

Plan	Breakfast	Snack	Lunch	Snack	Dinner
<p>LOW 1,100-1,200 calories 70-110 grams of protein</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 2 oz protein <input type="checkbox"/> 1 fruit <input type="checkbox"/> 1 healthy fat <input type="checkbox"/> 1 probiotic <input type="checkbox"/> 1 grain, legume, or starch 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 protein supplement <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 oz protein <input type="checkbox"/> 1 fruit 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 oz protein <input type="checkbox"/> 2 cups vegetables <input type="checkbox"/> 1 healthy fat 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 protein supplement <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 probiotic 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 oz protein <input type="checkbox"/> 2 cups salad <input type="checkbox"/> 2 cups vegetables <input type="checkbox"/> 1 healthy fat
<p>MODERATE 1,300-1,500 calories 82-138 grams of protein</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 2 oz protein <input type="checkbox"/> 1 fruit <input type="checkbox"/> 1 healthy fat <input type="checkbox"/> 1 probiotic <input type="checkbox"/> 1 grain, legume, or starch 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 protein supplement <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2oz protein <input type="checkbox"/> 1 fruit <input type="checkbox"/> 1 healthy fat 	<ul style="list-style-type: none"> <input type="checkbox"/> 4-6 oz protein <input type="checkbox"/> 2 cups vegetables <input type="checkbox"/> 1 healthy fat <input type="checkbox"/> 1 grain, legume, or starch 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 protein supplement <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 probiotic 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 oz protein <input type="checkbox"/> 2 cups salad <input type="checkbox"/> 1 cup vegetables <input type="checkbox"/> 1 healthy fat
<p>HIGH 1,500-1,750 calories 90-140 grams of protein</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 2 oz protein <input type="checkbox"/> 1 fruit <input type="checkbox"/> 1 healthy fat <input type="checkbox"/> 1 probiotic <input type="checkbox"/> 2 grain, legume, or starch 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 protein supplement <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2-4 oz protein <input type="checkbox"/> 1 fruit <input type="checkbox"/> 1 healthy fat 	<ul style="list-style-type: none"> <input type="checkbox"/> 4-6 oz protein <input type="checkbox"/> 2 cups vegetables <input type="checkbox"/> 1 healthy fat <input type="checkbox"/> 1 grain, legume, or starch 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 protein supplement <input type="checkbox"/> 1 fruit <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 probiotic <input type="checkbox"/> 1 fruit 	<ul style="list-style-type: none"> <input type="checkbox"/> 4-6 oz protein <input type="checkbox"/> 2 cups salad <input type="checkbox"/> 1 cup vegetables <input type="checkbox"/> 2 healthy fat

FOOD EXAMPLES

Proteins

1 oz = 7 grams of protein

- Fish — wild-caught rather than farm-raised
- Canned light tuna (in water)
- Salmon, Cod, Halibut, etc.
- Chicken
- Eggs (1 egg = 1 ounce)
- Egg whites (2 = 1 ounce)
- Turkey
- Seafood
- Shellfish, Clams, Crab, Scallops, Shrimp
- Nutritional Yeast – 2 Tbsp.
- Seitan
- Tempeh
- Tofu
- Vital Wheat Gluten

Fruits – ALL

Examples:

- Apples
- Berries, all types (1 cup)
- Grapefruit (½)
- Oranges
- Peaches
- Pears
- Plums
- Prickly pear cactus
- Red Grapes (15)

Vegetables- ALL

1 serving is ½ cup cooked or 1 cup raw

Examples:

- 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, mustard greens, collard greens, etc.)
- Jicama
- Kale
- Lettuce, all varieties
- Mushrooms
- Nopales
- Onions
- Spinach
- Tomatoes
- Zucchini

Probiotics

Dairy Sources of Probiotics:

- Kefir (1 cup)
- Live-active cottage cheese (½ cup) (low fat cottage cheese can be used)
- Yakult (50 calories worth)
- Yogurt, plain (6 oz.)

Vegetarian Sources of Probiotics:

- Miso (1.5 ounce)
- Natto (1 ounce)
- Fermented Vegetables
- Kimchi (½ cup)
- Sauerkraut (½ cup)
- Tempeh (4 oz.)
- Kombucha 8 oz

Healthy Fats

- Almond or other nut milk (6 oz.)
- Avocado (1/4 medium)
- Oils (flaxseed, olive, avocado) (1 tsp.)
- Nuts (almonds, walnuts, etc.) (6 -10 nuts)
- Nut Butters (peanut, almond, etc.) (1 Tbsp.)
- Seeds (chia, flax, sunflower, etc.) (⅛ cup)
- Olives (8 olives)

Fats to use sparingly: 1 oz cheese, 1 tbsp butter, 1 tbsp coconut oil, 2 tbsp half and half

FOOD EXAMPLES

Starchy Vegetables:

- Green peas (1/2 cup)
- Potato (1 medium)
- Sweet potato or Yam (1 medium)
- Taro (1/2 cup)
- Winter squash — acorn, spaghetti, butternut (1 cup)
- Pumpkin (1/2 cup)
- Corn (1/2 cup)

Pasta:

1 serving = 1/2 cup cooked

- Gluten-free pasta
- Whole-wheat pasta
- Miracle Noodles
- Udon noodles
- Tofunoodles
- Edamame noodles
- Lentil pasta
- Chickpea pasta

Bread:

1 serving = 1 slice or 100 calories

- Cracked wheat
- Gluten-free
- Multigrain
- Pumpernickel
- Rye
- Whole grain bagel (1/2) or whole grain
- Bagel, thin (1)
- Whole wheat pita
- Whole wheat tortilla (10" tortilla)
- Corn tortilla (2 small tortillas)

Grains

1 serving = 1/2 cup cooked

- Amaranth
- Barley
- Brown rice
- Bulgur
- Freekeh
- Whole wheat couscous
- Millet
- Oat Bran
- Quinoa
- Steel cut oats
- Teff

Legumes

1 serving = 1/2 cup cooked

- Black beans
- Black-eyed peas
- Garbanzo beans (chickpeas)
- Great northern beans
- Kidney beans
- Lentils
- Lima beans, baby
- Navy beans
- Pinto beans
- Soy beans
- Split peas

Condiments and dressings

- For flavoring you may use low-calorie dressing (under 50 calories) fresh or dried herbs, broth, spices, lemon or lime juice, hot sauces, mustard, salsa, relish, and vinegar.

MEAL PLAN OPTIONS

Choose the plan that meets your current situation and goals:

LOW- ideal for people under 5'2" and/or have low daily activity. For example, you have a desk job, get less than 5000 steps per day, and/or participate in less than 20 minutes 0-3 times per week of low intensity exercise such as walking or chair yoga.

MODERATE- ideal for people 5'3"-5'7" and/or have moderate daily activity. For example, you have a desk job but are getting 5500-7500 steps per day, and/or participate in moderate intensity exercise 30+ minutes 2-4 times per week such as weightlifting, hiking, fast walking, swimming, etc.

HIGH- ideal for people over 5'8" and/or have moderate to high daily activity. For example, you have a job that keeps you on your feet or involves manual labor, getting more than 7500 steps per day, and/or participate in moderate to high intensity exercise 30+ minutes, 4-6 times per week such as weightlifting, hiking, running, aerobics, power walking, HIIT, swimming, etc.