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## MEAL PLAN

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1,200 - 1,300  
calories per day.



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## MONDAY

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### BREAKFAST

Shake + Tea  
(150 calories)

### SNACK

Healthy Snack from  
list (150-200 calories)

### LUNCH

Protein + Veggies +  
Complex Carbs  
(300-400 calories)

### SNACK

Shake  
(145 calories)

### DINNER

Protein + Veggies  
(400 calories)

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## TUESDAY

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### BREAKFAST

Shake + Tea  
(150 calories)

### SNACK

Healthy Snack from  
list (150-200 calories)

### LUNCH

Protein + Veggies +  
Complex Carbs  
(300-400 calories)

### SNACK

Shake  
(145 calories)

### DINNER

Protein + Veggies  
(400 calories)

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## WEDNESDAY

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### BREAKFAST

Shake + Tea  
(150 calories)

### SNACK

Healthy Snack from  
list (150-200 calories)

### LUNCH

Protein + Veggies +  
Complex Carbs  
(300-400 calories)

### SNACK

Shake  
(145 calories)

### DINNER

Protein + Veggies  
(400 calories)

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## THURSDAY

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### BREAKFAST

Shake + Tea  
(150 calories)

### SNACK

Healthy Snack from  
list (150-200 calories)

### LUNCH

Protein + Veggies +  
Complex Carbs  
(300-400 calories)

### SNACK

Shake  
(145 calories)

### DINNER

Protein + Veggies  
(400 calories)

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## FRIDAY

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### BREAKFAST

Shake + Tea  
(150 calories)

### SNACK

Healthy Snack from  
list (150-200 calories)

### LUNCH

Protein + Veggies +  
Complex Carbs  
(300-400 calories)

### SNACK

Shake  
(145 calories)

### DINNER

Protein + Veggies  
(400 calories)

SAT/SUN: Keep same eating schedule. Choose meals from recipe book.

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## MEAL PLAN/ GROCERY LIST

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1,200 - 1,300  
calories per day.



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## PROTEIN

(4 OZ COOKED)

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- CHICKEN
- TURKEY
- LEAN BEEF
- FISH
- SHELLFISH
- LAMB LOIN
- PORK LOIN

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## COMPLEX CARBS

(3 OZ)

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- BROWN RICE
- SWEET POTATOES
- BEANS
- LEGUMES
- QUINOA
- BARLEY
- STARCHY  
VEGETABLES
- OATS

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## VEGGIES

(1 CUP)

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- ARTICHOKE HEARTS
- ASPARAGUS
- BAMBOO SHOOTS
- BRUSSELS SPROUTS
- BROCCOLI
- CABBAGE
- CARROTS
- CAULIFLOWER
- CELERY
- COLESLAW
- CUCUMBERS
- EGGPLANT
- GREENS (COLLARD, KALE,  
MUSTARD, TURNIP)
- HEARTS OF PALM
- JICAMA
- LEEKS
- LETTUCE
- MUSHROOMS
- MUSTARD GREENS
- OKRA
- ONIONS
- PEA PODS
- PEPPERS (ALL TYPES)
- RADISHES
- SNOW PEAS OR PEA PODS
- SCALLIONS
- SPROUTS
- SQUASH
- STRING BEANS
- TOMATOES
- TURNIPS
- ZUCCHINI

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## FRUITS

(1 CUP)

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- APPLES
- BLUEBERRIES
- BANANA
- ORANGES
- DRAGON FRUIT
- MANGO
- AVOCADO
- LYCHEE
- PINEAPPLE
- STRAWBERRIES
- DURIAN
- CHERRIES
- WATERMELON
- KIWI
- PEACHES
- GRAPES
- POMEGRANATE
- GRAPEFRUIT

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## HEALTHY FATS

(1 SERVING)

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- AVOCADO
- CHEESE
- DARK CHOCOLATE
- WHOLE EGGS
- FATTY FISH
- NUTS
- CHIA SEEDS

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## SEASONINGS

(TO TASTE)

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- HIMALAYIAN SALT
- BLACK PEPPER
- MRS. DASH
- GARLIC
- GINGER
- LEMON
- MUSTARD
- VINEGAR

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## DAILY HABITS CHECKLIST

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1,200 - 1,300  
calories per day.

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## EXERCISE

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- 30 MINUTES CARDIO
- 45 MINUTES CARDIO
- 60 MINUTES CARDIO

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## HYDRATION

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8 GLASSES OF WATER

|                          |                          |                          |                          |
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## SHAKES

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- MORNING SHAKE
- NIGHT SHAKE

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## TEAS

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- MORNING TEA
- AFTERNOON TEA

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## SUPPLEMENTS

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- MULTIVITAMIN
- CELL U LOSS
- TOTAL CONTROL
- AMINOGEN
- PROLESSA DUO

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## PERSONAL DEVELOPMENT

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- WAKE UP BY \_\_\_\_ AM
- MAKE BED
- JOURNAL 5 SENTENCES
- READ 10 PAGES
- MEDITATE 1 MINUTE
- STRETCH 1 MINUTE
- GRATITUDE LIST OF 5
- SAY "I LOVE YOU" ONCE
- PUT ALL DISHES AWAY
- TAKE AN OUTDOOR WALK
- GO TO BED BY \_\_\_\_ PM

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## AVOID

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- NO ALCOHOL
- NO NETFLIX
- NO SODA
- NO SUGAR
- NO SMOKING

# Smart *SHOPPING 101*

When it comes to living a healthy lifestyle, your grocery cart wields tremendous power. Here are some easy tips to help you navigate your supermarket and become a nutrition-conscious, savvy shopper:



## **Always go in with a plan.**

Bring your grocery list.



## **Don't shop when you're hungry.**

You'll buy things you'll later regret!



**Stick to your list** to manage your budget and your weight.



**Shop along the perimeter** of the store, where fresh foods tend to be located.



**Avoid aisles** with things like chips, cookies and sugary beverages.



**Buy a fruit or vegetable** you've never had before to add variety to your diet.



## Tips for *HEALTHY GROCERY SHOPPING*

### **Make the food you normally eat as healthy as you can...**

Try the reduced fat versions of things you eat on a daily basis (salad dressings, spreads, yogurt, dairy, etc.) to save calories. For instance, switching from regular ground beef to ground turkey can cut about 10 grams of fat and 100 calories per 3-ounce serving. Try switching from refined starches to whole grains like brown rice and whole wheat pasta. Also, the low sugar or non-sweetened versions of foods will cut down your sugar intake.

### **Consider what's in season...**

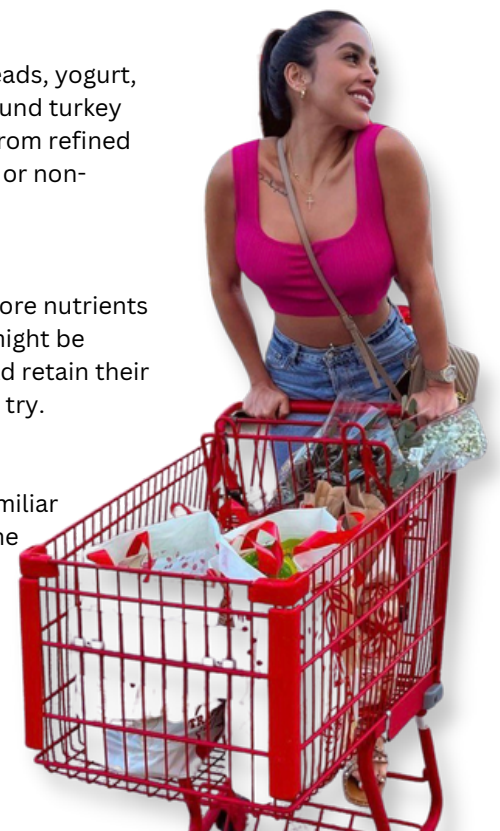
The current season's fruit and vegetable options are usually fresher, often retain more nutrients and are usually less expensive. If you have a farmer's market nearby, the produce might be fresher than supermarkets, which means vegetables won't wilt as quickly and should retain their nutritional value longer. You're also more likely to find new fruits and vegetables to try.

### **Try a new fruit or vegetable once a week...**

If you're not ready to tackle a new food, start slowly with a different variety of a familiar food. If your salad is always made with iceberg lettuce, switch to dark green romaine or baby spinach instead. Try a new variety of pepper or apple or cook a Japanese eggplant, which is more slender and light.

### **Find ways to incorporate more fish into your diet...**

Canned tuna and salmon that are wild caught are good sources of omega-3 fats, and they're also convenient and affordable. Toss canned tuna or salmon into a salad for a quick, healthy and light main dish.



# Grocery

## SHOPPING LIST



Go in with a list.



Stick to the perimeter of the store for fresher foods.



Shop for what's in season. These products usually retain more nutrients.



Turn packages around and read the nutrition facts.



**Be bold!** Try one new fruit or veggie each week.



Replace starchy carbs with whole grains, like brown rice and whole wheat pasta.



Make fish your friend. Tuna and wild-caught salmon are high in beneficial fats.

## MEAL PLAN ESSENTIALS

### PROTEIN

Examples: lean meats, fish, poultry, eggs, low-fat dairy. Vegetarians: tofu, tempeh

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### HEALTHY CARBS

Examples: beans and whole grains like brown rice, whole-grain pasta, quinoa,

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### FRUITS/VEGGIES

Suggestion: fresh or frozen

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### HEALTHY FATS

Examples: avocados, olive or canola oil, nuts (almonds and walnuts) low-fat cheese

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