



Water and Weight Loss

Water is the single most important nutrient you take in every day. Dehydration leads to excess body fat, poor muscle tone & size, decreased digestive efficiency & organ function, increased toxicity, joint & muscle soreness, & water retention. Drink at least 8oz of water for each 25lbs of body weight. Drink up, your body will thank you for it!

DAY ONE

BREAKFAST

Berry Waffle and Turkey Bacon

- 1 multigrain waffle
- 1 cup low-fat cottage cheese
- 1 cup fresh berries of your choice
- 1 slice low-fat turkey bacon

SNACK

Raspberry Smoothie

- 3/4 cup fresh raspberries
- 1 scoop whey protein powder
- 1 cup skim milk. Mix in blender.

LUNCH

Tuna Salad

- 3 oz. water-packed tuna, drained
- 1 T. capers
- 1 cup shredded romaine lettuce
- 1 cup raw spinach, chopped
- 1/3 cup onion, chopped
- 1 cooked egg white, chopped
- 2 tsp. mustard
- 1 T. olive oil

SNACK

Celery and Peanut Butter

- 3 stalks celery
- 1 T. peanut butter

DINNER

Chicken and Snow Pea Stir-Fry on Brown Rice

- 4 oz. skinless chicken breast, sliced
- 1/4 cup cooked brown rice
- 1 cup snow peas
- 1/2 cup onion, chopped
- 2 T. soy sauce

Stir-fry chicken, then add vegetables. Cook until tender. Add soy sauce. Serve over brown rice.

DAY 2

BREAKFAST

Broccoli Omelet

- 3 egg whites and 1 whole egg, beaten together
- 1 cup broccoli

SNACK

Raspberry Protein Smoothie

- 1/3 cup fresh raspberries
 - 1 scoop whey protein powder
 - 1 cup skim or nonfat milk
 - 1 T. flaxseeds (optional)
 - Ice as needed
- Mix ingredients in blender.

LUNCH

Turkey Sandwich

- 1 slice whole wheat bread
- 3 slices deli turkey breast
- 4 leaves romaine lettuce
- 1 tsp. mustard
- 2 slices tomato
- 1 cup alfalfa sprouts

SNACK

Cottage Cheese with Paprika

- 1 cup non-fat cottage cheese
- 1 tsp paprika

DINNER

Salmon, Asparagus, and Salad

- 5 oz broiled or baked salmon fillet
- 2 cups shredded romaine lettuce
- 1 cup chopped steamed asparagus
- 1 cup sliced cucumbers
- 1 1/2 T. Italian dressing

DAY 3

BREAKFAST

Tomato Omelet

- 4 egg whites and 1 whole egg, beaten together
- 1/2 tomato, chopped

SNACK

Raw Almonds and Dried Cranberries

- 10 raw almonds
- 2 tbsp dried cranberries

LUNCH

Roast Beef Reuben and Salad

- 4 oz lean roast beef
- 1/4 cup sauerkraut
- 1 T. mustard
- 1 slice rye bread
- 1 cup shredded romaine lettuce
- 1 T. light Italian dressing
- 1 dill pickle

Spread mustard on bread. Layer roast beef and sauerkraut onto bread. Serve with salad and pickle.

SNACK

Strawberry Yogurt Protein Smoothie

- 1/2 cup fresh strawberries
 - 1 scoop whey protein powder
 - 6 oz plain low-fat yogurt
 - 1 T. flaxseeds (optional)
- Mix ingredients in blender.

DINNER

Chicken burrito with Rice and Beans

- 4 oz broiled, skinless chicken breast
- 2 tbsp salsa
- 1 low-fat whole wheat tortilla
- 1/4 cup canned pinto or black beans
- 1/4 cup cooked brown rice

Arrange chicken and salsa on tortilla, then heat in oven or microwave. Toss rice and beans together.

DAY 4

BREAKFAST

Cottage Cheese with Raspberries

- 1 cup cottage cheese
- 1/2 cup fresh raspberries

SNACK

Pear and Low-Fat Cheese

- 1 pear
- 4 - 1-oz slices of low-fat cheddar or Colby cheese

LUNCH

Turkey and Avocado Sandwich or Wrap

- 3 - 1-oz slices deli turkey breast
- 1 slice whole wheat bread or whole wheat tortilla
- 4 leaves romaine lettuce
- 1 tsp mustard
- 2 slices tomato
- 1 oz avocado

SNACK

Raspberry Protein Smoothie

- 1/2 cup fresh raspberries
- 1 scoop whey protein powder
- 1 cup skim milk or nonfat milk
- 1 T. flaxseeds (optional)
- Ice as needed

Mix ingredients in blender.

DINNER

Halibut, Broccoli, and Salad

- 3 oz baked or broiled halibut
- 1 cup steamed broccoli
- 2 cups shredded lettuce
- 1/2 oz vinegar
- 1 T. olive oil

DAY 5

BREAKFAST

Scrambled Eggs with Turkey

- 5 egg whites and 1 whole egg, scrambled
- 3 thin slices of deli turkey breast meat

SNACK

Blueberry Yogurt Smoothie

- 1 cup frozen blueberries (unsweetened)
 - 1 scoop whey protein powder
 - 6 oz plain low-fat yogurt
 - 1/2 T. flaxseeds (optional)
 - Ice as needed
- Mix ingredients in blender.

LUNCH

Chicken Pita

- 3 oz broiled skinless chicken breast, sliced
- 2 slices tomato
- 1 cup alfalfa sprouts
- 1 cup shredded lettuce
- 1 1/2 tbsp fat-free ranch dressing
- 1 low-fat whole wheat pita

SNACK

Peanut Butter Toast

- 1 T. peanut butter
- 1 slice whole wheat or multi-grain bread, toasted

DINNER

Steak, Brussels Sprouts, and Salad

- 3 oz lean beefsteak or flank steak, broiled
- 1 cup Brussels sprouts, steamed
- 1 cup shredded lettuce
- 1 tbsp light Italian dressing

DAY 6

BREAKFAST

Feta, Black Olive, and Tomato Omelet

- 5 egg whites and 1 whole egg, beaten together
- 1/2 cup black olives, chopped
- 1/2 oz feta cheese
- 1/4 medium tomato, chopped

SNACK

Fruit and Cheese

- 1/2 apple or 1 cup red grapes
- 2 slices low-fat cheddar cheese

LUNCH

Turkey and Hummus Pita

- 3 slices lean turkey
- 1 small low-fat whole wheat pita
- 1 T. hummus
- 4 lettuce leaves
- 2 slices tomato
- 1 tsp mustard

SNACK

Peanut Butter Banana Protein Smoothie

- 1 T. peanut butter
 - 1/2 banana
 - 1 scoop whey protein powder
 - 1 cup skim or nonfat milk
- Mix together in blender.

DINNER

Grilled Aha Tuna Salad

- 4 oz raw, fresh tuna steak
- 1/4 cup water chestnuts, chopped
- 1/2 oz sesame seeds
- 2 T. lime soy vinaigrette*
- 1 oz soybeans
- 1/4 cup papaya
- 2 cups arugula

Grill tuna for 2 to 4 minutes on each side, then slice thinly. Arrange arugula on plate. Sprinkle soybeans and water chestnuts on top. Add papaya and tuna last. Garnish with sesame seeds and drizzle with lime soy vinaigrette.

LIME SOY VINAIGRETTE

Combine 1/2 cup rice vinegar, 1/2 cup low-sodium soy sauce, 1/2 cup fresh lime juice, 4 tsp dark sesame oil, 2 tsp lemon zest, 2 tsp fresh ginger, 4 cloves minced garlic.

What is a normal serving size?

Usually the size of your clenched fist.

Try to remember this when you eat. Think about how the food you're eating will make you feel – immediately and an hour after you eat it.

If you'll be feeling guilty – then don't do it.

You control the food, so eat to live instead of living to eat.

DAY 7

BREAKFAST

Breakfast Burrito

- 3 egg whites and 1 whole egg, scrambled together
- 1 small low-fat whole wheat or low-carb tortilla, warmed
- 1/4 cup canned pinto or black beans
- 2 tbsp salsa

SNACK

Strawberry Protein Smoothie

- 1 cup fresh strawberries
 - 1 scoop whey protein powder
 - 1 cup skim or nonfat milk
 - 1 T. flaxseeds (optional)
- Mix ingredients in blender.

LUNCH

Chicken Salad

- 4 oz broiled, skinless chicken breast, chopped
- 1/4 cup onion, chopped
- 1/2 cup cucumber
- 1/2 cup arugula
- 1 cup romaine lettuce, chopped
- 1 T. Italian dressing

SNACK

Cottage Cheese and Tomatoes

- 1/2 cup low-fat cottage cheese
- 1 sliced tomato

DINNER

Pork Chop and Apple

- 4 oz lean boneless, broiled pork chop
- 1/2 apple

DAY 8

BREAKFAST

Cheese and Tomato Omelet

- 6 egg whites, beaten together
- 1/2 oz fat-free parmesan cheese
- 1 medium tomato, chopped

SNACK

- 20 almonds

LUNCH

Salmon and Salad

- 4 oz salmon
- 1/4 cup onion, chopped
- 1/2 cup arugula
- 1 cup shredded romaine lettuce
- 1 T. Italian dressing

SNACK

Strawberry Protein Smoothie

- 1/4 cup fresh strawberries
 - 1 scoop whey protein powder
 - 1 cup skim or fat-free milk
 - 1 T. flaxseed (optional)
- Mix ingredients in blender.

DINNER

Chicken with Peas and Carrots

- 4 oz boneless skinless chicken breast, baked or broiled
- 1 cup frozen peas and carrots

DAY 9

BREAKFAST

Cottage Cheese and Raspberries

- 1 cup low-fat cottage cheese
- 1/2 cup fresh raspberries

SNACK

Mango Yogurt Protein Smoothie

- 1/2 cup mango
 - 1 scoop whey protein powder
 - 1/2 cup plain low-fat yogurt
 - 1/2 cup water or ice as needed
 - 1 T. flaxseeds (optional)
- Mix ingredients in blender.

LUNCH

Chicken Curry

- 2 oz broiled skinless chicken breast, chopped
- 1/4 cup cooked long-grain brown rice
- 1/2 cup raw cauliflower
- 1/4 cup chickpeas
- 1/4 clove garlic
- 1 oz tomato paste
- 3/4 cup low-sodium chicken broth
- 1/2 T. curry powder

Simmer broth, then add curry powder, tomato paste, and vegetables. Cover with lid, and cook until tender. Add chicken and heat through. Serve over brown rice.

SNACK

Celery and Peanut Butter

- 2 stalks celery
- 1 T. peanut butter

DINNER

Hawaiian Chicken Kebabs

- 3 oz chicken breast, baked or broiled
- 1/2 cup onion
- 3 strips yellow pepper
- 1/4 cup pineapple
- 1/2 cup cherry tomatoes
- 1/2 oz vinegar
- 1 T. olive oil

Thread chicken, pineapples, and vegetables onto skewers, drizzle with vinegar and oil and cook on grill.

DAY 10

BREAKFAST

Broccoli and Feta Omelet

- 5 egg whites and 1 whole egg, beaten together
- 1 cup raw broccoli, chopped
- 1/2 oz feta cheese, crumbled

SNACK

Celery and Peanut Butter

- 3 stalks celery
- 1 tbsp peanut butter

LUNCH

Turkey Burger

- 3 oz cooked ground turkey
- 2 slices tomato
- 1 slice onion
- 1 tsp mustard
- 1 T. ketchup

- 3 leaves romaine lettuce
- 1 cup alfalfa sprouts

SNACK

Yogurt with Kiwi and Flaxseed

- 1 cup plain nonfat yogurt
- 1 kiwi, peeled and sliced
- 1 T. flaxseeds (optional)

DINNER

Chicken Pita

- 2 oz broiled chicken breast, sliced
 - 1/2 cup onion, chopped
 - 1/2 cup shredded low-fat Swiss cheese
 - 1/2 cup tomato sauce
 - 1 small low-fat whole wheat pita
- Heat tomato sauce, add onion, cover pan, and cook until tender. Place chicken in pita, pour sauce over, and top with cheese.