Strawberry Vanilla Smoothie

1 scoop vanilla protein powder

Strawberries 10 (fresh or frozen)

1 teaspoon vanilla extract

1 cup low fat vanilla soymilk

Ice

Lunch

Veggie and Tuna Stuffed Pita Pocket

1 1/2 cup romaine shredded

4 ounces tuna packed in water, drained

2 tablespoons light dressing or 1 tablespoon regular

1/2 cup chopped green pepper

1/2 cup white mushrooms sliced

1/2 cup cucumbers

1 6.5 inches whole wheat pita

Snack

- 1 apple
- 2 tablespoons peanut butter
- 1 cup skim milk

Dinner**Lemon Herbed Chicken with Broccoli**

6 ounces grilled white meat chicken, (marinated in 1 teaspoon of lemon and 1 teaspoon of olive oil, sprinkled with dried rosemary and thyme. Grill in a grill pan or non-stick sauté' pan.)

- 1 cup sauté' broccoli
- 1 medium sweet potato
- 1 cup mixed salad
- 2 tablespoons light dressing or 1 tablespoon regular

Day 3

Original 14 Day Meal Plan

1797 Calories
173 grams of carbohydrate
25 grams of fiber
45 grams of fat
175 grams of protein

Avoid situations that put you in the path of temptation! Don't buy a bag of your favorite candy; you know you will eat the entire bag in no time flat! If you must purchase treats for your family; make them things you don't like, or can talk yourself out of. If your favorite is cheesecake, DON'T allow it into your home!

Libby Heath

Breakfast

Cottage Cheese and Fruit Plate

1 cup 1% low fat cottage cheese
1 cup fresh fruit salad
10 Melba toasts (rounds)

Snack

Fruit Yogurt Smoothie

1 cup non-fat fruit flavored yogurt
1 scoop of protein powder
5 strawberries
Ice

Lunch

Grilled Salmon served over Couscous

4 ounces grilled shrimp
1/2 cup couscous, cooked
1/2 cup steamed zucchini
1 cup mixed green salad
2 tablespoons light dressing or 1 tablespoon regular

Snack

Turkey slices 3 ounces

1 apple

Dinner**Sirloin Burger with a Fresh Beet Salad**

4 ounces hamburger (made with lean ground sirloin, grilled or baked)

1 ounce low fat cheese

2 tomato slices

1 whole wheat English muffin toasted

Mixed Salad:

Cooked beets w/ vinegar, 4 ounces (may use canned)

1 1/2 cups mixed greens

1/2 cup cucumber slices

2 tablespoons light dressing or 1 tablespoon regular

Day 4

**Original 14
Day Meal Plan**

1780 Calories
167 grams of carbohydrate
32 grams of fiber
57 grams of fat
163 grams of protein

Avoid late night snacking by taking a warm bath or shower, reading a book, or going to bed! You'll never miss all those calories the next day, and you'll be so proud of your will power!
Lisa Kay

Breakfast

Tex-Mex Omelet

Omelet (4 whites + 1 yolk):

1/4 cup mushroom and 1/4 cup spinach

1/4 cup salsa

3 tablespoons of low fat shredded cheddar cheese

2 slices light style whole wheat bread toasted (should be about 40-50 calories per slice)

2 teaspoons butter or margarine

1 orange

Snack

1 apple

2 tablespoons peanut butter

Lunch

Chopped Salad with Fresh Turkey Breast

1 cup fresh mixed greens

1/2 cup arugula or other dark green lettuce

1/2 cup chopped cucumber

1/4 cup chopped tomato

1/2 cu sliced raw mushrooms

5 ounces fresh turkey breast, julienne

2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar

10 Melba toasts (round)

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder

1/2 cup nonfat chocolate milk or chocolate soymilk

1/2 banana

Ice

Dinner

Chicken Salsa

6 ounces skinless chicken breast, marinated for 1/2 hour in salsa and then sautéed in a nonstick skillet.

1 medium baked potato w/ 1 tablespoon low fat sour cream

1 cup sautéed string beans

Mixed Salad:

1 1/2 cups mixed greens

1/4 avocado

2 tablespoons light dressing or 1 tablespoon regular

Day 5

**Original 14 Day
Meal Plan**

1804 Calories

159 grams of carbohydrate

28 grams of fiber

70 grams of fat

142 grams of protein

Keep your diet colorful--that way you get all the nutrients you need with lots of variety:

Jennifer Carmen

Breakfast

Cereal with Milk

1 cup dry cereal (bran flakes, kasha, Cheerios)

1 cup skim milk

1 cup fresh strawberries

Snack

Chocolate Peanut Butter Smoothie

1/2 scoop chocolate protein powder

1 tablespoon peanut butter

1 cup of skim milk, or chocolate soymilk

Ice

Lunch

Pita Bread, stuffed with veggies and a turkey burger

5 ounces turkey burger

2 slices tomato

1 cup chopped mixed lettuce

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular

1 6.5 inches whole wheat pita bread

Snack

Celery and carrot strips with 1/3 hummus

Dinner**Pork Chop with fruit salsa**

6 ounces Grilled lean pork chop; served with 1/4 cup applesauce mixed with 2 diced canned apricots (drained of syrup)

2/3 cup couscous, cooked

1 cup steam broccoli

1 cup mixed greens

2 tablespoons light dressing or 1 tablespoon regular

Day 6

Original 14 Day Meal Plan

1805 Calories
178 grams of carbohydrate
27 grams of fiber
54 grams of fat
163 grams of protein

Set realistic goals, and reward yourself each time you meet a goal. For example, when you drop a dress size, buy a new dress (or, if you don't want to buy clothing until you reach your ultimate goal, buy some new workout shoes to use with your FIRM videos!). Remember, getting in your best shape is a marathon, not a sprint!
Janet Brooks Holmes

Breakfast

Mushroom cheese omelet

4 whites + 1 yolk
1/2 cup sliced mushrooms, canned or fresh is fine
2 ounces low fat cheese
2 slices light style whole wheat bread toasted (about 40-50 calories per slice)
1 teaspoon butter or margarine
1 cup cut cantaloupe

Snack

2 rice cakes
2 tablespoons peanut butter

Lunch

Greek Salad with Grilled Chicken

5 ounces grilled chicken strips (can use pre-cooked chicken, such as Perdue shortcuts)
2 cups of chopped romaine salad
1/2 cup sliced cucumber
2 ounces crumbled feta
2 tablespoons light dressing or 1 tablespoon regular
10 Melba rounds

Snack

Tropical Fruit Smoothie

1 scoop vanilla or plain protein powder

1/2 cup skim milk

1/2 cup water

1 cup frozen tropical fruit mix: mango, papaya, berries, banana (found in frozen section of supermarket)

Ice

Dinner

Shrimp Stir Fry

5 ounces shrimp stir-fried with 1 cup of each sliced mushrooms, onions & spinach in Pam.

When veggies are wilted, add 2 tablespoons of soy sauce and 1 tablespoon of hoisin sauce

Brown rice, 3/4 cup cooked

1 1/2 cups mixed green salad

2 tablespoons light dressing or 1 tablespoon regular

1 peach

Day 7

Original 14 Day Meal Plan

1791 Calories
208 grams of carbohydrate
27 grams of fiber
53 grams of fat
131 grams of protein

By eating every few hours, you will have more energy, and have fewer cravings. You will be fueling your body so that you lose fat and gain muscle, allowing you to transform your body --fast!
Nancy Tucker

Breakfast

Cottage cheese and fruit plate

1 cup 1% low fat cottage cheese
1/2 grapefruit and 8 strawberries, 1/2 banana
10 melba toasts (rounds)

Snack

Peaches and Cream Smoothie

1 scoop vanilla protein powder
2/3 cup frozen, unsweetened peach slices (in freezer section of supermarket)
1 teaspoon vanilla extract
1 cup nonfat vanilla yogurt or soymilk
Ice

Lunch

Toasted pita stuffed with BBQ tofu and veggies

5 ounces grilled BBQ flavored tofu (look in the produce section of your supermarket)
1 cup romaine shredded
1 cup spinach chopped and clean
1/2 cup chopped red pepper
1/2 cup white mushrooms sliced
1/2 cup cucumbers
1/2 cup chopped tomatoes
2 tablespoons light dressing or 1 tablespoon regular
1 6.5 inches whole wheat pita

Snack

2 rice cakes

2 ounces low fat cheese

Dinner**Grilled Steak**

5 ounces lean red meat, broiled or grilled - (filet mignon, flank steak, or sirloin would all be good)

1 cup steamed Brussels sprouts

1 medium baked potato

Mixed salad:

1 cup chopped mixed lettuces

2 tablespoons light dressing or 1 tablespoon regular

**Original 14 Day
Meal Plan**

Day 8

1785 Calories
189 grams of carbohydrate
30 grams of fiber
48 grams of fat
159 grams of protein

Have at least eight of water within arms length for hydration while working out. Drink as often and as much as you want during your workout. Staying hydrated is very important.

Suzanne Bates

Breakfast

Hot Cereal with fresh berries

8 ounces Oatmeal or Cream of Wheat, cooked
1/2 cup blueberries
3 tablespoons chopped walnuts
1 cup skim milk

Snack

1 cup fresh pineapple chunks

Lunch

Turkey Wrap with Ranch Dressing

5 ounces turkey breast skinless
1 cup shredded romaine
2 to 3 slices tomato
1/2 cup cucumber slices
1/4 cup alfalfa sprouts
1 6.5 inches whole wheat pita
2 tablespoons light Ranch dressing

Snack

Fruit Yogurt Smoothie

6-8 ounces non-fat fruit flavored yogurt (about 100 calories per container)

1 scoop of protein powder

5 strawberries

Ice

Dinner

Lemon herbed fish with broccoli

7 ounces white fish (such as tilapia, orange roughy, or cod). Sprinkle with salt, pepper, 1 tablespoon breadcrumbs and 1 tablespoon of butter. Then shake on some dried rosemary and thyme. Broil until done, about 12-15 minutes.

1 cup steamed broccoli

1 medium sweet potato, baked

Mixed salad:

1 cup chopped mixed lettuces

2 tablespoons light dressing or 1 tablespoon regular

Day 9

Original 14 Day Meal Plan

1819 Calories
198 grams of carbohydrate
32 grams of fiber
48 grams of fat
151 grams of protein

Alcohol's empty calories sabotage your workout program by slowing down your metabolism by a whopping one-third and making your body and face "puffy." If you choose to indulge limit yourself to one serving of alcohol.

Stephanie Corley Huckabee

Breakfast

Garden Fresh Omelet

Omelet (4 whites + 1 yolk):

1/4 cup mushroom, 1/4 cup diced tomatoes, 1/4 cup spinach
1 ounce low fat Swiss cheese
2 slice light whole wheat bread toasted
2 teaspoon butter or margarine
1/2 grapefruit

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder
1/2 cup nonfat chocolate milk or chocolate soymilk
1/2 banana
Ice

Lunch

Tuna salad with diced apples and balsamic

4 ounces of tuna in water, drained and mixed with 1 teaspoon olive oil, 2 teaspoon balsamic vinegar and 1/4 cup diced apples. Serve over green salad below.
1 cup shredded romaine
1 cup torn spinach, cleaned
1/2 cup cucumber slices
1/4 cup alfalfa sprouts
1/2 cup chopped tomato
10 round Melba toasts

Snack

Celery and carrots strips with 1/4 cup hummus

Dinner**Pasta with grilled chicken and garden veggies**

1 cup of cooked spaghetti (al dente)

4 ounces grilled white meat chicken, skinless

1/2 cup steamed broccoli

1/2 cup steamed zucchini

1/2 cup fresh sliced mushrooms

1/2 cup store bought tomato sauce (low fat)

2 tablespoons of shredded Parmesan cheese

1 cup mixed greens

2 tablespoons light dressing or 1 tablespoon regular

Day 10

Original 14 Day Meal Plan

1788 Calories
185 grams carbohydrate
26 grams of fiber
44 grams of fat
167 grams of protein

More than just cheap and easy to prepare, egg whites have the most perfect protein of any food. We can utilize 97% of egg protein takes a distant second). Eat more egg whites!

Allie Del Rio

Breakfast

Grilled Cheese Pita

3 tablespoons low fat shredded cheese

3 slices tomato

1 6.5 inch whole-wheat pita

Fill pita with cheese and tomato and toast until melted.

Snack

Chocolate Peanut Butter Smoothie

1/2 scoop chocolate protein powder

1 tablespoon peanut butter

1 cup of skim milk, or chocolate soymilk

Ice

Lunch

Chef Salad

3 ounces lean roast beef

3 ounces turkey sliced

1 ounce low fat cheddar

1/2 cup chopped tomato

2 cups chopped mixed lettuce

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular

10 Melba toast (rounds)

Snack

1 cup fresh berries with a 1/2 cup low fat vanilla yogurt

Dinner**Chicken Stir Fry**

5 ounces white meat chicken strips stir-fry with 1 cup of each: sliced mushrooms, onion & spinach in Pam (or other vegetables of your choice). When veggies are wilted, add 2 tablespoons of soy sauce and 1 tablespoon of hoisin sauce

Serve over 3/4 cup brown rice

1 1/2 cups mixed green salad

2 tablespoons light dressing or 1 tablespoon regular

1 peach

**Original 14 Day
Meal Plan**

Day 11

1818 Calories
176 grams of carbohydrate
31 grams of fiber
62 grams of fat
152 grams of protein

Place words of encouragement and praise for yourself in key places around your home. When you're feeling down and out it's always nice to look up and see the words "YOU CAN" right in front of you!

Lisa Kay

Breakfast

Cereal with Nuts and Berries

1 1/4 cups dry cereal (bran flakes, kasha, cheerios)
1 cup skim milk
1/2 cup sliced strawberries
2 tablespoons chopped walnuts

Snack

Banana Berry Smoothie

1 scoop vanilla or plain protein powder
1/2 cup skim milk
1/2 banana
1/2 cup of berries
Ice

Lunch

Tuna Salad

2 cups of romaine shredded
5 ounces tuna in water
1/2 cup chopped red pepper
1/2 cup white mushrooms sliced
1/2 cup cucumbers
1/3 avocado
2 tablespoons light dressing or 1 tablespoon regular

Snack

1 container non-fat yogurt (about 100 calories) mixed with 3 tablespoons wheat germ
banana

Dinner**Grilled Cheeseburger**

6 ounces hamburger (grilled or baked)
1 ounce low fat cheese
1 whole wheat English muffin toasted
2 tomato slices

Mixed Salad:

1 cup mixed greens
1/2 cup cucumber slices
1 stalk chopped celery
2 tablespoons light dressing or 1 tablespoon regular

**Original 14 Day
Meal Plan**

Day 12

1804 Calories
142 grams of carbohydrate
31 grams of fiber
71 grams of fat
157 grams of protein

If possible, take a walk after lunch each day. Enjoy the outdoors, soak up some sunlight and clear your mind. If you can't do that, park at the back of the parking lot and walk to the office or mall. Libby Heath

Breakfast

Scrambled eggs made with 3 egg whites and 1 yolk
3 slices of turkey bacon - cooked well done and drained of extra fat
2 slices of light style wheat bread
1 teaspoon butter
1/2 cup of fresh berries

Snack

Strawberry Vanilla Smoothie

1 scoop vanilla protein powder
Strawberries, 10 (fresh or frozen)
1 teaspoon vanilla extract
1 cup low fat vanilla soymilk
Ice

Lunch

Chicken Ranch Wrap

4 ounces chicken breast
2 ounces low fat Swiss cheese
2 slices tomato
1 cup chopped romaine
2 tablespoons light Ranch dressing
1 8 inch whole wheat tortilla

Snack

Celery and carrots strips with 1/4 cup hummus

Dinner**Turkey Mushroom Burger**

5 ounces cooked turkey burger (grilled or baked)

1 slice of 2% American cheese

1/2 cup sautéed mushrooms (in cooking spray)

1 hamburger bun

1 cup steamed spinach

1 1/2 cup chopped mixed lettuces

2 tomato slices

1 green pepper sliced

2 tablespoons light dressing or 1 tablespoon regular

**Original 14 Day
Meal Plan**

Day 13

1783 Calories
163 grams of carbohydrate
32 grams of fiber
67 grams of fat
139 grams of protein

Avoid processed foods. If it comes in a box, can, or bag, it's probably processed. Stick with foods found on the perimeter of the grocery store: fruits, vegetables, dairy and meat.

Nancy Tucker

Breakfast

Waffles and fruit and nuts

2 frozen whole grain waffles
1 cup mixed berries
2 tablespoons chopped walnuts
1 teaspoon butter

Snack

1 peach sliced
1/2 cup 2% cottage cheese

Lunch

Cobb Salad

2 cups mixed greens
4 ounces grilled chicken breast
1/4 avocado
2 tablespoons crumbled blue cheese
1/2 cucumber
1/2 cup tomato chopped
1/4 cup shredded carrots
2 tablespoons light dressing or 1 tablespoon regular dressing or vinegar
10 Melba toasts (round)

Snack

Fruit Yogurt Smoothie

6-8 ounces non-fat fruit flavored yogurt (about 100 calories per container)

1 scoop of protein powder

Dinner

Asian Grilled Salmon

5 ounces grilled or broiled salmon, (marinate salmon in 2 tablespoons soy sauce, 1 tablespoon lime juice and 1 teaspoon olive oil for 1/2 hour)

1 cup sautéed' spinach, in cooking spray with garlic

3/4 cup brown rice, cooked

Mixed salad:

1 1/2 cups chopped mixed lettuces

1/2 cup cucumbers

2 tomato slices

1 green pepper sliced

2 tablespoons light dressing or 1 tablespoon regular

Day 14

Original 14 Day Meal Plan

1830 Calories

186 grams of carbohydrate

26 grams of fiber

58 grams of fat

148 grams of protein

Throw away the scale! Not only is to detrimental to self-esteem, but it can give you false feedback. Remember that muscle weighs more than fat. The number on the scale is accurate only in poundage. What matters is your body composition!

Emily Walsh

Breakfast

Hot cereal with nuts and berries

8 ounces oatmeal, cooked

2 tablespoons chopped walnuts

1/2 cup sliced strawberries

1 cup skim milk

Snack

Chocolate Banana Smoothie

1 scoop chocolate protein powder

1/2 cup nonfat chocolate milk or chocolate soymilk

1/2 banana

Ice

Lunch

Chef's Salad

2 ounces lean roast beef

3 ounces turkey sliced

1 ounce low fat Swiss

1/2 cup chopped tomato

1 cup chopped mixed lettuce

1/2 cup chopped cucumbers

2 tablespoons light Russian dressing or 1 tablespoon regular

10 Melba toasts (round)

Snack

1 apple

1 tablespoon peanut butter

Dinner**Linguini with Clam Sauce**

1 1/4 cup of cooked linguini

1/3 cup of bottled clam sauce

3 ounces canned diced clams

1 cup of broccoli, cooked and chopped

2 tablespoons Parmesan cheese

Mixed salad:

1 cup of mixed greens

1/2 cup chopped cucumbers

2 tablespoons light dressing or 1 tablespoon regular

Food

Substitutions

Milk/Dairy

Food found in meal plan	May Substitute with
1 cup of skim milk	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup of cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 ounce of cheese or 1.5 ounces of low fat cheese
1/2 cup cottage cheese	<ul style="list-style-type: none"> * 1 cup of skim milk or low fat soy milk * 1/2 cup low fat yogurt * 1 egg or 3 egg whites * 1 tbsp peanut butter * 1 ounce of cheese or 1.5 ounces of low fat cheese
1 ounce of cheese or crumbled cheese	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 egg or 3 egg whites * 1 cup of low fat soy yogurt
1 cup of nonfat yogurt	<ul style="list-style-type: none"> * 1 cup of cottage cheese * 2 eggs or 4 egg whites * 2 tbsp of peanut butter * 1 cup of low fat soy yogurt

Smoothies

Food found in meal plan	My substitute with
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * Protein bar with about 200 calories & at least 9 g protein * 1 glass of skim milk or low fat soy milk with 1 tbsp of peanut butter * 1 ounce of nuts with 1 serving of fruit * 3/4 cup of 1-2% cottage cheese with 1 serving of fruit * 2 ounces of lean protein (turkey or tofu) with 8 melba crackers & 1 fruit
Any fruit or chocolate smoothie	* May be swapped with any other smoothie

Proteins

Food found in meal plan	May substitute with
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<p>1 ounce of chicken breast, turkey breast or canned tuna in water</p>	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, tofu, chicken breast, or shrimp * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
<p>1 ounce of shrimp or other white fish (tilapia, cod, flounder, orange roughy)</p>	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of lean red meat, such as sirloin * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans
<p>1 ounce tofu</p>	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, shrimp, or chicken breast * 1 ounce of tempeh * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
<p>1 egg</p>	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 3 egg whites * 1/3 cup beans
<p>1 ounce Hamburger or other red meat</p>	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans

Breads/Starch

Food found in meal plan	May substitute with
1/2 of a 6.5 inch pita bread	<ul style="list-style-type: none"> * 1 slice of wheat bread * 1 English muffin * 1 small dinner roll
1 slice of bread (about 100 calories per slice)	<ul style="list-style-type: none"> * 1 small dinner roll * 1 English muffin * 1/3 cup of rice * 1/2 cup of whole grain cereal, no sugar added * 1/2 of a 6.5 inch pita
1 slice of bread (Light style bread-about 45-55 calories per slice)	<ul style="list-style-type: none"> * 1/2 small dinner roll * 1/2 English muffin * 1/4 cup of rice * 1/3 cup of whole grain cereal, no sugar added * 1/3 of a 6.5 inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> * 1 cup whole grain cereal, no sugar added * 1.5 slices of wheat bread * 1 English muffin * 1 cup of Cream of Wheat
1/3 cup of Rice	<ul style="list-style-type: none"> * 1/2 cup pasta or couscous * 1 small baked potato or sweet potato * 2/3 cup green beans * 1 slice of bread * 1/3 cup cooked barley
Small Baked Potato	<ul style="list-style-type: none"> * 1 baked sweet potato * 1/3 cup of brown rice * 1/2 cup of whole wheat pasta or couscous * 1/3 cup cooked barley * 1 piece of whole grain bread or whole wheat English muffin
1/2 cup pasta	<ul style="list-style-type: none"> * 1/3 cup of brown rice or barley * 1/2 cup couscous or orzo * 1 piece of bread or a small dinner roll

Fruit

All of the following are 1 single serving of fruit and may be interchanged as desired.

1/2 banana	1 apple
2 small plums	15-20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 cup of melon (cantaloupe, honeydew or watermelon)
1/2 cup of pineapple	1/2 mango
1/2 papaya	15-20 cherries
2 kiwis	1 pear

Vegetables

All of the following are 1 serving of fruit and may be interchanged as desired.

1 cup of cooked broccoli (or 2 cups raw)	3 cups of salad greens
1 cup of cooked spinach or 2 cups raw	12 asparagus spears
1/3 cup corn or 1 corn on the cob	1 cup of cooked zucchini
1/3 cup cooked peas	1 cup of cooked green beans
1 cup of cooked mushrooms or 2 cups raw	3/4 cup cooked pea pods
1 cup of sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup of steamed bell peppers or 2 cups raw	1 cup steamed Brussels sprouts

Miscellaneous

1/3 of an avocado	* 1/2 ounce of nuts * 1 ounce of cheese * 1 tablespoon of peanut butter * 1 tablespoon of olive oil
1 ounce of nuts	* 2 ounces of cheese * 2 tablespoons of peanut butter * 1/2 of an avocado * 1 1/2 tablespoons of olive oil

The FIRM

Old 14 Day

Meal Plan

Shopping List

14 Day Diet Shopping List

By Nutritionist Sara

March 7, 2007

Ready, set, food shop! Here is everything that you need to follow the 14-day diet. We've compiled a complete grocery list for you. Try not to get overwhelmed; you don't have to purchase everything on the lists. Before you go to the supermarket check your refrigerator, freezer and cabinets. You'll find you already have many of these foods in your kitchen.

Food Staples

The following foods should always be in your kitchen. They have been included in the grocery lists; however, these items should be continually replaced as needed.

- Salad greens
- Cucumber
- Tomato
- Low fat salad dressing
- Whole-wheat English muffins
- Light-style whole wheat bread
- Melba toasts rounds (found near crackers)
- Skim milk
- Protein powder

Controlling costs and simplifying your life

You may use the substitution lists to make your shopping easier and less expensive. You may swap out fruits and vegetables for ones that are in season and are less expensive. You need not buy each and every item on the list. For example, if there are three different kinds of low fat cheese, you may choose your favorite; in most cases any low fat cheese will work with the recipes.

Protein Shakes

You will probably find that you prefer some of the shake recipes to the others. You may swap out any of the shakes, and then omit the ingredients associated with the shakes that you do not plan on preparing.

14 Day Diet Shopping List

Week 1

Amt	Fruits & Vegetables	Amt	Meat, Poultry and Seafood
	Tomatoes		Turkey
	Romaine Lettuce		Tuna
	Avocado		shrimp

	Peach		ground turkey
	Bananas		lean red meat
	Berries		(filet mignon, flank steak or sirloin)
	Green Peppers		Salmon
	Apple		Chicken breast
	Broccoli		hamburger
	Fruit Salad		lean pork chop
	Beets		
	Arugula	Amt	Deli
	Cantaloupe		Hummus
	Grapefruit		
	Spinach	Amt	Nuts & Snacks
	Mixed Lettuce		Rice Cakes
	Cucumbers		Walnuts
	Red Peppers		Melba Toast
	Blueberries		Natural Peanut Butter
	Strawberries		
	White mushrooms	Amt	Dairy
	Lemon		skim milk
	Sweet Potato		low fat cottage cheese
	Zucchini		eggs (real & egg beaters)
	Orange		non fat chocolate milk or chocolate soy milk
	Baked Potato		reduced fat feta cheese
	Onion		fruit flavored yogurt
	Salsa		low fat vanilla soy milk
			low fat cheese
Amt	Breads & Other Grains		low fat shredded cheese
	Cereal (Bran, Kashi, Cheerios)		low fat sour cream
	whole wheat pita		
	Brown Rice		
	Oatmeal	Amt	Frozen Foods
	Couscous		Frozen Fruit
	whole wheat English Muffin		
	whole wheat bread		
		Amt	Canned Goods
			Natural applesauce
Amt	Condiments		Apricots
	Light Mayonnaise		Chicken Broth
	Hoisin Sauce		
	Light Dressing	Amt	Other
	Extra Virgin Olive Oil		Protein Powder
	Butter		Rosemary
			Thyme

**14 Day Diet Shopping List
Week 2**

Amt	Fruit & Vegetables	Amt	Meat, Poultry & Seafood
	Blueberries		Turkey breast
	Tomato		white fish
	Alfalfa Sprouts		lean roast beef
	Broccoli		turkey bacon
	Salad Mix		diced clams
	Spinach		tuna
	Banana		white meat chicken
	Celery		Ground Hamburger
	Zucchini		salmon
	Red Pepper		
	Green Pepper	Amt	Dairy
	Romaine		skim milk
	Cucumber		eggs
	Strawberries		nonfat chocolate milk or chocolate soymilk
	Sweet Potato		low fat cheddar cheese
	Mushrooms		low fat American cheese
	Grapefruit		blue cheese
	Apples		nonfat fruit flavored yogurt
	Carrots		low fat Swiss cheese
	Berries		parmesan cheese
	Avocado		low fat shredded cheddar cheese
	Peach		low fat vanilla yogurt
			low fat cottage cheese
Amt	Bread or Other Grains	Amt	Nuts & Snacks
	Oatmeal		Walnuts
	whole wheat bread		
	wheat germ		
	whole wheat tortilla	Amt	Frozen Foods
	linguini		Frozen Waffles
	whole wheat pita		
	spaghetti	Amt	Canned Goods
	whole wheat English muffin		Pineapple Chunks
	whole wheat hamburger buns		Balsamic Vinegar
			Light Russian Dressing
			Light Ranch Dressing
Amt	Other		
	Protein powder		Tomato Sauce
			Clam sauce

Notes for Meal Plan

Notes:

The FIRM

New 14

Day Diet

Description

And Meal Plan

The FIRM 14-Day Diet

Feel Amazing From The Inside Out In Just 2 Weeks!

Nutritionist Sara carefully crafted this diet for optimal health and weight loss. This meal plan will positively impact your body and mind in a multitude of ways because it is comprised of the healthiest foods in the world—rich in antioxidants, healthy fats, vitamin and minerals, lean proteins and fiber. What's missing? Unhealthy fats, refined sugars and carbohydrates, but you won't miss them because you'll be feeling amazingly energetic after just a few days on this diet. While many weight-loss goals, not all take into account your short-and long-term health objectives. *This diet does.*

Nutritional Needs

Each day provides approximately 1400 calorie. It is adaptable based on your specific needs. In order to calculate the correct number of calories for you, simply multiply your weight by 10. For example, if you weigh 160 pounds, you would multiply 160 by 10, for a calorie requirement of 1600 calories per day.

To adapt the plan, choose from the list of 100-and 200-calorie snacks that can be found at the end of the diet. In this example, you would add either one 200-calorie snack, or two 100-calorie snacks. You may also use nutrition labels to help your find appropriate snacks to add on to your day. Just remember, sugar and unhealthy fats need to be kept to a minimum!

Keep in mind that the average person should never go below 1400 or above 2000 calories. (For some very petite people, 1200-1300 calories is acceptable. In this case, remove one to two ounces of protein and one fruit from each day of food).

Day 1

New 14 Day Diet

1402 Calories
120 grams protein
123 grams carbohydrates
53 grams fat
21 grams fiber
24 grams sugar

Tip of the Day

Changing your relationship with food with adopting good eating habits can lengthen your life and make it happier and healthier--*and* help you win the battle of the bulge. If you want to lose weight and keep it off, you must make a healthy diet part of your lifestyle. Find satisfying meals that you enjoy. Be creative and eat a variety of foods.

Rebekah Sturkie

Breakfast: Egg salad Wrap-up

1 whole egg
1 egg white
1 tablespoon reduced-fat mayonnaise
1 6-inch whole-wheat tortilla
1/4 avocado, sliced

Directions:

Mix together whole egg, egg whites and mayonnaise. Pile it into tortilla. Serve with avocado (avocado can go into the wrap as well).

Snack: Cottage Cheese

1/2 cup 1-2% cottage cheese topped with 1/2 cup fresh or frozen blueberries and 1 tablespoon slivered almonds.

Lunch: Asian Chicken Salad

2 cups mixed dark greens
1/2 cup copped cucumber
1/4 avocado, sliced
1/4 cup canned and drained mandarin oranges
1 tablespoon slivered almonds
4 ounces grilled chicken
5 baked tortilla chips, crushed
1 tablespoon light ranch dressing
1 teaspoon reduced-sodium soy sauce

Directions:

Prepare salad with first five ingredients. Top with tortilla chips. Mix together the Ranch dressing and soy sauce, and add it to the salad.

Snack: Celery

Fill 2 celery stalks with 1 tablespoon all-natural peanut butter

Dinner: Linguini with Shrimp and veggies

3/4 cup whole-wheat linguini
5 ounces shrimp, boiled
1 cup broccoli florets, steamed
1/2 cup canned corn
1/2 cup baby carrots, steamed
1 teaspoon olive oil
2 tablespoon chicken broth
2 tablespoon grated parmesan cheese
Mixed green salad
Reduced-calorie salad dressing

Directions:

Top linguini with shrimp, broccoli florets, corn and baby carrots. Mix pasta with olive oil, chicken broth and parmesan cheese. Serve with the salad.

Day 2

New 14 Day Diet

1415 Calories
126 grams protein
127 grams carbohydrates
48 grams fat
24 grams fiber
40 grams sugar

Tip of the Day

Don't let yourself get too hungry or thirsty. By the time you're thirsty you're dehydrated. And by the time you're starving, chances are, you're not going to make good food choices.

Drink lots of water throughout the day, not just when you are working out, and eat small meals every few hours. For emergencies, carry a bottle of water and healthy snack around with you.

Kelsie Daniels

Breakfast: Swiss Cheese Melt

1 slice whole-wheat bread, toasted
1 slice tomato
1 slice reduced-fat Swiss cheese
1 cup mixed fruit
2 tablespoons ground flaxseed

Directions:

Top toast with one slice of tomato and the Swiss cheese. Bake until cheese had melted and begins to bubble. Serve with fruit topped with flaxseed.

Snack: Egg & Crackers

1 hard-boiled egg and 5 whole-wheat (crackers should have 50-75 calories total)

Lunch: Hamburger Deluxe

4 ounces sirloin burger
1 light-style whole-wheat English muffin
1 tomato, sliced
Pickles
Mixed green salad
Reduced-calories salad dressing

Directions:

Grill or broil the burger and serve on the English muffin. Add tomato slices as desired and pickles. Complete the meal with the dressed salad.

Snack: Strawberry Smoothie

2/3 cup skim milk or reduced-fat soy milk

1 cup strawberries, fresh or frozen

1/2 scoop protein powder (90-100 calories, less than 5 grams sugar per scoop)

1/2 cup ice

1 packet Splenda

Direction:

Portion out 1 breast from the chicken (should be about 4 to 5 ounces of chicken) and remove the skin. Serve the asparagus, brown rice, and green salad.

Dinner: Rotisserie Chicken

1 rotisserie chicken

Asparagus, steamed

1/2 cup cooked brown rice

Mixed green salad

Reduced-calorie salad dressing

Directions:

Portion out 1 breast from the chicken (should be about 4 to 5 ounces of chicken) and remove the skin. Serve with asparagus, brown rice, and green salad.

Day 3

New 14 Day Diet

1415 calories
109 grams protein
121 grams carbohydrates
60 grams fat
21 grams fiber
45 grams sugar

Tip of the Day

Busy yourself at night to prevent snacking. Prep your clothes for the following day, de-clutter the house or play with your kids. If you're tired and want to veg-out, that's okay too. Instead of watching TV and being tempted with the commercials, soak in the tub, call or email a friend, or read a book. You'll find that the more you have to do, the less you think about food.

Alison Davis-McClain

Breakfast: Morning Smoothie

1 cup skim milk or reduced-fat soy milk
1 medium banana
1 scoop protein powder
1 teaspoon all-natural peanut butter
1/2 cup ice (optional)

Directions:

Add the milk, banana, protein powder and peanut butter to a blender. Blend well and add ice to thicken the consistency.

Snack: Health Mix

1/2 cup Cheerios, 2 tablespoons raisins and 2 tablespoons sunflower seeds

Lunch: Turkey Club Sandwich

2 slices light-style whole-wheat bread
3 ounces turkey breast
2 piece turkey bacon, cooked
1 avocado, sliced
1 teaspoon reduced-fat mayonnaise
1 bell pepper, sliced
1 cucumber, sliced

Directions:

Toast the bread and make a sandwich with the turkey breast, bacon, 2 slices of avocado and mayonnaise. Serve with bell pepper and cucumber.

Snack: Nuts

1 ounce of nuts: 17-20 almonds, 15-18 cashews, 10 walnuts halves or 25-30 peanuts

Dinner: Honey Dijon Salmon

5 ounces salmon filet

1 tablespoon Dijon mustard

1 tablespoon honey

1/2 cup cooked whole-wheat couscous

1 cup steamed spinach

1 tomato

1 onion

Balsamic Vinegar

Directions:

Top the salmon with a mixture of the Dijon mustard and honey. Bake at 400* until cooked through, about 15 to 20 minutes. Serve with couscous, spinach and a tomato and onion salad seasoned with balsamic vinegar.

Day 4

New 14 Day Diet

1393 calories
103 grams protein
124 grams carbohydrates
57 grams fat
23 grams fiber
27 grams sugar

Tip of the Day

When you are feeling tired, anxious or stressed out, look to exercise rather than food. Pumping iron or high-intensity cardio can not only help you relieve stress but give you energy too. The endorphins that are released in your body will improve your mood. And, nothing's better than a tough workout for a good night's sleep.

Tina Smalley

Breakfast: Egg White Frittata

Nonstick cooking spray
4 egg whites
2 tablespoons milk
4 tablespoons reduced fat shredded cheese, divided
1/2 cup baby spinach leaves
1 slice whole-wheat bread, toasted

Directions:

Heat a non-stick, oven-proof skillet over medium heat, coat with non-stick cooking spray. Whisk together the egg whites, milk, 2 tablespoons of the cheese and the spinach. Add it to the skillet and cook for 5 to 7 minutes, until almost set. Then add the other 2 tablespoons of cheese on top and place under broiler for 2 minutes. Carefully remove from heat and serve with toast.

Snack: Yogurt

Combine 1/2 cup non-fat vanilla yogurt with 2 tablespoons flaxseed and 1/2 cup berries

Lunch: Pizza

Order 1 slice of cheese pizza, with vegetables toppings if available. (Or, buy frozen pizza with approximately 250-300 calories per slice/serving.) Remove excess oil with a napkin. Enjoy with a garden salad with reduced-calorie salad dressing.

Snack: Carrots

8 baby carrots dipped into 1/4 cup hummus

Dinner: Turkey Taco Salad

5 ounces lean ground turkey

1 package taco seasoning

Romaine lettuce, shredded

1/4 cup reduced-fat shredded cheese

1/4 avocado, sliced

5 baked tortilla chips, crushed

Directions:

Cook lean ground turkey in a non-stick skillet over medium heat until cooked through. When turkey is just about cooked through, add taco seasoning (to your desired spiciness) and 2 to 3 tablespoons water. Mix well and complete cooking. Pile the turkey onto a bed of lettuce. Top with cheese, avocado and chips.

**New 14 Day
Diet**

Day 5

1404 calories
105 grams protein
130 grams carbohydrates
57 grams fat
22 grams fiber
45 grams sugar

Tip of the Day

Throw away your scale! It can't tell you what's happening with your body composition. Working out with The FIRM changes you from the inside out--improving your metabolism with muscle and burning calories to diminish fat. Gauge your progress with measurements, or the way your clothes fit. Measure your body every four weeks, and watch the number decrease steadily!

Emily Welsh

Breakfast: Cinnamon Ricotta Fruit Plate

2/3 cup part-skim ricotta cheese
1 teaspoon ground cinnamon
1/2 cup sliced strawberries
2 tablespoons slivered almonds
1 packet Splenda

Directions:

Top ricotta cheese with cinnamon, strawberries and almonds. Sweeten with Splenda

Snack: Apple & Peanut Butter

Slice 1 small apple and top with 1 tablespoon all-natural peanut butter

Lunch: Ham & Cheese Sandwich

2 slices light-style whole-wheat bread
4 ounces lean ham
1 slice reduced-fat Swiss cheese
2 lettuce leaves
1 slice tomato
Raw String Beans
Baby Carrots

Directions:

Make a sandwich with the bread, ham, cheese, lettuce and tomato. Serve with raw string beans and baby carrots.

Snack: Milk and Banana

1 cup skim milk or reduced-fat soy milk and 1/2 medium banana

Dinner: Lemon Thyme Scallops

5 ounces scallops

1 tablespoon olive oil

2 to 3 tablespoons lemon juice

1/2 teaspoon dried thyme

Pinch of salt and pepper

1 small potato, baked

1 cup Brussels sprouts, steamed

Mixed green salad

Reduced-calorie salad dressing

Directions:

Place scallops in an oven-proof baking dish and top with olive oil, lemon juice, thyme, and salt and pepper. Bake at 375* for 15 to 18 minutes, or until cooked through. Serve with baked potato, Brussels sprouts and salad with dressing.

Day 6

**New 14 Day
Diet**

1407 calories
102 grams protein
134 grams carbohydrates
55 grams fat
30 grams fiber
23 grams sugar

Tip of the Day

Never give up! A healthy lifestyle is just that: You do it for life. There are always going to be challenges, bumps in the road...and chocolate cakes! You will learn to overcome them, but in the meantime, remember that tomorrow is another day. You can always start fresh if you need to.

Kelsie Daniels

Breakfast: Open-faced Egg Sandwich

1 slice light-style whole-wheat bread
3 egg whites
2 slices turkey bacon
1 slice reduced-fat American cheese
1 tomato, sliced

Directions:

Toast the bread, scramble the egg whites and cook the bacon. Put the eggs, bacon and cheese on the toast and serve with tomato.

Snack: Banana Smoothie

2/3 cup skim milk or reduced-fat soy milk
1/2 banana
1/2 scoop protein powder
1/2 cup ice
1 packet Splenda

Directions:

Blend together the skim, banana, protein powder, and ice. Sweeten with Splenda.

Lunch: Soup and Salad

1 cup black bean or lentil soup (150 calories per cup/serving)
2 tablespoons reduced-fat shredded cheese
2 teaspoons chopped red onion
Salad greens
1/4 avocado sliced
1 tablespoon sunflower seeds or flaxseed
5 cherry tomatoes
reduced-calorie vinaigrette

Directions:

Top the soup with cheese and red onion. Add avocado sunflower seeds and cherry tomatoes to the greens and dress with vinaigrette

Snack: Chips & Guacamole

8 baked tortilla chips with 1/4 cup prepared guacamole

Dinner: Beef & Broccoli Stir Fry

Nonstick cooking spray
5 ounces sliced flank steak
1/2 cup sliced onion
2 cups broccoli florets
1 clove garlic, minced
2 tablespoons reduced-sodium soy sauce
1 tablespoon chicken broth
1 teaspoon sesame oil
1/2 cup cooked brown rice

Directions:

Heat a non-stick skillet over medium heat and spray with non-stick cooking spray. Add flank steak and cook, stirring often, until cooked through. Remove beef from the pan and add onion, broccoli, and garlic. Cook the vegetables for 8 to 12 minutes, or until begin to soften. Then add the beef back to the pan with soy sauce, chicken broth and sesame oil. Serve beef and vegetables over brown rice.

Day 7

New 14 Day Diet

Tip of the Day

1408 calories
130 grams protein
139 grams carbohydrates
42 grams fat
21 grams fiber
50 grams sugar

Don't go to the grocery store hungry. You'll end up adding items to your cart you normally wouldn't, or possibly even snacking in the store. Also, shop the perimeter of the store as much as you can for fresh fruit, vegetables, protein and dairy. Jog quickly through the bakery to avoid the cookies and treats calling out for you!

Emily Welsh

Breakfast: Cinnamon Ricotta Fruit Plate

Find a nutrition bar with 180 to 220 calories, at least 10 grams protein and less than 25 grams carbohydrate. Enjoy with a serving of fresh fruit such as a sliced apple, navel orange or 1/2 banana.

Snack: Rice Cake & Turkey

1 whole-grain rice cakes (35 to 40 calories) topped with 2 ounces sliced turkey and 1 slice reduced-fat Swiss cheese

Lunch: Cajun Shrimp Salad

4 ounces shrimp, boiled
1/4 cup chopped celery
2 tablespoons reduced-fat mayonnaise
Splash lemon juice
1/2 teaspoon Cajun seasoning or cayenne pepper
Romaine lettuce
1 or 2 plum tomatoes, sliced

Directions:

Combine shrimp with celery, mayonnaise, lemon juice and Cajun seasoning or cayenne pepper. Season with salt as desired. Serve shrimp salad over a bed of romaine lettuce with tomatoes.

Snack: Yogurt & Granola

3/4 cup non-fat yogurt topped with 1/4 cup low-fat granola

Dinner: Oven Fried Chicken

5 ounces boneless skinless chicken breast

Buttermilk

1 egg white, whisked

Whole-wheat bread crumbs

1/2 cup cooked lima beans

8 to 10 cherry tomatoes, sliced

1/3 avocado, sliced

Directions:

Marinate chicken breast in buttermilk for 4 to 12 hours (you may skip this step, but the chicken will be more tender if you are able to do this). Remove chicken from buttermilk, dip it into egg white, and then into bread crumbs. Bake the chicken in the oven, on a baking sheet, at 375* for about 20 minutes, or until cooked through. Serve chicken with lima beans and a salad composed of cherry tomatoes and avocado.

Day 8

New 14 Day Diet

1398 calories
104 grams protein
134 grams carbohydrates
54 grams fat
27 grams fiber
50 grams sugar

Tip of the Day

Strive to be your personal best but remember that no one is perfect. Don't let one unhealthy meal, or even a whole day of poor eating habits send you into a tailspin. Set things right with the very next meal, and get up the following day with renewed confidence. When you do better than the day before, you are making progress, no matter how small the improvement. You *can* do this--believe in yourself! **Allie Del Rio**

Breakfast: Poached Eggs

Poach 2 eggs (can hard-or soft-boil them if easier) and serve with light-style English muffin and 1/2 cup sliced melon or berries.

Snack: Rice Cake & Turkey

2/3 cup 1-2% cottage cheese topped with 1/2 chopped apple and 1/2 teaspoon ground cinnamon

Lunch: Cajun Shrimp Salad

1 or 2 veggie burgers (200 calories total)
2 cups dark greens
1/4 cucumber, chopped
1/4 pepper, sliced
1/4 avocado, sliced
1/4 cup crumbled goat cheese
Reduced-calorie Vinaigrette

Directions:

Prepare veggie burgers according to package directions. Mix a salad with greens, cucumber, pepper, avocado and goat cheese. Crumble the veggie burgers onto the salad and dress with reduced calorie vinaigrette dressing.

Snack: Rice Cake & Peanut Butter

1 whole-grain rice cake (should have 35-40 calories) topped with 1 tablespoon all-natural peanut butter

Dinner: Balsamic Pork Tenderloin

6 ounce piece pork tenderloin or boneless center-cut pork chop

4 tablespoons balsamic vinegar

2 tablespoons olive oil

1 cup cauliflower, steamed

1 small sweet potato, baked

Mixed green salad

Reduced-calorie salad dressing

Directions:

Marinate pork in vinegar and olive oil for 4 to 24 hours. Bake the pork at 375* for 20 to 25 minutes. It is especially important that the pork is well cooked throughout. Serve with cauliflower, potato and salad topped with salad dressing.

Day 9

New 14 Day Diet

Tip of the Day

1397 Calories
109 grams protein
117 grams carbohydrates
57 grams fat
20 grams fiber
44 grams sugar

Words of transformative. The right ones can lift your spirits and turn negative thoughts into a positive attitude. Repeat an affirmation when you find yourself succumbing to a craving. Or, find an inspiring quote. Write it out and stick it on the fridge, put it at your desk or carry it with you in your purse. It will be there when you need it. **Alison**

Breakfast: Cream of Wheat

Portion out 1 cup cooked cream of wheat (prepared with water) and serve 1/2 cup cottage cheese topped with 1/2 cup sliced strawberries.

Snack: Protein Shake

1 cup skim milk or reduced-fat soy milk
1/2 scoop protein powder (90-100 calories, less than 5 grams sugar per scoop)
1 teaspoon peanut butter
1/2 cup ice
1 packet splenda (optional)

Add the milk, protein powder, peanut butter and ice to a blender. Blend well and add Splenda to sweeten.

Lunch: Salmon Nicoise

4 ounces salmon
3 large romaine lettuce leaves
5 black olives
1 small red potato, boiled
1 cup string beans, steamed
1 teaspoon olive oil
2 teaspoons lemon juice

Buy or prepare salmon; can be poached, grilled or broiled. Serve with lettuce leaves, black olives, potato and string beans. Dress with olive oil and lemon juice.

Snack: Apple & Cheese

1 medium apple, sliced and topped with 1 ounce reduced-fat cheddar cheese

Dinner: Meatballs Over Green Beans

4 to 5 ounces turkey or beef meatballs

2 cups green beans

1/2 cup prepared tomato sauce

1 tablespoon grated parmesan cheese

1 small whole-grain dinner roll

Mixed green salad

5 black olives

Reduced-calorie salad dressing

Buy or prepare meatballs and steam and green beans. Place green beans on a dinner plate and top with meatballs, tomato sauce and parmesan cheese. Serve with dinner roll and green salad topped with black olives and reduced-calorie salad dressing.

Day 10

New 14 Day Diet

Tip of the Day

A major "no, no" is skipping breakfast. It's important to start your day off with a balance of protein, carbohydrates and good fats. This gets your metabolism going in the morning, and keeps it revving all day. Plus, you'll be ready to face and day full of energy! **Rebekah**

1401 Calories
112 grams protein
127 grams carbohydrates
57 grams fat
19 grams fiber
55 grams sugar

Breakfast: Salmon on Black Bread

1 slice black or whole wheat bread
1 tablespoon whipped cream cheese
1 tomato, sliced
3 ounces smoked salmon (or lox)
1 large grapefruit or medium navel orange

Toast the bread and top with cream cheese, tomato and smoked salmon. Serve with fruit.

Snack: Turkey and Cheese

Roll up 2 ounces of turkey with 1 ounce reduced-fat Swiss cheese

Lunch: Cottage Cheese Plate

1 cup 1-2% fat cottage cheese
1/4 cantaloupe or honeydew melon, sliced
2 tablespoons chopped walnuts
4 pieces whole-wheat Melba toast or Wasa bread

Portion out cottage cheese and serve with melon, walnuts and Melba toast or wasa bread.

Snack: Veggies, Cheese & Olives

5 baby carrots
1/2 cucumber, sliced
5 black olives
2 wedges reduced-fat spreadable cheese (such as Laughing Cow, about 70 calories)

Make a small snack platter with the carrots, cucumber, black olives and cheese.

Dinner: Sausage with Peppers and Onions

2 turkey or chicken sausage links (about 250 calories)

Non-stick cooking spray

1 red onion, sliced

1 bell pepper, sliced

1/2 cup cooked whole-wheat rotini (or other pasta)

Mixed green salad

1 cup Brussels sprouts, steamed

Reduced-calorie salad dressing

Bake the sausage links according to package directions. Meanwhile, heat a non-stick skillet over medium heat and spray with cooking spray. Add red onion and bell pepper to the pan, cook for 10-12 minutes, stirring often, until the peppers and onions begin to soften. Cut up the sausage links and toss them with the vegetables, remove sausage and veggies from pan and serve over rotini. Serve with salad topped with salad dressing.

Day 11

New 14 Day Diet

Tip of the Day

Make a list of rewards for yourself as you achieve your goals and keep it where it can be seen at all times. Include things like a new pair of jeans or black dress and clip pictures of what you want from catalogs. Tack them up in your room where you get dressed. If you're planning a trip, put pictures of the vacation spot at your desk or next to your bed so you are reminded of what you are working towards. And then, most importantly, *give these rewards to yourself!* **Kelsie**

1395 Calories

115 grams protein

119 grams carbohydrates

58 grams fat

29 grams fiber

36 grams sugar

Breakfast: Flax and Cereal Bowl

- 1 cup high-fiber, low-sugar cereal (such as Kashi GoLean or Bran Flakes)
- 1/2 cup skim milk or reduced-fat soy milk
- 2 tablespoons flaxseed
- 1/2 cup berries (fresh or frozen)

Fill a bowl with cereal and top with milk, flaxseed and berries.

Snack: String Cheese & Fruit

- 1 part-skim mozzarella string cheese with 1/2 sliced apple and pear

Lunch: Tarragon Grape Chicken Salad

- 5 ounces boneless chicken breast, grilled or boiled
- 1 tablespoon light mayonnaise
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried tarragon
- 8 grapes, halves
- Romaine Lettuce
- 1 tomato, sliced
- 2 sliced whole-wheat Melba toast or Wasa bread

Roughly chop chicken breast with mayonnaise, mustard, tarragon and grapes. Serve chicken salad on a bed of romaine lettuce and sliced tomato, with Melba toast or Wasa bread.

Snack: Toast

- 1 slice whole-wheat toast topped with 2 teaspoons all-natural peanut butter and 1 teaspoons all-fruit jam

Dinner: Dinner On-The-Fly

- 1 frozen dinner
- Mixed green salad

2 tablespoons slivered almonds
1/4 avocado, sliced
2 tablespoons crumbled feta or goat cheese
Reduced-calorie salad dressing

Choose a dinner with 275 to 325 calories and 18 grams protein. Prepare it according to package directions. Serve with salad topped with almonds, avocado, cheese and salad dressing.

Day 12

New 14 Day Diet

1399 Calories
108 grams protein
139 grams carbohydrate
51 grams fat
26 grams fiber
54 grams sugar

Tip of the Day

Talk to others about what you are trying to do. At worst, you will have a reason to hold yourself accountable--your friends and family know what you want to achieve, and they might be keeping tabs! At best, you might recruit others to join you--a coworker to walk with at lunch, a friend to share healthy meals with, a family member who offers support. **Emily**

Breakfast: Sunny Eggs with Cheese

Non-stick cooking spray
1 whole egg
1 egg white
1 slice reduced-fat cheese
1/2 cup sliced fruit
2 tablespoons ground flaxseed

Heat a non-stick skillet over medium heat coated with cooking spray. Cook egg and egg white sunny side up or down. When the eggs are almost done cooking, top them with cheese. Serve with fruit topped with flaxseed.

Snack: Nutrition Bar

Nutrition bar with 180 to 220 calories, with at least 10 grams protein and less than 25 grams carbohydrate

Lunch: English Muffin Pizza

1 light-style whole-grain English muffin
2 tablespoons prepared tomato sauce
1 slice 2% American cheese
Mixed green salad
1 tablespoon slivered almonds or flaxseed
Chopped vegetables
Reduced-calorie salad dressing

Toast the English muffin and then top each half with tomato sauce and half the slice of cheese. Serve with salad, topped with almonds or flaxseed, chopped vegetables and salad dressing.

Snack: Apple Cinnamon Yogurt

3/4 cup plain non-fat yogurt mixed with 1/2 chopped apple and 1/2 tsp cinnamon. Sweeten with Splenda if desired.

Dinner: Broiled Tilapia

5 ounces tilapia

1 tablespoon olive oil

2 tablespoons lemon juice

2 tablespoons seasoned breadcrumbs

Pinch of salt and pepper

1 cup steamed spinach

1/2 cup whole-wheat couscous

Mixed green salad (optional)

Reduced calorie salad dressing (optional)

Place tilapia in an oven-proof baking dish and top with olive oil, lemon juice, seasoned breadcrumbs, and salt and pepper. Bake the fish at 375 degrees for 20 to 25 minutes, or until cooked through. Serve with spinach and couscous. Add salad with dressing if desired.

Day 13

New 14 Day Diet

1400 Calories
111 grams protein
141 grams carbohydrates
51 grams fat
26 grams fiber
46 grams sugar

Tip of the Day

Create a list of things you would like to do but never have the time to. Then, when you find yourself reaching for an indulgent treat, stop and think, "Why?" If it's boredom, pull out your list and find something you can scratch off--or at least get started! You'll not only avoid unnecessary calories and fat, but start making headway with your-to-do list!

Allie

Breakfast: Protein Powder Oatmeal

Portion out 3/4 cup cooked oatmeal (made with water) and stir in 1 scoop of protein powder. Top with 2 tablespoons chopped walnuts, 1/2 chopped apple and 1 teaspoon ground cinnamon.

Snack: Rice Cake & Turkey

1 whole-grain rice cake (should have 30-40 calories) topped with 1 slice of tomato and 2 ounces of sliced turkey.

Lunch: Greek Salad and Pita Bread

3 cups shredded romaine lettuce
1/4 cup crumbled feta cheese
5 to 8 black olives
1/2 cup sliced cucumber
5 cherry tomatoes, halved
2 teaspoons olive oil
Lemon juice
1/2 6-inch whole-wheat pita pocket, toasted

Directions:

Pile the lettuce onto a large dinner plate and top with feta cheese, black olives, cucumber and cherry tomatoes. Dress with olive oil and lemon juice. Serve with pita pocket.

Snack: Latte

1 small skim milk latte (or cappuccino) with a small navel orange

Dinner: Chicken Fajitas

5 ounces boneless, skinless chicken breast

1/2 cup prepared salsa

Non-stick cooked spray

1/2 cup sliced red onion

1/2 cup sliced bell pepper

1/2 cup sliced mushrooms

1 6-inch whole-wheat tortilla

1/4 cup reduced-fat shredded cheese

1 tablespoon reduced-fat sour cream

Mixed green salad (optional)

Reduced-calorie salad dressing (optional)

Directions:

Cut chicken breast into strips and marinate in the salsa for 30-60 minutes. Meanwhile, heat a non-stick skillet over medium heat coated with cooking spray. Add red onion, bell pepper and mushrooms to the skillet, season with salt and pepper and cook over medium heat until veggies become soft, about 10-12 minutes. Remove veggies from heat and add chicken and salsa to the pan. Cook chicken for about five to seven minutes, or until no longer pink inside. Add vegetables back to pan, stir well and remove from heat. Serve chicken and vegetable fajitas with tortilla, cheese and sour cream. Serve with salad and dressing, if desired.

Day 14

New 14 Day Diet

Tip of the Day

Exercise! Diet is a big part of the weight loss equation, but having a workout that you enjoy doing is the other part. Exercise makes you feel good about the way your body looks and motivates you to continue to eat well to maintain or improve on the positive gains you've made. It also makes your body more efficient at burning calories and breaking down fat for fuel so that your diet is even more effective. **Annie**

1396 calories
107 grams protein
140 grams carbohydrates
49 grams fat
23 grams fiber
39 grams sugar

Breakfast: Yogurt Granola Crunch

Top 1 cup plain, non-fat yogurt (Greek yogurt if available) with 1/4 cup reduced-fat granola, 1 tablespoon flaxseed and 1/2 cup mixed fresh or frozen berries.

Snack: Almonds

1 ounce of almonds: about 18 to 20

Lunch: Tuna Melt

1 slice whole-wheat bread
1 can tuna packed in water
1 tablespoon light mayonnaise
1 slice tomato
1 slice 2% American cheese
1 cucumber, sliced
1 small red onion, sliced
Red wine vinegar
1 teaspoon olive oil

Toast bread and top with 1/2 cup of tuna salad (tuna and mayonnaise), tomato and cheese. Bake at 300 degrees for about 3 to 5 minutes, or until cheese melts. Serve with a cucumber salad made of cucumbers and red onion dressed with red wine vinegar, olive oil, salt and pepper.

Snack: Chips & Salad

10 baked tortilla chips topped with salsa and 1/4 cup reduced-fat cheese. Heat in microwave for 20 seconds if desired.

Dinner: Spaghetti Bolognese

Non-Stick cooking spray

1/4 cup chopped onion

1 garlic clove, minced

3 ounces ground sirloin

1/2 cup prepared tomato sauce

1/2 cup diced tomatoes

1/2 teaspoon dried oregano or basil

1/2 cup whole-wheat pasta

Broccoli and cauliflower, steamed

Directions:

Heat a nonstick skillet over medium heat, coated with cooking spray. Add onion and garlic.

Reduce heat to low and cook for 5 minutes. Add ground sirloin to the onion and garlic and cook stirring often for 3 to 5 minutes, until beef is almost cooked through. Add tomato sauce and diced tomatoes to the beef and cook medium heat for 10 to 15 minutes. Add oregano or basil, and season with salt and pepper to taste. Serve meat sauce over pasta with a large bowl of broccoli and cauliflower on the side.

Snack

Lists

List of 100-Calorie Snacks

- * 1 cup of vanilla nonfat yogurt (artificially sweetened, about 100 calories)
- * 1/2 cup cottage cheese
- * Smoothie: 1/2 cup of skim milk, 5 strawberries or half a scoop of protein powder
- * Chocolate milk (1 cup skim milk with 1 tablespoon chocolate syrup)
- * 1 ounce of low-fat cheese (approximately 50 calories) with 3 wheat crackers
- * 3 cups air-popped popcorn, seasoned but butter buds or spicy Cajun Mix
- * 1 ounce whole wheat pretzels
- * 1 ounce baked potato chips
- * 2 graham crackers with 1/2 cup of skim milk
- * 1 large fresh orange or 1 large apple
- * 1/2 apple with 2 teaspoon peanut butter
- * Celery stalks filled with 1 tablespoon peanut butter
- * 1 string cheese sliced red pepper
- * 1/2 medium banana with 1/2 cup of chilled vanilla soy milk (or soy milk)
- * 1/2 wheat English muffin, toasted, with 2 teaspoon jam
- * 1 rice cake with 1 tablespoon of peanut butter
- * 1 light beer
- * 1 glass of wine or champagne

Used to scale calories to individual nutritional requirements

100-Calorie

- * 1 hard boiled egg with 5 baby carrots
- * 1/2 apple with 1/2 tablespoon all-natural peanut butter
- * 1 cup 1% skim milk or low-fat soy milk
- * 1/2 cup 2% cottage cheese
- * 1 rice cake with 2 ounces turkey
- * 1 cup non-fat plain yogurt
- * 1/2 cup high-fiber cereal with 1/2 cup skim milk
- * 1 small banana
- * 10 to 12 almonds or cashews
- * 1 slice light-style whole-wheat toast with 1 slice reduced-fat Swiss cheese
- * 1 cup chicken noodle soup
- * Celery stalks filled with 1 tablespoon all-natural peanut butter

List of 200-Calorie Snacks

- * 1 cup of vanilla nonfat yogurt (artificially sweetened, about 100 calories) with 1 cup of crunchy bran cereal
- * 1/2 cottage cheese (1% fat) with 1 small banana
- * Smoothie: 1 cup of skim milk, 1/2 frozen banana and half a scoop of protein powder
- * 1 1/2 ounces baked tortilla corn chips with 5 tablespoons salsa
- * 1 ounce of nuts
- * 2 low-fat cookies, about 50 calories each, with a glass of skim milk
- * 1 cup of nonfat frozen yogurt
- * Granola bars, such as Nature's Valley (2 thin bars, should equal about 200 calories)
- * 15 raw baby carrots with 3 tablespoons low-fat dip
- * Wheat English muffin, toasted, with 4 teaspoons jam
- * 2 rice cakes with 1 tablespoon of peanut butter and 1 tablespoon fruit preserves
- * 1 packet of sweetened oatmeal, prepared with 1/2 cup of skim milk
- * 1/4 cup low-fat black bean dip with 8-10 baby carrots and 8-10 baked tortilla chips
- * 1/4 cup hummus with half of a 6-inch pita pocket
- * 1 1/2 beers (about 20 ounces) or 2 light beers
- * 2 glasses of wine or champagne

200-Calorie

- * 1 hard-boiled egg and 1 slice whole-wheat bread
- * 1 cup 1% cottage cheese with 3/4 cup strawberries
- * 1 apple with 2 ounces low-fat cheese
- * 1 ounce nuts: about 17 cashews or almonds
- * Celery stalks filled with 2 tablespoons all-natural peanut butter
- * 1 cup nonfat plain yogurt with 3/4 cup high-fiber cereal or 2 tablespoons flaxseed
- * 1 slice whole-wheat toast topped with 1 tablespoon all-natural peanut or almond butter
- * 1 small apple with 1 tablespoon all-natural peanut butter
- * 1 slice whole-wheat bread topped with 2 to 3 ounces deli turkey
- * 2 ounces white-meat turkey breast with 1/2 small avocado
- * 1/2 6-inch whole-wheat pita with 1/4 cup prepared hummus
- * 100 calories worth of whole-grain crackers with 2 ounces low-fat cheese
- * 1 medium pear sliced with 1 ounce low-fat cheese

List of 200-Calorie Snacks

Dairy/Fruit and Dairy

- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) with 1/2 cup crunchy bran cereal
- * 1 cup vanilla non-fat yogurt (artificially sweetened, about 100 calories) mixed with 2 cups watermelon chunks
- * 1/2 cup cottage cheese (1% fat) with 1 small banana
- * 1/3 cup non-fat yogurt mixed with 1 cup fresh fruit and 2 teaspoon brown sugar
- * Smoothie: 1 cup skim milk, 1/2 frozen banana, and 8 frozen strawberries
- * Chocolate Skim Milk (1 cup skim milk + 1 tablespoon chocolate syrup) and 1 apple
- * 2 ounces low-fat cheese (approximately 50 calories per ounce) with 5 wheat crackers

Salty Snacks

- * 6 cups air-popped popcorn, seasoned with butter buds or spicy Cajun mix
- * 2 ounces whole wheat pretzels
- * 1 1/2 ounce baked tortilla corn chips with 5 tablespoons salsa
- * 2 ounces baked potato chips
- * 1 ounce peanuts
- * 1 ounce cashews
- * 1 ounce almonds

Sweet Snacks

- * 2 low-fat cookies, about 50 calories each, with 1 glass skim milk
- * 1 cup non-fat frozen yogurt
- * 1/2 cup non-fat frozen yogurt with 1 tablespoon chopped walnuts and 2 tablespoons whipped topping
- * Granola bars, such as Nature's Valley (2 thin bars, should equal about 200 calories)
- * 4 graham crackers with 1 cup skim milk

Fruits/Vegetables

- * 1 cup apple slices (with peel) served with 1 1/2 tablespoon dry-roasted almonds
- * 1 fresh pear with 3 Wasa rye crackers
- * 1 large fresh orange with 1 large whole wheat pretzel
- * 2 fresh plums with 2 brown rice cakes
- * 2 small peaches with 4 whole wheat crackers
- * 1 medium bananas with 1 glass chilled vanilla soy (or skim) milk
- * 15 raw baby carrots with 3 tablespoons low-fat dip
- * 1/2 cup dried apricots
- * 1 baked potato with 1 ounce low fat cheese melted on top
- * 1 artichoke, steamed with 2 teaspoons butter and 2 tablespoons seasoned bread crumbs

Combination and Mixed Foods

- * 1 cup low-sugar, high-fiber cereal (about 100 calories per cup) with 1 cup skim milk
- * wheat English muffin, toasted, with 4 teaspoons jam
- * 2 rice cakes with 1 tablespoon peanut butter and 1 tablespoon fruit preserves
- * 1 packet sweetened oatmeal, prepared with 1/2 cup skim milk
- * 1/4 cup low fat black bean dip with 8-10 baby carrots and 8-10 baked tortilla chips
- * 1/4 cup hummus with 1/2 6-inch pita pocket

Beverages

- * 2 cups juice
- * 1 1/2 beers (about 20 ounces) or 2 light beers
- * 2 glasses wine or champagne

Substitution

Lists

Milk/Dairy

Food found in meal plan	May Substitute with
1 cup of skim milk	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup of cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 ounce of cheese or 1.5 ounces of low fat cheese
1/2 cup cottage cheese	<ul style="list-style-type: none"> * 1 cup of skim milk or low fat soy milk * 1/2 cup low fat yogurt * 1 egg or 3 egg whites * 1 tbsp peanut butter * 1 ounce of cheese or 1.5 ounces of low fat cheese
1 ounce of cheese or crumbled cheese	<ul style="list-style-type: none"> * 1 cup of low fat soy milk * 3/4 cup 1% milk * 1/2 cup cottage cheese (1-2%) * 1/2 cup of low fat yogurt * 1 egg or 3 egg whites * 1 cup of low fat soy yogurt
1 cup of nonfat yogurt	<ul style="list-style-type: none"> * 1 cup of cottage cheese * 2 eggs or 4 egg whites * 2 tbsp of peanut butter * 1 cup of low fat soy yogurt

Smoothies

Food found in meal plan	My substitute with
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * Protein bar with about 200 calories & at least 9 g protein * 1 glass of skim milk or low fat soy milk with 1 tbsp of peanut butter * 1 ounce of nuts with 1 serving of fruit * 3/4 cup of 1-2% cottage cheese with 1 serving of fruit * 2 ounces of lean protein (turkey or tofu) with 8 melba crackers & 1 fruit
Any fruit or chocolate smoothie	<ul style="list-style-type: none"> * May be swapped with any other smoothie

Proteins

Food found in meal plan	May substitute with
1 ounce of chicken breast, turkey breast or canned tuna in water	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, tofu, chicken breast, or shrimp * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 ounce of shrimp or other white fish (tilapia, cod, flounder, orange roughy)	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of lean red meat, such as sirloin * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans
1 ounce tofu	<ul style="list-style-type: none"> * 1 ounce of tuna, turkey, shrimp, or chicken breast * 1 ounce of tempeh * 3/4 ounce lean red meat, such as sirloin * 1 ounce of lean pork tenderloin * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup cottage cheese * 1/2 ounce of nuts * 1/4 cup beans
1 egg	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 3 egg whites * 1/3 cup beans
1 ounce Hamburger or other red meat	<ul style="list-style-type: none"> * 1.5 ounces of tuna, turkey, tofu, or shrimp * 1 ounce of salmon, or other 'fatty' fish * 1.5 ounces of lean pork tenderloin * 1/2 cup of cottage cheese * 1 egg or 3 egg whites (do not exceed 2 full eggs per day) * 1/3 cup beans

Breads/Starch

Food found in meal plan	May substitute with
1/2 of a 6.5 inch pita bread	<ul style="list-style-type: none"> * 1 slice of wheat bread * 1 English muffin * 1 small dinner roll
1 slice of bread (about 100 calories per slice)	<ul style="list-style-type: none"> * 1 small dinner roll * 1 English muffin * 1/3 cup of rice * 1/2 cup of whole grain cereal, no sugar added * 1/2 of a 6.5 inch pita
1 slice of bread (Light style bread-about 45-55 calories per slice)	<ul style="list-style-type: none"> * 1/2 small dinner roll * 1/2 English muffin * 1/4 cup of rice * 1/3 cup of whole grain cereal, no sugar added * 1/3 of a 6.5 inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> * 1 cup whole grain cereal, no sugar added * 1.5 slices of wheat bread * 1 English muffin * 1 cup of Cream of Wheat
1/3 cup of Rice	<ul style="list-style-type: none"> * 1/2 cup pasta or couscous * 1 small baked potato or sweet potato * 2/3 cup green beans * 1 slice of bread * 1/3 cup cooked barley
Small Baked Potato	<ul style="list-style-type: none"> * 1 baked sweet potato * 1/3 cup of brown rice * 1/2 cup of whole wheat pasta or couscous * 1/3 cup cooked barley * 1 piece of whole grain bread or whole wheat English muffin
1/2 cup pasta	<ul style="list-style-type: none"> * 1/3 cup of brown rice or barley * 1/2 cup couscous or orzo * 1 piece of bread or a small dinner roll

Fruit

All of the following are 1 single serving of fruit and may be interchanged as desired.

1/2 banana	1 apple
2 small plums	15-20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 cup of melon (cantaloupe, honeydew or watermelon)
1/2 cup of pineapple	1/2 mango
1/2 papaya	15-20 cherries
2 kiwis	1 pear

Vegetables

All of the following are 1 serving of fruit and may be interchanged as desired.

1 cup of cooked broccoli (or 2 cups raw)	3 cups of salad greens
1 cup of cooked spinach or 2 cups raw	12 asparagus spears
1/3 cup corn or 1 corn on the cob	1 cup of cooked zucchini
1/3 cup cooked peas	1 cup of cooked green beans
1 cup of cooked mushrooms or 2 cups raw	3/4 cup cooked pea pods
1 cup of sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup of steamed bell peppers or 2 cups raw	1 cup steamed Brussels sprouts

Miscellaneous

1/3 of an avocado	* 1/2 ounce of nuts * 1 ounce of cheese * 1 tablespoon of peanut butter * 1 tablespoon of olive oil
1 ounce of nuts	* 2 ounces of cheese * 2 tablespoons of peanut butter * 1/2 of an avocado * 1 1/2 tablespoons of olive oil

The FIRM

New 14

Day Shopping

Lists

New 14-Day Diet Shopping List
Week 1

Amt	Fruits and Vegetables	Amt	Deli
	Strawberries (fresh or frozen)		Rotisserie Chicken
	Blueberries (fresh or frozen)		Turkey breast
	Bananas		Lean Ham
	Apples		Turkey bacon
	Navel Orange		Hummus
	Other Fruit		Guacamole
	Bell Pepper		
	Cucumbers	Amt	Dairy
	Tomatoes		Eggs
	Plum Tomato		Skim milk or reduced-fat soy milk
	Cherry Tomatoes		Buttermilk
	Avocados		1-2% cottage cheese
	Baby Carrots		Part-skim ricotta cheese
	Celery		Non-fat vanilla yogurt
	Baby Spinach		Reduced-fat shredded cheese
	Mixed dark salad greens		Reduced-fat American cheese
	Romaine Lettuce		Reduced-fat Swiss cheese
	Asparagus		Grated parmesan cheese
	Broccoli Florets		
	Brussels Sprouts	Amt	Bread and Other Grains
	Lima Beans		Light-style whole-wheat bread
	Sting Beans		Light-style whole-grain English muffin
	Potato		Whole-wheat Linguini
	Onions		6-inch whole-wheat tortilla
	Red Onion		Brown rice
	Lemon Juice		Whole-wheat couscous
	Garlic Clove		Cheerios
			Low-fat granola

Amt	Meat, Poultry and Seafood
	Flank steak
	4 ounces sirloin burger
	Boneless skinless chicken breast
	Lean ground turkey
	Shrimp
	Scallops
	Salmon Filet
Amt	Nuts and Snacks
	All-natural peanut butter
	Slivered almonds
	Flaxseed
	Sunflower seeds
	Nuts
	Raisins
	Baked Tortilla chips
	Whole-grain crackers
	Whole-grain rice cake
	Pickles
Amt	Condiments
	Reduced-fat mayonnaise
	Dijon mustard
	Reduced-calorie salad dressing
	Reduced-calorie vinaigrette
	Balsamic vinegar
	Olive oil
	Sesame oil
	Reduced-sodium soy sauce
	Cajun seasoning or cayenne pepper
	Honey
	1 package taco seasoning
	Non-stick cooking spray
	Ground cinnamon
	Dried Thyme
	Whole-wheat bread crumbs

Amt **Frozen Foods**
 _____ Frozen pizza (250-300 calories)
See also fruits

Amt **Canned Goods**
 _____ Mandarin oranges
 _____ Corn
 _____ Chicken Broth
 _____ Black bean or lentil soup

Amt **Other**
 _____ Protein Powder (90-100 calories)
 _____ Nutrition bar (180-220 calories)
 _____ Splenda

**New 14 Day Diet Shopping List
Week 2**

Amt	Fruit and Vegetables	Amt	Deli
	Strawberries		Sliced Turkey
	Other berries		Smoked salmon
	Apple		
	Grapefruit	Amt	Dairy
	Navel Orange		Eggs
	Cantaloupe or honeydew melon		Skim milk or reduced-fat soy milk
	Grapes		1-2% cottage cheese
	Cucumber		2 wedges reduced-fat spreadable
	Avocado		cheese
	Sweet Potato		Reduced-fat Swiss cheese
	Red potato		Reduced-fat Cheddar cheese
	String Beans		2% American cheese
	Baby Carrots		Part-skim Mozzarella string
	Tomato		cheese
	Cherry Tomatoes		Grated parmesan cheese
	Spinach		Crumbled goat cheese
	Bell Pepper		Crumbled feta cheese
	Mushrooms		Reduced-fat shredded cheese
	Red Onion		Non-fat plain yogurt (Greek
	Yellow Onion		yogurt)
	Cauliflower		Reduced-fat sour cream
	Broccoli	Amt	Bread and Other Grains
	Dark greens		Whipped cream cheese
	Romaine Lettuce		Whole-wheat bread
	Mixed greens		Light-style whole-grain English
	Garlic clove		muffin
			Whole-grain dinner roll
			Reduced-fat Granola
			Cream of wheat
			Oatmeal
			High-fiber, low-sugar cereal
			Whole-wheat rotini
			Whole-wheat couscous
			6-inch whole-wheat pita pocket

Amt	Meat, Poultry, Seafood	Amt	Bread and Other Grains Cont.
	Ground Sirloin		6-inch whole wheat tortilla
	Pork tenderloin or boneless center-		
	Cut pork chop		
	Turkey or beef meatballs		
	Turkey or chicken sausage links		
	Boneless chicken breast		
	Salmon		
	Tilapia		

Notes for Meal Plan

Notes:

3 Day

Detox

Description

Spring Clean Your Body In 3 Short Days

Energize Yourself with this Easy Detox Plan

By Nutritionist Sara February 28, 2009

Start the spring off right with a nutritional cleansing program. In just a few short days, you can look and feel years younger by eliminating a few toxic dietary offenders. While I am not a fan of many cleansing regimens that involve fasting, colonics or laxatives, I find that a super-clean eating program can do wonders for your body, mind and soul.

I've created a three-day meal plan that is free of caffeine, alcohol, refined carbohydrates, sugar and sugar substitutes. I suggest that you follow this diet for a minimum of three days, but ideally try for it five.

You might find that removing these elements from your diet can cause feelings of withdrawal - many of my clients have found sugar to be worse than caffeine! I've provided some tips to help you manage these symptoms. However, it's more likely that you'll feel the positive effects immediately and your body will be smiling from the inside out.

Three-Day Spring Cleaning Menu

The three days of menus are approximately 1500 calories per day. If you require more or less calories, you can simply alter the portion sizes, but do not skip any of the meals or snacks - you will need to be eating frequently in order to keep your stamina going. Also, it's important to follow these guidelines:

- Keep an eye on absolutely everything that goes into your mouth—YES, I even want you to avoid chewing gum and breath mints.
- Drinking water is absolutely necessity, especially when you are cleansing. Almost all of your liquids should be pure, unadulterated water. We usually recommend about 64 ounces per day.
- Decaf green tea and hot water with lemon may be added for those people missing their warm morning mug.
- If all of these guidelines seem too daunting to take on at once, feel free to mix and match. In other words, you could follow the menus but allow yourself one small cup of coffee. Make it work for you, but remember that the more you adhere, the bigger difference you'll feel.

Tips to get through withdrawal

Get yourself psyched to cleanse, but also be prepared. This may not be easy, but it is definitely worth it! In order to help combat side effects, such as headaches and fatigue, consider the following:

- Drink adequate water, about 64 ounces per day, this will help to ease any negative side effects.
- Add an extra piece of fruit or a very small glass of fruit juice if you are feeling extremely lethargic.
- Get at least seven to eight hours of sleep per day. If this is not possible at night, try to fit in a few cat naps during the day.

It is really only the first one to two days that you are likely to feel any of these negative side effects, and I can assure you, that by day four, you will feel better than you have in a long time!

3 Day Detox Diet

Day 1 Detox Diet

1489 calories

145 grams of carbohydrates

108 grams of protein

57 grams of fat

31 grams of fiber

41 grams of sugar

784 mg of sodium

665 mg of calcium

Breakfast:

1 cup of steel cut or Irish oats (measured after cooking), topped with 2 tablespoons chopped walnuts and 1 cup of fresh or frozen berries.

Snack:

1/2 cup plain nonfat yogurt mixed with 1/2 of a banana, sliced, and 2 tablespoons Grape-Nuts or other High Fiber cereal.

Lunch:

Washed baby spinach leaves (or other dark green salad greens) topped with 4 ounces of grilled chicken, 8-10 sliced red grapes, sliced red onion and 2 tablespoon slivered almonds. Dress salad with fresh lemon juice and 2 teaspoons olive oil. Serve 1/2 of a 6-inch whole wheat pita pocket.

Snack:

Sliced Green Apple with 1 ounce of cheddar cheese

Dinner:

Bake a 5 ounce piece of cod or tilapia (or other white flaky fish). Place fish in a baking dish, top with 2 teaspoon olive oil, fresh lemon juice and a pinch of sea salt and pepper. Bake at 375 for 10-12 minutes, or until cooked through; and serve with 1/2 cup brown rice and steamed broccoli.

Day 2 Detox Diet

1473 calories

118 grams of carbohydrates

122 grams of protein

60 grams of fat

26 grams of fiber

34 grams of sugar

2100 mg of sodium

821 mg of calcium

Breakfast:

In a non-stick skillet coated with cooking spray, make a 3-eggwhite omelet filled with 2 tablespoons grated parmesan cheese and 1/2 cup of sliced tomatoes and onions (or other vegetable of choice). Serve omelet with navel orange or half a grapefruit.

Snack:

1 slice of whole wheat bread topped with 1 tablespoon all-natural peanut butter or almond butter

Lunch:

5 ounce salmon fillet grilled or poached (can purchase canned salmon is easier) served over a bed of baby arugula (or other dark green lettuce) and topped with 1/2 cup of chick peas (or garbanzo beans), fresh lemon juice and 1 teaspoon olive oil.

Snack:

1/2 cup 1% cottage cheese (calcium fortified if available) topped with 1/2 cup of fresh or frozen berries

Dinner:

Broil a lean 4-ounce ground sirloin burger (or lean ground turkey) and serve it on a whole wheat English muffin topped with sautéed mushrooms and onions. Serve burger with a large mixed green salad dressed with balsamic vinegar and 1 teaspoon olive oil.

Day 3 Detox Diet

1508 calories

152 grams of carbohydrates

109 grams of protein

61 grams of fat

29 grams of fiber

54 grams of sugar

1872 mg of sodium

1183 mg of calcium

Breakfast:

Combine 1 cup of plain nonfat yogurt (look for *Greek* yogurt if available), 2 tablespoons flax seeds, 1 cup of fresh or frozen berries and 2 tablespoons Grape-Nuts or other high fiber breakfast cereal.

Snack:

1 hard boiled egg and a handful of baby carrots

Lunch:

Top a 6-inch whole wheat tortilla with 1/4 of a sliced avocado, 2 slices of tomato, 2 slices of part-skim mozzarella cheese, 1 teaspoon Dijon mustard and 1 romaine lettuce leaf. Wrap up and enjoy with a bag of fresh purple grapes (about 15-20 grapes).

Snack:

1 cup of skim or soy milk and 1 ounce of raw almonds (about 20 almonds)

Dinner:

Bake a 5 ounce boneless skinless chicken breast with fresh lemon juice, 2 teaspoons of olive oil and 1 tablespoon of capers or sliced green olives (in oven proof baking dish at 375 degrees for about 20 minutes--or until cooked through). Serve chicken with a corn salad comprised of 1 cup of frozen, thawed corn niblets, 1 diced plum tomato, 1/4 cup black beans, topped with a pinch of sea salt and pepper.

Notes for Meal Plan

Notes:

The 5 Day Diet

Description

5-Day Diet

Quick and Easy for Busy Women

By Nutritionist Sara March 8, 2007

Women lead busy lives. Time is at a premium whether you are a nine-to-five working woman, stay-at-home mom or a full-time student. I've created this quick and easy five-day meal plan just for you. It includes the same three calorie levels as the 14-Day Diet, a grocery list and a complete game plan so you stay organized.

I highly recommend getting prepared over the weekend, preferably Sunday, so that your food is fresh through the week. Below you will find a shopping list to guide you through the supermarket, plus some money saving tips. I have also included a game plan to prepare when, so that you are always one step ahead.

After following this plan for a few work-weeks, you will be a pro at planning a healthy, no-fuss week of food. These meals may start to get redundant, but if you swap out a few meals, while keeping the basic idea of the foods intact, you will find that the weight will fall off!

Shopping List

Grocery	Meat and Fish
Instant Oatmeal	pre-cooked chicken breast
Chopped walnuts	Ground turkey breast patties
Container of mixed nuts	Salmon fillet(s) (2 for 1800 calorie plan)
6-inch wheat tortillas	Flank steak
6-inch wheat pitas	Dairy
rice cakes	Milk, skim or 1% or soy
Loaf of wheat bread	fat free vanilla yogurt
low-fat salad dressing of choice	1% cottage cheese
Canned 'light' fruit salad	fat-free chocolate pudding
Protein bar: about 150-200 calories	low-fat cheese
High protein cereal, such as Kashi GoLEAN	eggs

Produce	Frozen
Frozen berries	2 frozen dinners (see meal plan for specifics)
pre-washed lettuce	frozen broccoli
tomato	soy veggie patties
grapes	low fat creamed spinach
baby carrots	Misc.
red bell peppers	Tupperware containers to bring food to work
green apples	
asparagus	
bananas	

Budgeting

If this shopping list looks financially daunting, there are a few adjustments that you can make. By swapping out some of the higher-priced products, you will save money, but it will cost you time in the kitchen. Also, keep in mind that this will cover 5 days worth of food, with leftovers, so when you look at it that way, it is actually not that costly.

Other money saving ideas:

- * Instead of buying pre-washed bagged lettuce, buy a head of lettuce, and clean it and chop it yourself.
- * Instead of baby carrots, buy plain carrots and scrape and cut them yourself.
- * Instead of buying wheat bread, wheat tortillas and wheat pitas, choose only one. They are fairly interchangeable, however, you may get a little bored.
- * Instead of buying frozen vegetables, buy fresh and clean them yourself.
- * Instead of buying yogurt and cottage cheese, buy 1 large tub of cottage cheese and use it in place of the yogurt.
- * Instead of buying pre-cooked chicken, buy it raw and cook it yourself.

Game Plan

Do all your food shopping Sunday. Then on Sunday evening, you should do some weekly prep work. Here is what I would suggest

Sunday Night

1. Make 3 zip-top baggies of baby carrots and peppers
2. Marinate flank steak in teriyaki, and place it in the freezer in a zip-top freezer bag.
3. Place salmon fillet in freezer in a zip top freezer bag.
4. Pre-portion low fat cheese and nuts into 1 ounce portions
5. Assemble Monday's lunch: Chicken wrap and snacks (nuts and grapes).

Monday Night

1. Assemble Tuesday's lunch: Pour black bean soup into microwaveable container, and pack it with your baggie of cut veggies.
2. Portion peanut butter and pack it with your apple for afternoon snack.

Tuesday Night

1. Assemble Wednesday's lunch: Make veggie burger sandwich, and pack it up with your baggie of cut veggies and snack (rice cakes and cheese).
2. Pull salmon out of the freezer, and place in refrigerator to defrost.

Wednesday Night

1. Assemble Thursday's lunch: Make salmon salad with leftover salad, and pack it with the pita bread and nuts.

Thursday Night

1. Assemble Friday's lunch: make tuna salad wrap and pack it with the baggie of veggies and nuts.
2. Pull flank steak out of the freezer and allow it to defrost in the refrigerator.

Eating Out

If you end up having to eat out a few times a week, that is fine, just plan ahead! Try to choose a restaurant that will have a meal that is similar to any of the meals within the 5-day plan. So if are going out to dinner, look for a restaurant that might have a turkey burger with a side salad (Monday's recommended dinner). If you cannot find the exact meal - say you find a hamburger instead of the turkey burger, then just try to limit the portion (i.e. leave 1/3 on your plate!)

Substitutions

There are many substitutions that you can make to create a diet is customized to your likings. Take a look at the 14-Day Diet food substitutions for recommendations. You can also repeat any of the meals, in other words, all of the meals are interchangeable from a nutrition point of view. However, try not to eat the same thing every day as you will get quite bored!

5 Day

Diet

1400 Calories

5-Day Diet
Monday 1400 Calories

1420 Calories

96 grams protein

155 grams carbohydrate

51 grams fat

24 grams fiber

Breakfast:

1 cup of instant oatmeal (1/2 cup uncooked) made with skim milk mixed with 1 cup frozen berries or peaches and 1 tablespoons of chopped walnuts

Lunch:

Chicken Wrap: Fill a 6-inch wheat tortilla with a half cup of pre-cooked chicken breast (try Purdue short cuts), lettuce, tomato and low-fat Caesar dressing. Bring a bag of green grapes for dessert.

Snack:

1 ounce of salted nuts.

Dinner:

4 ounce turkey burger served in a 6 inch wheat pita, with a salad of pre-washed greens and low-fat Caesar dressing.

Dessert:

1/2 cup of light canned fruit salad topped with 1/2 cup vanilla yogurt

5 Day Diet
Tuesday 1400 Calories

1426 Calories

80 grams of protein

190 grams carbohydrates

39 grams of fat

45 grams fiber

Breakfast:

3/4 cup of 1% cottage cheese mixed with 2 tablespoons chopped walnuts and 1 cup defrosted frozen berries. Serve with 1 slice of wheat toast.

Lunch:

1 can of Progresso black bean soup with a zip lock baggie of carrots and red bell peppers.

Snack:

Green apple with 1 tablespoon of peanut butter

Dinner:

Frozen "light" dinner with about 250-300 calories, and at least 17 grams of protein. A side of frozen broccoli topped with fresh lemon and 1 tablespoon of olive oil.

Dessert:

1/2 cup of fat-free chocolate pudding topped with 4-5 frozen or fresh strawberries.

5-Day Diet
Wednesday 1400 Calories

1415 Calories

98 grams protein

192 grams of carbohydrates

32 grams fat

34 grams of fiber

Breakfast:

1 cup of high protein, high fiber cereal, such as Kashi GoLEAN with 1 cup of skim or 1% milk and a half of a banana.

Lunch:

2 soy-based veggie burgers served inside a 6-inch whole wheat pita. Add sliced tomato, lettuce and low fat Caesar dressing. Bring a baggie of baby carrots and bell peppers.

Snack:

2 rice cakes with 1 ounce of low fat cheese.

Dinner:

Poached salmon (place an 8 ounce salmon fillet in boiling water, and cook for about 5-7 minutes, until cooked through, divide the salmon in two and save the other piece for tomorrow's lunch). Serve with 1/2 cup brown rice (make 1 cup of brown rice and save 1/2 cup for Friday), roasted baby carrots and asparagus (simply lay carrots and asparagus on a baking sheet and cook at 400 for about 12-15 minutes).

Dessert:

1/2 cup vanilla yogurt topped with a cup of frozen berries.

5-Day Diet
Thursday 1400 Calories

1375 Calories

95 grams protein

132 grams carbohydrates

54 grams fat

19 grams fiber

Breakfast:

Easy egg. Scramble 3 egg whites and 1 yolk in a microwave safe dish. Add 1 ounce low fat cheese, in small pieces, and microwave on "medium" for 1 minutes. Pull out of microwave, scramble with a fork and cook for another 30-90 seconds, depending how you like your eggs. Serve with a piece of wheat toast.

Lunch:

Combine 4 ounces of the salmon from last night with 1 tablespoon of reduced fat mayo to make salmon salad. Bring to work with 1 Tupperware of pre-washed lettuce. Serve salmon over the greens with a 6-inch wheat pita on the side.

Snack:

1 ounce of nuts

Dinner:

Frozen "light" dinner with about 250-300 calories, and at least 17 grams of protein. Served with 1 cup of vegetable soup. Look for a soup with about 90 calories per cup.

Dessert:

1/2 cup fat free chocolate pudding topped with 4-5 frozen or fresh strawberries

5-Day Diet
Friday 1400 Calories

1426 Calories

124 grams protein

165 grams carbohydrates

37 grams fat

33 grams fiber

Breakfast:

3/4 cup 1% cottage cheese mixed with a half cup of high protein cereal and 1/2 of a sliced banana.

Lunch:

1 6-inch whole wheat tortilla filled with tuna salad (tuna salad should be 1 6-ounce can of tuna in water [choose 'light' tuna for less mercury] mixed with 1 tablespoon of reduced fat mayo) lettuce and tomato. Bring a zip lock baggie of baby carrots and sliced bell peppers.

Snack:

1 protein bar with about 150-200 calories.

Dinner:

5 ounces of marinated flank steak, (simply broil for 5 minutes on each side), served with 1 cup of frozen low-fat creamed spinach and 1/2 cup of leftover brown rice from Wednesday.

Dessert:

Apple with 1 tablespoon of peanut butter

5 Day

Diet

1600 Calories

5-Day Diet
Monday 1600 Calories

1610 Calories

121 grams protein

159 grams carbohydrates

60 grams fat

24 grams fiber

Breakfast:

1 cup of instant oatmeal (1/2 cup uncooked) made with skim milk mixed with 1 cup frozen berries or peaches and 3 tablespoons of chopped walnuts.

Lunch:

Chicken Wrap: Fill a 6-inch wheat tortilla with 6 ounces of pre-cooked chicken breast (try Perdue short cuts), lettuce, tomato and low fat Caesar dressing. Bring a bag of grapes for dessert.

Snack:

1 ounce of salted nuts

Dinner:

5 ounces turkey burger served in a wheat pita with a salad of pre-washed salad greens and low-fat Caesar dressing.

Dessert:

1/2 cup of light canned fruit salad topped with 1/2 cup vanilla yogurt.

5-Day Diet
Tuesday 1600 Calories

1613 Calories
92 grams protein
202 grams carbohydrates
52 grams fat
50 grams fiber

Breakfast:

1 cup of 1% cottage cheese mixed with 3 tablespoons chopped walnuts and 1 cup defrosted frozen berries. Serve with 1 slice of wheat bread.

Lunch:

1 can of Progresso Black bean soup with a zip lock baggie of carrots and red bell peppers.

Snack:

Green apple with 2 tablespoons of peanut butter

Dinner:

Frozen 'light' dinner with about 250-300 calories, and at least 17 grams of protein. A side of frozen broccoli topped with fresh lemon and 1 tablespoon of olive oil.

Dessert:

1/2 cup of fat free chocolate pudding topped with 4-5 frozen or fresh strawberries.

5-Day Diet
Wednesday 1600 Calories

1575 Calories

113 grams protein

207 grams carbohydrates

36 grams fat

35 grams fiber

Breakfast:

1 cup of high protein, high fiber cereal, such as Kashi GoLEAN with 1 cup of skim or 1% milk and a sliced banana.

Lunch:

2 soy-based veggie burgers served inside a 6-inch whole wheat pita. Add sliced tomato, lettuce and low-fat Caesar dressing. Bring a baggie of baby carrots and bell peppers.

Snack:

2 rice cakes with 1 ounce of low-fat cheese

Dinner:

Poached salmon (place 2 6-ounce salmon fillets in boiling water, and cook for about 5-7 minutes until cooked through, put one filet in the refrigerator for tomorrow's lunch). Serve the salmon with 1/2 cup brown rice (make 1 cup of brown rice and save 1/2 cup for Friday), roasted baby carrots and asparagus (simply lay carrots and asparagus on a baking sheet and cook at 400 for about 12-15 minutes).

Dessert:

1/2 cup vanilla yogurt topped with a cup of frozen berries.

5-Day Diet
Thursday 1600 Calories

1595 Calories

110 grams protein

147 grams carbohydrates

65 grams fat

21 grams fiber

Breakfast:

Easy eggs. Scramble 2 eggs in a microwave safe dish. Add 1 ounce of low-fat cheese, in small piece, and microwave on "medium" for 1 minutes. Pull out of microwave, scramble with a fork and cook for another 30-90 seconds, depending how you like your eggs. Serve with a piece of wheat toast and a fresh navel orange.

Lunch:

Combine the salmon fillet from last night with 1 tablespoon reduced-fat mayo to make salmon salad. Bring to work with Tupperware of pre-washed lettuce. Serve salmon over the green with 6-inch wheat pita on the side.

Snack:

1 ounce of nuts

Dinner:

Frozen 'light' dinner with about 250-300 calories, and at least 17 grams of protein. Serve with 1 cup of vegetable soup. Look for a soup with about 90 calorie per cup.

Dessert:

1/2 cup fat free chocolate pudding topped with 4-5 frozen or fresh strawberries

5-Day Diet
Friday 1600 Calories

1620 Calories
143 grams protein
170 grams carbohydrates
48 grams fat
34 grams fiber

Breakfast:

1 cup 1% cottage cheese mixed with half cup of high protein cereal and 1/2 of a sliced banana.

Lunch:

1 6-inch whole wheat tortilla filled with tuna salad (tuna salad should be 1 6-ounce can of tuna in water [choose 'light' tuna for less mercury] mixed with 1 tablespoon of reduced fat mayo) lettuce and tomato. Bring a zip lock baggie of baby carrots and sliced bell peppers.

Snack:

1 protein bar with about 150-200 calories

Dinner:

6 ounces of marinated flank steak, (simply broil for 5 minutes of each side), served with 1 cup of frozen low-fat creamed spinach and 1/2 cup of leftover brown rice from Wednesday.

Dessert:

apple with 2 tablespoons of peanut butter.

5 Day

Diet

1800 Calories

5-Day Diet
Monday 1800 Calories

1818 Calories

131 grams protein

180 grams carbohydrates

70 grams fat

24 grams fiber

Breakfast:

1 cup of instant oatmeal (1/2 cup uncooked) made with skim milk mixed with 1 cup frozen berries or peaches and 3 tablespoons of chopped walnuts

Lunch:

Chicken Wrap: Fill a 6-inch wheat tortilla with 6 ounces of pre-cooked chicken breast (try Perdue short cuts), lettuce, tomato and low fat Caesar dressing. Bring a bag grapes for dessert.

Snack:

1 ounce of salted nuts with an apple

Dinner:

6 ounces turkey burger with 1 ounce low fat cheese in a 6-inch wheat pita with a salad of pre-washed salad greens and low-fat Caesar dressing.

Dessert:

1/2 cup of canned light fruit salad topped with 1/2 cup vanilla yogurt.

5-Day Diet
Tuesday 1800 Calories

1791 Calories

96 grams protein

217 grams carbohydrates

65 grams fat

50 grams fiber

Breakfast:

1 cup of 1% cottage cheese mixed with 3 tablespoons chopped walnuts and 1 sliced banana. Serve with 1 slice of wheat toast and 1 teaspoon of butter.

Lunch:

1 can of Progresso black bean soup with zip lock baggie of carrots and red bell peppers.

Snack:

Green apple with 2 tablespoons of peanut butter

Dinner:

Frozen 'light' dinner with about 300 calories. A side of frozen broccoli topped with fresh lemon and 1 tablespoon of olive oil.

Dessert:

1/2 cup of fat free chocolate pudding topped with 4-5 frozen or fresh strawberries and 2 tablespoons of chopped walnuts

5-Day Diet
Wednesday 1800 Calories

1800 Calories

115 grams protein

229 grams carbohydrates

51 grams fat

37 grams fiber

Breakfast:

1 cup of high protein, high fiber cereal, such as Kashi GoLEAN with 1 cup of skim or 1% milk and a sliced banana.

Lunch:

2 soy-based veggie burger served inside a 6-inch whole wheat pita. Add sliced tomato, lettuce and low fat Caesar dressing. Bring a baggie of baby carrots and bell peppers.

Snack:

2 rice cakes with 1 ounce of low fat cheese

Dinner:

Poached salmon (place 2 6-ounces salmon fillets in boiling water, and cook for about 5-7 minutes, until cooked through), put one fillet in the refrigerator for tomorrow's lunch). Serve the salmon with 1 cup brown rice (make 2 cups of brown rice and save 1 cup for Friday), roasted baby carrots and asparagus (simple lay carrots and asparagus on a baking sheet and cook at 400 for about 12-15 minutes) top with 1 tablespoon of olive oil.

Dessert:

1/2 vanilla yogurt topped with a cup of frozen berries.

5-Day Diet
Thursday 1800 Calories

1804 Calories

114 grams protein

170 grams carbohydrates

79 grams fat

25 grams fiber

Breakfast:

Easy eggs. Scramble 2 eggs in a microwave safe dish. Add 1 ounce of cheese, in small pieces, and microwave on "medium" for 1 minutes. Pull out of microwave, scramble with a fork and cook for another 30-90 seconds, depending how you like your eggs. Serve with a piece of wheat toast, with 1 teaspoon of butter, and a fresh navel orange.

Lunch:

Combine that salmon fillet from last night with 1 tablespoon of reduced fat mayo to make salmon salad. Bring to work with 1 Tupperware of pre-washed lettuce. Serve salmon over the greens with a 6-inch wheat pita on the side.

Snack:

1 ounce of nuts and a fresh apple

Dinner:

Frozen 'light dinner' with 1 cup of vegetable soup. Look for a soup with about 90 calories per cup.

Dessert:

1/2 cup fat free chocolate pudding topped with 4-5 frozen or fresh strawberries and 2 tablespoons of chopped walnuts

5-Day Diet
Friday 1800 Calories

1780 Calories

149 grams protein

213 grams carbohydrates

50 grams fat

49 grams fiber

Breakfast:

1 cup 1% cottage cheese mixed with a cup of high protein cereal and 1/2 of a sliced banana.

Lunch:

1 6-inch whole wheat tortilla filled with tuna salad (tuna salad should be 1 6-ounce can of tuna in water [chose 'light' tuna for less mercury] mixed with 1 tablespoon of reduced fat mayo) lettuce and tomato. Bring a zip lock baggie of baby carrots and sliced bell peppers.

Snack:

1 protein bar with about 150-200 calories.

Dinner:

6 ounces of marinated flank steak, (simply broil for 5 minutes on each side), served with 1 cup of frozen low-fat creamed spinach and 1/2 cup of leftover brown rice from Wednesday.

Dessert:

apple with 2 tablespoons of peanut butter

Notes for Meal Plan

Notes:

7 Day

Detox Diet

Description

Start 2010 Off with The FIRM 7-Day Detox

Unlike “traditional” detox meal plans, this one focuses on what you *can* eat, while cleansing your body of harmful substances and addictions.

This 7-Day meal plan is based on clean eating, which means that it is void of refined sugars, artificial sweeteners, trans fats and alcohol. We recommend that you reduce caffeine, but don't skip out of the meal plan just because the thought of cutting back on caffeine is too overwhelming to you.

In this meal plan you'll find 7-days worth of meals and snacks featuring lean proteins, low-fat dairy, whole grains, fruits and vegetables. The daily menus, which consist of three meals and two snacks, will provide you with roughly 1400 calories. It is adaptable based on your specific needs. In order to calculate the correct number of calories for you, simply multiply your weight by 10. For example, if you weigh 160 pounds, you would multiply 160 by 10, for a calorie requirement of 1600 calories per day.

To adapt the plan, choose from the list of 100-and 200-calorie snack; in the example above, you would add either one 200-calorie snack, or two 100-calorie snacks to reach 1600 calories a day. There's also substitutions list. Note that the shopping list doesn't include additional snacks or substitutions.

Keep in mind that the average should never go below 1400 or above 2000 calorie. (For some very petite people, 1200-1300 calories is acceptable. In this case, remove one to two ounces of protein and one fruit from each day of food).

Caffeine Detox

As an optional part of this detox, you can reduce or eliminate your caffeine intake, and even make a switch to green tea, which has minimal caffeine and numerous health benefits.

Each day you'll your intake of caffeine by half. This approach helps you wean your body off caffeine, which should reduce withdrawal symptoms.

Example: If you usually have four cups of coffee in the morning, you would have two cups of coffee instead on Day 1, one cup on Day 2, and $\frac{1}{2}$ cup on Day 3. On Day 4, you may have one cup of green tea in the morning, and you may continue to drink it throughout Days 5-7.

If you want to eliminate caffeine completely, you can switch to decaffeinated green tea.

Once you've finished the 7-day detox, consider keeping at least one cup of green tea in your daily routine.

7 Day

Detox

Diet

Day 1

7 Day Detox Diet

1424 Calories

110 grams of protein

137 grams of carbohydrates

29 grams of sugar

56 grams of fat

29 grams of fiber

2068 mg sodium

Breakfast:

Morning Tortilla

Make scrambled eggs with 1 whole egg and 2 additional egg whites. Wrap prepared eggs in a 6-inch whole-wheat tortilla and top with chopped tomatoes and 1/3 of a sliced avocado

Snack:

Fill 2 celery stalks with 2 tablespoons all-natural peanut butter or almond butter

Lunch:

Veggie Burger Sandwich

Make a sandwich with a 1 whole-grain English muffin and 1 cooked, soy-based, veggie burger (veggie burger should have about 120-150 calorie). Top veggie burger with 1 slice of reduced-fat cheese and serve with a tossed green salad with low-calorie olive oil based vinaigrette dressing.

Snack

1 sliced apple with 1 ounce of reduced-fat cheddar cheese

Dinner:

Chicken with Lemon and Rosemary

Top a 5 ounce boneless skinless chicken breast with 1 teaspoon olive oil, 2 tablespoon lemon juice and 1/2 teaspoon dried rosemary. Bake at 350 degrees until cooked through, about 20 minutes. Serve with 1 cup of steamed broccoli and 1 small baked potato.

Day 2

7 Day Detox Diet

1401 Calories

102 grams of protein

134 grams of carbohydrates

35 grams of sugar

55 grams of fat

26 grams of fiber

2273 mg sodium

Breakfast:

Steel Cut Oats

Cook 1/3 cup steel cut oats in water, according to package directions. Top with 1/2 teaspoon cinnamon, 2 tablespoons chopped walnuts or slivered almonds, 1/4 cup skim milk and 1/2 cup fruit of choice.

Snack:

1/2 cup 1-2% cottage cheese and 1/2 a cantaloupe

Lunch:

Turkey Pocket

Fill a 6-inch whole wheat pita pocket with 4 ounces of sliced turkey breast, 1/4 of a sliced tomato, 1 slice of reduced-fat cheese and shredded romaine lettuce. Wrap it up and serve with carrots sticks.

Snack:

1 ounce of raw unsalted almonds

Dinner:

Burger Night

Bake or broil a 4 ounce ground sirloin burger (can substitute with ground turkey if desired) and serve on a whole wheat bun with tomato salad composed of 2 chopped plum tomatoes, 1/4 of a sliced red onion drizzled with balsamic vinegar and 2 teaspoon olive oil.

Day 3

7 Day Detox Diet

1406 Calories

106 grams of protein

143 grams of carbohydrates

31 grams sugar

53 grams fat

30 grams of fiber

2639 mg sodium

Breakfast:

Yogurt Almond Crunch

Top 1 cup of plain, low-fat yogurt with 2 tablespoons slivered almonds, 1/2 cup of high-fiber breakfast cereal and 1 cup of fresh or frozen berries.

Snack:

1 hardboiled egg mashed up with 1 tablespoon light mayonnaise served on a rice cake

Lunch:

Poached Salmon

Bake, broil or poach 1 5 ounce of salmon and serve over a bed of romaine lettuce, cherry tomatoes and sliced cucumber Dress salad with 2 teaspoons of olive oil and fresh lemon juice.

Snack:

2 ounces of sliced turkey breast, 1 slice of reduced fat cheese with 5 whole grain crackers (crackers should have about 80 calorie)

Dinner:

Pasta Primavera

Cook 1/2 cup of whole grain rotini (or other whole wheat pasta measured dry) according to package directions. Top with 1/2 cup of canned tomato sauce, 1 1/2 cups of mixed steamed vegetables such as broccoli, corn and carrots, and finally sprinkle with 1/3 cup shredded part-skim mozzarella cheese. Serve with a Caesar salad composed of dark green romaine lettuce leaves topped with reduced-calorie Caesar dressing.

Day 4

7 Day Detox Diet

1400 Calories

121 grams of protein

132 grams of carbohydrates

45 grams of sugar

43 grams of fat

25 grams of fiber

3100 mg sodium

Breakfast:

Breakfast Sandwich

Toast a whole wheat English muffin and top with 2 scrambled egg whites, 1 slice of reduced fat cheese and sliced tomato. Serve with a small mandarin (or Clementine) orange.

Snack:

2/3 cup of high-fiber, low-sugar cereal, such as bran flakes topped with 1/2 cup of low-fat milk

Lunch:

Stuffed Tomato

Hollow out a medium-sized tomato and fill with tuna salad. Make tuna salad with 5 ounces tuna; packed in water, mixed with 2 tablespoons light mayonnaise, 1/4 cup chopped celery and 1/4 cup diced red onion. Serve with 3 whole wheat melba toasts.

Snack:

1/4 cup hummus with 15 baby carrots

Dinner:

Shrimp Cocktail

Boil 6 ounces of cleaned large shrimp and chill (or purchase cleaned cooked shrimp). Serve with a green salad topped with 2 tablespoons slivered almonds and 1/4 of a sliced avocado. Dress salad with low calorie olive oil based vinaigrette dressing.

Day 5

7 Day Detox Diet

1401 Calories

109 grams of protein

151 grams of carbohydrates

32 grams of sugar

44 grams of fat

29 grams of fiber

2804 mg sodium

Breakfast:

Breakfast Smoothie

Add the following ingredients to a blender: 1 cup of skim or soy milk, 1 scoop of low-sugar protein powder, 1/2 cup of fresh or frozen berries and 1/2 banana. Add ice to make thicker, if desired. Blend until smooth.

Snack:

1 rice cake topped with 1 tablespoon all natural peanut butter or almond butter

Lunch:

Lentil Soup

Prepare 1 1/2 cups of lentil soup (can used canned soup with about 100-130 calorie per cup) and serve with a tossed green salad topped with 2 tablespoons slivered almonds and 2 tablespoons grated cheese, dress and low-calorie olive oil based vinaigrette dressing.

Snack:

1 whole wheat English Muffin topped with 1 slice of tomato and 1 slice of reduced fat cheese

Dinner:

Honey-Mustard Pork Chop

Top a 5 ounce boneless center cut pork chop with 1 tablespoon Dijon mustard and 1 teaspoon of honey. Bake at 350 degrees for about 20 minutes, or until cooked thoroughly. Serve with 1 cup of steamed string beans and 1/2 of a baked potato.

Day 6

7 Day Detox Diet

1423 Calories

98 grams of protein

129 grams of carbohydrates

40 grams of sugar

62 grams of fat

24 grams of fiber

2557 mg sodium

Breakfast:

Peanut Butter Toast

Top 1 piece of whole grain toast with 1 tablespoon all natural peanut butter or almond butter, serve with 1/2 cup of low-fat or non-fat vanilla yogurt

Snack:

1 navel orange and 1 part-skim string cheese

Lunch:

Greek Salad

Top 3 cups of cleaned shredded romaine lettuce with 1/3 cup crumbled feta cheese and 5 black olives. Dress with 2 teaspoons olive oil and fresh lemon juice and serve with 1/2 of a 6-inch whole wheat pita pocket.

Snack:

Top 1 rice cake with 3 ounces of sliced turkey and 1/4 of a sliced avocado

Dinner:

Broiled Steak and Spinach

Season a 5 ounce flank steak or filet mignon with sea salt and pepper, and broil on each side for about 5-6 minutes, or until cooked through. Serve with 1 cup of steamed spinach and 1/2 cup of cooked quinoa (quinoa is a high-fiber, high-protein grain), cooked according to package directions.

Day 7

7 Day Detox Diet

1411 Calories

121 grams protein

134 grams of carbohydrates

48 grams of sugar

24 grams of fiber

1131 mg sodium

Breakfast:

Veggie Omelet with Grapefruit

Prepare an omelet with 1 whole egg and 3 whites, with 3 chopped white mushrooms, 1/2 cup spinach, and 1/4 cup chopped onion in a non-stick skillet coated with 1 teaspoon olive oil.

Serve with a whole grapefruit.

Snack:

1 4-5 ounce container of plain nonfat yogurt (Greek yogurt, if available) topped with 1/2 cup fresh or frozen berries and 1 tablespoons slivered almonds.

Lunch:

Chicken & Hummus Wrap

Fill a 6-inch whole-wheat tortilla with 3 tablespoons hummus, 4 ounces grilled white meat chicken breast cut in strips, strips, sliced red onion, 2 slices red ripe tomato and shredded romaine lettuce. Roll up and enjoy.

Snack:

1 pear or apple sliced with 1 ounce of reduced fat cheese

Dinner:

Herb Rubbed Tilapia

Season a 6 ounce tilapia filet (or other white flaky fish) with 2 teaspoons olive oil, a pinch of sea salt and 1 teaspoon of dried herbs of choice, such as thyme or rosemary. Bake fish at 375 for 15-20 minutes, or until cooked through and flakes with a fork. Season with fresh lemon juice and serve with 1 cup of green sautéed in 1 tablespoon olive oil and minced garlic, and 1/2 cup cooked brown rice.

Snack

Options

7 Day Detox

Optional Snacks

100-Calorie Snack List

Use these 100-calorie snacks to increase your meal plan beyond the 1400 calorie base. You will need to add these items to the shopping list.

- * 1/2 cup skim milk with 1/2 a sliced apple
- * celery stalk filled with 1 tablespoon all-natural peanut butter
- * 1 rice cake topped with 2 ounces of turkey and 2 1/2 inch slices of avocado
- * 1 small banana
- * 2 ounces of grilled chicken breast wrapped in lettuce leaves with a spread of Dijon mustard
- * 1/2 cup 1-2% cottage cheese topped with 1/3 cup fresh or frozen berries
- * 1 hardboiled egg
- * 2/3 cup fat free yogurt topped with 1/4 cup chopped apple
- * 1 string cheese with cut up bell peppers
- * 10 raw almonds

200-Calorie Snack List

Use these 200-calorie snacks to increase your meal plan beyond the 1400-calorie base. You will need to add these items to the shopping list.

- * 1 ounce of raw unsalted nuts
- * 1 slice of whole-wheat bread with 1 tablespoon of all-natural peanut butter or almond butter
- * 1 rice cake topped with 2 ounces of turkey, 1 slice of reduced-fat Swiss cheese and 2 slices of avocado
- * 1 small banana and 1/2 cup nonfat plain or vanilla yogurt
- * 2 ounces of grilled chicken breast wrapped in lettuce leaves with a spread of Dijon mustard served with 8-10 whole wheat crackers (crackers should have about 80-100 calories)
- * 1 hardboiled egg, mashed up with 1 tablespoon light mayonnaise spread on a slice of whole wheat bread or half of a 6-inch whole wheat pita pocket
- * 1/2 cup nonfat plain or vanilla yogurt with 1/2 cup of high fiber breakfast cereal
- * Smoothie made with: 1/2 cup skim milk, 1 scoop of protein powder and 1/2 of a banana or 1 cup of fresh or frozen berries
- * 1/2 6-inch whole wheat pita pocket filled with 1/4 cup hummus and sliced tomato
- * 1 sliced apple or pear with 1 ounce of reduced fat cheese

**7 Day
Detox
Shopping
List**

7 Day Detox Diet Shopping List

Produce

Amt	Vegetables	Amt	Deli
	Avocado		Sliced Turkey
	Baby carrots		Hummus
	Carrot sticks		Skim milk or low-fat soy milk
	Celery		Eggs
	Cucumber		Reduced-fat cheese
	Salad greens		Reduced-fat cheddar cheese
	Dark green romaine lettuce		Reduced-fat cheese
	Spinach		Grated cheese
	Broccoli		Shredded part-skim mozzarella cheese
	Mixed vegetables		Part-skim string cheese
	String/green beans		Crumbled feta cheese
	White Mushrooms		1-2% cottage cheese
	Tomatoes		low-fat plain yogurt
	Plum tomatoes		non-fat plain or vanilla yogurt
	Cherry tomatoes		low-fat or non-fat vanilla yogurt
	Baking potatoes		Non-fat plain yogurt (Greek yogurt)
	Garlic clove		
	onion	Amt	Bread, Crackers, tortillas, etc.
	Red onion		6-inch whole wheat tortillas
			whole-wheat English muffins
Amt	Fruit		6-inch whole-wheat pita pockets
	Apple		Whole-wheat bun
	Pear or apple		whole-grain bread
	Banana		Rice cakes
	Cantaloupe		whole-wheat crackers
	Chopped fruit of choice		whole-wheat melba toasts
	Berries		
	Lemons	Amt	Cereal, Grains, Pasta
	Mandarin orange		Steel cut oats
	Navel orange		High-fiber, low-sugar breakfast
	Grapefruit		cereal such as bran flakes
			Whole-wheat rotini
			Quinoa
			Brown Rice

Amt	Nuts and Snacks		
	All-natural peanut butter/almond		
	Raw unsalted almonds		
	Slivered almonds		
Amt	Meat, Poultry and Seafood		
	Boneless skinless chicken breast		
	Ground sirloin or turkey	Amt	Canned Goods
	Flank steak or filet mignon	_____	Tomato sauce
	Boneless center-cut pork chop	_____	Lentil soup
	Salmon	_____	Black olives
	Tilapia or other white flakey fish	_____	Tuna, packed in water
	Large shrimp		
		Amt	Other
Amt	Frozen Foods	_____	Low-sugar protein powder
	Soy-based veggie burger		
	See also fruits and vegetables		
Amt	Condiments and Seasoning		
	Low-calorie, olive oil-based		
	vinaigrette dressing		
	Reduced-calorie Caesar dressing		
	Balsamic vinegar		
	Olive oil		
	Light or reduced-fat mayonnaise		
	Cocktail sauce		
	Dijon sauce		
	Honey		
	Sea salt		
	Pepper		
	Ground cinnamon		
	Dried rosemary		
	Dried herbs of choice		

Notes for Meal Plan

Notes:

The FIRM

Boot camp

Meal Plan

Description

The FIRM's Boot Camp Meal Plan

By Nutritionist Sara April 3, 2008

Start 2006 with a bang!

Last November we encouraged you all to try The FIRM's Boot camp Meal Plan in order to drop a few pounds before the holiday season. It was such a hit that we've decided to bring it back to kick off 2006! Below you will find a complete seven-day plan to follow. Read the instructions carefully, as it is important to understand the underlying philosophy of this program before you begin.

Boot camp Guidelines

You'll find the nutrition guidelines below. It may look a bit daunting, and you may wonder, "What can I eat?" But don't worry, you'll find your seven days worth of meals to illustrate what boot camp eating looks like. In the meantime, here's how to get started.

- Eat three meals per day (NO skipping breakfast)
- Avoid all sugar based foods such as cookies and candy (This is THE most important rule to follow.)
- Avoid all refined starches.
- Consume a minimum of 64 ounces of water per day
- Eat three to five ounces of lean protein at lunch and at dinner
- Eat a protein based breakfast, such as egg whites or cottage cheese
- Eat a maximum of one serving of whole grain carbs at each meal (i.e. $\frac{1}{2}$ cup of brown rice or 1 slice of whole wheat toast)
- Do not eat after 8:00 p.m.
- Eat a maximum of two fruits per day (more than this will provide too many calories from sugar)

7-Day Boot camp Meal Plan

Below you will find seven days of three meals and two snacks per day. We've provided general guidelines on portions sizes, but since we all have varying caloric needs, you may need to increase the portions sizes a bit to meet your distinct needs. The meal plan, as is, will provide about 1300-1500 calories per day.

7 Day

Boot camp

Meal Plan

**Day 1 Boot camp
Meal Plan**

Breakfast:

3 egg whites scrambled with 1 ounce of cheese served on 1 slice of whole wheat bread

Snack:

1 low fat string cheese and 1/2 slice red pepper

Lunch:

Sliced turkey served on a whole wheat English muffin topped with lettuce, tomato and mustard.
Serve with a big salad topped with 2 tablespoons grated cheese and balsamic vinaigrette.

Snack:

1/2 cup cottage cheese topped with 2 tablespoons chopped walnuts

Dinner:

Lean sirloin hamburger broiled and served with 1 cup of steamed broccoli, 1 small potato and a large green salad topped with oil and vinegar.

**Day 2 Boot Camp
Meal Plan**

Breakfast:

1/2 -3/4 cup cottage cheese with 1 slice of wheat toast and 1 cup of sliced melon

Snack:

10 almonds and 1/2 cup of low fat yogurt

Lunch:

1 1/2 cups of minestrone soup topped with 2 tablespoons grated cheese served with a plate of steamed veggies and 5 whole wheat crackers

Snack:

Protein smoothie made with 1 scoop of protein powder (such as FIRM protein powder) 1 cup of fresh or frozen berries and 1/2 cup of skim or soymilk. Add ice and Splenda if desired.

Dinner:

Skinless chicken breast, with or without the bone, marinated in teriyaki sauce and baked until cooked through. Serve with steamed zucchini topped with 1 teaspoon of reduced sodium soy sauce and 1/2 cup of brown or wild rice. Serve with a large salad topped with vinaigrette or rice wine vinegar.

Day 3 Boot camp Meal Plan

Breakfast:

1 cup of high protein, high fiber cereal, such as Kashi GoLEAN with 1 cup of skim, 1% or soy milk and 1/2 a banana.

Snack:

2-3 slices of turkey breast rolled with 1 slice of cheese and 1/2 a sliced cucumber.

Lunch:

Chicken salad (use about 4 ounces of diced chicken breast mixed with 1 tablespoon of reduced fat mayo and a teaspoon of Dijon mustard) served over a bed of mixed greens and a chopped tomato

Snack:

1 ounce of soy chips of baked tortilla chips with salsa

Dinner:

Southwest turkey burger made with 4-5 ounces of ground white meat turkey, 3-4 tablespoons commercially prepared salsa, and 1-2 tablespoons seasoned breadcrumbs. Broil burger for about 6 minutes on each side until cooked through. Serve with a large green salad; topped with 1/3 cup canned corn and 2 tablespoons grated Monterey jack cheese and dressed with vinaigrette.

**Day 4 Boot camp
Meal Plan**

Breakfast:

3 egg whites scrambled with 1 slice of 2% cheese served with 1 slice of whole wheat toast and 1/2 a sliced apple

Snack:

10 almonds and other half of apple from breakfast

Lunch:

4 ounces of grilled chicken, served over mixed greens and tomatoes, use low fat salad dressing and serve with 1 whole wheat English muffin

Snack:

1/2 cup of cottage cheese with 1 cup of sliced melon or berries

Dinner:

Heat up 1 1/2 cups of prepared Black Bean Soup--such as Progresso--and top with 2 tablespoons grated cheese. Serve with 12 baked tortilla chips and a tomato and cucumber salad.

**Day 5 Boot camp
Meal Plan**

Breakfast:

1/2 cup of oatmeal (1/2 cup before it is cooked) served with 1 cup of low fat plain yogurt with 1 cup of berries mixed in.

Snack:

1 string cheese and sliced pear

Lunch:

Tuna salad (buy chunk light for less mercury) made with 5 ounces of tuna and 1 tablespoon of light mayonnaise. Serve over a bed of lettuce and tomato with 2-3 Melba toast crackers.

Snack:

2 ounces of sliced turkey served with 5 cherry tomatoes and 1/2 a sliced cucumber.

Dinner:

Veggie burger taco salad. Crumble 2 veggie burgers over a salad made with romaine lettuce, tomato, 1/4 cup grated cheddar cheese, and 1/4 cup black beans. Dress with salsa a dollop of low-fat sour cream and serve with 1/2 of a 6-inch wheat pita.

Day 6 Boot camp Meal Plan

Breakfast:

Smoothie made with ~90-100 calories worth of protein powder (such as The FIRM protein powder), 1/2 cup skim milk 1% milk or soy milk, and 1 cup of frozen berries. Add ice and Splenda if desired. Serve with 1 slice of whole wheat toast.

Snack:

1 rice cake topped with 1 tablespoon of peanut butter and a thin layer of fruit spread.

Lunch:

Greek salad made with: 2-3 cups of chopped romaine lettuce, 2 ounces of feta cheese, 5 cherry tomatoes, 1/4 cup chick peas and 1/2 a sliced cucumber. Dress with vinaigrette dressing and serve with 1/2 a 6-inch whole wheat pita bread.

Snack:

1/2 cup plain low fat yogurt topped with cup high fiber cereal, such bran flakes and 1/2 cup frozen berries. Sweeten with Splenda if desired.

Dinner:

Shrimp wraps: Toss 4-5 ounces of boiled chopped shrimp in a bowl with 1/4 cup canned corn, 1/4 a sliced avocado, and 1/4 cup chopped tomato--add 2 tablespoons of bottled Italian or Caesar dressing. Wrap of the dressing you used for the wrap.

Day 7 Boot camp Meal Plan

Breakfast:

1 cup low fat plain yogurt topped with 1 tablespoon chopped walnuts and 1/2 a chopped apple. Flavor with cinnamon and Splenda is desired. Serve with 1 slice whole wheat toast.

Snack:

1 navel orange with a mug of diet hot cocoa (about 25-50 calories)

Lunch:

Choose a frozen meal with 250-350 calories--such as Amy's Organic veggie lasagna, or lean Cuisine glazed chicken. Serve with a large green salad dressing with balsamic vinegar and olive oil.

Snack:

1 ounce of nuts (1 ounce is about: 20 almonds, 25-30 peanuts, 17 cashews, or 10 walnut halves).

Dinner:

4 ounces of broiled salmon (or any fish you desire) with 1 cup steamed broccoli and 1/2 cup of brown rice. Serve with a green salad is desired.

Notes for Meal Plan

Notes:

The
FIRM
Absolute
Diet

Eat For Your Abs

The FIRM Absolute Diet

By Nutritionist Sara November 4, 2008

Over the past 10 years that I have spent working in the fitness industry, the number one question I get is, "How can I lose this flab around the middle"? And while there is no proven way to spot reduce, I have found that certain diet techniques can whittle down your tummy faster than you might believe. So read on to learn how to eat for your abs. While it's not easy, you'll be thrilled with the outcome!

The Anatomy of Ab Flab

As we get older, and our hormone levels fluctuate, we become more prone to abdominal fat. In a nutshell, the older you get, the more apt you are to have fat around the middle, and that goes for men AND women alike. Abdominal fat is not only unattractive and uncomfortable, but it is also unhealthy. Individuals with enjoyable, you are at a lower health risk if you hold onto fat in the lower half of your body. So here is the lowdown on how to eat in order to lose the fat, and carve out your abs!

Until just recently, I did not have any advice for my clients looking to show off their abs. I would simply suggest that they try to lose more weight. However, as you may well know, losing weight alone does not guarantee a tight mid-section. Then new research came out that suggested that a diet low in sugar and refined carbs could actually help you to shred belly fat—very exciting! So, I tried it myself, and encouraged my clients to try it, and sure enough.....a diet that is strictly limited in sugar and refined carbs did result in looser jeans.

The Basics Behind the AB-solute Diet

Before I discuss which foods to avoid on your new diet, let me give you a brief lesson on biochemistry so that you will understand what is going on behind the scenes of this diet.

When a person eats a high sugar food, say orange juice or raisins, their sugar rises. This rise in blood sugar causes your body to produce insulin to bring your blood sugar down. This is called the "glycemic response". It is thought that insulin causes fat deposition on the abdomen—but this is not confirmed yet. The diet that we will strive to follow will have a low glycemic response—in other words, you will not eat foods that will cause your blood sugar to rise and subsequently, you will not have to produce as much insulin.

Food to Eat and Food to Avoid

Below you will find a chart of foods that should be avoided and foods that should be included in your new diet. You will find that the first 2-3 days of this diet downright, as you will likely be going through sugar withdrawal. Sugar is a highly addictive food, and your body will be craving it! You might have a headache and feel lethargic, but after 3 days you will be amazed at how your cravings will have vanished: you will feel more energetic and likely, somewhat thinner!

Foods to Avoid

- * Fruit Juice
- * Dried fruit
- * White bread
- * Bagels
- * White rice
- * White potatoes
- * Muffins and baked Goods
- * Cookies
- * Candy
- * Breakfast cereals with less Than 5 g of fiber
- * High sugar fruit yogurt
- * Frozen yogurt, ice cream And sorbet
- * Sucking candy and mints
- * Sugared drinks

Foods to choose

- * Whole fruit—but limit to 1-2 serving day
- * Whole grain, such as wheat bread, brown rice, oatmeal. But limit grains to 3 servings per day
- * Vegetables
- * Vegetables and chicken based soups
- * Lean protein such as poultry, eggs, egg whites
- * Plain Yogurt
- * Cottage cheese
- * Low-fat cheese
- * low-sugar pudding and jell-o
- * Nuts and peanut butter
- * Lots of water, and 1-2 diet drinks

Other Principles of the Diet

As is true with all FIRM diet, you need to eat a balanced diet that consists of 3 meals and about 2-3 snacks per day. You also need to ensure adequate protein intake to fuel your workouts and your meals. If you follow these principles, you will be creating a very stable and even blood sugar level. This, combined with calorie control and exercise, is true the inches around your waist.

If You Must.....

Since we don't expect you to follow this rigid diet long-term, let me give you a few hints on the best way to "cheat". If you absolutely must have something sweet, then choose a sweet that also has some fat in it. In other words, you are better off eating a piece of chocolate, which has sugar and fat, as opposed to eating jelly beans which is straight sugar and will cause your blood sugar to rise more rapidly. The same thing goes for refined carbs. If you absolutely must have a plate of pasta, try to add protein and olive oil to it to reduce the blood sugar response. AND, whenever you choose to deviate from the plan, be sure to practice good portion control.

The FIRM

Dining Out

Restaurant

Guide

The FIRM Dining Out Restaurant Guide

Chinese

At Chinese restaurants, most of the added calories come from high-fat, high sugar sauces. Get into the habit of asking for the sauce on side. You can get a very healthy version of "chicken with broccoli" if you add the sauce yourself

Avoid These	Choose These
General Tso's Chicken	Soups: Egg Drop and Wonton
Spareribs	Steamed Dumplings/Dim Sum
Egg Rolls	Lemon Chicken (sauce on side)
Chow Mein and Lo Mein	Sautéed veggies (sauce on side)

Italian

An Italian restaurants, many of the added calories come from bread and pasta. Enormous bowls of otherwise healthy pasta get people into trouble. Ask for half portions of pasta, or just get a Side of pasta in order to keep your calories total in check. Also choose red sauce as opposed to a cream-based one like Alfredo or vodka sauce.

Avoid These	Choose These
Large bowl of Fettuccini Alfredo	Ravioli with red sauce
Personal Pizza	Grilled fish/seafood with red sauce
Chicken Parmesan	Chicken Marsala (drain off as much sauce as you can)

Japanese

Japanese cuisine can be quite deceiving. It looks so clean and healthy, however, there are hidden calories lurking about. One cup of sticky rice has 387 calories! That's because sticky rice has a lot of sugar. When dining at Japanese restaurants, keep the white rice to a minimum and try to avoid foods that are fried (tempura). The good news is that there are plenty of healthy options to choose from.

Avoid These	Choose These
Sushi Rice	Sushi
Tempura	Chicken Teriyaki
Noodle Bowls	Bamboo-steamed fish and veggies

Mexican

It can be very difficult to navigate your way through a Mexican meal without overeating. The calories pile on fast with the nachos, and beware of all that melted cheese on every entrée! But do not despair; you can still enjoy the delicious cuisine from Mexico without ruining your diet. Did you know that the shell has 500 calories? Better to get your salad in a bowl next time, right?

Avoid These	Choose These
Nachos	10-15 tortilla chips with salsa
Cheese Quesadillas	Taco salad, without the shell
Cheese Burrito	Chicken Fajitas

Chain

Restaurants

Chain Restaurants

Atlanta Bread Company

The FIRM APPROVED

Greek Salad (200 Calories)

Frontier Chicken Chili (270 Calories)

Chopstix Chicken Salad (280 Calories)

Avoid These

Chicken Pesto Panini (800 Calories)

Chicken Parmesan Salad (780 Calories)

Don Pablos

The FIRM APPROVED

Classic Chicken Fajitas (280 Calories)

Soft Chicken Taco (296 Calories)

Mamma's Skinny Enchilada (293 Calories)

Avoid These

Buffalo Wings (1,045 Calories)

Beef Nachos (1,464)

Panara Bread

The FIRM APPROVED

Asian Sesame Chicken Salad (417 Calories)

Smoked Turkey on Sourdough (427 Calories)

Chicken Noodle Soup (98 Calories)

Avoid These

Smoked Turkey on Asiago Focaccia Bread (834 Calories)

Boston Market

The FIRM APPROVED

1/4 original rotisserie chicken, white meat, without skin (320 Calories)

White chicken chili with beans (230 Calories)

Minestrone Soup (130 Calories)

Avoid These

Chopped salad with turkey and Caesar dressing (770 Calories)

Meatloaf Carver sandwich (960 Calories)

Applebee's

The FIRM APPROVED

Grilled Citrus Chicken Salad (240 Calories)

Blackened Chicken Salad (459 Calories)

Teriyaki Shrimp Skewers (260 Calories)

Avoid These

Asian Chicken Salad (719 Calories)

Low-fat Chicken Quesadilla (742 Calories)

Arby's

The FIRM APPROVED

Asian Sesame Salad with Almonds (485 Calories)

Grilled Chicken Sandwich (384 Calories)

Garden side salad, without dressing (40 Calories)

Avoid These

Chicken fingers and fries (1,044 Calories)

Mozzarella sticks (862 Calories)

Olive Garden

The FIRM APPROVED

Minestrone Soup (100 Calories)

Chicken Giardino (460 Calories)

Linguini Marinara (450 Calories)

Avoid These

1 little breadstick (140 Calories)

Shrimp Primavera (730 Calories)

Food Journal

Food Journal

Date:

Meal 1:	Time:	Calories	Fat	Carbs	Fiber	Protein
Meal 2:	Time:					
Meal 3:	Time:					
Meal 4:	Time:					
Meal 5:	Time:					
Meal 6:	Time:					

Notes:

Personality

Snapshot

Personality Snapshot

Date: _____

Diet

Notes: _____

(Use this section to write your hunger levels, binges, quantity & quality control [portion size, fast foods, restaurant meals], medications, allergens, vitamins/mineral supplements)

1	2	3	4	5	6	7	8	9	10
empty calories		low quality		average		nutrient-dense			clean

Workout

Notes: _____

(Energy level & reserve, amount of exertion, practice, proficiency, plateaus, technique, mastery of skills, degree of difficulty, satisfaction, dread, proper degree of control.)

1	2	3	4	5	6	7	8	9	10
sluggish		weak		average		productive			dynamic

Recovery

Notes: _____

(Injury, fatigue, pain, soreness, stiffness, joint mobility, insomnia, sleep deprivation, naps, meditation or deep relaxation, alternative physical activities.)

1	2	3	4	5	6	7	8	9	10
injury		weak		average		strong			powerful

Emotions

Notes: _____

(Mood swings, stress, pressures, negativity, pessimism, optimism, expectations, challenges, hopes, fears, tenacity, failures, pleasures, satisfaction, defeats, victories, contentment.)

1	2	3	4	5	6	7	8	9	10
depressed		unhappy		neutral		happy			elated

Intellect

Notes: _____

(Creativity, evolution, change, goals, organization and preparation, strategies, inspirations, original thoughts, relaxation, habits, perseverance, tactics, expectations, problems-solving, wisdom, knowledge.)

1	2	3	4	5	6	7	8	9	10
dull		slow		average		original			sharp

Self Image

Notes: _____

(Purpose, center, accountability, reconciliation, self-confidence, self-confidence, positive feedback, assertiveness, boldness, self-control, discipline, visualization, personal style, inner peace.)

1 2 3 4 5 6 7 8 9 10
negative critical neutral accepting personal best

Weight

Today's Weight: _____ Starting Weight: _____

Weigh everyday in the morning before breakfast. Plot your weight losses and gains relative to your starting weight (SW). Weight loss should be limited to 4-6 pounds per month. Muscle (non fat) weight gain limited to about 1 pound per month.

-7 -6 -5 -4 -3 -2 -1 SW (+) 1 (+) 2

Notes

