

# MEAL SUGGESTIONS

These are *suggestions* for a good diet day. *Doesn't have to be exact !* But these are a good guideline.

DAY 1	DAY 2	DAY 3
<b>Protein: 9-12 servings per day. 1 oz meat/fish. 1 egg. 1/2 oz (1/8 cup) nuts/seeds. 1 tbs peanut butter. 1/4 cup cooked beans.</b>		
3 oz salmon	2 eggs	1/4 cup walnuts
3 oz turkey	1 tbs peanut butter	3 oz tuna
	1/4 cup sliced almonds	
5 oz chicken	4 oz of turkey	5 oz salmon
	<i>Protein buffer</i>	
	<i>Protein buffer</i>	
<i>Protein buffer</i>	<i>Protein buffer</i>	<i>Protein buffer</i>

<b>Vegetable Servings: Goal is 3+ cups/day. 1 cup vegetables. 8 oz juice/4 oz V8. 2 cups leafy greens.</b>		
8 oz of low sodium V8	1 cup veggies	8 oz of low sodium V8
1 avocado	4 cups of spinach/romaine	1 cup frozen kale/spinach
2 cups spinach	<i>Vegetable buffer</i>	1 cup steamed veggies
1 cup of asparagus	<i>Vegetable buffer</i>	<i>Vegetable buffer</i>

<b>Fruit Servings: Goal is 2+ cups per day. 1 cup of fruit. 8 oz of 100% fruit juice. 1 piece of fruit. 1/2 cup of dried fruit.</b>		
1 cup of fruit	8 oz orange juice	1 cup of berries
1/2 cup dried cranberries	1 cup berries	8 oz orange juice
<i>Fruit buffer</i>	1/2 cup of dried cranberries	1 cup of berries
<i>Fruit buffer</i>	<i>Fruit buffer</i>	<i>Fruit buffer</i>

<b>Dairy Servings: Goal is 2-3 cups per day. 1 cup of milk/yogurt. 1.5 oz cheese (size of thumb). 1 slice of cheese.</b>		
1 cheese stick	1 cup greek yogurt	1 cup greek yogurt
	1/4 cup shredded cheese	1 slice of cheese
<i>Dairy buffer</i>	<i>Dairy buffer</i>	<i>Dairy buffer</i>

<b>Fat Servings: Goal is less than 2 tbs (6 tsp) per day</b>		
1 tbs cream cheese	2 tbs of salad dressing	1 tbs of condiment
<i>Fat buffer</i>		<i>Fat buffer</i>

<b>Other Servings: Goal is less than 4 servings per day. 1 slice of bread. 1/2 cup cooked oatmeal/rice/pasta/etc</b>		
1 piece of toast	1 piece of toast	1/2 cup cooked oatmeal
1 wrap	<i>Other buffer</i>	2 pieces of bread
<i>Other buffer</i>	<i>Other buffer</i>	
<i>Other buffer</i>	<i>Other buffer</i>	<i>Other buffer</i>

3 oz salmon, 1 tbsp cream cheese, 1 piece of toast, 1 cup of fruit. 350 cal.	2 eggs, 1 cup veggies, 8 oz orange juice. 325 calories.	1/2 cup oatmeal, 1 cup berries, 1/4 cup walnuts, 8 oz low sodium v8. 470 cal
8 oz low sodium v8, 3 oz turkey and 2 cups spinach on wrap with 1 avocado. 550 calories.	Yogurt parfait with 1 cup greek yogurt, 1/4 cup sliced almonds, 1 cup berries. 350 calories.	1 cup greek yogurt blended w/8 oz of orange juice + 1 cup frozen kale or spinach, 1 cup frozen berries. 385 cal
1/2 cup of dried cranberries, 1 cheese stick. 340 calories.	1 piece of toast with 1 tbs peanut butter. 170 calories.	3 oz of tuna on 2 pieces of bread + a slice of cheese + 1 tbs of condiment. 380 cal
5 oz chicken, 1 cup of asparagus. 200 calories.	4 cups spinach/romaine, 1/2 cup of dried cranberries, 4 oz of turkey, 2 tbs of dressing, 1/4 cup shred cheese. 600 cal	5 oz salmon filet, 1 cup steamed veggies. 350 cal.
<b>Total: about 1440 calories (with a small buffer for variances)</b>	<b>Total: About 1455 calories (with small buffer for variances)</b>	<b>Total: About 1575 calories (with a buffer for variances)</b>



# FOOD MATRIX

Never net less than 1200 calories per day for women or 1600 per day for men.

Net

calories = ate 1500 - exercised 300 = 1200

Herbs and spices are fine, but go easy on the sodium!

Foods with an asterix (\*) denote foods to be eaten sparingly

Don't forget to try and drink at least 64 ounces of water each day! Sip all day!

Fat, Fiber (fruits and veggies with skin especially), Protein, and Water keep you full!

	Serving Size:	Examples:
<b>Proteins</b>	1 ounce of meat/fish	Chicken, Turkey, Beef, Salmon, Eggs,
GOAL:	1 egg	Pork, Tuna, Almonds, Black Beans,
<b>60-80+ grams/day</b>	1/2 ounce nuts/seeds	Kidney Beans, Cashews, Macadamia Nuts,
3 oz = 20 grams	1 tbs peanut butter	Pecans, Pistachios, Pumpkin Seeds,
9-12 oz/day	1/4 cup cooked beans	Sunflower Seeds, Peanuts
<b>Vegetables</b>		Asparagus, Avocado, Broccoli, Cabbage,
GOAL:	1 cup of veggie/juice	Carrots, Cauliflower, Celery, Chard, Collard
<b>3+ cups/day</b>	2 cups leafy greens	Greens, Cucumber, Kale, Mushrooms, Onion,
		Zucchini, Beets*, Eggplant*, Peppers*, Tomato
		Romaine, Spinach, Squash, Sweet Potato*
<b>Fruits</b>	1 cup of fruit/fruit juice	Apple, Apricot, Banana*, Berries, Figs,
GOAL:	1/2 cup dried fruit	Dried Fruit*, Grapefruit, Kiwi, Lemon, Lime,
<b>2+ cups/day</b>	1 piece of fruit	Mango*, Melon, Orange, Peach, Pear
		Pineapple, Plum, Tangerine, Watermelon
<b>Dairy*</b>	1 cup of milk/yogurt	Greek Yogurt*, Milk*, Cheese*
GOAL:	1.5 oz cheese (thumb size)	
<b>2-3 cups/day</b>	1 slice cheese	
<b>Fats*</b>	1 tbs = 3 tsp	Coconut Oil*, Olive Oil*, Macadamia Oil*,
GOAL:	less than 6 tsp per day	Avocado Oil*, Grass Fed Butter*
<b>less than 2 tbs/day</b>		
<b>Other*</b>	1 slice of bread	Lentils*, Bread*, Pasta*, Oatmeal*, Rice*
GOAL:	1/2 cup cooked oatmeal/rice/etc	
<b>less than 4/day</b>		