

21 Day Rapid Fat Loss Nutrition Program



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\$57.00





A Personal Welcome From Brad Linder

Your Best Body Begins Here!

Dear 21 Day Rapid Fat Loss Participant,

The journey ahead of you will not be “quick and easy” – nothing truly worthwhile ever is, but if you stick with it and complete this 21 – Day Program exactly as described...

I guarantee you will lose up to 10 pounds or more of body fat if you do the work necessary to accomplish that goal. The program works, now work the program!

If you don't need to lose 10 pounds of Fat in 21 days, you won't. You also need to understand that I am not talking about body weight but Fat. You may not lose too many pounds in 21 days but you will lost inches and gain some lean muscle. This just means that you are converting your fat into lean muscle mass which helps with long term maintenance if you continue on with the nutrition and exercise program. You will find all of the nutritional information you need to get you started looking the way you want in just 21 days.

As you go through the program remind yourself, “It's **just** 21 days!” You can do anything in just 21 days. So stick with it and see what is possible!

And remember, this is just the beginning. I want these next 21 days be the stepping stone to you achieving life long lasting results!

Stay Strong,

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P.S. Use this program as a way of self-discovery as well. Is guided support the way you workout best? Or do you need more individual attention? Whatever it is you need to continue after the 21 days are complete we are here to help you. We offer a 24 Day Challenge if you know that nutritional supplements and filling in your nutritional gaps may be an issue for you. Check out the 24 Day Challenge link from our home page of GetYouInShape.com to read more about it and hear some great stories. We believe our 24 Day Challenge is our best nutritional program but this is a great tool to help you follow a food plan.

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Real People, Real Results



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Nutrition Tips

#1 Rule For Weight Loss - Eat Right!

I hate to say it, but it's so true; you are what you eat.

And if you want to lose weight (or gain weight) stay off that treadmill and don't touch those weights until you've first taken a long, hard look at what you eat.

The trick to good nutrition (and therefore faster results) is to feed your body a combination of protein and carbohydrates every few hours, this ensures proper recovery from workouts AND optimal energy levels throughout your day. Balanced nutrition is the key. And believe it or not, for best results, you should eat 5-6 (small) meals each day instead of the "3 square meals" you're probably used to, or worse... just one big meal a day.

Here's a quick "ingredients checklist" you want to stick to when creating your own meals from now on. The better you stick to this, the better your body will be when the 21 Days are up...

- **Protein** - Choose a portion of lean protein, such as chicken breast, ground turkey, fish or steak. Protein is essential for building toning and building muscle. 3-5 ounces should be about the right size.
- **Carbohydrates** - Choose a portion of complex carbohydrates, such as a small baked potato, sweet potato, a 1/2 cup of brown rice or a slice of whole-wheat bread.
- **Vegetables** - Add a portion of vegetables with at least two meals each day.
- **Essential Fats** - Consume one tablespoon of unsaturated oil daily (olive oil is best) or 3 portions of salmon per week. Not all fats make you fat!
- **Water** - Drink at least half your body weight in ounces each day. If you weigh 150 pounds then drink *at least* 75 ounces... more when you're exercising

Again, balanced nutrition is the key. You can do all the workouts in the world, but you just won't be maximizing your results until you fix the way you eat. That's why you need to start with nutrition first, otherwise most of the time you spend exercising is wasted. And that's a lot of work to go to waste!

Here's Some More Helpful Nutrition Tips For Speedier Results

Your Rumbling Belly Is Lying To You, You're **NOT** Hungry

A lot of times when people feel hungry, they're not. They're just dehydrated. If you drink enough water, your body will be balanced and function the way that it's meant to. This is very important to aid the release of stored fat.

A good rule of thumb is to drink half of your body weight in ounces of water. But If you live in a warmer, more humid climate or are overweight (not for too much longer!), then

you'll need to drink even more especially when exercising. This rule of thumb is just a starting point.

What "Catabolic" Really Means: When the body is breaking down its own tissue, this is referred to as a catabolic state. This happens when you don't eat enough protein, your body is essentially eating itself! Not a pretty picture.

You **MUST** eat enough protein everyday so your body doesn't have to eat itself!

The Importance of Snacks Each Day: Most people have time to eat a good lunch and dinner, but it's the snacks in between and getting a complete breakfast that are the most difficult - and the most important!

That's when having a good meal replacement product is required. In choosing a quality meal replacement product, you'll want to look for one that has a good balance in protein, high fiber, and a low glycemic index. Typically healthy shakes and bars are excellent for this, they're convenient and give you all the good stuff, stock-up!

Supplement Yourself: When I talk about supplementation, I'm **NOT** talking about stimulants and artificial-type-products. Those are dangerous and should be avoided at all times.

What I'm talking about are whole-food, natural, and organic nutrition-supplement-type-products.

Things like multi-vitamins and minerals, antioxidants, meal replacement, and exercise recovery products. These types of supplement products are essential to provide your body with the nutrients lacking in our food today.

Plan Your Meals: Planning is the key to your success. If you don't have a plan how can you measure how you're doing. And if you're busy like everyone else planning becomes even more important. Don't skip this step, plan a week in advance and you will be successful.

Track Your Intake: When you track and journal what you are eating you become more accountable for what you're eating. You'll be less likely to eat that donut if you have to right it in your journal and see the calories in black and white. We've included a journal mechanism for you in the following pages. Use it for the best results.

A USDA study showed that 97% of all Americans don't get the nutrients they need from food alone, and this includes you! You must supplement to get complete nutrition today.

Again, I can point you in the right direction with supplementation. There's a lot to know and it's a bit of a minefield if you don't know what you're doing. Please feel free to e-mail brad@getyouinshape.com or call 214.603.82872 if you have questions.

A Big Fat List Of Fat Fighting Foods!

If you can use one of each of these ingredients for your 3 “main meals” each day you’ll be off to a flying start with the Your Best Body Challenge. Just add water to drink.

Fruit or vegetables will work for snacking in-between meals.

Proteins	Carbohydrates	Vegetables	Fats	
Chicken breast	Baked potato	Broccoli	Avocado	Vegetarian Proteins Tempeh Seitan Tofu Texturized vegetable protein Soy foods Veggie burgers
Turkey breast	Sweet potato	Asparagus	Sunflower seeds	
Lean ground turkey	Yams	Romaine Lettuce	Pumpkin seeds	
Swordfish	Squash	Carrots	Cold-water fish	
Orange roughy	Pumpkin	Cauliflower	Natural peanut butter	
Haddock	Steamed brown rice	Green beans	Low-sodium nuts	
Salmon	Steamed wild rice	Green peppers	Olives and olive oil	
Tuna	Pasta	Mushrooms	Safflower oil	
Crab	Oatmeal	Spinach	Canola oil	
Lobster	Barley	Tomato	Sunflower oil	
Shrimp	Beans	Peas	Flax seed oil	
Top round steak	Kidney beans	Brussels sprouts		
Top sirloin steak	Corn	Artichoke		
Lean ground beef	Strawberries	Cabbage		
Buffalo	Melon	Celery		
Lean ham	Apple	Zucchini		
Egg whites	Orange	Cucumber		
Trout	Fat-free yogurt			
Low-fat cheese	Whole-wheat bread			
Low-fat cottage cheese	High-fiber cereal			
Wild-game meat	Whole-wheat tortilla			
	Whole grains			

Fats to Avoid
Butter
Fried Foods
Mayonnaise
Lard
Whole-Fat Dairy Products



How to Create Your Menu

Now that you know exactly which foods to choose, you're ready to hand-pick the foods you enjoy and put them all together into your own personalized meals and menu plans. Creating effective, result-producing menus is incredibly easy once you know the simple formula.

- Step 1: Choose a lean protein from the list for every meal.
- Step 2: Choose a starchy carbohydrate from the list for every meal
- Step 3: Choose your simple carbohydrates for your breakfasts
- Step 4: Choose your fibrous carbs for your lunches and dinners
- Step 5: Assign a time for each meal

Breakfasts (meals one and two)

Because you'll be eating five or six meals a day and the first two meals will probably be in the morning, we'll call meals one and two "breakfasts" for simplicity. The first step in creating a breakfast is to select a lean protein such as egg whites. The second step is to choose a starchy carbohydrate such as oatmeal. The third step, which is optional, is to pick a natural simple carbohydrate such as an orange. Now all you have to do is adjust your portion sizes to fit your personal calorie needs. There you have it - as easy as one-two-three - instant meal! Here are several examples.

Example 1

Egg white omelet
Oatmeal
Orange

Example 2

Protein powder
Oatmeal
Banana

Example 3

Egg white scramble
Whole wheat toast
All Fruit Jelly

Example 4

Shredded Wheat
Skim Milk
Protein shake

Of course, there's no reason whatsoever why you can't have green vegetables and chicken breast for breakfast if that's what you want. However, this isn't what most people would consider an appetizing or "traditional" breakfast. Traditional breakfasts usually consist of either hot or cold cereal for complex carbohydrates, a piece of fruit for simple carbohydrates and egg whites, protein powder or a dairy product for protein.

Lunches and dinners (meals three through six)

Meals three through six will usually fall in the afternoon and evening, so group these meals together and call them "lunches and dinners" collectively. As with all meals, you begin by selecting a lean protein such as fish or chicken breast. Second, you choose a starchy carbohydrate such as a baked potato. Third, you choose a fibrous carbohydrate such as broccoli. Here are four examples:

Example 1

Chicken breast
Baked potato
Broccoli

Example 2

Top Round steak
Yam
Green beans

Example 3

Salmon
Brown rice
Asparagus

Example 4

Tuna, low fat mayo
Whole wheat bread
Salad

Restaurant Guide

Eating out can be very challenging when trying to stay within your nutrition plan. It is not impossible. With some specific instructions to your server you can have a healthier choice even in a restaurant. Below we've compiled some ideas for different types of restaurants.

Breakfast: Order an egg white or Egg Beater® omelet. Just say "no oil or butter" and ask for the chef to use cooking spray. You may add any vegetables that you want into it. Request 1 or 2 slices of dry whole-wheat toast. Place jam on toast instead of butter. Occasionally the chef automatically puts butter on the toast, if this happens, send it back and restate that you asked for dry toast.

Chinese: Order steamed chicken, shrimp or scallops. Remember that you can ask for a mix of shrimp and chicken. Request steamed rice and steamed vegetables. To add flavor if you like spicy food, use the dry chili pepper flakes. You can also use their plum sauce, ginger or lite soy sauce.

Continental: Order any grilled fish or chicken breast without butter, oil or sauce. Just ask that it be cooked with seasonings but no fat. Top with diced onions, tomatoes, or steamed spinach. Ask for the vegetable of the day to be steamed without butter.

Italian: Order grilled fish like snapper or chicken breast; without butter, oil or sauce, smothered in steamed spinach with garlic and tomato sauce on the side and steamed asparagus or other vegetable. If you do not like garlic, be sure to always tell the waitperson.

Mexican: Instead of chips, ask for corn tortillas, dip in the hot sauce and enjoy just like the fried chips. Order fish or chicken breast rolled in Mexican Spices and char-grilled with no fat. Smother the fish or chicken in Pico de Gallo and get some steamed vegetables-on the side. You can also order grilled chicken fajitas without the skin, butter or oil. Place the chicken breast in corn tortillas with onion, Pico de Gallo, or salsa. Actually, grilled shrimp fajitas without butter or oil, wrapped in corn tortillas is a great meal and will contain less fat and calories than the chicken fajitas! Add all the Pico you want.

Seafood: Order a low fat fish, rolled in the seasonings the same seasonings they blacken their fish with. Ask for it to be char grilled without butter, oil or fat. Most seafood establishments offer Pico de Gallo which goes great over grilled fish. Ask for a plain baked potato topped with salsa or mustard and steamed veggies. A great choice if you like seafood is ceviche or shrimp cocktail with a baked potato.



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Steak House: Filet Mignon not only tastes great but has the least amount of fat of all the steaks, but order the petite size. You may also order a grilled lobster tail without the butter, a plain baked potato topped with salsa, catsup or mustard and steamed vegetables like asparagus or broccoli.

Sushi: Order the shrimp or cucumber rolls, crab or California rolls made without mayo or fish eggs. Other items that would be a great choice include scallops, snapper, flounder and tuna. Be sure to use the light soy sauce for less sodium.

Nutrition FAQ's

Your Burning Questions Answered!

Q How can eating six meals per day actually help me lose fat?

A It doesn't make sense, right? Everyone thinks if you want to lose fat you go on a diet, you eat less. Frankly that's baloney. And it's dangerous.

There are three reasons why eating frequently, in the range of five to six small meals per day, helps you lose weight. First, smaller meals are less likely to be stored as fat. Second, frequent meals help stabilize blood sugar levels and control insulin. This insulin control helps you stay in a fat burning state. Lastly, every time you eat, your metabolism is raised (meaning you use up more food as energy) due to a process called thermogenesis.

Thermogenesis is simply the name for the process of your body burning calories during the digestion process. That's right, it takes energy (calories) to digest food. So eating itself is like getting a "mini-workout" on the inside without all the sweating and groaning.

Q So what about carbohydrates, I thought carbs make you fat?

A There are "good carbs" and "bad carbs". There are also carbs that fit somewhere in the middle. Bad carbs are highly processed and refined. This would include things like the refined flour found in cake, traditional pancakes, regular tortillas, white bagels, etc. These carbs elicit a large insulin spike in the body and are easily converted to fat. These are called "high glycemic index" type carbohydrates. The carbs I recommend you eat are predominantly whole grains, fruits, and vegetables. In addition, you'll always be combining your carbs with protein sources when you eat. The protein diminishes the negative "insulin-spiking" effect of carbs. The lean proteins, combined with the fibrous carbs you're eating will minimize or eliminate any negative effects of the whole grains and fruit. Phew! What a mouthful!



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Q What about alcohol, can I still drink during my 21 Day Fat Loss Program?

A In a word, NO. Alcohol is like liquid fat. It will not help your fitness goals. It's essentially a toxin and as soon as you intake it, your body is working hard and fast to get it out. It interferes with your metabolism, will take you out of a "fat burning" state, and lower your body's ability to produce those crucial muscle-building, fat-burning hormones that you're working hard to build up.

I recommend eliminating alcohol from your diet. But if you must, limit yourself to 1-2 drinks on the weekend only. But go with light beer or wine.

Q What about eating out at restaurants?

A For those times when you must eat out, don't be afraid to ask for "special" preparation instructions for your food. A lean piece of fish or chicken, some "dry vegetables" (no added butter or oil) and a baked



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sweet potato or brown rice. Skip the

desert and drink lots of water with lemon. No cocktails.



Pay attention to what is on the label and make wise choices

Exercise Tips

The “Other Part” Of Weight Loss

With nutrition down, the next sure-fire way to a skinnier waistline is good old fashioned exercise.

Always, Always, Always Start With A Warm-Up

Before going “at it” whether it’s strength or aerobic training you’re doing, you must always warm up first. Tearing a muscle or stretching something further than it’s meant to go can have you sidelined for at least a few weeks, and that only slows down your progress. It’s just crazy to miss this crucial step out.

The goal of a warm-up is to get your body ready for a workout, I’ll typically start mine by getting the heart beating and the blood pumping with a quick, light jog (no more than 5 minutes).



A good warm-up and stretch is essential

Afterwards I stretch, starting from the upper body and working my way down. Paying more attention to the muscles I am going to be using the most as I train.

The Two Categories Of Exercise You’ll Want To Focus On

After warming up, you’ll start either one of two types of exercise - aerobic or strength training - you’ll need to prioritize depending on what your goals are. Assuming it’s weight loss, a mixture of the two works best. I’ll give you an example workout plan and the end of this session so you can see what I mean, let me give you a few exercises for each first...

Aerobic exercise is excellent for your heart and circulatory system, it’s also a big calorie burner... Walking, running, jump-rope, cycling and swimming are all good examples of accessible aerobic exercises you can get started with.

As for strength training, the goal here is to build muscle for a toned, lean look on the outside. But also because on the inside, muscle burns up calories fast. Which means while you’re watching T.V. or even sleeping, you’re burning calories faster than you normally would.

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Your Weekly

Program

Week 1



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Week 1 Meal Plan

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Done For You
Make Your Own, or
Have Your Food Delivered

Now that you have some great information on how to make good choices, it's time to develop your meal plan.

You have a choice of following the meal plan I give you over the next pages or developing your own, or you could do a combination of both. Either way you will need to do something. Even if you eat out at restaurants, plan for it and be prepared. Review the Restaurant Guide and make better choices.

If you choose to use the Meal Planning Template, make sure you fill it out completely **before** the week begins. Then create your shopping list and stock up on the items you need.

If you choose to follow the meal plan I give you, then use the grocery list at the back of the meal plan to shop for the items you need.

If you opt to have the food prepared for you, then please make sure you pick up your food when scheduled.

- 1** Plan your meals
- 2** Create your grocery list
- 3** Prepare and pack your food
- 4** Track your progress

Day 1

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters/egg whites	10	2	0	50
1 pack	Oatmeal	4.4	17.6	2	95
1 cup	Milk (skim)	8.4	11.9	0.4	86
	Totals	22.8	31.5	2.4	231

AM Snack

1/2 Tbsp.	Peanut butter—all natural smooth style	2	1.5	4	52.5
1	Banana, medium	1.2	26.7	0.6	105
	Totals	3.2	28.2	4.6	157.5

Lunch

3 oz.	Chicken breast/white meat	19.5	0	1.2	93
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1/4 cup	Seasoned croutons	1.08	6.35	1.83	46.5
2 Tbsp.	Oil & vinegar light vinaigrette	0.2	3.8	1.8	32
	Totals	23.38	29.15	5.63	269.5

PM Snack

3 oz.	Solid white tuna in water	22.5	1.5	1.5	105
1 Tbsp.	Pickle relish	0.1	5.3	0.1	20
2 Tbsp.	Fat free mayonnaise -	0	6	0	16
5	Saltine crackers, low sodium	1	10	2	60
	Totals	23.6	22.8	3.6	201

Dinner

4 oz.	Broiled halibut	30	0	4	160
1/2 cup	Cooked brown rice	2.45	24.85	0.6	116
1/2 cup	Cooked broccoli, no salt	2.85	4.92	.11	25.76
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar light vinaigrette	0.1	1.9	0.9	16
	Totals	36.7	41.17	6.01	366.76

Evening Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
	Totals	7.5	13.5	0	90

Actual Totals for Day # 1: 117.18 166.32 22.24 1315.76

Actual % of Total Calories:

35.13%

49.86%

15%

Day 2

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

2/3 cup	Kellogg's low-fat ready-to-eat granola/raisins	4.4	44	2.75	50
1/2	Banana, medium	.6	13.35	.30	52.5
1/2 cup	Greek yogurt, 2% plain	10	4.5	2.25	75
Totals		15	61.85	5.3	328.8

AM Snack

1	Medium apple with peel	0.3	21	0.5	81
1 Tbsp.	Almond butter	2	3	9	101
Totals:		2.3	24	9.5	182

Lunch

1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1/4 cup	Seasoned croutons	1.08	6.35	1.83	46.5
1	Large hard-boiled egg	6.29	0.56	5.31	77.5
3 Tbsp.	Oil & vinegar vinaigrette light dressing	0.3	5.7	2.7	48
Totals:		10.27	31.61	10.63	270

PM Snack

1 cup	Cottage cheese, 1% fat	28	6.2	2.3	164
Totals:		28	6.2	2.3	164

Dinner

3 oz.	Roasted pork tenderloin (lean only)	35.88	0	6.13	209.1
1 cup	Fresh asparagus, boiled	4.6	7.6	.6	44
3 oz.	White potato	2.1	20.55	.09	90
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar vinaigrette light dressing	0.1	1.9	0.9	16
Totals:		43.98	39.55	8.12	408.1

Actual Totals for Day 2:	99.55	163.21	35.86	1352.9
Actual % of Total Calories:	28.99%	47.52%	23.49%	

Day 3

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters or liquid egg whites	10	2	0	50
1 pack	Instant oatmeal, plain	6.6	26.4	3	142.5
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		25	40.3	3.4	278.5

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Lunch

2 slice	Whole-grain bread	5.43	25.82	2.35	137.76
3 oz.	Turkey breast/white meat	25.5	0	0.6	114
1 slice	2% light mild cheddar cheese	4	1	3	50
2 leaves	Raw spinach	0.57	0.73	0.08	4.6
3 slices	Tomato	0.38	2.09	0.15	9.5
2 Tbsp.	Fat free mayonnaise	0	6	0	16
1/2 cup	Unsweetened canned applesauce	0.21	13.77	0.06	52.46
Totals:		36.09	49.4	6.24	384.32

PM Snack

1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Canned peaches, halves or slices, in water	0.54	7.45	0.07	29.28
Totals:		14.54	10.55	1.22	111.28

Dinner

4 oz.	Broiled halibut	30	.0	4	160
1/2 cup	Cooked brown rice -	2.45	24.85	.6	116
1/2 cup	Cooked broccoli, no salt	2.85	4.92	.11	25.76
1	Small garden salad w/tomato & onion	1.3	9.5	.4	49
1 Tbsp.	Oil & vinegar light vinaigrette	.1	1.9	.9	16
Totals		36.7	41.17	6.01	366.76

Evening Snack

3 cup	Light microwave popcorn	2.01	8.01	3	69
Totals:		2.01	8.01	3	69

Actual Totals for Day 3:	117.94	152.54	20.77	1251.86
Actual % of Total Calories:	37.18%	48.09%	14.73%	

Day 4

Qty/Measure Calories	Description	Protein	Carbs	Fats	
Breakfast					
1 cup	Cheerios	3.55	22.2	1.77	110.7
1/2	Banana, medium (add to cereal)	0.6	13.35	0.3	52.5
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
	Totals:	20.05	60.95	2.47	339.2
AM Snack					
10	Grapes (American)	0.2	4.1	0	20
	Totals:	0.2	4.1	0	20
Lunch					
1 cup	Low sodium vegetable soup	2	9	2	60
6	Low sodium crackers	1.2	12.2	4	72
3 oz.	Solid white tuna in water, drained	22.5	1.5	1.5	105
1 Tbsp.	Pickle relish	0.1	5.3	0.1	20
2 Tbsp.	Fat free mayonnaise	0	6	0	16
6	Medium baby carrots, raw	0.38	4.94	0.08	21
	Totals:	33.68	39.24	6.58	329
PM Snack					
1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Canned peaches, halves or slices, in water	0.54	7.45	0.07	29.28
	Totals:	14.54	10.55	1.22	111.28
Dinner					
3 oz.	Broiled pork tenderloin (lean only)	25.86	0	5.38	158.95
1	Small sweet potato, baked in skin, no salt	1.21	12.43	0.09	54
1/2 cup	Fresh asparagus, boiled	2.3	3.8	0.3	22
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar vinaigrette light dressing	0.1	1.9	0.9	16
	Totals:	30.76	27.63	7.07	299.95
Evening Snack					
1/2 Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
4	Graham crackers	1.93	21.5	2.83	118
	Totals:	5.93	24.5	10.83	223

Day 5

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2	Honey wheat bagel	4.5	22.5	0	120
1/2 Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
1	Orange, medium	1.1	17.4	0.3	69
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.	4 86
Totals:		18	54.8	8.7	380

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Lunch

2 slices	Whole-grain bread	5.43	25.82	2.35	137.76
4 oz.	Turkey breast/white meat	34	0	0.8	152
2 Tbsp.	Fat free mayonnaise	0	3	0	8
1 slice	2% light mild cheddar cheese	4	1	3	50
3 slices	Tomato	0.38	2.09	0.15	9.5
1 leaf	Fresh spinach	0.29	0.36	0.04	2.3
1 cup	Low sodium vegetable soup	2	9	2	60
Totals:		46.1	41.27	8.34	419.56

PM Snack

10	Grapes (American)	0.2	4.1	0	20
Totals:		0.2	4.1	0	20

Dinner

4 oz.	Chicken breast/white meat	26	0	1.6	124
2 Tbsp.	BBQ sauce	0	12	1	50
1/2 cup	Boiled frozen green beans, no salt	1.01	4.35	0.11	18.9
3 oz.	White potato, baked	2.1	20.55	.09	90
2 Tbsp.	Sour cream, reduced fat	0.88	1.28	3.6	40.5
1 tsp	Fresh chives, chopped	0.03	0.04	0.01	0.3
Totals:		30.02	38.23	6.41	323.7

Evening Snack

4 cups	Light microwave popcorn	2.68	10.68	4	92
Totals:		2.68	10.68	4	92

Actual Totals for Day 5:	104.5	162.57	27.45	1325.26
Actual % of Total Calories:	31.78%	49.44%	18.78%	

Day 6

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters or liquid egg whites	20	4	0	100
1 pack	Instant oatmeal, plain	6.6	26.4	3	142.5
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		35	42.3	3.4	328.5

AM Snack

1/2	Medium apple with peel	0.15	10.5	0.25	40.5
1/2 Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
Totals:		4.15	13.5	8.25	145.5

Lunch

1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1/4 cup	Seasoned croutons	1.08	6.35	1.83	46.5
1	Large hard-boiled egg	6.29	0.56	5.31	77.5
2 Tbsp.	Oil & vinegar vinaigrette light dressing	0.2	3.8	1.8	32
Totals:		10.17	29.71	9.73	254

PM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Dinner

4 1/2 oz.	Wild Atlantic salmon, cooked with dry heat	32.44	0	10.37	232.05
1/2 cup	Fresh asparagus, boiled	2.3	3.8	0.3	22
3 oz.	White potato, baked	2.1	20.55	.09	90
3 Tbsp.	Chunky medium salsa	0	0	0	6
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar vinaigrette light dressing	0.1	1.9	0.9	16
Totals:		38.24	35.75	12.06	415.05

Evening Snack

4	Graham crackers	1.93	21.5	2.83	118
Totals:		1.93	21.5	2.83	118

Actual Totals for Day 6:	96.99	156.26	36.27	1351.05
Actual % of Total Calories:	28.96%	46.67%	24.37%	

Day 7

Qty/Measure Calories	Description	Protein	Carbs	Fats	
Breakfast					
1/2	Honey wheat bagel	4.5	22.5	0	120
1/2 Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
1	Medium orange	1.1	17.4	0.3	69
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
	Totals:	18	54.8	8.7	380
AM Snack					
1	Orange, medium	1.1	17.4	0.3	69
	Totals:	1.1	17.4	0.3	69
Lunch					
1 cup	Low sodium vegetable soup	2	9	2	60
1/2 cup	Cooked broccoli, no salt	2.85	4.92	0.11	25.76
3 oz.	White potato, baked	2.1	20.55	.09	90
3 Tbsp.	Chunky medium salsa	0	0	0	6
	Totals:	6.95	34.47	2.2	181.76
PM Snack					
6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
	Totals:	7.5	13.5	0	90
Dinner					
3/4 cup	Whole wheat angel hair pasta, cooked	5.25	31.5	0.75	157.5
5 oz.	Chicken breast/white meat	32.5	0	2	155
1/2 cup	Marinara sauce	4	10	6	110
1/2 Tbsp.	Grated Parmesan cheese	0.96	0.1	0.72	10.78
1	Medium garden salad w/tomato & onion	1.95	14.25	0.6	74
2 Tbsp.	Oil & vinegar vinaigrette light dressing	0.2	3.8	1.8	32
	Totals:	44.86	59.65	11.87	539.27
Evening Snack					
2 1/2 cup	Light microwave popcorn	1.68	6.68	2.5	57.5
	Totals:	1.67	6.68	2.5	57.5

Actual Totals for Day 7:	80.09	186.5	25.57	1317.53
Actual % of Total Calories:	24.71%	57.54%	17.75%	



GET YOU IN SHAPE

Grocery List for Week One

experience **results.**

Food	Qty	Measure
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Meat/Fish

Pork tenderloin (lean only)	7.5	oz.
Turkey breast/white meat	7	oz.
Chicken breast/white meat	15	oz.
Wild Atlantic salmon	4.5	oz.
Halibut	4	oz.

Pasta/Grains and Accompaniments

Whole wheat angel hair pasta	3/4	cup
Marinara sauce	5	cup
Grated Parmesan cheese	1/2	Tbsp.
Brown rice	1	cup

Frozen Foods

Frozen green beans	1/2	cup
Frozen broccoli	1 1/2	cup

Dairy

Nonfat skim milk or almond milk (unsweetened)	6	cup
Greek yogurt, 2% plain	1/2	cup
Light yogurt, any flavor (less than 9g sugar)	36	oz.
2% mild cheddar cheese	2	slices
Cottage cheese, 1% fat	2	cup
Reduced fat sour cream	2	Tbsp.
Egg Beaters or liquid egg white	2	cup
Eggs	2	large

Fresh Vegetables

Large garden salad w/tomato & onion	3	large
Medium garden salad w/tomato, onion	1	medium
Small garden salad w/tomato & onion	4	small
Asparagus	2	cup
Tomato	1 1/2	cup
Chives	1	tsp.
Spinach	3	leaves
Sweet potato	1	
Medium baby carrots	6	
White potatoes, medium	12	oz.

Fresh Fruits

Apple, medium	1 1/2	
Orange, medium	3	
Banana, medium	2	
Grapes (American)	20	

Cereals

Low fat granola with raisins ready-to-eat cereal	2/3	cup
Instant oatmeal, plain	4	pack
Cheerios	1	cup

Breads and Baked Goods

Honey wheat bagels	1	
Whole-grain bread	4	slices
Seasoned croutons	3/4	cup

Canned Goods

Solid white tuna in water	7	oz.
Low sodium vegetable soup	3	cup
Canned applesauce, unsweetened	1/2	cup
Canned peaches, water packed halves or slices	1	cup

Condiments

Fat free mayonnaise	7	Tbsp.
Oil & vinegar vinaigrette light dressing	13	Tbsp.
Chunky medium salsa	8	Tbsp.
Pickle relish	2	Tbsp.
BBQ sauce	2	Tbsp.

Snacks & Treats

Almond Butter	1	Tbsp.
Peanut Butter—all natural smooth style	4 1/2	Tbsp.
Light microwave popcorn	9 1/2	cup
Graham crackers	8	
Low sodium crackers	11	



Week 1 Meal Planner Template

When you develop your own meal plan make sure you follow the serving size suggestions I give you. This will keep you in the correct calorie range. You don't need to count calories, just stay within your portion size and you'll be successful.

Be sure to plan your meals out at restaurants. A good strategy to keep from over eating is to ask for a to go box and pack away the extra meal for later.

You may need to modify some of the recipes in the recipe section to fit the serving sizes.



GET YOU IN SHAPE

Week 1 Meal Tracking

experience **results.**

The absolute best way to stay on track with your nutrition plan is to track what you actually eat.

You've made your plan, you've prepared your meals, now track your progress.

Those who track their meals are much more successful in their weight management goals than those who don't.

As part of this 21 Day program you are **required** to keep track on a daily basis what you eat and drink. So start tracking now.

Each week you must bring your tracking log book in to be reviewed by our staff and to get weighed on our scientific body composition scale.

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		
I feel			

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		
I feel			

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		



Your Weekly

Program

Week 2



Week 2 Meal Plan

Done For You

This second week meal plan is a little different from last week. I want to make sure you don't get bored. However, if you have meals from last week which you enjoyed feel free to repeat them... just make sure it's in your plan.

By the end of this week, any feeling of being "stuffed" should be gone. You should start to feel ready to eat by the time your next eating time rolls around.

Keep following the meal plan exactly as laid out and you will be successful. You still have the option to create your own plan in the next section.

GET YOU IN SHAPE

Day 8

experience results.

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1	Honey peanut Balance Bar	14	22	6	200
8 oz.	Tropicana 100% pure orange juice	0	24.9	0	112
Totals:		14	46.9	6	312

AM Snack

1/2 cup	Dry roasted peanuts, no salt	8.64	7.85	18.13	213.53
Totals:		8.64	7.85	18.13	213.52

Lunch

1	Wheat pita (sandwich)	2.8	15.6	0.7	75
3 oz.	Solid white tuna in water, drained	21.68	0	0.7	98.6
1/4 Tbsp.	Pickle relish	0.03	1.33	0.03	5
1 Tbsp.	Light salad dressing	0.09	1.28	4.94	50.1
8	Medium baby carrots, raw	0.8	6.4	0.8	32
8 oz.	V8 vegetable juice, no salt	1.33	10.67	0	48
Totals:		26.73	35.27	7.16	308.7

PM Snack

1 cup	Low sodium chicken vegetable soup	3	8	3	70
Totals:		3	8	3	70

Dinner

4 oz.	Chicken breast/white meat	26	0	1.6	124
1 oz.	2% reduced-fat cheddar cheese	7	0.5	6	90
1/2 cup	Ready-to-serve salsa (for chicken)	1	4.07	0.1	17.55
4 oz.	Fresh green beans, boiled	2.1	8.9	0.3	40
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1 Tbsp.	Fat free Italian dressing	0	1	0	6
Totals:		38.7	33.47	8.8	375.55

Actual Totals for Day 8:	91.08	131.49	43.09	1279.77
Actual % of Total Calories:	28.51%	41.15%	30.34%	

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 pack	Instant oatmeal, plain	4.4	17.6	2	95
1	Banana, medium (add to oatmeal)	1.2	26.7	0.6	105
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		14	56.2	3	286

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
1 1/4 cup	Grapes (American)	0.72	19.72	0.4	77.05
Totals:		8.22	33.22	0.4	167.05

Lunch

3 cup	Raw spinach (salad)	2.57	3.27	0.35	20.7
2 oz.	2% reduced-fat cheddar cheese	14	1	12	180
1/2 oz.	Toasted sunflower seed kernels, no salt	2.44	2.92	8.05	87.74
1/2 cup	Grated raw carrots	0.51	5.27	0.13	22.55
1	Large hard-boiled egg	6.29	0.56	5.31	77.5
2 Tbsp.	Fat free Italian dressing	0	2	0	12
Totals:		25.82	15.01	25.84	400.49

PM Snack

2 oz.	Mozzarella string cheese (low fat)	16	2	3	100
Totals:		16	2	3	100

Dinner

1/4 Tbsp.	Oil (olive, sesame, soy bean, or sunflower)	0	0	3.5	30
4 oz.	Flank steak, trimmed (stir fry)	31.72	0	14.68	268
1/2 cup	Fresh red bell peppers, chopped	0.74	4.49	0.22	19.37
1/2 cup	Fresh broccoli, chopped	1.24	2.92	0.16	14.96
1/2 cup	Fresh mushrooms, pieces or slices	1.08	1.15	0.12	7.7
1/4 cup	Onions, chopped	0.37	4.04	0.03	16.8
2 Tbsp.	Light soy sauce	0	2.6	0	22
Totals:		35.15	15.21	18.72	378.83

Actual Totals for Day 9:	99.19	121.64	50.96	1332.37
Actual % of Total Calories:	29.57%	36.26%	34.18%	

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters or liquid egg whites	15.06	0.8	4.15	105.42
3/4 cup	Fresh cantaloupe balls	1.12	10.83	0.25	45.14
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		24.58	23.54	4.81	236.55

AM Snack

1	Medium apple with peel	0.3	21.1	0	81
14 oz.	V8 vegetable juice, no salt	2.33	18.67	0	84
Totals:		2.63	39.77	0	165

Lunch

1	Soft flour tortilla, 7" (sandwich wrap)	2	14	2	80
4 oz.	Deli turkey breast	22	0	2	100
4 slices	Fresh tomato (1/4" slices)	0.7	3.14	0.16	14.4
1/4 cup	Fresh iceberg lettuce, chopped	0.12	0.41	0.02	1.93
1.25 oz.	2% reduced-fat cheddar cheese	8.75	0.63	7.5	112.5
2 Tbsp.	Fat free Italian dressing	0	2	0	12
Totals:		33.58	20.17	11.68	320.82

PM Snack

1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Fresh peach slices (add to cottage cheese)	0.77	8.11	0.21	33.15
Totals:		14.77	11.21	1.36	115.15

Dinner

4 oz.	Chicken breast/white meat	26	0	1.6	124
1/2 cup	Cooked spaghetti, no added salt	4.06	21.6	0.65	110.6
1/4 cup	Mushroom spaghetti sauce	1	7.5	1	55
1 oz.	Part skim mozzarella cheese	6.88	0.79	4.51	72.01
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
Totals:		39.24	40.39	8.16	416.61

Actual Totals for Day 10:	114.8	135.07	26.01	1254.14
Actual % of Total Calories:	37.22%	43.8%	18.98%	

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1	Honey peanut Balance Bar	14	22	6	200
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		22.4	33.9	6.4	286

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
1 cup	Fresh strawberry halves (add to yogurt)	1.02	11.67	0.46	48.64
Totals:		8.52	25.17	0.46	138.64

Lunch

1	Hot dog bun, mixed-grain	4.13	19.18	2.58	113.09
1	Low fat beef frank	5	4	1	50
2 tsp.	Prepared yellow mustard	0.4	0.78	0.31	6.6
1/2 Tbsp.	Catsup	0.1	2.05	0.05	8
4 stalks	Celery, trimmed	2	8	0	40
1.25 oz.	Light cream cheese (stuff celery)	3	2	5	60
1 cup	Fresh watermelon balls	0.94	11.63	0.23	46.2
Totals:		15.56	47.63	9.17	323.89

PM Snack

1/4 cup	Dry roasted peanuts, no salt	8.64	7.85	18.13	213.53
Totals:		8.64	7.85	18.13	213.52

Dinner

3 oz.	Atlantic salmon, broiled or baked	18.79	0	10.5	175.1
1/2 cup	Boiled cauliflower (1" pieces), no salt	2.28	5.1	0.56	28.52
1 1/2 cup	Fresh asparagus, boiled	6.9	11.4	0.9	66
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
2 Tbsp.	Fat free Italian dressing	0	2	0	12
Totals:		29.27	28	12.36	330.62

Actual Totals for Day 11:	84.39	142.55	46.51	1292.67
Actual % of Total Calories:	25.45%	42.99%	31.56%	

GET YOU IN SHAPE

Day 12

experience results.

Qty/Measure Calories	Description	Protein	Carbs	Fats	
Breakfast					
1/2 cup	Egg substitute, liquid (top with cheese)	15.06	0.8	4.15	105.42
1 oz.	Kraft 2% reduced-fat cheddar cheese	7	0.5	6	90
3/4 cup	Fresh cantaloupe balls	1.12	10.83	0.25	45.14
	Totals:	23.18	12.14	10.41	240.55
AM Snack					
1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1 cup	Fresh peach slices (add to cottage cheese)	1.55	16.22	0.43	66.3
	Totals:	15.55	19.32	1.57	148.3
Lunch					
1	Stouffer's Lean Cuisine glazed chicken with vegetables	22	24	6	240
12	Medium baby carrots	1.2	9.6	1.2	48
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
12 oz.	V8 vegetable juice, no salt	2	16	0	72
	Totals:	26.5	60.1	7.6	415
PM Snack					
2 oz.	Mozzarella string cheese (low fat)	16	2	3	100
	Totals:	16	2	3	100
Dinner					
1/2 Tbsp.	Olive oil	0	0	7	65
3 oz.	Top sirloin steak, lean and trimmed (stir fry)	24.67	0	8.96	186.15
4 oz.	Fresh green beans, boiled	2.1	8.9	0.3	40
1/4 cup	Fresh onion, chopped	0.37	4.04	0.03	16.8
1/4 cup	Fresh mushrooms, pieces or slices	0.54	0.57	0.06	3.85
1 tsp.	Spices, garlic powder	0.47	2.04	0.02	9.3
1	Wheat pita (serve on side with spread)	2.8	15.6	0.7	75
1 tsp.	Low fat buttery spread	0	0	3	26.67
	Totals:	30.95	31.15	20.07	422.77
Actual Totals for Day 12:					
		112.17	124.71	42.65	1326.62
Actual % of Total Calories:					
		33.7%	37.47%	28.83%	

Day 13

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 pack	Instant oatmeal, plain	4.4	17.6	2	95
3/4 cup	Blueberries, raw (add to oatmeal)	0.8	15.76	0.36	61.99
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		13.6	45.26	2.76	242.99

AM Snack

1/2	Medium apple with peel	0.15	10.55	0	40.5
3 Tbsp.	Peanut Wonder low fat peanut butter	4.5	16.5	5.25	150
Totals:		4.65	27.05	5.25	190.5

Lunch

1	Soft flour tortilla, 7" (sandwich wrap)	2	14	2	80
3 oz.	Solid white tuna in water, drained	20.08	0	2.52	108.8
1/4 Tbsp.	Pickle relish	0.03	1.33	0.03	5
1/4 cup	Fresh spinach	0.21	0.27	0.03	1.73
3 slices	Fresh tomato (1/4" thick)	0.53	2.35	0.12	10.8
1 Tbsp.	Fat free mayonnaise	0	1.5	0	4
1	Medium orange	1.1	17.4	0.3	69
Totals:		23.94	36.85	5	279.33

PM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Dinner

6 oz.	Roasted pork tenderloin (lean only)	47.84	0	8.18	278.8
2 Tbsp.	BBQ sauce	0.06	11.4	0.04	50
3/4 cup	Fresh spinach (add to salad or sauté)	4.01	5.06	0.35	31.05
1/2 cup	Mixed vegetables, frozen	2.6	11.9	0.1	54
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
Totals:		55.81	38.86	9.07	468.85

Actual Totals for Day 13:	105.5	161.52	22.08	1317.76
Actual % of Total Calories:	32.23%	49.23%	18.55%	

Day 14

Qty/Measure Calories	Description	Protein	Carbs	Fats	
Breakfast					
1	Honey peanut Balance Bar	14	22	6	200
4 oz.	100% pure orange juice	0	12.45	0	56
	Totals:	14	34.45	6	256
AM Snack					
1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Fresh peach slices (add to cottage cheese)	0.77	8.11	0.21	33.15
	Totals:	14.77	11.21	1.36	115.15
Lunch					
1	Stouffer's Lean Cuisine Salisbury steak with macaroni and cheese	23	27	8	270
1 cup,	Fresh watermelon balls	0.94	11.63	0.23	46.2
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
	Totals:	25.24	49.13	8.63	371.2
PM Snack					
1/2 cup	Low sodium chicken vegetable soup	3	12	2	80
	Totals:	3	12	2	80
Dinner					
4 oz.	Swordfish, cooked with dry heat	28.8	0	5.84	176
1/2 cup	Whole wheat angel hair pasta	4.5	20	1	105
1/4 Tbsp.	Olive oil (toss with all ingredients)	0	0	3.5	32.5
1/4 cup	Sun-dried tomatoes	1.9	7.53	0.4	34.83
1/2 cup	Zucchini, boiled	1.3	4.01	0.15	19.15
1 oz.	Grated Parmesan cheese	12	1	9	130
	Totals:	48.5	32.54	19.89	497.48
Actual Totals for Day 14:					
		105.51	139.32	37.88	1319.83
Actual % of Total Calories:					
		31.97%	42.21%	25.82%	



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Grocery List for Week Two

experience **results.**

Food
Measure

Qty

Meat/Fish

Pork tenderloin (lean only)	6	oz.
Top sirloin, lean	3	oz.
Flank steak, lean	4	oz.
Beef franks, low fat	1	
Deli turkey breast	4	oz.
Chicken breast/white meat	8	oz.
Atlantic salmon	3	oz.
Swordfish	4	oz.

Pasta/Grains and Accompaniments

Whole wheat angel hair	1/2	cup
Enriched spaghetti	1/2	cup
Mushroom spaghetti sauce	1/4	cup
Grated Parmesan cheese	1	oz.

Frozen Foods

Stouffer's Lean Cuisine glazed chicken with vegetables	1	
Stouffer's Lean Cuisine Salisbury steak with macaroni and cheese	1	
Frozen mixed vegetables	1/2	cup

Dairy

Nonfat skim milk or almond milk (unsweetened)	4	cups
Cottage Cheese, 1% fat	1 1/2	cup
Light yogurt, any flavor (less than 9g sugar)	18	oz.
Philly brand light cream cheese	1	oz.
2% reduced-fat cheddar cheese	5 1/4	oz.
Mozzarella string cheese (low fat)	4	oz.
Part skim mozzarella cheese	1	oz.
Egg substitute, liquid	1	cup
Eggs	1	large

Fresh Vegetables

Large garden salad w/tomato & onion	1	large
Small garden salad w/tomato & onion	5	small
Green beans	4	oz.
Asparagus	1 1/2	cup
Zucchini	1/2	cup
Medium baby carrots, raw	20	
Green beans	4	oz.
Celery stalks	4	
Broccoli	1/2	cup
Carrots	5	cup
Cauliflower	1	cup
Iceberg lettuce	1/4	cup
Mushrooms	3/4	cup

Onions	1/2	cup
Spinach	4	cup
Peppers, sweet red	1/2	cup

Fresh Fruits

Orange, medium	1	
Apple, medium	1.5	
Banana, medium	1	
Blueberries	3/4	cup
Grapes (American)	1 1/4	cups
Cantaloupe balls	1 1/2	cups
Peaches	2	cups
Strawberries	1	cup
Tomatoes, medium	7	slice
Watermelon balls	2	cup

Cereals

Instant oatmeal, plain	2	packs
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Breads and Baked Goods

Wheat pita	2	
Hot dog rolls, mixed-grain	1	
Soft flour tortilla, 7"	2	

Canned Goods

Light tuna in water	3	oz.
Solid white tuna in water	3	oz.
Low sodium chicken vegetable soup	1 1/2	cup
Tomatoes, sun-dried	1/4	cup

Condiments/Seasonings

Olive oil	3/4	Tbsp.
Oil, sesame, soy bean, sunflower (for stir fry-optional)	1/4	Tbsp.
Fat free mayonnaise	2	Tbsp.
Prepared yellow mustard	2	tsp.
Fat free Italian dressing	11	Tbsp.
Low fat buttery spread	1	tsp.
Ready-to-serve salsa	1/2	cup
Light soy sauce	2	Tbsp.
Catsup.	5	Tbsp.
Pickle relish	5	Tbsp.
BBQ sauce	2	Tbsp.
Spices, garlic powder	1	tsp.

Snacks & Treats

Peanut Butter—all natural smooth style	3	Tbsp.
Sunflower seed kernels, toasted, no salt	.5	oz.
Honey peanut Balance Bar	3	each
Dry roasted peanuts, no salt	1/2	cup



Beverages

V8 vegetable juice, no salt
100% pure orange juice

34 oz.
12 oz.

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experience results.

Week 2 Meal Planner Template

Here is another weekly planner template. Now that it's your second week of the program you may feel confident to "wing it". I caution you NOT to do that. Still plan out your meals for the week, especially if you dine out.

Follow the suggested serving sizes and you will continue being successful.



GET YOU IN SHAPE

Week 2 Meal Tracking

experience results.

Don't think that you can slack off on your meal tracking. This is extremely important. You haven't built up enough of the habit of tracking to take it easy yet.

There will be days you feel like cheating. Just remind yourself that this is only 21 days and you can do it.

It's just 21 days.

Remember your goals.

Focus.

Achieve.

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		
I feel			

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		
I feel			

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experience results.

Your Weekly

Program

Week 3



Week 3 Meal Plan

Done For You

This third and final week meal plan is yet again a little different. We are increasing the calories to 1500 from 1300. This is to take into account the additional intensity of cardio you will be experiencing this week. This should help with any issues of hunger and cravings over the last two weeks as well.

I want to make sure you don't binge after the 21 days is complete. So keep following the program exactly as laid out, or create your own meal plan using the meal planning template provided.

If you are eating the foods from Perfect Fit Meals, keep with the food which is delivered, there is no change in your calorie range.

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 cup	Rice Chex	2	27	0	120
1	Banana, medium (add to cereal)	1.2	26.7	0.6	105
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		11.8	66.3	1	317

AM Snack

1	Chocolate chip peanut Clif bar	12	40	6	250
1	Medium apple with peel	0.3	21	0.5	81
Totals:		12.3	61	6.5	331

Lunch

4 slices	Turkey breast meat (add to salad)	14.34	3.54	1.39	87.36
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
2 Tbsp.	Light oil & vinegar dressing	0	4	4	40
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		16.94	27.49	6.19	230.12

PM Snack

1 bar	Fruit leather snack bars	0.41	18.06	1.22	80.73
Totals:		0.41	18.06	1.22	80.73

Dinner

4 oz.	Shrimp, boiled or grilled	23.68	0	1.2	112
3 oz.	White potato, baked	1.95	21.45	0.09	93
1 spear	Broccoli	5	4	1	40
1 head	Fresh endive	6.41	17.19	1.03	87.21
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		38.34	55.09	3.72	397.97

Evening Snack

1 cup	Light microwave popcorn	0.67	2.67	1	23
Totals:		0.67	2.67	1	23

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/4 cup	Quinoa (cooked according to package)	5.57	29.28	2.47	158.95
1 cup	Frozen blueberries, unthawed	1.07	21.01	0.48	82.65
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		15.24	62.89	3.34	333.6

AM Snack

1	Medium apple with peel	0.3	21	0.5	81
Totals:		0.3	21	0.5	81

Lunch

6 oz.	Chicken breast/white meat	39	0	2.4	186
6 oz.	White potato, baked	3.9	42.9	0.18	186
2 Tbsp.	Chunky medium salsa	0	0	0	4
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		45.5	64.85	3.38	490.76

PM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Dinner

6 oz.	Flounder, broiled	40.98	0	0	198
1 cup	Fresh butterhead lettuce, chopped	0.74	1.23	0.12	7.15
1 oz.	Artichoke heart, boiled	0.98	3.18	0.01	14
1 cup,	Cauliflower (1" pieces), boiled, no salt	2.28	5.1	0.56	28.52
1/2 cup	Sliced beets, boiled	1.43	8.47	0.15	37.4
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		46.41	20.92	0.84	289.83

Actual Totals for Day 16:	117.45	191.66	12.56	1375.19
Actual % of Total Calories:	34.81%	56.81%	8.38%	

Qty/Measure Calories	Description	Protein	Carbs	Fats	
Breakfast					
1 pack	Quaker instant oatmeal plus fiber	4	28	2	150
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
1	Pink or red grapefruit, 4" diameter	1.2	23.8	0.2	92
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
	Totals:	13.8	64.4	2.6	337
AM Snack					
1	Luna bar	10	26	4.5	180
	Totals:	10	26	4.5	180
Lunch					
8 oz.	Canned ready-to-serve lentil soup with ham	9.28	20.24	2.78	138.88
1	Large garden salad w/tomato & onion	2.6	19.0	8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
	Totals:	11.88	42.19	3.58	253.64
PM Snack					
1	Fresh Asian pear	0.61	12.99	0.28	51.24
	Totals:	0.61	12.99	0.28	51.24
Dinner					
4 oz.	Swordfish, cooked with dry heat	28.8	0	5.84	176
2 spears	Broccoli	10	8	2	80
1/4 cup	Quinoa (cooked according to package)	5.57	29.28	2.47	158.95
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
	Totals:	44.37	38.23	10.31	419.71
Actual Totals for Day 17:		84.75	210.42	23.16	1367.59
Actual % of Total Calories:		24.55%	60.36%	15.09%	

Day 18

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 each	Wheat free waffles, toasted	1	43	5	230
3	Egg whites, scrambled	10.5	0.9	0	51
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		11.7	44.6	5	287

AM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Lunch

3 oz.	Chicken breast/white meat (shredded in ramen)	19.5	0	1.2	93
1 bag	Buckwheat ramen	10	60	2	280
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		29.5	60.95	3.2	377.76

PM Snack

3	Plain rice cake	2.4	21.3	0.9	105
2.8 oz.	Solid white tuna in water	21	1.4	1.4	98
2 Tbsp.	Fat free mayonnaise	0	6	0	16
1 box	Seedless raisins (1.5 oz.)	1.32	34.05	0.2	128.57
Totals:		24.72	62.75	2.5	347.57

Dinner

1	Veggie burger	11	6	0	70
1/2 cup	Fresh acorn squash, cubed	0.56	7.29	0.07	28
1/2 cup	Fresh radish slices	0.39	1.97	0.06	9.28
1	Medium garden salad w/tomato, onion	1.95	14.25	0.6	74
1/2 Tbsp.	Fat free French dressing	0	2	0	10
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		13.9	32.47	0.73	196.04

Evening Snack

2 cup	Light microwave popcorn	1.34	5.34	2	46
Totals:		1.34	5.34	2	46

Actual Totals for Day 18:	91.16	232.11	17.93	1434.37
Actual % of Total Calories:	25.07%	63.84%	11.09%	

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/4 cup	Quinoa (cooked according to package)	5.57	29.28	2.47	158.95
1 cup,	Frozen blueberries, unthawed	1.07	21.01	0.48	82.65
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6 oz.	Coffee (with caffeine)		0.2 0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		15.24	62.89	3.34	333.6

AM Snack

1	Medium apple with peel	0.3	21	0.5	81
Totals:		0.3	21	0.5	81

Lunch

6 oz.	Chicken breast/white meat	39	0	2.4	186
6 oz.	White potato, baked	3.9	42.9	0.18	186
2 Tbsp.	Chunky medium salsa	0	0	0	4
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		45.5	64.85	3.38	490.76

PM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Dinner

6 oz.	Flounder, broiled	40.98	0	0	198
1 cup	Fresh butterhead lettuce, chopped	0.74	1.23	0.12	7.15
1/2 cup	Fresh beet slices, boiled	1.43	8.47	0.15	37.4
1 oz.	Artichoke heart, boiled	0.98	3.18	0.01	14
1 cup,	Fresh cauliflower (1" pieces), boiled, no salt	2.28	5.1	0.56	28.52
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		46.41	18.92	0.84	289.83

Actual Totals for Day 19:	117.45	191.66	12.56	1363.19
Actual % of Total Calories:	34.81%	56.81%	8.38%	

GET YOU IN SHAPE

Day 20

experience results.

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 pack	Quaker instant oatmeal plus fiber	4	28	2	150
1	Banana, medium (add to oatmeal)	1.2	26.7	0.6	105
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		5.4	55.4	2.6	261

AM Snack

2	Plain rice cake	1.6	14.2	0.6	70
1 cup	Grapes (American)	0.58	15.78	0.32	61.64
Totals:		2.18	29.98	0.92	131.64

Lunch

1/2 cup	Solid white tuna in water	30	0	2	140
2 Tbsp.	Fat free mayonnaise	0	6	0	16
1 slice	Avocado	0.5	2	3.75	42.5
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		33.1	29.95	6.55	313.26

PM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Dinner

2	Soft corn tortilla, 7" (burrito)	2	18	2	90
1 cup	Fat free shredded cheese	36	8	0	180
1/2 cup	Pinto beans, boiled	7	21.8	0.4	116
3 Tbsp.	Chunky medium salsa	0	0	0	6
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		47.6	69.75	3.2	506.76

Actual Totals for Day 20:	98.28	211.08	17.77	1392.66
Actual % of Total Calories:	28.46%	59.96%	11.58%	

Day 21

Qty/Measure Calories	Description	Protein	Carbs	Fats	
Breakfast					
1 cup	Cottage cheese, 1% fat	28	6.2	2.3	164
1 slice	Avocado	0.5	23.	75	42.5
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
	Totals:	28.7	8.9	6.05	212.5
AM Snack					
1	Chocolate chip peanut Clif bar	12	40	6	250
	Totals:	12	40	6	250
Lunch					
1 cup	Fresh pears, sliced	0.63	25.51	0.2	95.7
6 oz.	Fruit on the bottom yogurt, any flavor	6.75	33	2.25	174
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
	Totals:	7.38	59.46	2.45	274.46
PM Snack					
1	Fruit leather bar	0.41	18.06	1.22	80.73
	Totals:	0.41	18.06	1.22	80.73
Dinner					
2 oz.	Whole grain pasta (toss with veggies)	8	40	1.5	190
4 oz.	Artichoke heart, boiled	3.9	12.7	0.02	56
1 spear	Fresh broccoli	5	4	1	40
1/2 head	Fresh endive	3.21	8.59	0.51	43.61
1 cup	Fresh mushrooms, pieces or slices	2.16	2.3	0.24	15.4
2 cup	Fresh mustard greens, chopped	3.02	5.49	0.22	29.12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
	Totals:	25.29	74.03	3.5	378.89
Evening Snack					
6 oz.	Yoplait light yogurt, any flavor	7.5	13.5	.0	90
	Totals	7.5	13.5	.0	90

Actual Totals for Day 21: 73.78 200.44 19.21 1196.58
 Actual % of Total Calories: 23.24% 63.14% 13.62%

Grocery List for Week Three

Food Measure	Qty
Meat/Fish	
Turkey breast meat (3-1/2" square; 8 per 6 oz. package)	4 slices
Chicken breast/white meat	15 oz.
Swordfish	4 oz.
Flounder	12 oz.
Shrimp	4 oz.
Pasta/Grains/Beans and Accompaniments	
Whole grain pasta	2 oz.
Buckwheat ramen	1 bag
Pinto beans	1/2 cup
Quinoa	3/4 cup
Frozen Foods	
Frozen blueberries	2 cup
Veggie burger	1
Dairy	
Nonfat skim milk or almond milk (unsweetened)	4 cup
Cottage cheese, 1% fat	1 cup
Fruit on the bottom yogurt, any flavor	6 oz.
Fat free shredded cheese	1 cup
Egg whites	3
Fresh Vegetables	
Large garden salad w/tomato & onion	6
Medium garden salad w/tomato, onion	1
Small garden salad w/tomato & onion	1
White potatoes	15 oz.
Broccoli	4 spears
Artichoke heart	6 oz.
Beets	2 1/2 cups
Cauliflower	4 1/2 cups
Endive	1 1/2 heads
Butter head lettuce	2 cups
Mushrooms	1 cup
Mustard greens	2 cups
Radishes	1/2 cup
Acorn squash	1/2 cup

Fresh Fruits

Avocado	2	slices
Asian pears, 2-1/4 in high x 2-1/2 in diameter	1	
Apple, medium	3	
Grapefruit, pink or red (4" diameter)	1	
Banana, medium	2	
Grapes (American)	1	cup
Pears	1	cup
Seedless raisins, 1 small box	1 1/2	oz.
Tomatoes, medium	7	slice
Watermelon balls	2	cup

Cereals

Instant oatmeal plus fiber	2	pack
Instant oatmeal, raisin-cinnamon	1	pack
Rice Chex	1	cup

Breads and Baked Goods

Wheat free waffles	1	
Soft corn tortilla, 7"	2	

Canned Goods

Solid white tuna in water	1/2	cup
Solid white tuna in water	2.8	oz. can
Canned ready-to-serve lentil with ham soup	8	oz.

Condiments/Seasonings

Fat free mayonnaise	4	Tbsp.
Chunky medium salsa	7	Tbsp.
Oil & vinegar vinaigrette light dressing	2	Tbsp.
Fat free Italian dressing	2	Tbsp.
Fat free French dressing	1/2	Tbsp.

Snacks & Treats

Light microwave popcorn	3	cups
Plain rice cakes	5	
Fruit leather snack bars	2	bars
Chocolate chip peanut Clif bar	2	
Luna bar	5	

Beverages

Unsweetened lemon-flavored instant tea powder	14	cups
Coffee (with caffeine)	42	oz.

Supplements/Vitamins

Multivitamin	7	tablets
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Week 3 Meal Planner Template

Here is another weekly planner template built for 1500 calories. Definitely don't skip this step of planning your meals, especially if you're not following my "done for you" program.

Keep planning your meals for the week taking into account the change in serving sizes.



GET YOU IN SHAPE

Week 3 Meal Tracking

experience results.

Now that I've changed the meal plan it is extremely important to continue following the plan.

There will be more days you feel like cheating. Just remind yourself that this is the last week of the program and you can have a small indulgence once the program is complete.

Remember your goals.

Focus.

Achieve.

“The future depends on what we do in the present”

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		
I feel			

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		
I feel			

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		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

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Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		
I feel			

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		

Daily Nutrition Log

Time	Portion Size		Food
Meal 1		Protein	
		Starch	
		Other	
Meal 2		Protein	
		Starch	
		Other	
Meal 3		Protein	
		Starch	
		Other	
Meal 4		Protein	
		Starch	
		Other	
Meal 5		Protein	
		Starch	
		Other	
Meal 6		Protein	
		Starch	
		Other	
Water I feel	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ <input type="checkbox"/> Hungry <input type="checkbox"/> Full <input type="checkbox"/> Bloating <input type="checkbox"/> Just Right		



Healthy Recipes

Mediterranean Turkey Sandwich

Serves 1

- 1 Tbsp. Hummus
- 1 whole wheat English muffin
- 3 oz. sliced smoked Turkey
- ¼ medium cucumber, thinly sliced
- ¼ small red onion, thinly sliced
- 4 spinach leaves

Directions:

Spread the hummus on the English muffin. Layer turkey, cucumber, onion, and spinach on muffin. Serve.

Turkey and Spinach Manicotti

Serves 4

- 8 uncooked whole wheat manicotti pasta shells
- ½ lb. lean ground turkey
- 1 medium onion, chopped (1/2 cup)
- 2 tsp. finely chopped garlic
- 1 cup fat free ricotta cheese
- 1 tsp. Italian seasoning
- 1 box frozen cut spinach, thawed, squeezed to drain
- 1 ½ cups low sodium Marinara sauce
- 2 Tbsp. finely shredded Parmesan cheese

Directions:

Heat oven to 375 degrees. Spray bottom and sides of 11 x 17 inch glass baking dish with cooking spray. Cook pasta shells as directed on box, omitting salt. Rinse with cool water; drain well. Spray 10 inch nonstick skillet with cooking spray. Cook turkey, onion, and garlic over medium heat about 5 minutes, stirring frequently, until turkey is no longer pink. Remove from heat. Stir in ricotta cheese, Italian seasoning and spinach. Spoon turkey mixture into shells; arrange in baking dish. Spoon marinara sauce over shells. Bake uncovered 20 to 25 minutes or until hot

and bubbly. Sprinkle with Parmesan cheese.

Low fat Granola Bars

Serves 12

- 1 large egg white, lightly beaten
- 2 Tbsp. honey
- 2 tsp. Canola oil
- 1 tsp. vanilla extract
- ½ tsp. ground cinnamon
- 2 cups Bare Naked Granola
- ¼ cup raisins

Directions:

Preheat oven to 325 degrees. Coat a 9 inch square baking pan with cooking spray. Whisk egg white, honey, oil, vanilla, and cinnamon in small bowl until blended. Combine granola and raisins in a mixing bowl. Stir in the wet mixture until well coated. Press granola into the prepared pan with a wet rubber spatula. Bake until lightly browned, 15 to 20 minutes. Cool in the pan on a wire rack. Cut into 12 bars.

Tuna with Pear Salsa

Serves 6

- Pear Salsa
- 1 large unpeeled pear, chopped (1 ½ cups)
- 1 medium hot or mild yellow chile, (2 Tbsp)
- 2 medium green onions, chopped (2 Tbsp.)
- 2 Tbsp. chopped fresh cilantro
- 2 tsp. grated lemon peel
- 2 Tbsp. lemon juice
- ½ tsp. salt

Tuna

- 6 small tuna or halibut fillets (1 ½ lb.)

Directions:

In small glass or plastic bowl, mix all pear salsa ingredients. Cover, refrigerate at least 1 hour to blend flavors but no longer than 24 hours. Set oven control to broil. Spray broiler pan rack with cooking spray.



GET YOU IN SHAPE

Place fish on rack in broiler pan. Broil with tops about 4 inches from heat about 5 minutes or until fish flakes easily with fork. Serve tuna topped with salsa.

Mini Mushroom and Sausage Quiche

Serves 12

8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces

1 teaspoon extra-virgin olive oil

8 ounces mushrooms, sliced

1/4 cup sliced scallions

1/4 cup shredded 2 % Swiss or 2% mozzarella cheese

1 teaspoon freshly ground pepper

5 eggs

3 egg whites

1 cup skim milk

Directions:

Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Blueberry Smoothie

Serves 2

experience results.

1 cup frozen blueberries

½ cup skim milk

6 oz. yogurt

Honey, if desired

Directions:

Blend ingredients together.

Strawberry Smoothie

Serves 2

1 cup frozen strawberries

½ cup skim milk

6 oz. yogurt

Honey, if desired

Directions:

Blend ingredients together.

Berry Banana Smoothie

Serves 2

1 small banana, peeled, cut up, and frozen

1/4 cup fresh or frozen assorted berries (such as raspberries, blackberries, and/or strawberries)

1 cup orange juice

3 tablespoons vanilla low-fat yogurt

Fresh mint (optional)

Fresh berries (optional)

Directions

In a blender container combine the frozen banana pieces, desired fresh or frozen berries, orange juice, and yogurt. Cover and blend until smooth. To serve, pour into glasses. If desired, garnish with fresh mint and additional berries. Makes 2 (8-ounce) servings.

Shrimp Caesar Salad

Serves 4

Dressing:

2 tablespoons light mayonnaise

2 tablespoons water

2 tablespoons fresh lemon juice

1 teaspoon grated Parmesan cheese



GET YOU IN SHAPE

1/4 teaspoon freshly ground black pepper
1/4 teaspoon Sriracha (hot chile sauce, such as Huy Fong)
1/8 teaspoon Worcestershire sauce
2 garlic cloves, minced

Salad:

2 tablespoons grated Parmesan cheese
1 1/2 pounds medium shrimp, cooked and peeled
1 (10-ounce) package chopped romaine lettuce
3 tablespoons pine nuts, toasted
Chopped fresh chives (optional)

Directions:

To prepare dressing, combine mayonnaise and next 7 ingredients (through garlic), stirring with a whisk. To prepare salad, combine 2 tablespoons cheese, shrimp, and lettuce in a large bowl. Add dressing; toss well to coat. Top with pine nuts. Garnish with chives, if desired. Serve immediately.

Spicy Parmesan Meatballs with Angel Hair Pasta

Serves 6

3/4 cup Fiber One bran cereal
1 lb. extra lean ground beef
1/4 cup shredded 2% Parmesan cheese
3/4 tsp. Italian Seasoning
1/4 tsp. garlic powder
1 can (8 oz) tomato sauce
1 can (14.5 oz) diced tomatoes with green pepper and onion, undrained
1/8 tsp ground red pepper
6 oz. uncooked whole wheat angel hair
1 to 2 Tbsp. chopped fresh parsley, if desired

Directions:

Place cereal in resealable food storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or in food processor). In large bowl, mix cereal,

experience results.

ground beef, 1/4 cup cheese, Italian seasoning, garlic powder and 1/4 cup of the tomato sauce until well blended. Shape into meatballs. Spray 12 inch skillet cooking spray. Cook Meatballs in skillet over medium heat 8 to 10 minutes, turning occasionally, until browned. Drain if necessary. Add remaining tomato sauce, tomatoes and red pepper to skillet; turn meatballs to coat. Cover, cook over medium-low heat 15 to 20 minutes, stirring sauce and turning meatballs occasionally, until meatballs are thoroughly cooked and no longer pink in center. Meanwhile, cook and drain pasta as directed on package. Serve meatballs over pasta. Top each serving with additional Parmesan cheese and parsley.

Guacamole

Serves 2

2 ripe avocados, peeled and pitted
2 Tbsp. Lime juice
1/8 tsp. Salt
1/4 cup chopped fresh cilantro
1/2 cup onions
1 cup cored chopped tomatoes
1/4 tsp. Minced garlic
1/4 tsp. Hot pepper sauce (optional)

Directions:

In a medium bowl, mash the avocados with the lime juice and salt. Stir in the cilantro, onions, tomatoes, garlic, and hot-pepper sauce. Cover with plastic wrap and refrigerate for 1 hour before serving.

Pita chips: Cut a whole wheat pita open and cut into triangular wedges. Bake at 350 degrees for about 7 minutes or until crisp.

Orange Beef and Broccoli Stir Fry

Serves 4

3 Tbsp low sodium chicken broth



GET YOU IN SHAPE

½ cup orange juice
2 Tbsp. lite soy sauce
1 Tbsp. grated fresh ginger
2 tsp. cornstarch
1 tsp. toasted sesame oil
½ tsp. crushed red pepper flakes
¾ lb. beef sirloin, trimmed of all fat
2 tsp. EVOO
1 large bunch broccoli, cut into florets
1 bunch scallions, cut into diagonal slices
3 cloves garlic, minced
2 cups cooked brown rice

Directions:

In a medium bowl, combine the broth, orange juice, soy sauce, ginger, cornstarch, sesame oil, and red pepper flakes. Add the beef, tossing to coat. Let stand for 10 minutes. Heat 1 tsp. of the oil in large skillet over medium-high heat. Add the beef to the skillet, reserve the marinade. Cook the beef, stirring for 3 minutes, or until browned. Remove to a plate. Add the remaining 1 tsp. oil to the skillet. Add the broccoli, scallions, and garlic; cook, stirring, for 2 minutes. Add the reserved marinade and cook, stirring for 3 minutes, or until the mixture boils and thickens slightly. Return the beef to the pan and cook, stirring for 2 minutes or until heated through. Serve over rice.

Grilled Greek Chicken Sandwiches

Serves 2

Cucumber Sauce:

¼ cup Fat free plain yogurt
1/3 cup finely chopped seeded cucumber
1 medium green onion, sliced (1 Tbsp.)
Dash salt and pepper

Sandwiches

2 tsp. lemon juice
1 tsp. EVOO
¼ tsp dried oregano leaves,
Dash salt and pepper, if desired

experience results.

2 boneless, skinless chicken breasts
1 whole wheat pita
1 small tomato, sliced
2 thin slices red onion

Directions:

Heat gas or charcoal grill. In a small bowl, mix sauce ingredients. Set aside (make 30 minutes or less prior to eating). In another small bowl, mix lemon juice, oil, and oregano. Brush lemon mixture over chicken, coating all sides. Sprinkle with salt and pepper. Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut. Wrap pita halves in foil; place on grill 1 to 2 minutes or until warm. Place chicken, tomato, and onion inside pita pockets. Top with sauce.

Spinach Salad with Spiced Pork with Ginger dressing

Serves 4

1 (1-pound) pork tenderloin, trimmed
1 tablespoon Sriracha (hot chile sauce, such as Huy Fong)
2 tablespoons brown sugar
1/2 teaspoon garlic powder
1/4 teaspoon salt
Cooking spray
3 cups baby spinach leaves
2 cups thinly sliced Napa cabbage
1 cup red bell pepper strips
1/4 cup low-fat sesame ginger dressing (such as Newman's Own)

Directions:

Cut pork crosswise into 1/2-inch slices; flatten each slice slightly with hand. Combine pork and Sriracha in a bowl, tossing to coat. Add sugar, garlic powder, and salt; toss well. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork mixture to pan, and cook 3



GET YOU IN SHAPE

minutes on each side or until done. Remove from heat; keep warm. Combine spinach, cabbage, and bell pepper in a large bowl. Add sesame ginger dressing; toss well. Arrange 1 1/2 cups spinach mixture in each of 4 shallow bowls; top each serving with 3 ounces pork.

Blueberry Oatmeal Muffins

Serves 12

1 cup fat free plain yogurt
1 cup old fashioned or quick cooking oats
1 egg or 2 egg whites, slightly beaten
¼ cup canola oil
½ cup packed brown sugar
2/3 cup all purpose flour
2/3 cup whole wheat flour
1 tsp. baking soda
1 tsp. ground cinnamon
¼ tsp. salt
1 cup fresh or frozen (do not thaw) blueberries

Directions:

Heat oven 400 degrees. Place paper baking cups in 12 regular size muffin cups, or grease bottoms only of muffin cups. In small bowl, mix yogurt and oats. In large bowl, mix egg, oil and brown sugar. Stir in flours, baking soda, cinnamon, salt and yogurt mixture (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups. Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

Grilled Chicken Tacos

Serves 4

1 Tbsp. EVOO
1 Tbsp. Lime juice
2 tsp. chili powder
1/8 tsp. salt
2 boneless skinless chicken breasts
1 can (15oz.) low sodium black beans, drained
1/3 cup salsa

experience results.

2 Tbsp. chopped fresh cilantro
8 whole wheat tortillas
¼ cup 2 % shredded cheddar cheese
2 Tbsp. fat free sour cream

Directions:

Heat grill. In shallow dish, mix oil, lime juice, chili powder and salt. Add chicken breasts, turning to coat. Place chicken on grill. Cover grill; cook over medium heat about 12 minutes, turning once, or until juice of chicken is clear when center of thickest part is cut. Remove from heat; slice crosswise into strips. Meanwhile, in 2 quart saucepan, heat beans, salsa, and cilantro over medium heat, stirring occasionally, until thoroughly heated. Divide chicken evenly half of each tortilla; top with beans, cheese, and sour cream. Fold tortilla in half over filling.

Avocado Mango Chicken

Serves 4

1/4 cup Worcestershire sauce
1 tablespoon soy sauce
2 teaspoons adobo sauce (from canned chipotle chiles)
2 limes
4 boneless, skinless chicken breasts (4 oz each)
1 large mango, coarsely chopped
1 tablespoon finely chopped cilantro
1 tablespoon finely chopped onion
½ teaspoon sea salt

Directions:

Mix Worcestershire, soy and adobo sauces with juice from 1 of the limes in a bowl. Place chicken in a sealable plastic bag and pour in marinade. Refrigerate 30 minutes. Heat oven to 350 degrees. Combine mango, avocado, cilantro, onion, salt and juice from remaining lime in a bowl, then refrigerate. Transfer chicken and marinade to a baking dish and cook until tender and no longer pink, approximately 20 minutes.



GET YOU IN SHAPE

Remove chicken from oven, place each breast on a plate and top with 1/4 of salsa. Serve with 1 tortilla each.

Beef Tenderloin Steak

Serves 4

4 (4-ounce) filet mignon steaks, trimmed
1/4 teaspoon salt
1/4 teaspoon black pepper
Cooking spray
3/4 cup port or other sweet red wine
2 tablespoons jellied cranberry sauce
2 tablespoons fat-free, less-sodium beef broth
1/8 teaspoon salt
1/8 teaspoon black pepper
1 garlic clove, minced
2 tablespoons crumbled blue cheese

Directions:

Heat a large cast-iron skillet over medium-high heat. Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat steaks with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan; keep warm. Add port, cranberry sauce, broth, 1/8 teaspoon salt, 1/8 teaspoon pepper, and garlic to pan, scraping pan to loosen browned bits. Reduce heat, and cook until liquid is reduced to 1/4 cup (about 4 minutes). Serve steaks with sauce; top with cheese.

Salsa Chicken Sandwiches

Serves 4

4 boneless skinless chicken breasts
4 whole wheat burger buns, split
1/4 cup black bean dip
1/4 cup garlic cilantro salsa, or your favorite salsa
1/2 cup shredded lettuce

Directions:

Set oven control to broil. Between pieces of plastic wrap or waxed paper, place each

experience results.

chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. Place chicken on rack in broiler pan. Broil with tops 4 to 6 inches from heat 15 to 20 minutes, turning once (add buns last 3 to 4 minutes), until chicken is no longer pink in center and buns are lightly toasted. Spread bottom half of each bun with 1 Tbsp. dip. Top each with chicken breast; spread with 1 Tbsp salsa. Top each with 2 Tbsp lettuce and top of bun.

Sautéed Tilapia with Pan Seared Peppercorn Sauce

Serves 2

3/4 cup fat-free, less-sodium chicken broth
1/4 cup fresh lemon juice
1 1/2 teaspoons drained brine-packed green peppercorns, lightly crushed
1 teaspoon butter
1 teaspoon vegetable oil
2 (6-ounce) tilapia or sole fillets
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup all-purpose flour
2 teaspoons butter
Lemon wedges (optional)

Directions:

Combine first 3 ingredients. Melt 1 teaspoon of butter with oil in a large nonstick skillet over low heat. While butter melts, sprinkle fish fillets with salt and black pepper. Place the flour in a shallow dish. Dredge fillets in flour; shake off excess flour. Increase heat to medium-high; heat 2 minutes or until butter turns golden brown. Add fillets to pan; sauté 3 minutes on each side or until fish flakes easily when tested with a fork. Remove fillets from pan. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook until reduced to 1/2 cup (about 3 minutes).



GET YOU IN SHAPE

Remove from heat. Stir in two teaspoons of butter with a whisk. Serve sauce over fillets. Garnish with lemon wedges, if desired.

Baked Salmon with Dill

Serves 4

4 (6-ounce) salmon fillets (about 1 inch thick)
Cooking spray
1 1/2 tablespoons finely chopped fresh dill
1/2 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
4 lemon wedges

Directions:

Preheat oven to 350°.
Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray. Sprinkle fish with dill, salt, and pepper. Bake at 350° for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with lemon wedges.

Fajita Turkey Burger

Serves 4

1/4 cup bottled tomatillo salsa
2 tablespoons chopped avocado
1 tablespoon chopped fresh cilantro
2 (1-ounce) slices wheat bread
Cooking spray
1/2 cup finely chopped onion
1/2 cup finely chopped red bell pepper
1/2 cup finely chopped green bell pepper
2 teaspoons fajita seasoning, divided
1/4 teaspoon salt, divided
1 tablespoon tomato paste
1 pound ground turkey
1 egg white
4 (1 1/2-ounce) whole wheat hamburger buns, toasted

Directions:

Combine tomatillo salsa, chopped avocado, and cilantro; set aside.

experience results.

Place bread in a food processor; pulse 10 times or until crumbs measure 1 cup. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and bell peppers; sauté 5 minutes or until tender. Stir in 1/2 teaspoon fajita seasoning and 1/8 teaspoon salt. Cool.

Combine breadcrumbs, onion mixture, remaining 1 1/2 teaspoons fajita seasoning, remaining 1/8 teaspoon salt, tomato paste, turkey, and egg white in a large bowl. Using damp hands, divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty. Heat pan over medium heat. Recoat pan with cooking spray. Add patties; cook 4 minutes on each side or until done. Place 1 patty on bottom half of each bun. Top each serving with 1 1/2 tablespoons salsa mixture; top with remaining halves of buns.

Yogurt Pops

Serves 4

1 container (6oz) Fat free flavor (any flavor)
6 oz. unsweetened fruit juice concentrate
Dash of vanilla or honey

Directions:

In a medium bowl, combine yogurt, juice, and vanilla or honey. Pour into 4 -3 oz paper cups; freeze 1 hour or until partially frozen. Insert wooden sticks into each cup and freeze an additional 4 hours or until solid.

Chicken, Cashew, and Red Pepper Stir Fry

Serves 4

3 3/4 teaspoons cornstarch, divided
2 tablespoons low-sodium soy sauce, divided
2 teaspoons dry sherry
1 teaspoon rice wine vinegar



GET YOU IN SHAPE

3/4 teaspoon sugar
1/2 teaspoon hot pepper sauce (such as Tabasco)
1 pound chicken breast tenders, cut lengthwise into thin strips
1/2 cup coarsely chopped unsalted cashews
2 tablespoons canola oil
2 cups julienne-cut red bell pepper (about 1 large)
1 teaspoon minced garlic
1/2 teaspoon minced peeled fresh ginger
3 tablespoons thinly sliced green onions

Directions:

Combine 1 teaspoon cornstarch, 1 tablespoon soy sauce, and next 4 ingredients (through hot pepper sauce) in a small bowl; stir with a whisk. Combine remaining 2 3/4 teaspoons cornstarch, remaining 1 tablespoon soy sauce, and chicken in a medium bowl; toss well to coat. Heat a large nonstick skillet over medium-high heat. Add cashews to pan; cook 3 minutes or until lightly toasted, stirring frequently. Remove from pan. Add oil to pan, swirling to coat. Add chicken mixture to pan; sauté 2 minutes or until lightly browned. Remove chicken from pan; place in a bowl. Add bell pepper to pan; sauté 2 minutes, stirring occasionally. Add garlic and ginger; cook 30 seconds. Add chicken and cornstarch mixture to pan; cook 1 minute or until sauce is slightly thick. Sprinkle with cashews and green onions.

Chicken Fettuccine Alfredo

Serves 2

1 lb. Cooked chicken breasts, cut into strips
3/4 cup vegetable broth or reduced-sodium chicken broth
4 large cloves garlic, peeled
4 ounces whole-wheat fettuccine
1 small zucchini, cut into matchsticks

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2 teaspoons cornstarch, mixed with 1 tablespoon water
2 tablespoons reduced-fat sour cream
Pinch of freshly grated nutmeg
1/8 teaspoon freshly ground pepper, or to taste
3/4 cup reduced fat grated Parmesan cheese, divided
1 tablespoon chopped fresh parsley

Directions:

Bring a large saucepan of water to a boil. Combine broth and garlic cloves in a small saucepan; bring to a boil over high heat. Cover, reduce heat to a simmer and cook until the garlic cloves are soft, about 15 minutes. After the garlic has simmered about 10 minutes, cook fettuccine in the boiling water, stirring often, for 8 minutes. Drop in zucchini and cook until the fettuccine is just tender, about 1 minute more. Meanwhile, transfer the garlic and broth to a blender. Process until the mixture is smooth, about 1 minute. (Use caution when blending hot liquids; see Tip.) Return the mixture to the pot and bring to a simmer over medium-high heat. Add cornstarch mixture; whisk it until slightly thickened, about 15 seconds. Remove from the heat and whisk in sour cream, nutmeg and pepper. Return the pot to very low heat to keep the sauce warm. (Do not boil.) Drain the pasta and place in a large bowl. Add the sauce and 1/2 cup Parmesan and chicken; toss to coat well. Sprinkle with parsley and serve immediately.

Yogurt Parfait

Serves 4

1 1/2 cups of Yogurt
2 Tbsp. Of honey
1/2 tsp. vanilla extract
1 cup sliced strawberries
1 cup fresh blueberries
1 cup fresh raspberries

4 tsp. Of low fat granola

Directions:

In a mixing bowl, combine the yogurt, honey and vanilla extract. Beat with an electric mixer until fluffy and smooth. Place strawberries evenly among four dishes. Divide blueberries among 4 dishes and top each with 3 tablespoons of yogurt. Divide raspberries among 4 dishes and top each with remaining yogurt mixture. Garnish with teaspoon of the granola.

Roasted Chicken with Peppers and Onions

Serves 4

1/2 teaspoon freshly grated lemon zest
3 tablespoons lemon juice
2 tablespoons finely chopped garlic
2 tablespoons finely chopped fresh oregano or 1 teaspoon dried
2 tablespoons finely chopped pickled jalapeno peppers
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt
1 pound boneless chicken breasts
1 red, yellow or orange bell pepper, seeded and thinly sliced
1/2 medium onion, thinly sliced

Directions:

Preheat oven to 425°F. Whisk lemon zest, lemon juice, garlic, oregano, jalapenos, oil and salt in a 9-by-13-inch glass baking dish. Add tenders, bell pepper and onion; toss to coat. Spread the mixture out evenly; cover with foil. Bake until the chicken is cooked through and no longer pink in the middle, 25 to 30 minutes.

Steak Salad with Creamy Ranch Dressing

Serves 4

Steak:

1/2 teaspoon garlic powder

1/2 teaspoon brown sugar
1/2 teaspoon ground red pepper
1/4 teaspoon salt
1/4 teaspoon black pepper
1 (1-pound) boneless sirloin steak, trimmed (about 1/2 inch thick)
Cooking spray

Salad:

2 cups grape tomatoes
1 cup halved and sliced cucumber
1 cup sliced red onion
1 (16-ounce) bag classic iceberg salad mix or chop your own
1/2 cup fat-free ranch dressing

Directions:

Heat a nonstick grill pan over medium-high heat.

Preheat broiler.

To prepare steak, combine the first 5 ingredients; rub evenly over both sides of steak. Coat grill pan with cooking spray. Cook steak 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 5 minutes. Cut steak diagonally across grain into thin slices. While steak stands, prepare salad. Combine tomatoes, cucumber, onion, and lettuce in a large bowl. Add dressing, tossing gently to coat. Divide salad evenly among 4 plates; top with steak.

Pepperoni Pizza

Serves 6

1 pound prepared whole-wheat pizza dough thawed if frozen
1 cup canned unseasoned pumpkin puree
1/2 cup no-salt-added tomato sauce
1/2 teaspoon garlic powder
1 cup shredded part-skim mozzarella cheese
1/2 cup grated Parmesan cheese
2 ounces sliced turkey pepperoni (1/2 cup)

Directions:

Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes. Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

Asian chicken Salad

Serves 4

2 tablespoons seasoned rice vinegar
1 tablespoon low-sodium soy sauce
1 tablespoon dark sesame oil
1 teaspoon bottled ground fresh ginger (such as Spice World)
1 teaspoon honey
6 cups gourmet salad greens
2 cups chopped cooked chicken
1 cup matchstick-cut carrots
1 cup snow peas, trimmed and cut lengthwise into thin strips
2 tablespoons sliced almonds, toasted

Directions:

Combine vinegar, soy sauce, sesame oil, ginger, and honey in a large bowl, stirring well with a whisk. Add salad greens, chicken, carrots, and snow peas; toss gently to coat. Sprinkle with almonds.

Shrimp Salad

Serves 1

10 Cooked shrimp
1/3 cup avocado, sliced
1 Tbsp. slivered almonds
2 Tbsp. red onion, diced
2 Tbsp. carrot, diced
1 Tbsp. sesame dressing
2 cups of greens

Directions:

Toss all ingredients together and serve.

Chicken Salad Wrap

Serves 6

4 cups mixed salad greens (about 1/2 of 10-oz. bag)
1 pkg. (6 oz.) Fresh Grilled Chicken Breast Strips
1 medium tomato, chopped
1 medium red pepper, chopped
1/2 cup Fat Free Crumbled Feta Cheese
1/4 cup Fat Free Italian Dressing
1 pkg. (12.5 oz.) Whole Wheat Tortillas, warmed

Directions:

Toss salad greens with chicken, tomato, peppers and cheese in large bowl. Add dressing; mix lightly. Place about 2/3 cup of the greens mixture on each tortilla; roll up.

Tex Mex Beef Tacos

Serves 10

Cooking spray
1 cup chopped onion
2 garlic cloves, minced
1 pound ground lean beef
1 cup frozen whole-kernel corn
1/2 cup water
1/4 teaspoon salt
1/8 teaspoon black pepper
1 (15-ounce) can black beans, rinsed and drained
1 (8-ounce) can tomato sauce
1 to 3 drained canned chipotle chiles in adobo sauce, chopped
10 (8-inch) Whole Wheat tortillas

Directions:

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion, garlic, and beef; cook 6 minutes or until browned, stirring to crumble beef.

Stir in corn and next 6 ingredients (corn through chiles). Bring to a boil; reduce heat, and simmer 10 minutes. Warm tortillas according to package directions. Spoon 1/2 cup beef mixture into each tortilla.

Chicken Stir Fry

Serves 4

1 lb. boneless skinless chicken breasts, cut into strips
2 Tbsp. Light Sun-Dried Tomato Dressing
1 cup small broccoli florets
1/2 cup small cauliflower florets
1/2 cup bell pepper strips
1/2 cup Light Sun-Dried Tomato Dressing
3 cups hot cooked brown rice

Directions:

Stir Fry chicken in 2 Tbsp. dressing in large skillet on medium-high heat 10 minutes or until chicken is cooked through. Add vegetables; stir-fry an additional 10 minutes.
Add 1/2 cup dressing; mix well. Cook until heated through, stirring frequently. Serve over rice.

Flank Steak with Shiitake Mushrooms

Serves 4

Steak:

1/2 teaspoon salt
1/4 teaspoon black pepper
1 (1-pound) flank steak, trimmed
Cooking spray

Sauce:

1/2 cup chopped onion
1 garlic clove, minced
2 cups thinly sliced shiitake mushroom caps (about 1/2 pound mushrooms)
1 cup less-sodium beef broth
1/3 cup dry white wine
1 tablespoon balsamic vinegar
1/2 cup minced green onions

Directions:

Preheat broiler.

To prepare steak, sprinkle salt and pepper evenly over both sides of steak. Place steak on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness. Remove the steak from oven; loosely cover with foil.

To prepare sauce, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 1/2 cup onion and garlic; sauté 2 minutes. Add mushrooms; sauté for 4 minutes. Add broth, wine, and vinegar. Bring to a boil; reduce heat to medium, and cook until reduced to 1 1/4 cups (about 6 minutes). Add green onions, and cook for 1 minute.

Slice steak diagonally across the grain into 1/4-inch slices. Serve steak with mushroom sauce.

Chicken Pasta Skillet

Serves 4

1 lb. boneless skinless chicken breasts, cut into bite-size pieces
1 green pepper, sliced
1 small onion, sliced
1-1/2 cups water
2 cups whole wheat rotini pasta, uncooked
1 jar (26 oz.) spaghetti sauce
1 cup 2% Milk Shredded Mozzarella Cheese

Directions:

Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. Add vegetables; cook and stir 5 min. Stir in water. Bring to boil; reduce heat to medium-low.

Stir in pasta, covering completely with water; cover with lid. Simmer 15 min. or until pasta is tender. Stir in sauce.

Sprinkle with cheese. Reduce heat to low; cook, covered, 5 min. or until cheese is melted and mixture is heated through.

Orange Glazed Salmon

Serves 4

4 (6-ounce) salmon fillets (1 inch thick)
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
Cooking spray
2 tablespoons minced shallots
1/4 cup dry white wine
1/2 teaspoon chopped fresh rosemary
3/4 cup fresh orange juice (about 2 oranges)
1 tablespoon light maple syrup

Directions:

Sprinkle fillets evenly with salt and pepper. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fillets; cook 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan. Recoat pan with cooking spray. Add shallots; sauté 30 seconds. Stir in wine and rosemary; cook 30 seconds or until liquid almost evaporates. Add juice and syrup; bring to a boil, and cook 1 minute. Return fillets to pan; cook 1 minute on each side or until thoroughly heated.

Muffin Frittata

Serves 6

6 eggs
1/2 cup milk
1/4 tsp. salt
1/8 tsp. pepper
1 cup 2 % shredded Cheddar Cheese
3/4 cup chopped Zucchini
1/4 cup chopped red bell pepper
2 Tbsp. chopped red onion

Directions:

Heat oven to 350°F. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12

greased muffin cups, about 1/4 cup each. Bake in 350°F oven until just set, 20 to 22 minutes. Cool on rack 5 minutes. Remove from cups; serve.

Layered Bruschetta Salad

Serves 4

4 plum tomatoes, chopped
2 Tbsp. chopped fresh basil
1/2 cup Light Balsamic Vinaigrette Dressing
1 pkg. (10 oz.) torn romaine lettuce
1 pkg. (6 oz.) Italian Style Chicken Breast Strips
2 Tbsp. Reduced Fat Grated Parmesan Cheese

Directions:

Combine tomatoes, basil and dressing; set aside. Place lettuce in medium serving bowl; top with layers of croutons, chicken and tomato mixture. Sprinkle with cheese. Serve immediately.

Turkey Cucumber Pita

Serves 1

1 whole wheat pita bread (6 inch)
1 Tbsp. Light Mayo
1 lettuce leaf
4 slices Fresh Shaved Smoked Turkey Breast
2 slices tomato
1 KRAFT 2% Milk Singles
4 slices cucumber

Directions:

Spread bread with dressing. Top with lettuce, turkey, tomatoes, 2% Milk Singles and cucumbers. Fold in half to serve.

Chicken Quesadillas

Serves 4

2 cups shredded cooked chicken



GET YOU IN SHAPE

1/2 cup drained canned whole kernel corn
1/2 cup sliced green onions
1/2 cup drained canned low sodium black beans, rinsed
1 cup Salsa
1 cup 2% shredded Cheddar Cheese
8 Whole Wheat Tortillas

Directions:

Layer chicken, corn, onions, beans, salsa and cheese evenly over one half of each tortilla.

Fold tortillas in half to enclose filling.

Cook one or two quesadillas at a time in large nonstick skillet on medium-high heat 3 min. on each side or until quesadillas are lightly browned on both sides and cheese is melted.

Fish and Fries

Serves 1

4 oz. cod
1 Tbsp. EVOO
1 large Sweet Potato
1 tsp. EVOO
Sprinkle of Salt
Sprinkle of garlic

Directions:

Rub cod with EVOO and sear 2 to 3 minutes per side. Cut sweet potato lengthwise into fries. Boil for 10 minutes. Drain and toss potatoes, EVOO, salt, and garlic. Heat oven to 450 and spread fries on cookie sheet. Bake for 30-40 minutes.

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Cabbage Salad

Serves 1

Cut 1 1/2 cups of cabbage and toss with 2 Tbsp. of low fat dressing.

Hoisin Flank Steak with Cucumber Salad

Serves 4

3 tablespoons hoisin sauce
1 teaspoon bottled ground fresh ginger
1/2 teaspoon grated orange rind
1 (1-pound) flank steak, trimmed
Cooking spray
2 cups thinly sliced seeded peeled cucumber
1/4 cup thinly vertically sliced red onion
1/4 cup matchstick-cut carrot
1 tablespoon sugar
1 tablespoon chopped fresh cilantro
2 tablespoons fresh lime juice
2 teaspoons fish sauce
1/8 teaspoon salt

Directions:

Preheat broiler. Combine first 3 ingredients in a small bowl. Brush steak with half of hoisin mixture. Place steak on a broiler pan coated with cooking spray. Broil 6 minutes. Turn steak over; brush with remaining hoisin mixture. Broil 6 minutes or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes. Combine cucumber and remaining ingredients in a bowl; toss to combine. Cut steak diagonally across grain into thin slices. Serve with cucumber salad.

What Now?



What's Next

First of all, CONGRATULATIONS on completing 21 days of nutrition, you should be very proud of your accomplishments.

Your measurements will determine exactly how well you did. If you gave it 100% you will see 100% of the results. If you only did 80% then you will see 80% of the results. The choice is yours.

My hope through this program is that you discovered a couple of things.

1. You can commit to something and do it for just 21 days.
2. Get You In Shape is a pretty cool place and has some great programs to help you achieve your fitness goals.

We hope you continue your health and fitness journey with us if you have not already joined our program.

You won't want to quit now.