

**FOOD PLANS FOR WEIGHT LOSS
APPROXIMATELY 1200 TO 1500
CALORIE DIETS**

FOOD GROUPS

BREAKFAST

_____ FRUIT
_____ VEGETABLE
_____ BREAD/STARCH
_____ MEAT
_____ FAT
_____ MILK
_____ SUPPLEMENT

EXAMPLE

10:00 A.M. SNACK

_____ FRUIT
_____ VEGETABLE
_____ BREAD/STARCH
_____ MEAT
_____ FAT
_____ MILK

EXAMPLE

LUNCH

_____ FRUIT
_____ VEGETABLE
_____ BREAD/STARCH
_____ MEAT
_____ FAT
_____ MILK

EXAMPLE

3:00 P.M. SNACK

_____ FRUIT
_____ VEGETABLE
_____ BREAD/STARCH
_____ MEAT
_____ FAT
_____ MILK

EXAMPLE

DINNER

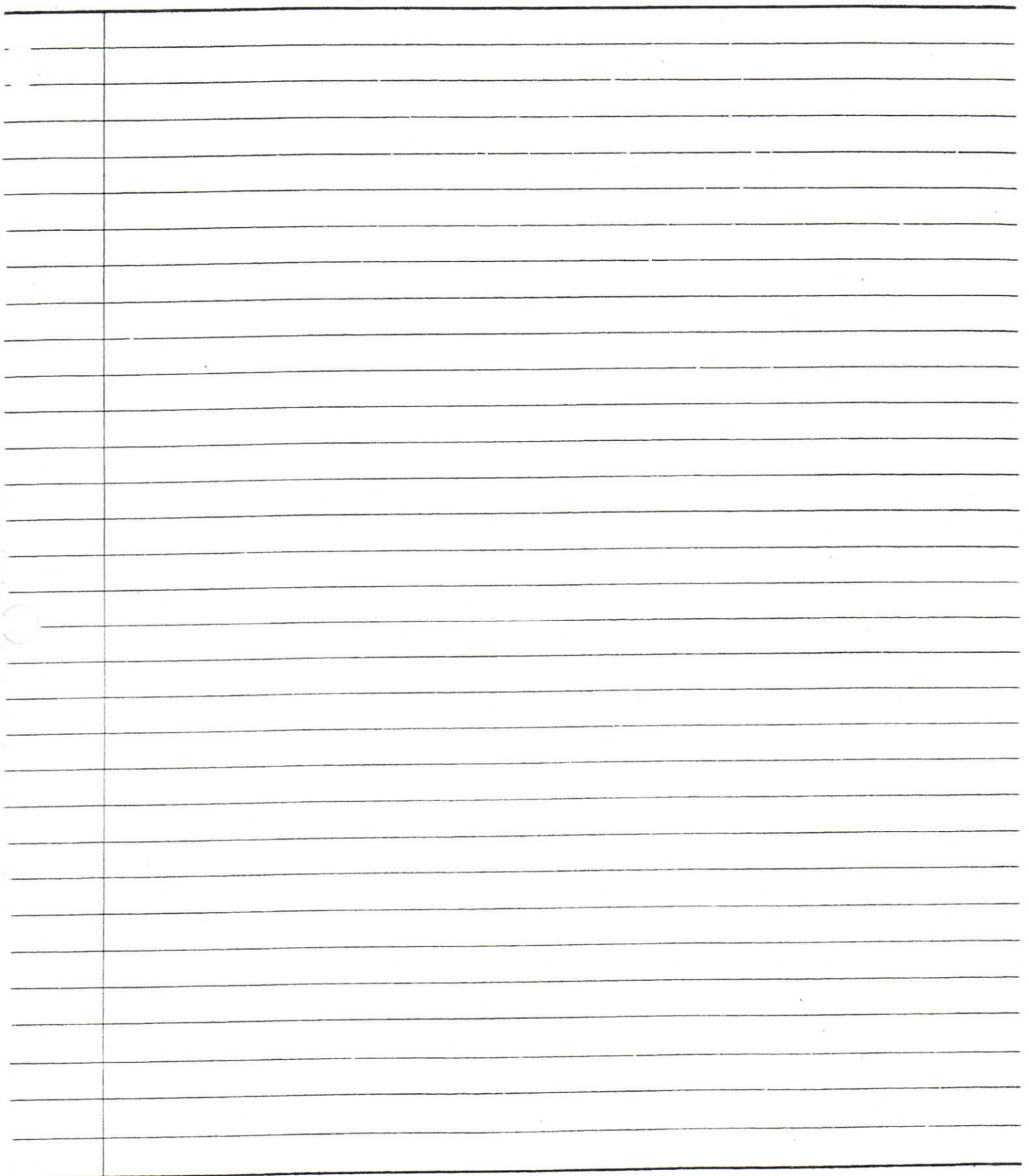
_____ FRUIT
_____ VEGETABLE
_____ BREAD/STARCH
_____ MEAT
_____ FAT
_____ MILK
_____ SUPPLEMENT

EXAMPLE

8:00 P.M. SNACK

_____ FRUIT
_____ VEGETABLE
_____ BREAD/STARCH
_____ MEAT
_____ FAT
_____ MILK

EXAMPLE



MEAL PLAN - WOMEN

FOOD GROUPS

BREAKFAST

1 FRUIT
 VEGETABLE
1 BREAD/STARCH
1oz. MEAT
1 FAT
4oz. MILK low or non-fat

EXAMPLE

600 mg. calcium

10:00 A.M. SNACK

1/2 FRUIT
 VEGETABLE
 BREAD/STARCH
1oz. MEAT
 FAT
 MILK low or non-fat

EXAMPLE

LUNCH

1 FRUIT
2 VEGETABLE
1 BREAD/STARCH
3.5oz. MEAT
1 FAT
0 MILK

EXAMPLE

3:00 P.M. SNACK

1/2 FRUIT
 VEGETABLE
1/2 BREAD/STARCH
1oz. MEAT
 FAT
 MILK

EXAMPLE

DINNER

 FRUIT
2 VEGETABLE
1 BREAD/STARCH
3oz. MEAT
1 FAT
0 MILK
 SUPPLEMENT

EXAMPLE

600 mg. calcium

8:00 P.M. SNACK

1/2 FRUIT
 VEGETABLE
 BREAD/STARCH
 MEAT
 FAT
 MILK

EXAMPLE

FOOD GROUPS

BREAKFAST

1 FRUIT
VEGETABLE
1 BREAD/STARCH
1 oz. MEAT
1 FAT
4oz. MILK low or non-fat
SUPPLEMENT

EXAMPLE

1/2 grapefruit
1/2 cup of oatmeal
3 egg whites cooked any style
1 tsp. margarine or butter
4oz. of low or nonfat milk
600 mg. calcium

10:00 A.M. SNACK

1/2 FRUIT
VEGETABLE
BREAD/STARCH
1 oz. MEAT
FAT
MILK low or non-fat yogurt

EXAMPLE

1/2 Granny Smith Apple
sliced thin – sprinkles with
cinnamon & Equal
1 slice of lean meat—turkey, chicken, beef, ham or tuna

LUNCH

1/2 FRUIT
2 VEGETABLES
1 BREAD/STARCH
3.5 oz. MEAT
1 FAT
0 MILK

EXAMPLE

5 Strawberries
1 cup of carrots & 1 cup of broccoli
Build a Sandwich - 1 slice of whole wheat bread
3.5 oz. lean turkey - tomato, sprouts, cucumber
1 tsp. of mayo/mustard

3:00 P.M. SNACK

1/2 FRUIT
VEGETABLE
1/2 BREAD/STARCH
1oz. MEAT
FAT
MILK

EXAMPLE

1/2 banana sliced
1/2 slice of whole wheat bread
1 T. of peanut butter

DINNER

FRUIT
2 VEGETABLES
1 BREAD/STARCH
3oz. MEAT
1 FAT
0 MILK
SUPPLEMENT

EXAMPLE

1 cup of cauliflower & 1 cup of asparagus
1/3 cup of whole wheat rice
3 oz. of boneless, skinless chicken breast
1 tsp. of margarine
600 mg. calcium

8:00 P.M. SNACK

1/2 FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
MILK

EXAMPLE

1/2 orange

ALTERNATIVE FOOD SELECTIONS

FRUITS

| | |
|-----------------|-------------------------------------|
| Apple | 1/2 or 1 small |
| Apricot (fresh) | 2 medium |
| Apricot (dry) | 5-4 medium |
| Banana | 1/2 |
| Blackberries | 1/2 cup - 3/4 cup |
| Blueberries | 1/2 cup - 3/4 cup |
| Cantaloupe | 1/4 slice - 1/3 melon (1 cup cubed) |
| Cherries | 10 large- 1/2 cup |
| Cranberries | 1 cup |
| Date | 2 |
| Fig | 1 |
| Grapefruit | 1/2 |
| Kiwi | 1 medium |
| Kumquat | 3 |
| Loquat | 3 |
| Mango | 1/2 small - 1 small |
| Nectarine | 1/2 small - 1 small |
| Orange | 1/2 small - 1 small |
| Papaya | 1/4 |
| Peach | 1 cup |
| Pomegranates | 1/2 |
| Prunes | 2 |
| Raisins | 1 tablespoon |
| Raspberries | 1/2 cup |
| Strawberries | 10 |
| Tangerine | 1 |
| Watermelon | 1 cup diced |
| Grapes (small) | 15 grapes |
| Honeydew | 1/8 melon |

FRUIT JUICE

| | |
|--------------------|---------|
| Apple Juice Cider | 1/2 cup |
| Cranberry Cocktail | 1/3 cup |
| Grapefruit | 1/2 cup |
| Grape | 1/3 cup |
| Orange | 1/2 cup |
| Pineapple | 1/2 cup |
| Prune | 1/3 cup |

1/2 cup of fresh fruit or fruit juice

1/4 cup of dried fruit

Each item contains about 15 grams of carbohydrate and 60 calories.

BREAD/STARCH

| | |
|--------------------------------------|----------------|
| Bagel, Water | 1/2 |
| Bran, Oat, Unprocessed | 4 tablespoons |
| Bread, Sourdough, Rye, Wheat | 1 slice |
| Bread Sticks, Crisp (4" long x 1/2") | 2 |
| Bun | 1/2 |
| Corn | 1/2 cup |
| English Muffin | 1/2 |
| Grapenuts | 3 tablespoons |
| Grits (cooked) | 1/2 cup |
| Melba Toast | 2 crackers |
| Muffin (lowfat 2 grams) | 1/2 |
| Nutragrain Cereal | 1/3 cup |
| Oatmeal (cooked) | 1/2 cup |
| Pita (whole wheat) | 1/2 |
| Pasta (cooked) | 1/2 cup |
| Peas | 1/3 cup |
| Popcorn (nonfat) | 2 cups |
| Potato (baked) | 1 small (3 oz) |
| Rice | 1/3 cup |
| Wild Rice | 3/4 cup |
| Shredded Wheat (lg. spoon) | 1/2 cup |
| Tortilla (corn) | 1 |
| Yams (sweet potato or plain) | 1/3 cup |
| Nilla Wafers | 6 |

1/2 cup of cereal, grain or pasta is one serving

1 oz = 1 slice of bread = 1 serving

VEGETABLES

1/2 cup of cooked vegetables

1 cup of raw vegetables = 1 serving

Alfalfa Sprouts

Asparagus

Beets

Brussels Sprouts

Carrots

Celery

Coolard Greens

Eggplant

Lettuce

Mushrooms

Onion

Peppers (Green or Red)

Rutabagas

Summer Squash

Turnips

Zucchini

Artichokes

Beans (Green, Wax, Italian)

Broccoli

Cabbage

Cauliflower

Chives

Cucumber

Endive

Leeks

Okra

Parsley

Radishes

Spinach

Tomatoes

Watershestnuts

Starchy Vegetables such as corn, peas and potatoes are found on the starch/bread list.

MEAT/PROTEIN

Beef

Lean sirloin, good grade

Once a week maximum

Chicken

Boneless, skinless, breast only

Egg White

3 = 1 ounce

Fish

Cod

Haddock

Halibut

Sea Bass

Trout

Tuna-Once a week maximum

Tofu

Turkey

Light meat, skinless

Tips:

1. Bake, boil, broil, grill or roast these foods rather than frying with added fat.
2. Use a non-stick pan spray or a non-stick pan to brown or fry these foods.
3. Trim off excess fat before and after cooking.
4. Do not add flour, bread crumbs, coating mixes or fat to these foods.

DAIRY

| | | |
|----------------|--|-----------------------------------|
| Buttermilk | Nonfat or 1% Powdered, nonfat | 1 cup 3 tablespoons |
| Cottage Cheese | Nonfat 1% | 1/2 cup |
| Milk | Skim, nonfat 1% Evaporated, lowfat Powdered milk, 1% dry | 1 cup 1/2 cup 3 tablespoons |
| Yogurt | Plain, nonfat Plain, lowfat | 1 cup 1/2 cup |

FATS

| | |
|---------------|----------------|
| Corn Oil | Cottonseed Oil |
| Margarine | Olive Oil |
| Safflower Oil | Soybean Oil |
| Sunflower Oil | |

Probiotic Foods. 2 servings daily.

Probiotic foods help balance your digestive systems, resulting in an overall increase in the efficiency of digestion. There is no RDA for probiotics. To maintain health, a probiotic count of 5 to 10 billion is adequate. That may sound like a lot, but, considering this: a 6 oz. serving of yogurt contains around 17 billion probiotics.

Yogurt, any type, including Greek style, sugar free and or fruit flavor. 6 oz. container

Kefir, 1cup

Low fat acidophilus milk, 1 cup

Yukult, small 50 calorie bottle

Breakstone Live active cottage cheese, ½ cups

Tempeh, 4oz. serving

Sauerkraut, ½ cups

Kimchi, ½ cups

FRUIT

Berries - 1 1/2 cups
Apples 1 1/2
Pears - 1 pear
Grapes - 1 1/2 cups
Orange / Tangerine - 1.0
Peach /Nectarine - 2.0
Plums - 3.5
Apricots - 6.0
Kiwi - 4.0
Melons - 2.0
Banana - 1.0
Pineapple - 1 1/3 cup

VEGGIES

Spinach unlimited
Lettuce unlimited
Eggplant unlimited
Tomatoes unlimited
Mixed Greens unlimited
Broccoli unlimited
Asparagus unlimited
Cauliflower unlimited
Celery unlimited
Mushrooms unlimited
Green Beans unlimited
Zucchini unlimited
Cabbage unlimited
Cucumber unlimited
Sprouts unlimited
Squash unlimited
Peppers unlimited
Parsley unlimited
Onions unlimited
Collard Greens unlimited

FATS: 70-100 Calories

Avocado - 1/3 cup
Pecans (raw, chopped) - 1 1/2 Tbsp
Almonds (raw, whole) - 1 1/2 Tbsp
Walnuts (raw, chopped) - 1 1/2 Tbsp
Sunflower Seeds - 1 1/2 Tbsp
Soy Nuts (roasted, lightly salted) 3 Tbsp
Olives (large) - 10.0
Egg Yolk - 2.0
Creamy Dressing (Regular) - 1 Tbsp
Creamy Dressing (Low-Fat) - 2 Tbsp
Heavy Whipping Cream - 2 Tbsp
Mayonnaise, Regular - 2 Tbsp
Cheese, Regular (1oz=1 slice) - 1 oz
Cheese, Low-Fat (1oz=1 slice) - 2 oz

LIQUID FATS

Olive Oil - 1 Tbsp
Flaxseed Oil - 1 Tbsp
Fish Oil - 1 Tbsp
Balsamic Vinaigrette - 2 Tbsp
Almond Butter (with salt) - 1 Tbsp
Peanut Butter (with salt) - 1 Tbsp

FLAVORINGS: 30-50 Calories

Salsa (Newman's Own All-Natural) - 1/2 cup
Tabasco - 3 tsp
Marinara Sauce (Newman's Own) - 1/2 cup
Chili Sauce - 2 Tbsp
Chili Paste - 2 Tbsp
Tomato Sauce - 1/2 cup
Tomato Paste - 3 Tbsp
Hummus - 2 Tbsp

Balsamic Vinegar - 2 Tbsp
Lime Juice - 3 oz
Lemon Juice - 3 oz
Low-Fat Italian Dressing (Newman's Own LITE) - 2 Tbsp
Fat-Free French Dressing - 2 Tbsp
Fat-Free Balsamic Vinaigrette 2 Tbsp
Fat-Free Mayo / Low-Fat Mayo - 2 Tbsp
Butter Spray - 5 sprays
Mustard - 3 tsp
Low Sodium Soy Sauce - 3 tsp

Unsweetened Almond Milk - 1 cup
Low Sodium Chicken Broth - 1 cup

FRUIT

Berries - 1 1/2 cups
Apples 1 1/2
Pears - 1 pear
Grapes - 1 1/2 cups
Orange / Tangerine - 1.0
Peach /Nectarine - 2.0
Plums - 3.5
Apricots - 6.0
Kiwi - 4.0
Melons - 2.0
Banana - 1.0
Pineapple - 1 1/3 cup

VEGGIES

Spinach unlimited
Lettuce unlimited
Eggplant unlimited
Tomatoes unlimited
Mixed Greens unlimited
Broccoli unlimited
Asparagus unlimited
Cauliflower unlimited
Celery unlimited
Mushrooms unlimited
Green Beans unlimited
Zucchini unlimited
Cabbage unlimited
Cucumber unlimited
Sprouts unlimited
Squash unlimited
Peppers unlimited
Parsley unlimited
Onions unlimited
Collard Greens unlimited

FATS: 70-100 Calories

Avocado - 1/3 cup
Pecans (raw, chopped) - 1 1/2 Tbsp
Almonds (raw, whole) - 1 1/2 Tbsp
Walnuts (raw, chopped) - 1 1/2 Tbsp
Sunflower Seeds - 1 1/2 Tbsp
Soy Nuts (roasted, lightly salted) 3 Tbsp
Olives (large) - 10.0
Egg Yolk - 2.0
Creamy Dressing (Regular) - 1 Tbsp
Creamy Dressing (Low-Fat) - 2 Tbsp
Heavy Whipping Cream - 2 Tbsp
Mayonnaise, Regular - 2 Tbsp
Cheese, Regular (1oz=1 slice) - 1 oz
Cheese, Low-Fat (1oz=1 slice) - 2 oz

LIQUID FATS

Olive Oil - 1 Tbsp
Flaxseed Oil - 1 Tbsp
Fish Oil - 1 Tbsp
Balsamic Vinaigrette - 2 Tbsp
Almond Butter (with salt) - 1 Tbsp
Peanut Butter (with salt) - 1 Tbsp

FLAVORINGS: 30-50 Calories

Salsa (Newman's Own All-Natural) - 1/2 cup
Tabasco - 3 tsp
Marinara Sauce (Newman's Own) - 1/2 cup
Chili Sauce - 2 Tbsp
Chili Paste - 2 Tbsp
Tomato Sauce - 1/2 cup
Tomato Paste - 3 Tbsp
Hummus - 2 Tbsp
Balsamic Vinegar - 2 Tbsp
Lime Juice - 3 oz
Lemon Juice - 3 oz
Low-Fat Italian Dressing (Newman's Own LITE) - 2 Tbsp
Fat-Free French Dressing - 2 Tbsp
Fat-Free Balsamic Vinaigrette 2 Tbsp
Fat-Free Mayo / Low-Fat Mayo - 2 Tbsp
Butter Spray - 5 sprays
Mustard - 3 tsp
Low Sodium Soy Sauce - 3 tsp

Unsweetened Almond Milk - 1 cup
Low Sodium Chicken Broth - 1 cup

100-CALORIE PORTION LIST

Approximately 100 Calories

PROTEIN

Powdered

Whey, Egg, Soy, Rice, Hemp - 1 scoop
Powdered Protein

Dairy

Egg Whites - 4 whites
Egg Substitutes - 1 cup
Nonfat Plain Greek Yogurt - 1 cup
Cottage Cheese - 1 cup

Poultry

Foster Farms Chicken Breast - 3.5 oz
Foster Farms Chicken Thighs - 3 oz
Turkey Breast (NOT DELI) - 2.5 oz

Lean Ground Meats

Lean Ground Chicken Breast - 2 oz
Lean Ground Turkey - 3 oz
Low Sodium Deli Turkey - 3.5 oz
Ostrich / Duck Breast - 2 oz

Beef

Flank Steak - 2 oz
Round Steak - 2 oz
Cube Steak - 2.5 oz
Ground Buffalo - 1.5 oz
Venison /Elk - 2 oz

Seafood

Tuna (canned) - 3 oz
Tuna (fillet) - 3 oz
Salmon (canned) - 3.5 oz
Salmon (fillet) - 2 oz
Whitefish: Snapper/Halibut/Cod/Trout/
Catfish/Tilapia - 2 oz
Shellfish: Scallops/Carb/Lobster/Shrimp -
4 oz
Tofu - 4 oz
Tempeh - 2 oz
Texturized Vegetable Protein - 2 oz

CARBS

Cereal

Steel Cut Oatmeal (cooked) - 3/4 cup
Old Fashioned Oatmeal (cooked) - 3/4 cup
Low-Fat Granola - 1/2 cup
Fiber One - 3/4 cup
All Bran - 1/2 cup
Kashi Go Lean - 1/2 cup
Kashi Heart to Heart - 3/4 cup
Kashi Good Friends Cereal - 1/2 cup

Root Vegetables

Sweet Potatoes / Yams - 1/2 cup
Potatoes (Russet/Red/Gold) 3/4 cup

Legumes

Beans & Lentils (boiled or LOW SODIUM
CANNED) - 1/2 cup
Lentils (boiled or LOW SODIUM CANNED)
- 1/2 cup

Starchy Veggies

Peas - 1 cup
Corn - 2/3 cup
Carrots - 2 cups

Grains

Long Grain Brown Rice - 1/2 cup
Wild Rice - 1/2 cup
Barley - 1/2 cup
Amaranth - 1/2 cup
Couscous - 1/2 cup
Quinoa - 1/2 cup
Buckwheat - 1/2 cup

Pasta

Whole grain pasta - 1/2 cup
Brown Rice Pasta - 1/2 cup

Breads

Whole grain bread - 1 slice
Ezekiel Breads - 1 slice
Ezekiel English Muffin - 1/2 muffin
Ezekiel Tortillas - 3/4 tortilla
Brown Rice tortillas - 1 tortilla
Corn Tortillas - 1 1/2 tortillas