

STEALTH[®]
LEAN CORE PROGRAM

**GET A
STRONGER
CORE**

IN JUST 10 WEEKS!



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STEALTH LEAN CORE PROGRAM

4 STEPS TO SUCCESS

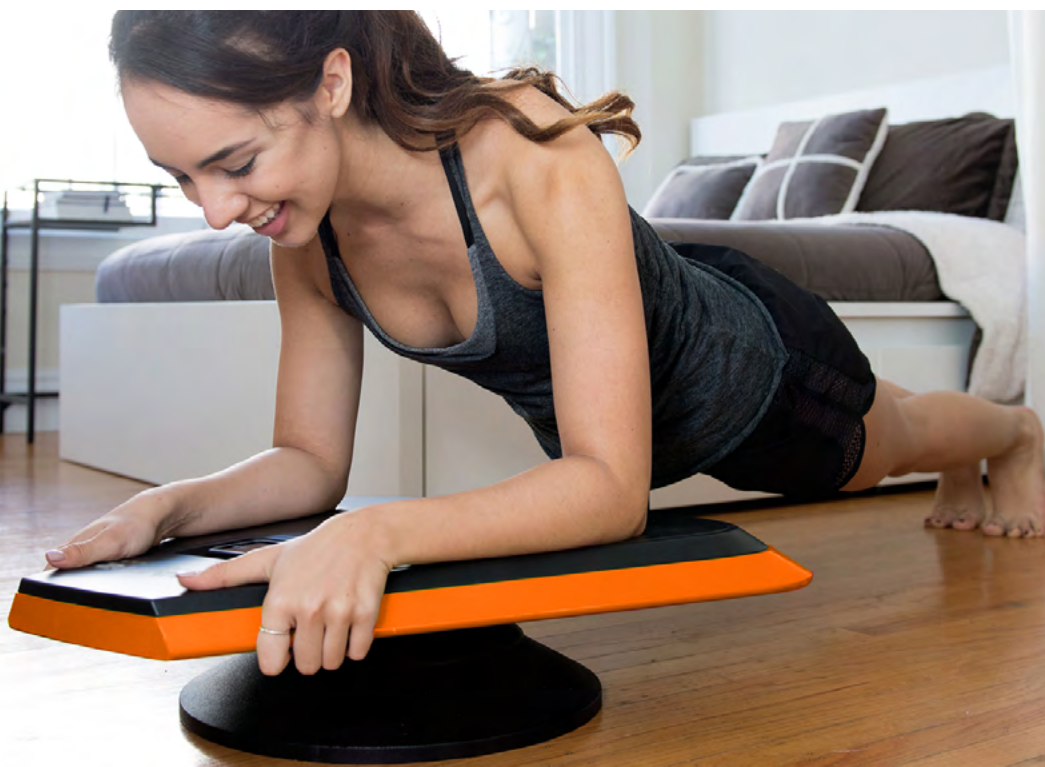
The Stealth Lean Core Program is a 10-week program that combines working out on your Stealth Core Trainer with a simple meal plan that can burn fat. Just follow these simple steps, and you can see amazing results in only 10 weeks.

01

STEALTH YOUR
DAY

Using your Stealth daily for 1-3 minutes is critical during the 10-week program. You will build core strength and fire up your metabolism.

Begin using your Stealth by planking 20 seconds or more, then rest and repeat until you plank at least 1-minute per day. You can also start in the modified (bent knee) position if you are new to the plank exercise. In just a few short weeks, you should be able to hit the 3-minute planking goal.



02

**FUEL YOUR CORE
WITH
FAT BURNING
NUTRITION**

Have you ever heard the saying “Abs are made in the kitchen?”

It's true, and if you want to uncover your six-pack, then you need to put the right foods in your body, especially during the next 10 weeks. We have made it really easy for you.

All you have to do is follow the program and enjoy the simple meal and snack suggestions.



03

MOVE

Extra pounds of fat on your body is like having a full tank of gas in your car. If you don't drive it, your tank will remain full. Over the next 10 weeks, your goal is to empty your excess fat cells by moving as much as possible, which means that you need to **WALK** at least 30 minutes a day, and preferably after your last meal of the day.

Walking is one of the simplest ways to fire up your metabolism and burn those extra pounds of stored fat fast. Feel free to walk before breakfast and after lunch if you can fit it into your daily schedule.



04

HIIT YOUR STEALTH

Want a great way to turn up your fat burning metabolism?

Rev up you STEALTH workouts with HIIT High-Intensity Interval Training. A great way to boost your metabolism and burn fat even faster is to add a few cardio intervals in between Stealth Planking.

Start with a 1-3 minute warm up by walking around swinging and crossing your arms and doing a few squats to warm up your lower body. Open your Stealth App and pick your favorite game. Perform the following exercises as indicated in the chart below.

STEALTH HIIT WORKOUT SAMPLE

Do the following exercises in order for 20-30 seconds followed by a 30 second rest if needed. Repeat up to 3 times

STEALTH PLANKING

JOG IN PLACE

STEALTH PLANKING

JUMPING JACKS

STEALTH PLANKING

HIGH KNEES

STEALTH PLANKING

AIR SQUATS

STEALTH PLANKING

SIDE JACKS

STEALTH PLANKING

JOG IN PLACE





**STEALTH LEAN CORE
SAMPLE ONE WEEK**

*Workout
Plan*

STEALTH
PLANKSTER



Stealth 1-3 Min. | 30 Min. Walk
Optional: Stealth HIIT Workout



Stealth 1-3 Min. | 30 Min. Walk AM |
30 Min. Walk PM



Stealth 1-3 Min. | 30 Min. Walk
Optional: Stealth Hiit Workout



Stealth 1-3 Min. | 30 Min. Walk AM |
30 Min. Walk PM



Stealth 1-3 Min. | 30 Min. Walk
Optional: Stealth HIIT Workout



Stealth 1-3 Min. | 30 Min. Walk AM |
30 Min. Walk PM



REST & RELAX





STEALTH LEAN CORE PROGRAM



Meal Plan

GUIDELINES

Water:

Drink 8-10 glasses of water each day.

Night time eating:

STOP EATING AT LEAST 3 HOURS BEFORE GOING TO SLEEP

Preparation:

Prepare for your weight-loss success by clearing out your refrigerator and cupboards of all highly processed, “junk foods.” The goal during the next 10 weeks is to eat only “clean” or minimally processed foods! Also, after you read the meal plan, make a shopping list for the ingredients and foods you’ll need. Ideally, prepare and pack any meals and snacks that you will not be able to prepare at home and resist eating at restaurants during the next 10 weeks, so plan your meals in advance. Drink a warm glass of lemon water to start every day.

All of the following foods and beverages are to be avoided for the next 10 weeks:

- Alcohol
- Beans
- White Breads
- Cereals
- High-fat dairy: milk, butter, cream cheese, sour cream, ice cream
- White Potatoes
- Pasta
- White Rice
- Soda
- Sugar:
 - Includes sugar, products containing sugar, and hidden forms of sugar, such as sucrose, dextrose, corn syrup and brown sugar.
 - Artificial sweeteners are usually not recommended.



STEALTH LEAN CORE PROGRAM



*What to
eat and
How much . . .*



**LEAN PROTEINS,
FRUITS, VEGETABLES
AND HEALTHY FATS**



Chicken or turkey	1 oz., white meat, no skin
Beef	1 oz., lean beef
Pork	1 oz., chop or loin
Fish	1 oz., not breaded or fried
Tofu	.5 oz.
Eggs	1 egg, 2 whites or 1/4 cup egg substitute
Cheese	1 oz., fat-free or light/reduced fat
Cottage Cheese	cup, fat-free or 1%
Greek Yogurt	3 oz., 0% fat, plain





EAT UP TO 2-3 CUPS PER DAY!!!

Artichoke
Asparagus
Bean Sprouts
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Chard
Collards
Cucumber

Eggplant
Green Beans
Kale
Leeks
Lettuce: iceberg, red, romaine
Mushrooms
Onions/Shallots
Peppers: green, red, yellow
Spinach
Squash: acorn, butternut, yellow,
zucchini
Tomatoes





EAT 2 SERVINGS A DAY FROM THE FOLLOWING LIST:

Apples	1 medium
Banana	1/2
Berries:	blackberries, blueberries, raspberries, strawberries
Cherries	12
Grapes	15
Grapefruit	1/2
Kiwi	1 cup
Mango	1 cup
Melon:	cantaloupe, honeydew, watermelon - 1-1/4 cups
Oranges	1 medium
Peach	1 medium
Pear	1 medium
Pineapple	cup





Oils and Seasonings

CHOOSE THESE HEALTHY FATS AND SEASONINGS WHEN PREPARING YOUR MEALS.

Apple Cider Vinegar

Balsamic Vinegar

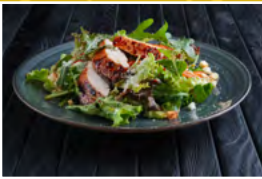
Braggs Liquid Amino Acids

Garlic

Olive oil or Virgin Coconut oil

Spices: basil, cinnamon, dill, ginger, oregano, peppercorns, rosemary, red pepper flakes





STEALTH LEAN CORE PROGRAM



10 WEEK



Meal Plan





QUICK START

Week 1

BREAKFAST

Protein shake

(store-bought or homemade)

–OR–

Egg White Omelette:

3-4 egg whites, lightly beaten, 1 tsp. Olive oil, 1/2-cup red pepper chopped, 1/2 cup diced zucchini, 1 small tomato, 3 sprigs fresh herbs (or dry), 1 clove chopped garlic. NO SALT. Snack from list.

LUNCH

Tuna Salad:

6 oz water-packed tuna, drained and diced. Add grape tomatoes, 2-3 cups romaine (or baby mixed green), 1 cup cucumber and celery, 2 teaspoons of olive oil and lemon/vinegar to taste.

–OR–



How to Prepare:

Spray non-stick cooking pan with non-stick cooking spray such as Pam. Add vegetables. Pour in eggs, fold over once and serve.

How to Prepare:

Place salad ingredients in a bowl and toss.

6 oz. Skinless Chicken Breast:

Grilled with no oil, 1 cup of vegetables (fresh or sautéed in cooking spray). Snack from list.

DINNER

Tofu-Vegetable Stir Fry:

3 oz. extra firm tofu cubed, 1-cup vegetables (bell peppers, mushrooms, onions, broccoli), Non-fat cooking spray, 1 garlic clove, 1/4 tbs. Red pepper flakes

–OR–

4 oz. protein from list - cup vegetables

How to Prepare:

In a wok or non-stick skillet spray with cooking spray, cook pepper flakes on med high heat, add garlic, onion and vegetables cook for 2-3 minutes, add tofu, stir-fry until heated through.



BREAKFAST

Protein shake

(store-bought or homemade)

LUNCH

Bun-Free Burger:

1 extra lean patty – at least 93% lean – beef, chicken, or turkey, 4-8 leaves green lettuce. 1 TBS. mustard

–OR–

Spinach Salad:

Fresh spinach (2-3 cups), One hard-boiled egg, Sliced, grilled chicken breast (3 oz.),

How to Prepare:

Cook patty then place on lettuce.

How to Prepare:

Place salad ingredients in a bowl and toss.

Shredded vegetables (1 cup), Sliced mushrooms (1/2 cup), 2 teaspoons of olive oil and lemon/vinegar to taste. Snack from list.

DINNER

Beef Tenderloin and Mashed Cauliflower:

4 ounces grilled beef tenderloin,
1 cup mixed salad greens,
1 teaspoon of olive oil w/vinegar or lemon.

Mashed Cauliflower:

1 medium head cauliflower, cut into florets, 1 cup purified water, 2 garlic cloves, minced, 1 teaspoon fresh chives, chopped, 1/2-teaspoon onion powder, 1/2 teaspoon fresh parsley, chopped, 1 tablespoon chicken broth. Brush the steak with oil on both sides, then grill or barbecue to taste.

–OR–

4 oz. protein from list - cup vegetables

How to Prepare:

In a medium pot (ideally with a veg steamer), place cauliflower with water and bring to a quick boil. Lower heat to simmer and cover. Cook for an additional 12 minutes or until soft. Drain, transfer cauliflower to a bowl, and mash. Blend in garlic, chives, onions powder, parsley, and broth with the mashed cauliflower. Serve hot.



BREAKFAST

Protein shake

(store-bought or homemade)

–OR–

Omelet:

2 Eggs, 1-cup chopped vegetables, 1 Tbsp. Scallion
Snack from list.

How to Prepare:

Spray non-stick cooking pan with non-stick cooking spray such as Pam. Add vegetables. Pour in eggs, fold over once and serve.



LUNCH

Roll Ups:

3 oz. slices of turkey, chicken or tofu,
4 leaves of lettuce, 1/2 Bell pepper, cut into
strips, 2 teaspoons of olive oil or other olive-
oilbased dressing.

How to Prepare:

Place meat on lettuce
spread with dressing
and roll it up.

—OR—

Grilled or Baked Chicken Salad: 3 ounces chicken 2-cup lettuce,
1/2-cup vegetables, 2 teaspoons of olive oil w/ lemon/vinegar to
taste. Snack from list.

How to Prepare:

Spray a non-stick
coating into a shallow
roasting pan, brush the
chicken breast with a
bit of oil, broil for 12-15
minutes, turning the
breast a few times so
that it cooks through.
When done, add the
sauce over the breast
and serve.

DINNER

Lemon Chicken Breast:

1 skinless, boneless chicken breast, lemon
juice, 1 shallot, 1/2 TBSP. Capers, 1 tbs. Dijon
mustard 1 cup steamed vegetables.

—OR—

4 oz. protein from list - cup vegetables

BREAKFAST

Protein shake

(store-bought or homemade)

–OR–

Smoked Salmon Scramble:

3-4 egg whites, 1 oz-smoked salmon cut in thin strips, non-fat cooking spray, 1 Tbsp chives or other herbs to taste. Snack from list.

LUNCH

Grilled Hamburger Patty on Lettuce:

1 extra-lean hamburger patty, 2-3 leaves of lettuce with 1 teaspoon of olive oil and vinegar/lemon to taste.

–OR–

Tuna Salad:

3-4 ounces tuna fish, 2 cups mixed green salad, 1/2-cup vegetables, 2 teaspoons olive oil with lemon/vinegar to taste. Snack from list.

DINNER

Beef Tenderloin and Mashed Cauliflower:

4 ounces grilled beef tenderloin, 1 cup mixed salad greens, 1 teaspoon of olive oil w/vinegar or lemon.

Mashed Cauliflower:

1 medium head cauliflower, cut into florets,



How to Prepare:

Spray non-stick cooking pan with non-stick cooking spray such as Pam. Add chives and herbs. Pour in eggs, cook until golden brown, add salmon on half of the omelet, fold over and serve.

How to Prepare:

Spray pan with non-stick spray and cook patty until pink and hot in the middle, add dressing to the lettuce and place the patty on the lettuce leaves.

How to Prepare:

In a medium pot (ideally with a veg steamer), place cauliflower with water and bring to a quick boil. Lower heat to simmer and cover. Cook

1 cup purified water, 2 garlic cloves, minced,
1 teaspoon fresh chives, chopped.

–OR–

4 oz. protein from list - cup vegetables

for an 1/2-teaspoon onion powder, 1/2 teaspoon fresh parsley, chopped, 1 tablespoon chicken broth. Brush the steak with oil on both sides, then grill or barbecue to taste.

BREAKFAST

Protein shake

(store-bought or homemade)

–OR–

Egg White Omelet:

3-4 egg whites, lightly beaten 1/2-cup red pepper chopped, 1/2 cup diced zucchini, 1 small tomato, 3 sprigs fresh herbs (or dry) 1 clove chopped garlic. NO SALT. Snack from list.

LUNCH

Ham or Turkey Salad:

3 oz. lean ham or turkey, 2 cups mixed green salad, 1/2-cup vegetables, 1-teaspoon sesame seeds, 2 tsp olive oil with lemon/vinegar to taste. Snack from list.

DINNER

Salmon & Vegetables

Fish: 1 salmon filet grilled (4 ounces cooked)
1 cup steamed vegetables

–OR–

4 oz. Protein from list. 1- cup vegetables



How to Prepare:

Add garlic, veggies and basil. Cook on medium using non-fat cooking spray. Heat, stir frequently, add egg whites and scramble until cooked.

How to Prepare:

Spray non-stick spray in a broil- ing pan and broil the salmon for 8-10 minutes. Alternatively, the salmon can be grilled.

BREAKFAST

Protein shake

(store-bought or homemade).
Snack from list.



LUNCH

Tuna Salad:

3-4 oz water-packed tuna, drained diced or grape tomatoes, 2-3 cup romaine (or baby mixed green), 1 cup cucumber and celery, 2 teaspoons olive oil and lemon/vinegar to taste.

How to Prepare:

Place meat on lettuce spread with dressing and roll it up.



–OR–

Roll Ups:

3 oz. slices of turkey, ham, chicken or tofu
4 leaves of lettuce, bell pepper, cut into strips, 2 teaspoons of olive oil or olive oil-based dressing.

DINNER

Steak & Broccoli:

4-6 oz lean filet or sirloin steak, 1 tsp olive oil (to brush meat with) 1 cup steamed broccoli.

–OR–

4 oz. protein from list - cup vegetables

How to Prepare:

Brush the steak with the oil on sides, then grill or barbecue to taste.

BREAKFAST

Protein shake

(store-bought or homemade).
Snack from list.



LUNCH

Tofu Salad:

1/2-cup firm tofu, cubed and cooked 2 cups
mixed green salad
1-cup vegetables, 1 teaspoon sesame seeds,
2 tsp olive oil, lemon/vinegar to taste. Snack
from list.

How to Prepare:

Place tofu and salad
ingredients in a bowl
and toss.

DINNER

Chicken Breast and Vegetables:

4 oz skinless boneless chicken breast baked
with no salt seasoning, 1-cup green beans or
other vegetable

—OR—

4 oz. protein from list - cup vegetables

How to Prepare:

Spray a non-stick
coating into a shallow
roasting pan, brush
the chicken breast
with a bit of oil, and
bake or broil for 12-15
minutes, turning the
breast so that it cooks
through. When done,
mix together 1 tsp. Of
oil and your choice of
vinegar or lemon and
add the sauce over the
breast and serve.





Week 2

All meal plans are 1200 calories.

See additions below each day for 1600 and 1800 calorie plans.

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
4 egg white 1 egg with yolk 1 slice whole grain toast 1 tsp sugar free jam 1 apple	22 almonds	Chicken rice bowl: 3 oz chicken breast, 2/3 cup cooked brown rice, 1/2 cup steamed vegetables	1/2 cup sliced berries, 1/2 cup plain fat-free Greek yogurt	6 oz baked fish, 1 cup steamed veggies, 1 cup salad, 1 tbsp low-fat dressing

1600 calories: **B** - add 1 slice whole grain toast, 1 tsp sugar free jam; **AM snack** - add 1 peach; **L** - inc. to 6 oz chicken, inc. to 1 cup rice, inc. to 1 cup steamed vegetables.

1800 calories: use 1600 cal. additions plus; **AM snacks** - inc. almonds to 30; **D** - add 1 tbsp olive oil to saute vegetables in.

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
1/2 cup Kashi Go-Lean cereal 1/2 cup blueberries 6 oz plain fat-free Greek yogurt	1 medium apple 1 tbsp peanut butter	Chef Salad (lettuce, tomato, 5 oz turkey/ham, 1 oz low-fat cheese) 2 tbsp low fat dressing 1 whole wheat roll or 2 whole grain Wasa crackers	14 baby carrots 1/4 cup hummus	3 oz chicken breast 1 cup green beans 1 cup salad 1 tbsp low fat dressing 1 medium fruit (apple, orange)	100 calorie pack of microwave popcorn

1600 calories: **B** - inc. Greek yogurt to 8 oz and inc. Kashi to 1 cup; AM snack -Inc up to 2 tbsp peanut butter; **L** - add 1/4 avocado (sliced) to salad; **D** - inc. to 6 oz chicken breast

1800 calories: use 1600 cal. additions plus; PM snacks - add rice cake; **D** - add 2/3 cup whole pasta (cooked)

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Omelette: 1 egg with yolk, 4 whites 1/2 cup chopped veggies of choice 3/4 sliced berries	1/4 raw cashews 8 carrot or celery sticks	1/2 cup cooked whole wheat pasta, 1 cup spinach, steamed 3 oz chicken, 1/2 cup marinara sauce	1 Kashi TLC bar (or similar bar 140 calories, 5g fat or less)	8-10 medium shrimp cooked in 1 tbsp olive oil Cajun seasoning lemon juice, garlic 2 cups steamed veggies, 3/4 cup blueberries

1600 calories: **B** - add 1 slice whole grain toast and 1 teaspoon SmartBalance buttery spread; **L** - inc. to 6 oz chicken, inc. to 1 cup cooked whole wheat pasta; PM snack - add 1 low-fat string cheese

1800 calories: use 1600 cal. additions plus; inc. to 2 slices whole wheat toast and inc. to 1 tbsp SmartBalance; **D** - add 1 small sweet potato.

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Breakfast sandwich: 4 egg whites, 1 Morningstar breakfast patty, 1/4 cup salsa, 1 sandwich thin	1 peach or medium apple	Burger: 4 oz extra lean ground turkey or beef, 1 whole wheat hamburger bun, 1 slice low-fat cheddar cheese, 1 cup salad greens, 1 tbsp low fat dressing	1/2 cup fat free cottage cheese, 1 tbsp sugar free jam, 1/2 cup bran cereal	4 oz grilled salmon, 2 cups salad greens, tbsp light dressing

1600 calories: **B** - add 1/4 avocado, sliced; AM snack - add 8 walnuts; **D** - inc. to 6 oz salmon and add 1/2 cup brown rice (cooked)

1800 calories: use 1600 cal. additions plus; **L** - inc. to 6 oz burger; **D** - inc. to 1 cup brown rice (cooked) **D** - inc. to 1 cup brown rice (cooked)

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Smoothie: 1 cup fat free milk, 1 scoop protein powder, 1 cup frozen berries	1 plain rice cake with 1 tbsp peanut butter	Burrito: 1 small whole wheat tortilla, 1/4 cup salsa, 1 slice low-fat cheese, 3 oz chicken, 1 small apple	1/2 cup edamame	3 oz lean steak sauteed in wok with 2 cups veggies of choice, 1 clove garlic, 1 tsp fresh ginger, 1 tsp low sodium soy sauce, 1 tbsp olive oil (269)

1600 calories: **L** - inc. to 5 oz chicken, PM snack - inc. to 3/4 cup edamame; **D** - add 1/2 cup cooked whole wheat pasta

1800 calories: use 1600 cal. additions plus; AM snack - add 25 grapes **D** - inc. to 1 cup cooked whole wheat pasta

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 2 tbsp raisins, 1/8 cup slivered almond (1/2 oz)	1 peach or 1/2 cup pineapple, 6 oz fat-free plain Greek yogurt	Fish kabob: Grill 3 oz fish, cherry tomatoes, whole mushrooms on a skewer. Serve with 1/2 cup cooked brown rice, 1 cup salad, 1tbsp low fat dressing	1 slice whole wheat toast with 1/4 avocado, sliced	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/1 tbsp low-fat dressing

1600 calories: **L** - inc. to 6 oz fish and inc. to 1 cup brown rice (cooked); **D** - inc. to 5 oz turkey and inc. to 1/2 cup beans

1800 calories: use 1600 cal. additions plus; **L** - inc. almonds to 1/4 cup; **D** - add 1 medium sweet potato

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/2 cup fat-free milk, 2 eggs	22 whole, dry roasted or raw almonds	Tuna sandwich: 1 small can water packed tuna (3 oz), 1 tbsp low fat mayo, 1/4 cup chopped celery on 1 slice whole wheat bread large green salad with lettuce, tomatoes, cucumbers, red peppers	1 slice whole wheat toast with 1/4 avocado, sliced	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/ 1 tbsp low-fat dressing

1600 calories: **L** - inc. to 6 oz tuna and inc. to 2 slices whole wheat bread, add 1 tbsp low fat dressing; **PM** snacks - inc. to 2 low-fat cheese sticks; **D** - add 1/2 cup cooked whole wheat pasta

1800 calories: use 1600 cal. additions plus; **B** - inc. to 1 cup fat free milk; **AM** snack; - inc. to 28 almonds

Week 3

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Smoothie: 1 cup fat free milk, 1 scoop protein powder, 1 cup frozen berries	1 plum, 1 piece string cheese	Roast beef sandwich (3 oz roast beef, 2 slices whole wheat bread, mustard), 2 cups salad greens / veggies w/ 1 tbsp low-fat dressing	14 baby carrots, 1/4 cup hummus	8 medium shrimp cooked in 1 tbsp olive oil, Cajun seasoning, lemon juice garlic, 2 cups steamed veggies, 3/4 cup blueberries, 1/2 cup brown rice

1600 calories: **B** - add 1 tbsp PB to shake; AM snack - inc. to 2 low-fat cheese sticks; **L** - inc. to 6 oz roast beef; **D** - inc. to 12 medium shrimp

1800 calories: use 1600 cal. additions plus; **B** - inc. 2 scoops protein powder; PM snack - add 2 plain rice cakes; **D** - inc. to 12 medium shrimp

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
cup bran flakes, 1 cup fat free milk	1/2 cup sliced berries, 6 oz 0% plain Greek yogurt	Burrito: 1 small whole wheat tortilla, 1/4 cup salsa, 1 slice low-fat cheese, 4 oz chicken breast	6 celery stalks, 2 tbsp peanut butter	4 oz grilled salmon, 2 cups salad greens, 1 tbsp light dressing

1600 calories: **B** - add 8 crushed walnuts; **L** - add 1/4 avocado, sliced; **D** - inc. to 6 oz salmon and add 25 grapes

1800 calories: use 1600 cal. additions plus; **B** - inc. to 12 crushed walnuts; AM snack - inc. to 8 oz yogurt and inc. to 1 cup berries; **L** - inc. to 6 oz chicken

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Omelet: 1 egg with yolk, 4 egg whites, 1/2 cup of chopped veggies of choice, 3/4 cup sliced berries, 1 slice whole wheat toast	1 medium apple, 1 tbsp peanut butter	Tuna pita: 1 small can water packed tuna (3 oz), 1 tbsp low fat mayo, 1/4 cup chopped celery in 1/2 whole wheat pita, large green salad w/ 1 tbsp low-fat dressing	1/2 cup edamame	3 oz lean steak sautéed in wok with 2 cups veggies of choice, 1 clove garlic, 1 tbsp fresh ginger, 1 tsp low sodium soy sauce, 1 tbsp olive oil

1600 calories: **B** - add 1 slice low-fat cheese to omelet, inc. to 2 slices whole wheat toast and add 1 tbsp SmartBalance buttery spread; **L** - inc. to 6 oz tuna; **D** - inc. to 6 oz lean steak;

1800 calories: use 1600 cal. additions plus; **B** - inc. 2 scoops protein powder; PM snack - inc. to 3/4 cup edamame; **D** - add medium sweet potato

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1 cup skim milk, 1 tbsp raisins	1/2 cup fat free cottage cheese, 1 tbsp sugar free jam, 1/2 cup bran cereal	Fish kabob: Grill 4 oz fish, cherry tomatoes, whole mushrooms on skewer. Serve with 1/2 cup cooked brown rice, 1 cup salad, 1 tbsp low fat dressing	1 Kashi TLC bar	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce bell pepper, onions, sautéed in 1 tbsp olive oil

1600 calories: **B** - add 1/8 cup slivered almonds (1/2 oz); AM snack - inc. to 1 cup cottage cheese; **L** - inc. to 6 oz fish; afternoon snack - add 1 peach; **D** - inc. to 5 oz lean turkey

1800 calories: use 1600 cal. additions plus; **L** - inc. to 1 cup brown rice (cooked); add a PM snack (after dinner) - 100 calorie bag of microwave popcorn

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
8 oz fat - free plain Greek yogurt, 3/4 cup berries, 8 walnuts, chopped	2 plain rice cakes, 1/4 cup hummus	1 whole wheat pita, 1 Boca burger, 1 slice low-fat cheese, lettuce/tomato/mustard, 14 baby carrots	1/2 banana with 1 tbsp peanut butter	1 cup turkey chili w/ beans (can use canned, like Hormel 99% fat free turkey chili), 2 cups salad w/ 1 tbsp low-fat dressing

1600 calories: **B** - inc. to 12 walnuts; **L** - add 1/4 avocado, sliced; PM snack - inc. to 1 banana; **D** - inc. to 12 oz turkey chili; add PM snack - 100 calorie microwave popcorn

1800 calories: use 1600 cal. additions plus; **L** - add 20 grapes; **D** - add 1/2 cup brown rice

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 cup Kashi Go-Lean cereal, 1/2 cup blueberries, 3/4 cup low-fat cottage cheese	2 hard boiled eggs	1/2 cup cooked whole wheat pasta, 1 cup spinach steamed, 8 large shrimp, 1/2 cup marinara sauce	1/4 cup raw cashews	2 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/ 1 tbsp low-fat dressing, 1 medium sweet potato

1600 calories: **B** - inc. Kashi to 1 cup and inc. cottage cheese to 1 cup; **L** - inc. to 12 large shrimp and inc. to 1 cup whole wheat pasta; **D** - inc. to 4 oz turkey, add 2 tsp SmartBalance on sweet potato

1800 calories: use 1600 cal. additions plus; **B** - cook turkey/meal in 1 tbsp olive oil; add night snack - carrots and 3 tbsp guacamole

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 banana, 1 cup bran flakes, 1 cup skim milk	6 celery stalks, 2 tbsp peanut butter	Sandwich: 1/2 whole wheat pita, 3 oz deli low sodium ham, turkey, or lean roast beef, lettuce, tomato, mustard, 1 peach	14 baby carrots, 1/4 cup hummus	3 oz flank steak, 1 cup steamed veggies, 2 cups salad, 2 tbsp low fat dressing, 1 medium apple

1600 calories: **L** - inc. to 1 whole wheat pita, inc. to 4 oz lunch meat, add avocado, sliced; PM snack - add 2 plain rice cakes; **D** - inc. to 5 oz flank steak

1800 calories: use 1600 cal. additions plus; **L** - inc. to 6 oz lunch meat; **D** - sautéed veggies in 1 tbsp olive oil

Week 4

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
4 eggs whites, 1 egg w/ yolk, 1 slice whole grain toast with 1 tsp SmartBalance	1/2 cup fat free cottage cheese, 1/2 cup bran cereal w/ pinch of cinnamon	Chef salad (lettuce, tomato, 3 oz turkey/ ham, 1 oz low-fat cheese), 2 tbsp low fat dressing, 1 whole wheat roll	1/4 cup raw cashews	3 oz flank steak, 1 cup steamed veggies, 2 cup salad, 1 tbsp low fat dressing, 1 medium apple

1600 calories: **B** - add 3/4 cup fruit salad (canned in water or juice); **L** - inc. to 5 oz turkey/ham, add 1/4 avocado, sliced; **D** - inc. to 6 oz steak

1800 calories: use 1600 cal. additions plus; **B** - inc. to 2 slices whole grain toast and 2 tsp SmartBalance; AM snack - inc. cottage cheese to 1 cup

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Egg White omelet: 6 whites, 1/2 cup of chopped spinach, mushrooms, peppers, other veggies of choice, sautéed in 1 tbsp olive oil, 3/4 cup sliced berries, 1 slice whole wheat toast	1 Kashi TLC bars	Chicken rice bowl: 3 oz grilled chicken, 1/2 cup cooked brown rice, 1 cup steamed veggies, 2 tbsp low fat dressing	6 celery stalks, 2 tbsp peanut butter	4 oz cooked lean ground turkey, 1 cup spaghetti squash, cooked 1/2 cup chopped tomato, cup steamed veggies

1600 calories: **L** - inc. to 6 oz chicken, inc. brown rice to 1 cup; **D** - sautéed turkey squash, and tomatoes in 1 tbsp olive oil

1800 calories: use 1600 cal. additions plus; **B** - inc. to 2 slices whole wheat toast;

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Pita sandwich: 4 egg whites, 1 Morningstar breakfast patty, 1 slice low fat cheddar cheese, 1/4 cup salsa, 1 whole wheat pita	14 baby carrots, 1/4 cup hummus	1/2 cup cooked whole wheat pasta, 1 cup spinach/ mushrooms, steamed, 8 large shrimp, 1/2 cup marinara sauce	1/2 cup sliced berries, 6 oz fat-free plain Greek yogurt	6 oz baked or broiled fish (flounder, halibut, tilapia, etc.), 1 cup steamed veggies, 2 cup salad, 1 tbsp low-fat dressing

1600 calories: **L** - inc. to 12 large shrimp, sautéed veggies/shrimp in 1 tbsp olive oil; PM snack - inc. to 1 cup berries and 1 cup (8 oz) Greek yogurt
D - add 1/2 cup of cooked quinoa (or brown rice)

1800 calories: use 1600 cal. additions plus; **B** - add 1/4 avocado, sliced; **D** - inc. to 1 cup whole wheat pasta (cooked)

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 cup Kashi Go-Lean cereal, 1/2 cup blueberries, 6 oz fat-free plain Greek yogurt	1/2 banana with 1 tbsp peanut butter	Burrito: 1 whole wheat tortilla, 1/4 cup salsa, 1 slice low fat cheese, 3 oz chicken, 2 cups salad w/ 1 tbsp low-fat dressing	2 hard boiled eggs	3 oz lean steak, 1 cup steamed green beans, 1/2 medium sweet potato with 1 tbsp Smart Balance

1600 calories: **B** - inc. to 1 cup Kashi, inc. to 8 oz yogurt, inc. to 3/4 berries; **L** - inc. to 5 oz chicken; **D** - inc. to 5 oz lean steak, inc. to 1 whole medium sweet potato and 2 tsp Smart Balance

1800 calories: use 1600 cal. additions plus; **L** - add 1/4 avocado;

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/8 cup slivered almonds, 1 tbsp raisins	1/2 cup fat free cottage cheese, 1 tbsp sugar free jam, 1/2 cup bran cereal	Tuna salad: 3 cups greens/veggies w/ 3 oz tuna, mixed w/ 1 tbsp light mayo, 8 grapes (sliced), 2 tbsp low-fat dressing	2 multi grain Wasa crackers, 2 wedges Laughing Cow light cheese tomato	3 oz chicken sautéed in work with 2 cups veggies of choice, 1 clove garlic, 1 tsp fresh ginger, chopped, 1 tsp low sodium soy sauce, 1/2 tsp olive oil

1600 calories: **B** - add LF cheese stick; **L** - add whole wheat roll w/ 1 tsp Smart Balance; **D** - inc. to 6 oz chicken, add 1/2 cup brown rice

1800 calories: use 1600 cal. additions plus; **L** - inc. to 5 oz tuna; **D** - inc. to 1 cup brown rice

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Egg white omelette: 6 whites, 1/2 cup of chopped veggies of choice, 3/4 cup of sliced berries, 1 sliced whole wheat toast	100 calorie bag of popcorn	Burger: 4 oz extra turkey or beef, 1 whole wheat hamburger bun, 1 slice low fat cheddar cheese, 2 cups salad greens, 1 tbsp low fat dressing	1 medium apple, a tbsp peanut butter	4 oz grilled salmon, 12 asparagus, steamed

1600 calories: **B** - saute veggies in 2 tsp olive oil, inc. berries to 1 cup;
AM snacks - add 1 low fat cheese stick; **D** - inc. salmon to 6 oz,
add 1/2 cup of cooked quinoa

1800 calories: use 1600 cal. additions plus; **B** - inc. to 2 slices whole wheat
bread and add 1 tbsp SmartBalance; **L** - inc. to 5 oz lean turkey/
beef

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/2 cup fat free milk, 1 hard boiled egg	22 whole, dry roasted or raw almonds	Chicken rice bowl: 3 oz grilled chicken, 1/2 cup cooked brown rice, 1 cup steamed veggies, 1 tbsp low-sodium say sauce	1/2 cup pineapple, 1/2 cup low fat cottage cheese	3 oz flank steak, 1 cup steamed veggies, 2 cups salad, 1 tbsp low fat dressing, 1 medium sweet potato

1600 calories: **L** - inc. to 6 oz chicken, inc. brown rice to 1 cup; **D** - inc. steak to
5 oz, add 2 tsp Smart Balance for potato

1800 calories: use 1600 cal. additions plus; **B** - add 12 crushed walnuts to
oatmeal, PM snack - inc. cottage cheese to 1 cup

Week 5

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, tbsp peanut butter, 2 tbsp raisins	2 multigrain Wasa crackers, 2 wedge Laughing Cow light cheese tomato	Burrito: 1 whole wheat tortilla, 1/4 cup salsa, 1 slice low fat cheese, 3 oz chicken or steak, 2 tbsp guacamole	14 baby carrots, 1/4 cup hummus	1 cup turkey chili w/ beans (can use canned, like Hormel 99% fat free turkey chili), 2 cups salad w/ 1 tbsp low-fat dressing

1600 calories: **B** - inc. to 2 tbsp peanut butter; **L** - inc. to 6 oz chicken; **PM snack** - add 2 plain rice cakes; **D** - inc. to 12 oz turkey chili

1800 calories: use 1600 cal. additions plus; **AM snack** int. to 2 laughing cow Wedges; **L** - add 1/2 cup mixed fruit and inc. to 4 tbsp guacamole; add **PM snack** - 4 oz 0% plain Greek yogurt

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Pita sandwich: 2 egg whites, 1 Morningstar breakfast patty, 1 slice low fat cheddar cheese, 1/4 cup salsa, 1 whole wheat pita	1 peach, 1/2 cup low fat cottage cheese	Chef salad (lettuce, tomato, 3 oz turkey/ ham, 1 oz low-fat cheese), 2 tbsp low fat dressing	15 whole, dry roasted or raw almonds	3 oz pan-seared white fish of choice, 1 cup veggies, sautéed in 1 tbsp olive oil, 1/2 cup brown rice (cooked)

1600 calories: **B** - 1/4 avocado, sliced; **L** - add small whole wheat roll with 2 tsp Smart Balance; **D** - inc. to 5 oz fish and inc. to 1 cup brown rice (cooked)

1800 calories: use 1600 cal. additions plus; **B** - inc. to 4 egg whites; AM snack - inc. to 3/4 cup cottage cheese; **L** - add 12 grapes; PM snack - inc. to 25 almonds

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 grapefruit, 1 cup low fat cottage cheese	2 hard boiled eggs	Sandwich: 1/2 whole wheat pita, 4 oz deli low sodium ham, turkey, or lean roast beef, lettuce, tomato, mustard 2 cups salad w/ 1 tbsp low-fat dressing	6 celery stalks, 2 tbsp peanut butter	10 medium shrimp cooked in 1 tbsp olive oil, Cajun seasoning, lemon juice, garlic, 2 cups steamed veggies, 1/2 cup cooked brown rice

1600 calories: **B** - add 12 crushed walnuts; **L** - inc. to whole pita, add 1/4 avocado, sliced; **D** - inc. to 1 cup brown rice, cooked

1800 calories: use 1600 cal. additions plus; **B** - add 1/2 cup Fiber One cereal; **L** - 18 grapes; add PM snack - 4 oz 0% plain Greek yogurt

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
4 egg whites, 1 egg w/ yolk, 1 slice whole grain toast w/ 1 tsp SmartBalance	1/2 cup sliced berries, 6 oz fat free plain Greek yogurt	Tuna salad: 3 cups greens/veggies w/ 3 oz tuna, mixed w/ 1 tbsp low-fat dressing	1/2 cup raw cashews	3 oz cooked lean ground turkey, 1/2 cup whole wheat pasta, cooked, 1/2 cup chopped tomatoes, 1 cup steamed veggies

1600 calories: **B** - add medium apple; **L** - add 6 oz tuna; **D** - inc. to 5 oz ground turkey and add 1 tbsp olive oil

1800 calories: use 1600 cal. additions plus; **L** - add 2 multigrain Wasa crackers; **D** - inc. to 1 cup whole wheat pasta, cooked

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/2 cup skim milk, 1/8 cup slivered almonds	1 peach, 1/2 cup low fat cottage cheese	Chicken kabob: 3 oz chicken w/ grilled mushrooms, peppers, onions medium sweet potato w/ 1 tbsp Smart Balance	1/2 cup edamame	2 oz ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 1/2 cup brown rice, cooked, 2 cups salad greens w/ 1 tbsp low-fat dressing

1600 calories: **B** - inc. to 1 cup skim milk; **L** - inc. to 6 oz chicken; PM snack - inc. to 3/4 cup edamame; **D** - inc. to 5 oz turkey, inc. beans to 1/2 cup

1800 calories: use 1600 cal. additions plus; AM snack - inc. to 1 cup cottage cheese; **D** - inc. to 1 cup brown rice, cooked

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Smoothie: 1 cup fat free milk, 1 scoop protein powder, 1 cup frozen berries	1 medium plum, 1 light cheese stick	Turkey sandwich: 1 multigrain Sandwich Thin, 3 oz low-sodium turkey lunchmeat w/ lettuce, tomato, mustard, 20 grapes	22 whole dry roasted or raw almonds	3 oz lean steak sautéed in wok with 2 cups veggies of choice, 1 clove garlic, 1 tsp fresh ginger, chopped, 1 tsp low sodium soy sauce, 1/2 tsp olive oil

1600 calories: **B** - add 1 tbsp peanut butter; AM snack - inc. to 2 light cheese sticks; **L** - inc. to 4 oz turkey and add 1/4 avocado, sliced; **D** - add 1/2 cup brown rice, cooked

1800 calories: use 1600 cal. additions plus; **D** - inc. to 1 cup brown rice, cooked; add PM snack - 1 multigrain Wasa cracker w/ 2 tbsp hummus

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 multigrain sandwich thin w/ 1 tbsp peanut butter, 1/2 banana, sliced	22 whole dry roasted or raw almonds	Sandwich: 1 whole wheat pita, 1 Boca burger, lettuce, tomato, mustard, 2 cups salad w/ 1 tbsp low-fat dressing	14 baby carrots, 1/4 cup hummus	4 oz cooked lean ground turkey or beef, 1 cup spaghetti squash, cooked, 1/2 cup marinara sauce, 1 cup steamed veggies

1600 calories: **B** - inc. to 2 tbsp peanut butter; **L** - add 1/4 avocado, sliced, add 1 peach; **D** - add 3/4 cup quinoa, cooked

1800 calories: use 1600 cal. additions plus; **B** - inc. to 1 whole banana; **D** - inc. to 1 cup quinoa, cooked and inc. to 6 oz lean ground turkey/beef

Week 6

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
4 egg white 1 egg with yolk 1 slice whole grain toast 1 tsp sugar free jam 1 apple	22 almonds	Chicken rice bowl: 3 oz chicken breast, 2/3 cup cooked brown rice, 1/2 cup steamed vegetables	1/2 cup sliced berries, 1/2 cup plain fat-free Greek yogurt	6 oz baked fish, 1 cup steamed veggies, 1 cup salad, 1 tbsp low-fat dressing

1600 calories: **B** - add 1 slice whole grain toast, 1 tsp sugar free jam; **AM snack** - add 1 peach; **L** - inc. to 6 oz chicken, inc. to 1 cup rice, inc. to 1 cup steamed vegetables.

1800 calories: use 1600 cal. additions plus; **AM snacks** - inc. almonds to 30; **D** - add 1 tbsp olive oil to saute vegetables in.

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
1/2 cup Kashi Go-Lean cereal 1/2 cup blueberries 6 oz plain fat-free Greek yogurt	1 medium apple 1 tbsp peanut butter	Chef Salad (lettuce, tomato, 5 oz turkey/ham, 1 oz low-fat cheese) 2 tbsp low fat dressing 1 whole wheat roll or 2 whole grain Wasa crackers	14 baby carrots 1/4 cup hummus	3 oz chicken breast 1 cup green beans 1 cup salad 1 tbsp low fat dressing 1 medium fruit (apple, orange)	100 calorie pack of microwave popcorn

1600 calories: **B** - inc. Greek yogurt to 8 oz and inc. Kashi to 1 cup; AM snack -Inc up to 2 tbsp peanut butter; **L** - add 1/4 avocado (sliced) to salad; **D** - inc. to 6 oz chicken breast

1800 calories: use 1600 cal. additions plus; PM snacks - add rice cake; **D** - add 2/3 cup whole pasta (cooked)

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Omelette: 1 egg with yolk, 4 whites 1/2 cup chopped veggies of choice 3/4 sliced berries	1/4 raw cashews 8 carrot or celery sticks	1/2 cup cooked whole wheat pasta, 1 cup spinach, steamed 3 oz chicken, 1/2 cup marinara sauce	1 Kashi TLC bar (or similar bar 140 calories, 5g fat or less)	8-10 medium shrimp cooked in 1 tbsp olive oil Cajun seasoning lemon juice, garlic 2 cups steamed veggies, 3/4 cup blueberries

1600 calories: **B** - add 1 slice whole grain toast and 1 teaspoon SmartBalance buttery spread; **L** - inc. to 6 oz chicken, inc. to 1 cup cooked whole wheat pasta; PM snack - add 1 low-fat string cheese

1800 calories: use 1600 cal. additions plus; inc. to 2 slices whole wheat toast and inc. to 1 tbsp SmartBalance; **D** - add 1 small sweet potato.

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Breakfast sandwich: 4 egg whites, 1 Morningstar breakfast patty, 1/4 cup salsa, 1 sandwich thin	1 peach or medium apple	Burger: 4 oz extra lean ground turkey or beef, 1 whole wheat hamburger bun, 1 slice low-fat cheddar cheese, 1 cup salad greens, 1 tbsp low fat dressing	1/2 cup fat free cottage cheese, 1 tbsp sugar free jam, 1/2 cup bran cereal	4 oz grilled salmon, 2 cups salad greens, tbsp light dressing

1600 calories: **B** - add 1/4 avocado, sliced; AM snack - add 8 walnuts; **D** - inc. to 6 oz salmon and add 1/2 cup brown rice (cooked)

1800 calories: use 1600 cal. additions plus; **L** - inc. to 6 oz burger; **D** - inc. to 1 cup brown rice (cooked) **D** - inc. to 1 cup brown rice (cooked)

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Smoothie: 1 cup fat free milk, 1 scoop protein powder, 1 cup frozen berries	1 plain rice cake with 1 tbsp peanut butter	Burrito: 1 small whole wheat tortilla, 1/4 cup salsa, 1 slice low-fat cheese, 3 oz chicken, 1 small apple	1/2 cup edamame	3 oz lean steak sauteed in wok with 2 cups veggies of choice, 1 clove garlic, 1 tsp fresh ginger, 1 tsp low sodium soy sauce, 1 tbsp olive oil (269)

1600 calories: **L** - inc. to 5 oz chicken, PM snack - inc. to 3/4 cup edamame; **D** - add 1/2 cup cooked whole wheat pasta

1800 calories: use 1600 cal. additions plus; AM snack - add 25 grapes **D** - inc. to 1 cup cooked whole wheat pasta

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 2 tbsp raisins, 1/8 cup slivered almond (1/2 oz)	1 peach or 1/2 cup pineapple, 6 oz fat-free plain Greek yogurt	Fish kabob: Grill 3 oz fish, cherry tomatoes, whole mushrooms on a skewer. Serve with 1/2 cup cooked brown rice, 1 cup salad, 1tbsp low fat dressing	1 slice whole wheat toast with 1/4 avocado, sliced	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/1 tbsp low-fat dressing

1600 calories: **L** - inc. to 6 oz fish and inc. to 1 cup brown rice (cooked); **D** - inc. to 5 oz turkey and inc. to 1/2 cup beans

1800 calories: use 1600 cal. additions plus; **L** - inc. almonds to 1/4 cup; **D** - add 1 medium sweet potato

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/2 cup fat-free milk, 2 eggs	22 whole, dry roasted or raw almonds	Tuna sandwich: 1 small can water packed tuna (3 oz), 1 tbsp low fat mayo, 1/4 cup chopped celery on 1 slice whole wheat bread large green salad with lettuce, tomatoes, cucumbers, red peppers	1 slice whole wheat toast with 1/4 avocado, sliced	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/ 1 tbsp low-fat dressing

1600 calories: **L** - inc. to 6 oz tuna and inc. to 2 slices whole wheat bread, add 1 tbsp low fat dressing; **PM snacks** - inc. to 2 low-fat cheese sticks; **D** - add 1/2 cup cooked whole wheat pasta

1800 calories: use 1600 cal. additions plus; **B** - inc. to 1 cup fat free milk; **AM snack**; - inc. to 28 almonds

Week 7

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Smoothie: 1 cup fat free milk, 1 scoop protein powder, 1 cup frozen berries	1 plum, 1 piece string cheese	Roast beef sandwich (3 oz roast beef, 2 slices whole wheat bread, mustard), 2 cups salad greens / veggies w/ 1 tbsp low-fat dressing	14 baby carrots, 1/4 cup hummus	8 medium shrimp cooked in 1 tbsp olive oil, Cajun seasoning, lemon juice garlic, 2 cups steamed veggies, 3/4 cup blueberries, 1/2 cup brown rice

1600 calories: **B** - add 1 tbsp PB to shake; AM snack - inc. to 2 low-fat cheese sticks; **L** - inc. to 6 oz roast beef; **D** - inc. to 12 medium shrimp

1800 calories: use 1600 cal. additions plus; **B** - inc. 2 scoops protein powder; PM snack - add 2 plain rice cakes; **D** - inc. to 12 medium shrimp

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
cup bran flakes, 1 cup fat free milk	1/2 cup sliced berries, 6 oz 0% plain Greek yogurt	Burrito: 1 small whole wheat tortilla, 1/4 cup salsa, 1 slice low-fat cheese, 4 oz chicken breast	6 celery stalks, 2 tbsp peanut butter	4 oz grilled salmon, 2 cups salad greens, 1 tbsp light dressing

1600 calories: **B** - add 8 crushed walnuts; **L** - add 1/4 avocado, sliced; **D** - inc. to 6 oz salmon and add 25 grapes

1800 calories: use 1600 cal. additions plus; **B** - inc. to 12 crushed walnuts; AM snack - inc. to 8 oz yogurt and inc. to 1 cup berries; **L** - inc. to 6 oz chicken

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Omelet: 1 egg with yolk, 4 egg whites, 1/2 cup of chopped veggies of choice, 3/4 cup sliced berries, 1 slice whole wheat toast	1 medium apple, 1 tbsp peanut butter	Tuna pita: 1 small can water packed tuna (3 oz), 1 tbsp low fat mayo, 1/4 cup chopped celery in 1/2 whole wheat pita, large green salad w/ 1 tbsp low-fat dressing	1/2 cup edamame	3 oz lean steak sautéed in wok with 2 cups veggies of choice, 1 clove garlic, 1 tbsp fresh ginger, 1 tsp low sodium soy sauce, 1 tbsp olive oil

1600 calories: **B** - add 1 slice low-fat cheese to omelet, inc. to 2 slices whole wheat toast and add 1 tbsp SmartBalance buttery spread; **L** - inc. to 6 oz tuna; **D** - inc. to 6 oz lean steak;

1800 calories: use 1600 cal. additions plus; **B** - inc. 2 scoops protein powder; PM snack - inc. to 3/4 cup edamame; **D** - add medium sweet potato

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1 cup skim milk, 1 tbsp raisins	1/2 cup fat free cottage cheese, 1 tbsp sugar free jam, 1/2 cup bran cereal	Fish kabob: Grill 4 oz fish, cherry tomatoes, whole mushrooms on skewer. Serve with 1/2 cup cooked brown rice, 1 cup salad, 1 tbsp low fat dressing	1 Kashi TLC bar	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce bell pepper, onions, sautéed in 1 tbsp olive oil

1600 calories: **B** - add 1/8 cup slivered almonds (1/2 oz); AM snack - inc. to 1 cup cottage cheese; **L** - inc. to 6 oz fish; afternoon snack - add 1 peach; **D** - inc. to 5 oz lean turkey

1800 calories: use 1600 cal. additions plus; **L** - inc. to 1 cup brown rice (cooked); add a PM snack (after dinner) - 100 calorie bag of microwave popcorn

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
8 oz fat - free plain Greek yogurt, 3/4 cup berries, 8 walnuts, chopped	2 plain rice cakes, 1/4 cup hummus	1 whole wheat pita, 1 Boca burger, 1 slice low-fat cheese, lettuce/tomato/mustard, 14 baby carrots	1/2 banana with 1 tbsp peanut butter	1 cup turkey chili w/ beans (can use canned, like Hormel 99% fat free turkey chili), 2 cups salad w/ 1 tbsp low-fat dressing

1600 calories: **B** - inc. to 12 walnuts; **L** - add 1/4 avocado, sliced; PM snack - inc. to 1 banana; **D** - inc. to 12 oz turkey chili; add PM snack - 100 calorie microwave popcorn

1800 calories: use 1600 cal. additions plus; **L** - add 20 grapes; **D** - add 1/2 cup brown rice

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 cup Kashi Go-Lean cereal, 1/2 cup blueberries, 3/4 cup low-fat cottage cheese	2 hard boiled eggs	1/2 cup cooked whole wheat pasta, 1 cup spinach steamed, 8 large shrimp, 1/2 cup marinara sauce	1/4 cup raw cashews	2 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/ 1 tbsp low-fat dressing, 1 medium sweet potato

1600 calories: **B** - inc. Kashi to 1 cup and inc. cottage cheese to 1 cup; **L** - inc. to 12 large shrimp and inc. to 1 cup whole wheat pasta; **D** - inc. to 4 oz turkey, add 2 tsp SmartBalance on sweet potato

1800 calories: use 1600 cal. additions plus; **B** - cook turkey/meal in 1 tbsp olive oil; add night snack - carrots and 3 tbsp guacamole

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 banana, 1 cup bran flakes, 1 cup skim milk	6 celery stalks, 2 tbsp peanut butter	Sandwich: 1/2 whole wheat pita, 3 oz deli low sodium ham, turkey, or lean roast beef, lettuce, tomato, mustard, 1 peach	14 baby carrots, 1/4 cup hummus	3 oz flank steak, 1 cup steamed veggies, 2 cups salad, 2 tbsp low fat dressing, 1 medium apple

1600 calories: **L** - inc. to 1 whole wheat pita, inc. to 4 oz lunch meat, add avocado, sliced; PM snack - add 2 plain rice cakes; **D** - inc. to 5 oz flank steak

1800 calories: use 1600 cal. additions plus; **L** - inc. to 6 oz lunch meat; **D** - sautéed veggies in 1 tbsp olive oil

Week 8

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
4 eggs whites, 1 egg w/ yolk, 1 slice whole grain toast with 1 tsp SmartBalance	1/2 cup fat free cottage cheese, 1/2 cup bran cereal w/ pinch of cinnamon	Chef salad (lettuce, tomato, 3 oz turkey/ ham, 1 oz low-fat cheese), 2 tbsp low fat dressing, 1 whole wheat roll	1/4 cup raw cashews	3 oz flank steak, 1 cup steamed veggies, 2 cup salad, 1 tbsp low fat dressing, 1 medium apple

1600 calories: **B** - add 3/4 cup fruit salad (canned in water or juice); **L** - inc. to 5 oz turkey/ham, add 1/4 avocado, sliced; **D** - inc. to 6 oz steak

1800 calories: use 1600 cal. additions plus; **B** - inc. to 2 slices whole grain toast and 2 tsp SmartBalance; AM snack - inc. cottage cheese to 1 cup

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Egg White omelet: 6 whites, 1/2 cup of chopped spinach, mushrooms, peppers, other veggies of choice, sautéed in 1 tbsp olive oil, 3/4 cup sliced berries, 1 slice whole wheat toast	1 Kashi TLC bars	Chicken rice bowl: 3 oz grilled chicken, 1/2 cup cooked brown rice, 1 cup steamed veggies, 2 tbsp low fat dressing	6 celery stalks, 2 tbsp peanut butter	4 oz cooked lean ground turkey, 1 cup spaghetti squash, cooked 1/2 cup chopped tomato, cup steamed veggies

1600 calories: **L** - inc. to 6 oz chicken, inc. brown rice to 1 cup; **D** - sautéed turkey, squash, and tomatoes in 1 tbsp olive oil

1800 calories: use 1600 cal. additions plus; **B** - inc. to 2 slices whole wheat toast;

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Pita sandwich: 4 egg whites, 1 Morningstar breakfast patty, 1 slice low fat cheddar cheese, 1/4 cup salsa, 1 whole wheat pita	14 baby carrots, 1/4 cup hummus	1/2 cup cooked whole wheat pasta, 1 cup spinach/ mushrooms, steamed, 8 large shrimp, 1/2 cup marinara sauce	1/2 cup sliced berries, 6 oz fat-free plain Greek yogurt	6 oz baked or broiled fish (flounder, halibut, tilapia, etc.), 1 cup steamed veggies, 2 cup salad, 1 tbsp low-fat dressing

1600 calories: **L** - inc. to 12 large shrimp, sautéed veggies/shrimp in 1 tbsp olive oil; PM snack - inc. to 1 cup berries and 1 cup (8 oz) Greek yogurt
D - add 1/2 cup of cooked quinoa (or brown rice)

1800 calories: use 1600 cal. additions plus; **B** - add 1/4 avocado, sliced; **D** - inc. to 1 cup whole wheat pasta (cooked)

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 cup Kashi Go-Lean cereal, 1/2 cup blueberries, 6 oz fat-free plain Greek yogurt	1/2 banana with 1 tbsp peanut butter	Burrito: 1 whole wheat tortilla, 1/4 cup salsa, 1 slice low fat cheese, 3 oz chicken, 2 cups salad w/ 1 tbsp low-fat dressing	2 hard boiled eggs	3 oz lean steak, 1 cup steamed green beans, 1/2 medium sweet potato with 1 tbsp Smart Balance

1600 calories: **B** - inc. to 1 cup Kashi, inc. to 8 oz yogurt, inc. to 3/4 berries; **L** - inc. to 5 oz chicken; **D** - inc. to 5 oz lean steak, inc. to 1 whole medium sweet potato and 2 tsp Smart Balance

1800 calories: use 1600 cal. additions plus; **L** - add 1/4 avocado;

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/8 cup slivered almonds, 1 tbsp raisins	1/2 cup fat free cottage cheese, 1 tbsp sugar free jam, 1/2 cup bran cereal	Tuna salad: 3 cups greens/veggies w/ 3 oz tuna, mixed w/ 1 tbsp light mayo, 8 grapes (sliced), 2 tbsp low-fat dressing	2 multi grain Wasa crackers, 2 wedges Laughing Cow light cheese tomato	3 oz chicken sautéed in work with 2 cups veggies of choice, 1 clove garlic, 1 tsp fresh ginger, chopped, 1 tsp low sodium soy sauce, 1/2 tsp olive oil

1600 calories: **B** - add LF cheese stick; **L** - add whole wheat roll w/ 1 tsp Smart Balance; **D** - inc. to 6 oz chicken, add 1/2 cup brown rice

1800 calories: use 1600 cal. additions plus; **L** - inc. to 5 oz tuna; **D** - inc. to 1 cup brown rice

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Egg white omelette: 6 whites, 1/2 cup of chopped veggies of choice, 3/4 cup of sliced berries, 1 sliced whole wheat toast	100 calorie bag of popcorn	Burger: 4 oz extra turkey or beef, 1 whole wheat hamburger bun, 1 slice low fat cheddar cheese, 2 cups salad greens, 1 tbsp low fat dressing	1 medium apple, a tbsp peanut butter	4 oz grilled salmon, 12 asparagus, steamed

1600 calories: **B** - sautéed veggies in 2 tsp olive oil, inc. berries to 1 cup; AM snacks - add 1 low fat cheese stick; **D** - inc. salmon to 6 oz, add 1/2 cup of cooked quinoa

1800 calories: use 1600 cal. additions plus; **B** - inc. to 2 slices whole wheat bread and add 1 tbsp SmartBalance; **L** - inc. to 5 oz lean turkey/beef

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/2 cup fat free milk, 1 hard boiled egg	22 whole, dry roasted or raw almonds	Chicken rice bowl: 3 oz grilled chicken, 1/2 cup cooked brown rice, 1 cup steamed veggies, 1 tbsp low-sodium say sauce	1/2 cup pineapple, 1/2 cup low fat cottage cheese	3 oz flank steak, 1 cup steamed veggies, 2 cups salad, 1 tbsp low fat dressing, 1 medium sweet potato

1600 calories: **L** - inc. to 6 oz chicken, inc. brown rice to 1 cup; **D** - inc. steak to 5 oz, add 2 tsp Smart Balance for potato

1800 calories: use 1600 cal. additions plus; **B** - add 12 crushed walnuts to oatmeal, PM snack - inc. cottage cheese to 1 cup

Week 9

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, tbsp peanut butter, 2 tbsp raisins	2 multigrain Wasa crackers, 2 wedge Laughing Cow light cheese tomato	Burrito: 1 whole wheat tortilla, 1/4 cup salsa, 1 slice low fat cheese, 3 oz chicken or steak, 2 tbsp guacamole	14 baby carrots, 1/4 cup hummus	1 cup turkey chili w/ beans (can use canned, like Hormel 99% fat free turkey chili), 2 cups salad w/ 1 tbsp low-fat dressing

1600 calories: **B** - inc. to 2 tbsp peanut butter; **L** - inc. to 6 oz chicken; PM snack - add 2 plain rice cakes; **D** - inc. to 12 oz turkey chili

1800 calories: use 1600 cal. additions plus; AM snack int. to 2 laughing cow wedges; **L** - add 1/2 cup mixed fruit and inc. to 4 tbsp guacamole; add PM snack - 4 oz 0% plain Greek yogurt

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Pita sandwich: 2 egg whites, 1 Morningstar breakfast patty, 1 slice low fat cheddar cheese, 1/4 cup salsa, 1 whole wheat pita	1 peach, 1/2 cup low fat cottage cheese	Chef salad (lettuce, tomato, 3 oz turkey/ ham, 1 oz low-fat cheese), 2 tbsp low fat dressing	15 whole, dry roasted or raw almonds	3 oz pan-seared white fish of choice, 1 cup veggies, sautéed in 1 tbsp olive oil, 1/2 cup brown rice (cooked)

1600 calories: **B** - 1/4 avocado, sliced; **L** - add small whole wheat roll with 2 tsp Smart Balance; **D** - inc. to 5 oz fish and inc. to 1 cup brown rice (cooked)

1800 calories: use 1600 cal. additions plus; **B** - inc. to 4 egg whites; AM snack - inc. to 3/4 cup cottage cheese; **L** - add 12 grapes; PM snack - inc. to 25 almonds

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1/2 grapefruit, 1 cup low fat cottage cheese	2 hard boiled eggs	Sandwich: 1/2 whole wheat pita, 4 oz deli low sodium ham, turkey, or lean roast beef, lettuce, tomato, mustard 2 cups salad w/ 1 tbsp low-fat dressing	6 celery stalks, 2 tbsp peanut butter	10 medium shrimp cooked in 1 tbsp olive oil, Cajun seasoning, lemon juice, garlic, 2 cups steamed veggies, 1/2 cup cooked brown rice

1600 calories: **B** - add 12 crushed walnuts; **L** - inc. to whole pita, add 1/4 avocado, sliced; **D** - inc. to 1 cup brown rice, cooked

1800 calories: use 1600 cal. additions plus; **B** - add 1/2 cup Fiber One cereal; **L** - 18 grapes; add PM snack - 4 oz 0% plain Greek yogurt

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
4 egg whites, 1 egg w/ yolk, 1 slice whole grain toast w/ 1 tsp SmartBalance	1/2 cup sliced berries, 6 oz fat free plain Greek yogurt	Tuna salad: 3 cups greens/veggies w/ 3 oz tuna, mixed w/ 1 tbsp low-fat dressing	1/2 cup raw cashews	3 oz cooked lean ground turkey, 1/2 cup whole wheat pasta, cooked, 1/2 cup chopped tomatoes, 1 cup steamed veggies

1600 calories: **B** - add medium apple; **L** - add 6 oz tuna; **D** - inc. to 5 oz ground turkey and add 1 tbsp olive oil

1800 calories: use 1600 cal. additions plus; **L** - add 2 multigrain Wasa crackers; **D** - inc. to 1 cup whole wheat pasta, cooked

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/2 cup skim milk, 1/8 cup slivered almonds	1 peach, 1/2 cup low fat cottage cheese	Chicken kabob: 3 oz chicken w/ grilled mushrooms, peppers, onions medium sweet potato w/ 1 tbsp Smart Balance	1/2 cup edamame	2 oz ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 1/2 cup brown rice, cooked, 2 cups salad greens w/ 1 tbsp low-fat dressing

1600 calories: **B** - inc. to 1 cup skim milk; **L** - inc. to 6 oz chicken; PM snack - inc. to 3/4 cup edamame; **D** - inc. to 5 oz turkey, inc. beans to 1/2 cup

1800 calories: use 1600 cal. additions plus; AM snack - inc. to 1 cup cottage cheese; **D** - inc. to 1 cup brown rice, cooked

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Smoothie: 1 cup fat free milk, 1 scoop protein powder, 1 cup frozen berries	1 medium plum, 1 light cheese stick	Turkey sandwich: 1 multigrain Sandwich Thin, 3 oz low-sodium turkey lunchmeat w/ lettuce, tomato, mustard, 20 grapes	22 whole dry roasted or raw almonds	3 oz lean steak sautéed in wok with 2 cups veggies of choice, 1 clove garlic, 1 tsp fresh ginger, chopped, 1 tsp low sodium soy sauce, 1/2 tsp olive oil

1600 calories: **B** - add 1 tbsp peanut butter; AM snack - inc. to 2 light cheese sticks; **L** - inc. to 4 oz turkey and add 1/4 avocado, sliced; **D** - add 1/2 cup brown rice, cooked

1800 calories: use 1600 cal. additions plus; **D** - inc. to 1 cup brown rice, cooked; add PM snack - 1 multigrain Wasa cracker w/ 2 tbsp hummus

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 multigrain Sandwich Thin w/ 1 tbsp peanut butter, 1/2 banana, sliced	22 whole dry roasted or raw almonds	Sandwich: 1 whole wheat pita, 1 Boca burger, lettuce, tomato, mustard, 2 cups salad w/ 1 tbsp low-fat dressing	14 baby carrots, 1/4 cup hummus	4 oz cooked lean ground turkey or beef, 1 cup spaghetti squash, cooked, 1/2 cup marinara sauce, 1 cup steamed veggies

1600 calories: **B** - inc. to 2 tbsp peanut butter; **L** - add 1/4 avocado, sliced, add 1 peach; **D** - add 3/4 cup quinoa, cooked

1800 calories: use 1600 cal. additions plus; **B** - inc. to 1 whole banana; **D** - inc. to 1 cup quinoa, cooked and inc. to 6 oz lean ground turkey/beef



Week 10

MONDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
4 egg white 1 egg with yolk 1 slice whole grain toast 1 tsp sugar free jam 1 apple	22 almonds	Chicken rice bowl: 3 oz chicken breast, 2/3 cup cooked brown rice, 1/2 cup steamed vegetables	1/2 cup sliced berries, 1/2 cup plain fat-free Greek yogurt	6 oz baked fish, 1 cup steamed veggies, 1 cup salad, 1 tbsp low-fat dressing

1600 calories: **B** - add 1 slice whole grain toast, 1 tsp sugar free jam; **AM snack** - add 1 peach; **L** - inc. to 6 oz chicken, inc. to 1 cup rice, inc. to 1 cup steamed vegetables.

1800 calories: use 1600 cal. additions plus; **AM snacks** - inc. almonds to 30; **D** - add 1 tbsp olive oil to sauté vegetables in.

TUESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
1/2 cup Kashi Go-Lean cereal 1/2 cup blueberries 6 oz plain fat-free Greek yogurt	1 medium apple 1 tbsp peanut butter	Chef Salad (lettuce, tomato, 5 oz turkey/ham, 1 oz low-fat cheese) 2 tbsp low fat dressing 1 whole wheat roll or 2 whole grain Wasa crackers	14 baby carrots 1/4 cup hummus	3 oz chicken breast 1 cup green beans 1 cup salad 1 tbsp low fat dressing 1 medium fruit (apple, orange)	100 calorie pack of microwave popcorn

1600 calories: **B** - inc. Greek yogurt to 8 oz and inc. Kashi to 1 cup; AM snack -Inc up to 2 tbsp peanut butter; **L** - add 1/4 avocado (sliced) to salad; **D** - inc. to 6 oz chicken breast

1800 calories: use 1600 cal. additions plus; PM snacks - add rice cake; **D** - add 2/3 cup whole pasta (cooked)

WEDNESDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Omelette: 1 egg with yolk, 4 whites 1/2 cup chopped veggies of choice 3/4 sliced berries	1/4 raw cashews 8 carrot or celery sticks	1/2 cup cooked whole wheat pasta, 1 cup spinach, steamed 3 oz chicken, 1/2 cup marinara sauce	1 Kashi TLC bar (or similar bar 140 calories, 5g fat or less)	8-10 medium shrimp cooked in 1 tbsp olive oil Cajun seasoning lemon juice, garlic 2 cups steamed veggies, 3/4 cup blueberries

1600 calories: **B** - add 1 slice whole grain toast and 1 teaspoon SmartBalance buttery spread; **L** - inc. to 6 oz chicken, inc. to 1 cup cooked whole wheat pasta; PM snack - add 1 low-fat string cheese

1800 calories: use 1600 cal. additions plus; inc. to 2 slices whole wheat toast and inc. to 1 tbsp SmartBalance; **D** - add 1 small sweet potato.

THURSDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Breakfast sandwich: 4 egg whites, 1 Morningstar breakfast patty, 1/4 cup salsa, 1 sandwich thin	1 peach or medium apple	Burger: 4 oz extra lean ground turkey or beef, 1 whole wheat hamburger bun, 1 slice low-fat cheddar cheese, 1 cup salad greens, 1 tbsp low fat dressing	1/2 cup fat free cottage cheese, 1 tbsp sugar free jam, 1/2 cup bran cereal	4 oz grilled salmon, 2 cups salad greens, tbsp light dressing

1600 calories: **B** - add 1/4 avocado, sliced; AM snack - add 8 walnuts; **D** - inc. to 6 oz salmon and add 1/2 cup brown rice (cooked)

1800 calories: use 1600 cal. additions plus; **L** - inc. to 6 oz burger; **D** - inc. to 1 cup brown rice (cooked) **D** - inc. to 1 cup brown rice (cooked)

FRIDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Smoothie: 1 cup fat free milk, 1 scoop protein powder, 1 cup frozen berries	1 plain rice cake with 1 tbsp peanut butter	Burrito: 1 small whole wheat tortilla, 1/4 cup salsa, 1 slice low-fat cheese, 3 oz chicken, 1 small apple	1/2 cup edamame	3 oz lean steak sauteed in wok with 2 cups veggies of choice, 1 clove garlic, 1 tsp fresh ginger, 1 tsp low sodium soy sauce, 1 tbsp olive oil

1600 calories: **L** - inc. to 5 oz chicken, PM snack - inc. to 3/4 cup edamame; **D** - add 1/2 cup cooked whole wheat pasta

1800 calories: use 1600 cal. additions plus; AM snack - add 25 grapes **D** - inc. to 1 cup cooked whole wheat pasta

SATURDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 2 tbsp raisins, 1/8 cup slivered almond (1/2 oz)	1 peach or 1/2 cup pineapple, 6 oz fat-free plain Greek yogurt	Fish kabob: Grill 3 oz fish, cherry tomatoes, whole mushrooms on a skewer. Serve with 1/2 cup cooked brown rice, 1 cup salad, 1tbsp low fat dressing	1 slice whole wheat toast with 1/4 avocado, sliced	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/1 tbsp low-fat dressing

1600 calories: **L** - inc. to 6 oz fish and inc. to 1 cup brown rice (cooked); **D** - inc. to 5 oz turkey and inc. to 1/2 cup beans

1800 calories: use 1600 cal. additions plus; **L** - inc. almonds to 1/4 cup; **D** - add 1 medium sweet potato

SUNDAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 cup cooked oatmeal, 1/2 cup fat-free milk, 2 eggs	22 whole, dry roasted or raw almonds	Tuna sandwich: 1 small can water packed tuna (3 oz), 1 tbsp low fat mayo, 1/4 cup chopped celery on 1 slice whole wheat bread large green salad with lettuce, tomatoes, cucumbers, red peppers	1 slice whole wheat toast with 1/4 avocado, sliced	3 oz lean ground turkey, 1/4 cup beans, 1 oz low fat cheese, 2 tsp picante sauce, 2 cups salad greens w/ 1 tbsp low-fat dressing

1600 calories: **L** - inc. to 6 oz tuna and inc. to 2 slices whole wheat bread, add 1 tbsp low fat dressing; **PM snacks** - inc. to 2 low-fat cheese sticks; **D** - add 1/2 cup cooked whole wheat pasta

1800 calories: use 1600 cal. additions plus; **B** - inc. to 1 cup fat free milk; **AM snack**; - inc. to 28 almonds



Meal and Snack

SUGGESTIONS

Breakfast

MORNING PROTEIN Shake/ Smoothie

(Approximately 150-200
calories)

In a blender mix together:

- cup of assorted fresh or frozen berries, such as blueberries, strawberries, blackberries, etc.
- 1/2 banana
- 10-20 grams of high-quality vegan or whey protein
- 0-24 oz. of water.
- Add extra ice cubes if necessary.



Blend until smooth and enjoy! We like the variety of homemade shakes, but if you prefer a ready-to-drink shake, there are several vegan and whey based products you can find in the health food section of most grocery stores.

EGG WHITE OMELETTE

- 3-4 egg whites, lightly beaten
- 1 tsp. Olive oil
- cup red pepper, chopped
- cup zucchini, diced
- 1 small tomato, diced
- 3 sprigs fresh herbs (or 1/2 tsp. dry)
- 1 clove chopped garlic



Lunch



TUNA SALAD

- 6 oz. water-packed tuna, drained
- 5 grape tomatoes
- 2-3 cups romaine (or baby mixed greens)
- 1 cup cucumber
- 1 cup celery
- 2 teaspoons of olive oil and lemon/vinegar to taste



CHICKEN AND VEGETABLES

- 6 oz. skinless chicken breast
- Grilled with no oil
- 1 cup of mixed vegetables (fresh or sauteed in cooking spray)

SPINACH SALAD

- 2-3 cups fresh spinach
- 1 hard-boiled egg
- 3 oz. sliced, grilled chicken breast
- 1 cup shredded vegetables
- cup sliced mushrooms
- 2 teaspoons of olive oil and lemon/vinegar to taste.



ROLL UP

- 3 oz. slices of turkey, chicken or tofu
- 4 lettuce leaves
- bell pepper, cut into strips
- 2 teaspoons of olive oil or other olive-oil based dressing



GRILLED OR BAKED CHICKEN SALAD

- 3 ounces chicken
- 2 cups lettuce, chopped
- cup vegetables, sliced
- 2 teaspoons of olive oil and lemon/vinegar to taste.

Dinner

BEEF TENDERLOIN AND MASHED CAULIFLOWER

- 4 ounces grilled beef tenderloin
- 1 cup mixed salad greens
- 1 teaspoon of olive oil w/vinegar or lemon.

Brush the steak with oil on both sides, then grill or barbecue to taste. Serve with mashed cauliflower (next page).



MASHED CAULIFLOWER

- 1 medium head cauliflower, cut into florets,
- 1 cup purified water
- 2 garlic cloves, minced
- 1 teaspoon fresh chives, chopped
- 1/2 teaspoon onion powder
- 1/2 teaspoon fresh parsley, chopped
- 1/4 cup chicken broth



LEMON CHICKEN BREAST

- 1 skinless, boneless chicken breast
- lemon juice
- 1 shallot, diced
- 1/2 tablespoon capers
- 1 tablespoon Dijon mustard
- 1 cup steamed vegetables

Spray a non-stick coating into a shallow roasting dish, brush the chicken breast with a small amount of oil, broil for 12-15 minutes, turning the chicken a few times so that it cooks through. When done, add the sauce over the chicken and service with vegetables.

PROTEIN AND VEGETABLES

- 4 oz. protein from list
- 1 cup vegetable



Snacks

Choose two snacks per day - all are 100-200 calories.

- Fruit (1 serving) and 12 almonds
- Peanut butter (1 tablespoon) with celery
- Hummus (1/4 cup) with carrot sticks or rice cake
- Low-fat string cheese (1 stick) and a small apple
- Peanut butter (1 tablespoon) with banana
- Nuts cup
- Roast turkey (3 ounces) wrapped round celery or carrot sticks
- Tuna fish (3 ounces) mixed with 1 tablespoon light mayonnaise wrapped in lettuce
- Greek yogurt 0% fat (6 ounces) with 1/2 cup pineapple or 4 chopped walnuts
- 2 cups of salad with 1 tablespoon olive oil and lemon juice/vinegar
- 1 rice cake with peanut or almond butter (1 tablespoon)





Fat Burning Tips

TO GET RESULTS
FASTER



GET A HOT BODY WITH COLD WATER

Drink up to a half gallon or more of ice-cold water a day. Ice water is 33 degrees when you drink it and when you urinate, it's your body's temperature of 98.6. Your body has to heat the ice water, and in doing so, you burn fat for fuel to heat the cold water. Another significant benefit is that you will be super hydrated, which keeps your body functioning at its best, which means that you will have more energy and your body will work more efficiently at burning fat all day long.

SNOOZE TO LOSE

Did you know that your body burns stored fat for fuel while you sleep? Try going to bed an hour earlier, your body will burn more fat while you sleep. Make sure you eat your last meal of the day before 8 PM. You really want to go to bed a little hungry. The goal is to go to bed with an empty stomach, so your body is forced to use its stored fat for fuel all night while you sleep.



THE BREAKFAST FAST

Have you ever heard of intermittent fasting? It turns out that skipping a meal a couple of days a week may help you lose fat faster. Here's how it works:

- You eat all your meals in an 8-hour window and you limit your food to only water, tea or coffee for 16 hours.
- If you stopped eating at 7 PM, you would not eat again until around 11 AM the next day.

The idea is to force your body to use its stored fat well into the morning. Try this 2 days a week and see if it works for you.





**Shop on
Sundays and
prep all your
meals for the
week.**



**Frozen grapes
are your go-to
candy.**



**Brush your teeth
three times a day with
a minty toothpaste
to avoid wanting to
overeat.**





**Always take
an after-dinner
walk.**





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