HEALTHY BALANCE
Supplemental Eating Plan
HEALTHY BALANCE EATING PLAN

Weeks 1 to 3

Detoxifying Cleansing Vegetables
Unlimited amount, minimum of 2 cups/day.
- Artichoke
- Asparagus
- Bell peppers: green, orange, red, yellow
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Green, leafy, vegetables (beet greens, turnip greens, collard greens, etc.)
- Jicama
- Kale
- Lettuce, all varieties
- Mushrooms
- Nopales
- Onions
- Spinach
- Tomatoes
- Watercress
- Zucchini

High Quality Proteins — up to 14 oz. per day.
1 oz. of protein has approx. 7 grams of protein.
- Fish — wild-caught rather than farm-raised.
  - Canned light tuna (in water)
  - Catfish
  - Flounder
  - Salmon
  - Sole
  - Tilapia

Poultry
- Chicken Breasts
- Eggs (1 egg = 1 ounce)
- Egg whites (2 whites = 1 ounce)
- Ground Turkey Breast
- Turkey Breast

Proteins for Vegans/Vegetarians - CONSUME UP TO 650 CALORIES (or 14 Servings) AND UP TO 100 GRAMS CARBS COMBINED PER DAY FROM THESE FOODS.ONE SERVING BELOW CONTAINS:
Approx. 45 cal, 4 to 15 g.carbs, 4-7 g. pro and 1 to 4 g. fat

<table>
<thead>
<tr>
<th>Beans – ¼ cup or 2 oz</th>
<th>Nutritional Yeast – 2 Tbsp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meatless Deli Slices -2</td>
<td>Seitan – 1 oz.</td>
</tr>
<tr>
<td>Vegetarian Burgers:</td>
<td>Tempeh- ¼ c. or 25g</td>
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<tr>
<td>“Chicken”</td>
<td>Tofu – ¼ c.</td>
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<tr>
<td>“Prime”</td>
<td>Vital Wheat Gluten –</td>
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<tr>
<td>“Turkey” – ½ patty</td>
<td>½ oz.</td>
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</tbody>
</table>

(Condiments – For flavoring you may use fresh or dried herbs, broth, spices, lemon or lime juice, hot sauces, mustard, salsa, relish, and vinegar.

Low Glycemic Index Fruits — 2 per day.
- Apples
- Berries, all types (1 cup)
- Grapefruit (½)
- Oranges
- Peaches
- Pears
- Plums
- Prickly pear cactus
- Prunes (dried plums) (3)
- Red Grapes (15)

Probiotics — 2 per day.
- **Dairy Sources of Probiotics:**
  - Kefir (1 cup)
  - Lassi
  - Live-active cottage cheese (½ cup)
  - Yakult (50 calories worth)
  - Yogurt (6 oz.)
- **Vegetarian Sources of Probiotics:**
  - Miso (1.5 ounce)
  - Natto (1 ounce)
  - Fermented Vegetables
  - Kimchi (½ cup)
  - Sauerkraut (½ cup)
  - Tempeh (4 oz.)

Fats — 3 to 5 per day.
- Almond or other nut Milk (6 oz.)
- Avocado (¼ medium)
- Butter spreads, trans fat-free (1 tsp.)
- Canola oil (1 tsp.)
- Flaxseed oil (1 tsp.)
- Nuts (almonds, walnuts, etc.) (6 nuts)
- Nut Butters (peanut, almond, etc.) (2 tsp.)
- Seeds (chia, sunflower, etc.) (¼ cup)
- Olive oil (1 tsp.)
- Olives (8 olives)
**Weeks 4 to 8**

- Consume the same foods as Weeks 1 thru 3.
- Choose from expanded protein list, if desired.
- **Add in one high-fiber grain or starchy vegetable and one legume serving per day.**

**Expanded list of Proteins** — Up to 14 oz. per day

**Seafood**
- Clams
- Crab
- Mussels
- Oysters
- Scallops
- Shellfish
- Shrimp

**Lean cuts**
- Beef — flank, loin, round, round tip, sirloin
- Lamb — shanks, sirloin roast
- Pork — loin chops, loin roast, sirloin chops, tenderloin
- Veal cutlet

**High Fiber (3 to 5 grams or more of fiber per serving) Grains** — 1 per day.
(1 serving = 1/2 cup or 100 calories worth)
- Amaranth
- Barley
- Brown rice
- Bulgur
- Freekeh
- Whole wheat couscous
- Millet
- Oat Bran
- Quinoa
- Steel cut oats
- Teff

**OR**

**Starchy Vegetables**
- Corn (1/2 cup)
- Green Peas (1/2 cup)
- Potato (1 medium)
- Sweet potato (1 medium)
- Taro (1/2 cup)
- Winter squash — acorn, spaghetti, butternut (1 cup)
- Pumpkin (1/2 cup)
- Yam (1 medium)

**AND**

**Legumes** — 1-2 serv. per day
(1 serving = 1/4 cup).
- Black beans
- Black-eyed peas
- Butter beans
- Garbanzo beans (chickpeas)
- Great Northern Beans
- Kidney beans
- Lentils
- Lima beans, baby
- Navy beans
- Pinto beans
- Soy beans
- Split peas
**Weeks 9 to 16**

- Consume the same foods from the previous weeks. Choose from expanded lists of vegetables, proteins, and fruits, if desired.
- **Add in one additional probiotic serving per day.**
- **Add in one grain or pasta serving per day.**

**Additional Vegetables** — Unlimited.
All vegetables (excludes starchy vegetables)

**Additional Proteins** — Up to 14 oz. per day.
Canadian bacon
Cornish hen

**Fruits** — 2 to 4 per day
All fruits

**Dairy Sources of Probiotics** — 1 per day.
Cheeses (1 oz., use as a condiment)
Camembert, Edam, Feta, Fontina, goat,
Limburger, low-fat cheddar, Parmesan, and part–skim mozzarella
Low-fat cottage cheese (⅓ cup)
Low-fat or skim milk (1 cup)
Low-fat ricotta cheese (⅓ cup)

Choose 1 more serving of high fiber grains, starchy vegetables or legumes or add one per day of any of the following Bread, High Fiber Cereal or Pasta from the lists below.

**Breads** — 1 slice, 3 to 5 grams fiber minimum.
Cracked wheat
Gluten-free
Multigrain
Pumpernickel
Rye
Whole grain bagel (½) or whole grain bagel, thin (1)
Whole wheat pita
Whole wheat tortilla (10" tortilla)
Corn tortilla (2 small tortillas)

**High Fiber Cereal** — ¾ cup.
All-Bran
All-Bran Buds
Fiber One
High Fiber Cereal (Trader Joe’s brand)

**OR**

**Pasta** — ½ cup cooked
Gluten-free pasta
Whole-wheat pasta
Miracle Noodles

Udon Noodles
Tofu Noodles
Edamame Noodles
HEALTHY BALANCE EATING PLAN

The following table is a suggested guideline of how to best structure your Healthy Balance meal plan in order to maximize weight loss. Because timing is so important to metabolize food appropriately, space your meals and snacks every 3 to 5 hours.

### SUGGESTED FOOD AND TIMING

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
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</thead>
<tbody>
<tr>
<td><strong>Week 1-3</strong></td>
<td></td>
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<tr>
<td>Approximately</td>
<td>2 oz. protein</td>
<td>4 oz. protein 1 fruit 2 cups vegetables 1 healthy fat</td>
<td>2 oz. protein 1 fruit 1 healthy fat</td>
<td>4 oz. protein 2 cups salad 2 cups cooked vegetables 1 healthy fat</td>
<td>1 probiotic</td>
</tr>
<tr>
<td>1,100-1,200 Calories</td>
<td>1 fruit 1 probiotic 1 healthy fat</td>
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<td></td>
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<tr>
<td><strong>Weeks 4-9</strong></td>
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<tr>
<td>Approximately</td>
<td>2 oz. protein</td>
<td>4 oz. protein 1 fruit 1 probiotic 1 healthy fat 1 legume</td>
<td>2 oz. protein 1 fruit 1 healthy fat</td>
<td>4 oz. protein 2 cups salad 2 cups cooked vegetables 1 healthy fat</td>
<td>1 probiotic</td>
</tr>
<tr>
<td>1,300 Calories</td>
<td>1 fruit 1 probiotic 1 healthy fat 1 high fiber grain</td>
<td>1 legume</td>
<td>1 healthy fat</td>
<td>1 healthy fat</td>
<td></td>
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<td><strong>Weeks 9-16</strong></td>
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<td>2 oz. protein</td>
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<td>4 oz. protein 2 cups salad 2 cups cooked vegetables 1 probiotic 1 healthy fat</td>
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<td>1 fruit 1 probiotic 1 healthy fat 2 high fiber grains</td>
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