



LEADERS IN AGE MANAGEMENT

Nutritional Guide

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NUTRITION BASICS

Food has many roles. It's a source of fuel, energy and of nutrients. It affects your body weight. It alters your health and vital indicators, like cholesterol and blood pressure. Food is social and food is emotional. But the primary purpose of food is fuel. Your body needs fuel to function: proteins, fats and carbs. Your goal in the next 60 days is to eat healthy, learn about balanced nutrition and feed your body what it needs to begin your transformation. Hopefully you can also use this guide to eat healthier and live healthier every day.





OVERVIEW

In this plan, you'll learn about healthy food basics and the proper balance of nutrients you need each day. Your body doesn't require refined sugars, processed foods, sodas, or artificial sweeteners. In fact, they can be harmful. When you eliminate them, you'll actually feel better. And guess what? Food that's good for you tastes great, too.

Here are the tools to help you figure out what and how much to eat for the next 60 days and beyond. This guide gives you meal options and food lists to choose from. As you get in better shape and your metabolism soars, you'll also learn how to increase your calories to fuel your changing body.

This plan will work for you whether you've been dieting for years or don't know what a calorie is. Whether you're male or female, and whether you want to lose weight or bulk up. It will give you the energy to maximize your workouts and become a healthier person. It's not about quick fixes or fads. It's about eating and using food for its intended purpose: fuel.





NUTRITION PHILOSOPHY

This Nutrition Guide is designed to power your body through your workouts. When you're digging into your new fitness regimen, you can't go low-calorie or low-carb. You need to fuel your system with balanced and nutritious meals and snacks. Your body is literally going to burn through the food you eat, whether they're carbs, fats, or protein. This is NOT the time to diet. But if you want to lose weight, you'll eat the right foods in the right proportions. The balanced meal plans will provide your body with the fuel that it needs to get through your workouts.

This isn't a diet, it's a plan that will teach you how to eat healthy for duration of your new workout regimen. Elite nutrition focuses on eating 5 meals a day, none too large or too small. All the meals contain roughly the same number of calories. This frequent eating is optimal for your metabolism and provides stamina for your intense workouts.

Everyone has different caloric needs, so this guide shows you how to increase the calories of all the meals. If you still need more calories, add the "Food Blocks" to your meal or enjoy them as snacks, to reach your caloric requirements.

Each meal listed is around 40% protein, 40% carb, and 20% fat. It's important to balance protein, carbs and fats to promote optimal blood sugar control, resulting in the best possible state of your workouts. There is a full overview on protein, carbs, and fat in this guide.

The recommended food have a low glycemic index, which has less impact on blood sugar. High glycemic foods, such as white bread and candy. Cause a rapid rise and subsequent rapid drop in blood sugar, draining your energy. Low glycemic foods provide you with steady energy throughout the day and optimal fuel for your workouts. The plan also avoids additives, overly processed foods, sugar substitutes, and alcohol.



HOW THE MEAL PLAN WORKS

Month One: Your Daily Meals

In the “Start Eating” section you’ll find 5 separate meal lists. Each day, you pick one meal from each of the five meal lists, totaling 5 meals a day. Try not to skip any meals.

Each meal list has 10 options to choose from. Keep selecting different meals to give yourself healthy variety.

Each meal contains approximately 300 calories, and has instructions about how to scale it up to either 400 or 500 calories depending on your individual caloric needs.

Therefore, these five meals a day will provide anywhere from 1,500 to 2,500 calories per day. You can also use the 100–calorie and 200–calorie food blocks to meet your daily caloric requirements. Add them to your meals, or eat them as snacks.

Month Two: Eat More

As you enter the second month of this Nutrition program, you’ll find that your body burns calories much faster than it did a month ago. Plus your month two workouts get harder and longer, so you’ll need more fuel. To meet your increased fuel needs, this plan includes a list of 100 calorie complex carbohydrates.

Based on your weight loss or weight gain goals, you can add these to meet you increased caloric needs, or continue with your basic meal lists from Month One. If you do add these complex carbs, choose from one to three of them per day adding them to your earlier meals.



DETERMINE YOUR DAILY CALORIC NEEDS

To figure out your needs for the Nutrition program, use this three-step formulas. While it may seem lengthy it's the best way to estimate your energy needs for your individual fitness objective, whether that's to gain muscle, lose fat, or just maintain your weight while you get in the best shape ever.

Step 1

First, use the Hariss Benedict Equation to calculate your caloric needs. This formula determines you basal energy requirements, which is the energy required to maintain your current weight without exercise. After completing this step, you'll add in your exercise level.

For Women: $655 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in yrs})$

For Men: $66 + (6.23 \times \text{weight in lbs}) + 12.7 \times \text{height in inches} - (6.8 \times \text{age in yrs})$

Step 2

Now take your number from above and multiply by the level of exercise listed below.

Exercise Factor	Category	Explanation
1.2	Sedentary	Little or No Exercise
1.375	Lightly Active	Light Exercise (1 to 3 days p/week)
1.55	Moderately Active	Moderate Exercise (3 to 5 days p/week)
1.7	Very Active	Hard Exercise (6 to 7 days p/week)
1.9	Extremely Active	Hard Daily Exercise and/or Physical Job

Step 3

The number that you now have will tell you your calorie needs to weight maintenance. In step 3 you'll adjust this number up or down, depending on your weight loss or gain goals.



DETERMINE YOUR DAILY CALORIC NEEDS

Example 1: Determine Your Calories

This example is a 40-year old woman who is 5'5", 150 pounds, doing this type of workouts 5 days per week, and who would you like to lose weight.

- **Step 1**

Plug in her age and height to the equation.

$$655 + (4.35 \times 150 \text{ pounds}) + (4.7 \times 65 \text{ inches}) - (4.7 \times 40 \text{ years})$$

$$655 + (652.5) + (305.5) - (188) = 1,425$$

- **Step 2**

So 1,425 calories is her basal energy expenditure, that is, her calorie needs for weight maintenance if she were inactive. Multiply 1,425 by 1.7 for a "Very Active" activity factor and you get approximately 2,400 calories per day.

- **Step 3**

Now add or deduct calories for weight loss or weight gain.

The number from step 2 is 2,400 calories. However, since this woman would like to lose weight, deduct 500 calories per day from her calorie needs. So, 2,400 calories MINUS 500 calories EQUALS 1,900 calories per day.

While this equation may seem confusing, it's the simplest scientific way of truly estimating your needs.

Keep in mind that after starting this Nutrition Program, you may want to alter your calories up or down based on the feedback you are getting from your body, i.e., too much food, not enough, losing or gaining weight, etc.



WHEN TO EAT

Eat your meals every few hours, for example:

Meal 1: Breakfast time

Meal 2: Mid-morning snack

Meal 3: Lunch time

Meal 4: Afternoon snack

Meal 5: Dinner

Timing your meals is important. For most people, eating a very small meal about one hour before exercising is ideal. If you exercise immediately after eating, you may lack the energy you need to complete your workout because your body is focused on digestion.

Generally, you can eat three hours before a workout and be fine, 'but the small meals or overall intensity of your workouts may require you to eat more frequently than you've gotten away with while doing an easier program. Keep in mind that everyone's different, so you should experiment and see what works best for you.

Now that you know your calorie requirements, you can start choosing your meals. If you followed the base plan, you'd eat 1,500 calories a day (5 meals x 300 calories). You can add the food blocks as needed to meet your daily caloric requirements. A few examples for illustration:

If your body requires 1,900 calories a day, your daily intake would look like this:

Meal 1: 400-calorie meal

Meal 2: 400-calorie meal

Meal 3: 400-calorie meal

Meal 4: 400-calorie meal

Meal 5: 300-calorie meal



WHEN TO EAT

You could also choose to keep a few of the meals to 300 calories and add the other calories using the food block lists. Here's another 1,900–calorie meal plan:

Meal 1: 400–calorie meal

Meal 2: 300–calorie meal

Meal 3: 400–calorie meal

Meal 4: 300–calorie meal + 200 calories*

Meal 5: 300–calorie meal

*Add food blocks: two 100–calorie blocks OR one 200–calorie block.

You get to choose how to divide up your calories, as long as you are eating at least 5 times per day.





START EATING

Eat 5 meals a day, one from each of the lists in the following section. Use the food blocks, if needed, to reach your additional calorie needs.

Each week, assess your calories and your measurements. You may need to increase or decrease your calories based on the information you are getting. Muscle tissue is denser than fat tissue, so your scale can mislead you. Use measurements to gauge your progress, instead of weight.

Remember, everything counts. Milk and sugar for your coffee or tea, the glass of wine with dinner, the little snack from a bowl at work, it all counts! Eat something every few hours to keep your metabolism burning steadily.

Drink water. Not only will it keep you hydrated, it will ease your hunger. One of the primary causes of hunger pangs is dehydration. 8–10 glasses of water per day is not excessive when you're doing intense workouts.

Be sure to drink right before, during or immediately following your workout. If you're trying to lose weight, be sure to account for these calories. And if you're not working hard enough to burn through your glycogen stores, then you don't need these calories.





BREAKFAST

PROATMEAL

2/3 cup cooked oatmeal, prepared with water; 1 scoop of protein powder; 1/2 cup of fresh or frozen berries; 1/2 Tbsp. chopped walnuts Splash; 1/4 cup of skim, almond, rice, or soy milk.

Combine ingredients in bowl.

Nutrition Breakdown:

307 calories, 26 grams protein, 34 grams carbohydrate, 9 grams fat, 9 grams fiber

For a 400-calorie meal: Increase oatmeal to 1 cup and increase protein powder to 1-1/2 scoops.

For a 500-calorie meal: Increase oatmeal to 1-1/3 cup, increase protein powder to 1-1/2 scoops, increase walnuts to 2-1/2 Tbsp. and increase berries to 1 full cup.

EGG WHITE AND FRUIT PLATE

3 hard-boiled eggs, whites only; 1/3 cantaloupe, sliced; 4 pieces whole wheat melba toast; 1 slice reduced fat Swiss cheese.

Peel 3 hard boiled eggs and slice the whites onto a salad plate. (Discard or save the yolks for another purpose.) To the plate, add sliced cantaloupe, 4 whole wheat Melba toasts and 1 slice of reduced fat Swiss cheese.

Nutrition Breakdown:

291 calories, 23 grams protein, 35 grams carbohydrate, 7 grams fat, 3.5 grams fiber

For a 400 calorie meal: Add an egg yolk and increase the cantaloupe to 1/2 of the melon.

For a 500-calorie meal: Add an egg yolk and increase the cantaloupe to 1/2 of the melon and add 1 cup of low-fat; skim, almond, rice, or soy, milk (you may use the milk in a coffee drink, such as a fat-free latte).

FRUIT AND COTTAGE CHEESE

1 cup of cottage cheese; 1% milk fat; 1 cup of mixed fruits; 1/2 cup of whole-grain cereal.

On a medium size dinner plate, portion out 1 cup of 1% cottage cheese and top with 1 cup of mixed fruit and 1/2 cup of whole-grain cereal, such as bran flakes or Fiber One™.

Nutrition Breakdown:

293 calories, 30 grams protein, 36 grams carbohydrate, 6 grams fat, 5 grams fiber

For a 400-calorie meal: Add 2 Tbsp. of flaxseeds.

For a 500-calorie meal: Add 2 Tbsp. of flaxseeds and a slice of whole-grain toast.

EGG WHITE BREAKFAST WRAP

4 egg whites; 1 whole-grain tortilla; 1/2 cup part skim mozzarella cheese; sliced tomato, to taste; 1/2 cup melon, cubed.

In a non-stick skillet coated with cooking spray, scramble egg whites. Pile egg white in to a whole-grain tortilla and top with cheese and sliced tomato. Serve with melon cubes.

Nutrition Breakdown:

296 Calories, 32 grams of protein, 34 grams carbohydrates, 5.5 grams fat, 3 grams fiber

For a 400 calorie meal: Add 2/3 cup of nonfat yogurt.

For a 500 calorie meal: Add 1 cup of nonfat yogurt topped with 1-1/2 Tbsp. chopped walnuts.



BREAKFAST

BERRY PROTEIN SMOOTHIE

1½ scoops protein powder; ½ cup fresh or frozen berries; 1 cup skim, almond, rice, or soy milk; ice.

Combine in blender until smooth.

Nutrition Breakdown:

306 calories, 36 grams protein, 36 grams carbohydrate, 3 grams fat, 3.5 grams fiber

For a 400-calorie meal: Add ½ of a medium banana.

For a 500-calorie meal: Add ½ of a medium banana and 1 Tbsp. of all-natural peanut butter.



CEREAL BOWL

1 cup high-protein whole-grain cereal; 1 Tbsp. flaxseeds; ⅔ cup skim, almond, rice, or soy milk; ½ cup bananas, sliced.

Portion out 1 cup cereal and top with flaxseeds, skim, almond, rice, or soy milk, and sliced bananas.

Nutrition Breakdown:

299 calories, 22 grams protein, 55 grams carbohydrate, 4.5 grams fat, 13 grams fiber

For a 400 calorie meal: Increase flaxseeds to 2 Tbsp. and increase bananas to 1 cup.

For a 500-calorie meal: Increase cereal to 1-1/2 cups, increase milk to 1 cup, increase flaxseeds to 2Tbsp. And increase bananas to 1 cup.



BREAKFAST

PEANUT BUTTER TOAST

1 slice whole-grain toast; 1 Tbsp. all-natural peanut or almond butter; 1 tsp. all-fruit preserves, 1/2 cup cottage cheese, 1% milk fat.

Top one slice of whole-grain toast with nut butter and preserves. Serve with cottage cheese.

Nutrition Breakdown:

280 calories, 22 grams protein, 28 grams carbohydrate, 11 grams fat, 4 grams fiber

For a 400-calorie meal: Increase cottage cheese to 3/4 cup and top with 1 cup of sliced fruit.

For a 500-calorie meal: Increase cottage cheese to 3/4 cup and top with 1 cup of sliced fruit and use an extra piece of whole wheat toast to make it into a sandwich.



VEGGIE OMELET

4 whole eggs; 2 egg whites; mushrooms and onions, to taste; 1 slice whole-grain wheat toast; 1 Tbsp. all-fruit preserves.

In a non-stick skillet coated with cooking spray, make an egg omelet with 2 whole eggs plus 2 egg whites, sautéed mushrooms, and onions, and serve with 1 slice of whole-grain wheat toast topped with 1 Tbsp. of all-fruit preserves.

Nutrition Breakdown:

301 Calories, 24 grams of protein, 24 grams carbohydrates, 11 grams fat, 3 grams fiber

For a 400 calorie meal: Add a large orange or 1 cup of orange juice.

For a 500 calorie meal: Add a large orange or 1 cup of orange juice and 1 slice of reduced-fat cheese to the omelet.





MEAL 2

DELI SANDWICH

1/2 whole wheat bagel or 1 slice toast; 2 oz. deli-style turkey breast, sliced; 1 slice reduced-fat cheese; Sliced tomato, to taste; 1 cup of tomato or vegetable juice.

Scoop out half of a whole wheat bagel, toast it and fill with turkey, cheese, and sliced tomato. Serve with tomato or vegetable juice.

Nutrition Breakdown:

297 calories, 26 grams protein, 38 grams carbohydrate, 7 grams fat, 5.5 grams fiber

For a 400-calorie meal: Increase turkey to 4 oz. of turkey and leave the bagel "un-scooped."

For a 500-calorie meal: Increase the turkey to 4 oz., leave the bagel "un-scooped" and add another slice of reduced-fat cheese.

YOGURT BOWL

1 cup of nonfat plain yogurt (look for Greek yogurt if possible); 1 apple, diced; 2 Tbsp. walnuts, chopped; 1 Tbsp. honey.

Combine yogurt with apple, walnuts, and honey.

Nutrition Breakdown:

299 calories, 13 grams protein, 50 grams carbohydrate, 9 grams fat, 3.5 grams fiber

For a 400 calorie meal: Stir 1 scoop of whey-based protein powder into the yogurt bowl.

For a 500-calorie meal: Increase yogurt to 1-1/2 cups, increase the walnuts to 3 Tbsp. dried cranberries or raisins.

YOGURT BOWL

1 cup skim milk, almond milk, or rice milk; 1 scoop Whey protein powder; 1 cup of frozen berries; 1 Tbsp. vanilla extract; 1/2 banana; ice.

Nutrition Breakdown:

26 calories, 13 grams protein, 50 grams carbohydrate, 2 grams fat, 5.5 grams fiber

For a 400 calorie meal: Add 1 Tbsp. all-natural peanut butter or almond butter.

For a 500-calorie meal: Add 1 Tbsp. all-natural peanut or almond butter and increase the protein powder.

PROTEIN OMELET

1 whole egg; 3 egg whites; 2 oz. deli-style turkey breast, sliced 1/2 cup sliced mushrooms and onions; 1 slice whole-grain bread; 1 cup melon balls.

In a non-stick skillet coated with cooking spray, make an omelet with egg and egg whites and fill omelet with turkey, mushrooms, and onions. Serve omelet with 1 slice of whole wheat toast and melon balls.

Nutrition Breakdown:

298 calories, 21 grams protein, 40 grams carbohydrate, 7.5 grams fat, 5.5 grams fiber

For a 400-calorie meal: Add 1 oz. of crumbled feta or goat cheese to the omelet.

For a 500-calorie meal: Add 1 oz. of crumbled feta or goat cheese to the omelet and have 2 slices of whole wheat toast.



MEAL 2

TURKEY BLT

2 slices whole wheat bread; 3 slices turkey bacon; sliced tomato, to taste; lettuce, to taste; 1 fresh pear.

Make a sandwich of bread, turkey bacon, tomato, and lettuce. Serve with a fresh pear.

Nutrition Breakdown:

293 calories, 13 grams protein, 46 grams carbohydrate, 9 grams fat, 8 grams fiber

For a 400-calorie meal: Add 2 oz. of sliced deli turkey to the sandwich and 1 Tbsp. light mayonnaise.

For a 500-calorie meal: Add 2 oz. of sliced deli turkey and 1 Tbsp. light mayonnaise to the sandwich and use regular whole wheat bread, not light-style.

NUTRITION BAR

1 nutrition bar; 1/2 cup 1% cottage cheese.

Choose a nutrition bar with approximately 200 calories, fewer than 25 grams of sugar and at least 10 grams of protein (like the P90X Peak Performance Bar). Have nutrition bar and cottage cheese.

Nutrition Breakdown:

280 calories, 29 grams protein, 26 grams carbohydrate, 7.5 grams fat, 2 grams fiber

For a 400-calorie meal: Add a small banana or a large navel orange.

For a 500-calorie meal: Add a small banana or a large navel orange and add 2 Tbsp. chopped walnuts to the cottage cheese.





MEAL 3

RILLED CHICKEN SALAD

3 oz. grilled chicken breast; 3 cups mixed dark greens
1/2 apple, chopped; 1 Tbsp. pecans, chopped;
cucumber, sliced to taste.

Pile mixed greens on a large salad plate. Top with
chicken breast, chopped apple, chopped pecans and
sliced cucumber. Dress salad with fresh lemon juice .

Nutrition Breakdown:

283 calories, 30 grams protein, 25 grams carbohydrate,
8.5 grams fat 6 grams fiber

For a 400–calorie meal: Add 1 whole wheat English
muffin or 1 slice of whole–grain bread.

For a 500–calorie meal: Add 1 whole wheat English
muffin or 1 slice of whole–grain bread and add
1 Tbsp. olive oil onto the salad.

SUSHI

1 tuna or salmon roll, made with brown rice if possible

Side salad of mixed greens

2 Tbsp. of Asian ginger dressing

Have one sushi roll sliced, with side salad served with
Asian ginger dressing. (Use the fork technique of dipping
the tines of your fork in the dressing before spearing the
lettuce to avoid overdoing it on the dressing.)

Nutrition Breakdown:

311 calories, 26 grams protein, 32 grams carbohydrate,
12 grams fat, 5.5 grams fiber

For a 400–calorie meal: Add 1 cup of steamed
edamame.

For a 500–calorie meal: Add 1 cup of steamed edamame
and 1 cup of miso soup.

NUTRITION BAR

1 nutrition bar; 1/2 cup 1% cottage cheese.

Choose a nutrition bar with approximately 200
calories, fewer than 25 grams of sugar and at least 10
grams of protein (like the P90X Peak Performance
Bar). Have nutrition bar and cottage cheese.

Nutrition Breakdown:

280 calories, 29 grams protein, 26 grams
carbohydrate, 7.5 grams fat, 2 grams fiber

For a 400–calorie meal: Add a small banana or a
large navel orange.

For a 500–calorie meal: Add a small banana or a
large navel orange and add 2 Tbsp. chopped walnuts
to the cottage cheese.

BLACK BEAN SOUP AND HALF SANDWICH

1 cup of canned black bean soup

1 slice whole–grain bread

2 oz. deli–style turkey breast, sliced

2 very thin slices of avocado Dijon mustard

Make one half of a turkey sandwich made with 1 slice
whole–grain bread, turkey, avocado and Dijon
mustard. Serve with cup of soup.

Nutrition Breakdown:

299 calories, 20 grams protein, 41 grams
carbohydrate, 6 grams fat, 12 grams fiber

For a 400–calorie meal: Use regular whole wheat
bread, not light style, and increase the turkey on the
sandwich to 3 oz.

For a 500–calorie meal: Use regular whole wheat
bread, not light style, increase the turkey on the
sandwich to 4 oz., and use 4 thin slices of
avocado—about 1/4 of an avocado.



MEAL 3

TERIYAKI GRILLED TUNA

4 oz. tuna steak; 2 Tbsp. Teriyaki sauce (low-fat, bottled); fresh spinach; 1 Tbsp. olive oil; 1/3 cup brown rice.

Marinate tuna in teriyaki sauce or other low-fat bottled marinade. Grill, broil, or sear tuna on both sides to desired degree of doneness. Serve tuna with spinach sautéed in olive oil and 1/3 cup brown rice.

Nutrition Breakdown:

295 calories, 36 grams protein, 25 grams carbohydrate, 7 grams fat, 7.5 grams fiber

For a 400-calorie meal: Increase rice to 3/4 cup.

For a 500-calorie meal: Increase rice to 1 cup and use 2 Tbsp. olive oil in the spinach.

ROAST BEEF SANDWICH

4 oz. lean roast beef; 1/26-inch whole wheat pita pocket; sliced cherry tomatoes, bell peppers, cucumbers, and mushrooms; Romaine lettuce; dark salad greens.

Pile roast beef into pita pocket and top with sliced cherry tomatoes and romaine lettuce leaves. Serve pita with a side salad composed of dark greens, sliced peppers, cucumbers and mushrooms, dressed with a fresh squeeze of lemon or lime juice.

Nutrition Breakdown:

292 calories, 30 grams protein, 37 grams carbohydrate, 5 grams fat, 8 grams fiber

For a 400-calorie meal: Use the whole 6-inch pita pocket and add 1 tsp. olive oil to the salad.

For a 500-calorie meal: Use the whole 6-inch pita pocket and add 1tsp. olive oil and 2 Tbsp. slivered almonds to the salad.

LEAN BURGER

4 oz. extra-lean ground beef; mixed greens; 1/2 cup mixed berries and/or melon; grill or broil a 4 oz. lean hamburger patty.

Serve without a bun over a large green salad, with a side of 1/2 cup mixed berries or melon balls.

Nutrition Breakdown:

302 calories, 27 grams protein, 17 grams carbohydrate

14 grams fat, 4 grams fiber

For a 400-calorie meal: serve hamburger on a whole wheat English muffin with the salad on the side

For a 500-calorie meal: serve hamburger on a whole wheat English muffin with 1 slice of reduced-fat cheese and the salad on the side

CHICKEN RANCH WRAP

6-inch whole-grain tortilla; 3 oz. grilled chicken breast; sliced tomato; lettuce; red bell pepper, sliced; celery sticks; 1 Tbsp. ranch dressing, reduced-fat; 4 oz. extra-lean ground beef; mixed greens; 1/2 cup mixed berries and/or melon.

Grill or broil a 4 oz. lean hamburger patty. Serve without a bun over a large green salad, with a side of 1/2 cup mixed berries or melon balls. Fill tortilla with 3 oz. of grilled chicken breast, sliced tomato, lettuce leaves and ranch dressing. Serve with red pepper slices and celery sticks.

Nutrition Breakdown:

307 calories, 31 grams protein, 33 grams carbohydrate, 8 grams fat, 5 grams fiber

For a 400-calorie meal: Add 1/3 of a small avocado into the wrap.

For a 500-calorie meal: Add 1/3 of a small avocado into the wrap and serve with a sliced apple.



MEAL 3

WHOLE WHEAT PASTA WITH VEGETABLES AND FETA

3/4 cup whole wheat pasta; 1 cup mixed, steamed vegetables; 1/3 cup feta cheese, crumbled.

Top pasta with mixed steamed vegetables and crumbled feta cheese.

Nutrition Breakdown:

304 calories, 17 grams protein, 37 grams carbohydrate, 11grams fat, 7.5 grams fiber

For a 400–calorie meal: Add 2–3 oz. of diced grilled chicken breast to the pasta bowl.

For a 500–calorie meal: Add 2–3 oz. of diced grilled chicken breast to the pasta bowl, and serve with a fresh pear.

SALMON NICOISE PLATE

3 oz. salmon; 2 cups mixed salad greens; 1 cup green beans, steamed; 1 small red potato, boiled; 5 black olives; Fresh lemon, salt, pepper, to taste.

Grill, poach, bake, or broil salmon. Pile 2 cups of mixed salad greens onto a large dinner plate, top the greens with beans, potato, olives and the cooked salmon. Season with fresh lemon, salt and pepper.

Nutrition Breakdown:

301 calories, 28 grams protein, 30 grams carbohydrate, 8.5 grams fat, 7.5 grams fiber

For a 400–calorie meal: Add a whole wheat dinner roll or a slice of whole wheat bread.

For a 500–calorie meal: Add a whole wheat dinner roll or a slice of whole wheat bread and top the salad with 2 Tbsp. olive oil.





MEAL 4

COLD CUT PLATTER

2 oz. deli-style turkey breast, sliced; 2 oz. ham, sliced; 1 oz. reduced-fat swiss cheese, thinly sliced; sliced tomato; whole-grain crackers (100 calories worth).

It's like grown-up Lunchables®! Make your own cracker sandwiches with the ingredients.

Nutrition Breakdown:

289 calories, 27 grams protein, 20 grams carbohydrate, 12 grams fat, 3.5 grams fiber

For a 400-calorie meal: Serve with 1 cup of fresh green or purple grapes.

For a 500-calorie meal: Serve with 1 cup of fresh green or purple grapes and increase turkey to 3 oz. and the ham to 2 oz.



TUNA SALAD IN A TOMATO

4 oz. water-packed tuna; 1/4 cup celery, chopped; 1/4 cup red onion, chopped; 1 Tbsp. reduced-fat mayonnaise; 1 tsp. Dijon mustard; 1 large tomato, hollowed out; 3 pieces whole-grain Melba toast or 1/2 whole-grain English muffin.

Combine, tuna, celery, onion, mayonnaise, and mustard and stuff into hollowed out tomato. Serve with Melba toast or English muffin.

Nutrition Breakdown:

289 calories, 30 grams protein, 21 grams carbohydrate, 9 grams fat, 3.5 grams fiber

For a 400-calorie meal: Serve with 1 medium fresh apple.

For a 500-calorie meal: Serve with 1 medium fresh apple, increase tuna to 6 oz. and increase to 5 pieces of wheat melba toast OR a full whole-grain English muffin.





MEAL 4



SASHIMI

3 oz. (about 6 pieces) of sashimi; 1/2 cup brown rice, steamed; side salad of mixed greens; 2 Tbsp. Asian ginger dressing.

Have any variety of sashimi with a side of rice, and a side salad of mixed greens topped with Asian dressing.

Nutrition Breakdown:

319 calories, 24 grams protein, 27 grams carbohydrate, 12 grams fat, 3.5 grams fiber

For a 400-calorie meal: Add 1 cup of steamed edamame.

For a 500-calorie meal: Add 1 cup of steamed edamame, increase fish to 4 oz. and increase rice to 3/4 cup.

NUT BUTTER AND JELLY SANDWICH

1 slice whole-grain bread

1 Tbsp. all-natural peanut or almond butter

1 Tbsp. all-fruit preserves or 1/4 sliced banana

1/2 cup cottage cheese, 1%

Make half of a nut butter and jelly sandwich with bread, peanut or almond butter, preserves or banana. Serve with cottage cheese.

Nutrition Breakdown:

289 calories, 22 grams protein, 29 grams carbohydrate 11grams fat, 4 grams fiber

For a 400-calorie meal: Make sandwich with 2 slices of bread.

For a 500-calorie meal: Make sandwich with 2 slices of bread and increase cottage cheese to 1 full cup.





MEAL 4

TURKEY CHILI

1 cup turkey or veggie chili (homemade or store-bought); Mixed greens; 2 egg whites, hard-boiled; Red wine vinegar; 1 tsp. olive oil.

Serve chili with a mixed green salad topped with 2 hard-boiled egg whites and dressed with oil and vinegar.

Nutrition Breakdown:

310 calories, 23 grams protein, 30 grams carbohydrate, 10 grams fat, 7 grams fiber

For a 400-calorie meal: Increase chili to 1-1/2 cups.

For a 500-calorie meal: Increase chili to 1-1/2 cups and serve with 1 whole-grain dinner roll or slice of whole wheat bread.

TURKEY LETTUCE WRAP AND BEAN SALAD

2 oz. deli-style turkey breast sliced; Tomato, sliced; 1 Tbsp. reduced-fat; Russian dressing Large romaine or Boston lettuce leaves 1/4 cup chickpeas; 1/4 cup kidney beans ; 1/4 cup celery, chopped; 1/4 cup tomato, chopped; 1 tsp. olive oil; Lemon juice, salt, and pepper, to taste.

Wrap turkey, sliced tomato and Russian dressing inside large lettuce leaves. Serve lettuce wrap with a bean salad made of remaining ingredients.

Nutrition Breakdown:

308 calories, 20 grams protein, 34 grams carbohydrate, 11 grams fat, 7 grams fiber

For a 400-calorie meal: Increase turkey to 4 oz., increase both the chickpeas and the kidney beans to 1/3 cup.

For a 500-calorie meal: Increase turkey to 5 oz. Increase both the chickpeas and the kidney beans to 1/3 cup and serve with 1 cup of fresh fruit salad.

ROTISSERIE CHICKEN AND SALAD

14-oz. skinless rotisserie chicken breast; Mixed greens; 1 Tbsp. olive oil; Lemon Juice; 1 Granny Smith Apple, sliced.

Serve chicken with a mixed green salad topped with lemon juice and tsp. olive oil. Finish meal with sliced apple.

Nutrition Breakdown:

314 calories, 38 grams protein, 20 grams carbohydrate, 10 grams fat, 4.5 grams fiber

For a 400-calorie meal: Add a small baked potato with skin.

For a 500-calorie meal: Add a small baked potato with skin topped with 1 oz. of reduced fat shredded cheese.

PROTEIN PIZZA MUFFIN

1 whole-grain English muffin

1/4 cup tomato sauce

1/4 cup mozzarella cheese, part-skim

2 oz. grilled chicken breast, sliced

1 cup broccoli, steamed

Top English muffin with tomato sauce, cheese, and chicken breast. Bake at 350 degrees for 10 minutes and serve with 1 cup steamed broccoli.

Nutrition Breakdown:

313 calories, 31 grams protein, 33 grams carbohydrate, 8 grams fat, 8 grams fiber

For a 400-calorie meal: Increase chicken to 3 oz. and the mozzarella cheese to 1/3 cup.

For a 500-calorie meal: Increase chicken to 3 oz. and the mozzarella cheese to 1/3 cup and serve with a large navel orange.



MEAL 4

SHRIMP COCKTAIL PLATTER

4 oz. shrimp, boiled and cooled; 2 Tbsp. cocktail sauce; fresh lemon wedges; 1 whole wheat dinner roll or slice of whole wheat bread; 1 cup mixed raw vegetables, such as carrots, peppers and cucumbers.

Serve shrimp with cocktail sauce and/or lemon. Have roll or bread and raw veggies on the side.

Nutrition Breakdown:

286 calories, 28 grams protein, 33 grams carbohydrate, 4 grams fat, 3.5 grams fiber

For a 400-calorie meal: Dip raw veggies into 1/4 cup hummus.

For a 500-calorie meal: Increase shrimp to 6 oz., increase cocktail sauce to 4 Tbsp. and dip raw veggies into 1/4 cup hummus.

ROAST BEEF WRAP

4 oz. lean roast beef; 2 thin slices avocado; tomato, sliced; 6-inch whole-grain tortilla; 1 cup of mixed fresh or frozen berries.

Roll beef, avocado, and tomato in tortilla. Serve with side of mixed berries.

Nutrition Breakdown:

307 calories, 28 grams protein, 40 grams carbohydrate, 8 grams fat, 7 grams fiber

For a 400-calorie meal: Add 1 cup of plain nonfat yogurt to the mixed berries.

For a 500-calorie meal: Add 1 cup of plain nonfat yogurt to the mixed berries and top with 2 Tbsp. chopped walnuts.





MEAL 5

BROWN RICE BOWL

1/2 cup cooked brown rice; 2 oz. grilled chicken breast, diced; 1/3 cup corn niblets; 1/3 cup cooked peas.

Combine rice with chicken, corn, and peas.

Nutrition Breakdown:

318 calories, 25 grams protein, 45 grams carbohydrate, 3.5 grams fat, 7 grams fiber

For a 400-calorie meal: Increase rice to 2/3 cup and increase chicken to 3 oz.

For a 500-calorie meal: Increase rice to 1/2 cup, increase chicken to 4 oz. and increase both corn and peas to 1/2 cup.

BAKED COD WITH STEAMED CARROTS AND CAULIFLOWER

4 oz. cod filet; 1 Tbsp. olive oil; 2 Tbsp. seasoned bread crumbs; salt and pepper, to taste; steamed vegetable medley of carrots, corn, and cauliflower.

Coat cod with olive oil, bread crumbs, and a pinch of salt and pepper. Bake cod at 375 degrees for 12 to 15 minutes, or until it flakes easily with a fork. Serve cod with 1 cup of steamed vegetable medley of carrots, corn and cauliflower.

Nutrition Breakdown:

286 calories, 25 grams protein, 45 grams carbohydrate, 6 grams fat, 4 grams fiber

For a 400-calorie meal: Add a whole-grain dinner roll or a slice of whole wheat bread.

For a 500-calorie meal: Increase cod to 6 oz., increase olive oil to 2 tsp., and add a whole-grain dinner roll or a slice of whole wheat bread.

DINNER OMELET

1 whole egg; 2 egg whites; 1/4 cup feta cheese, crumbled; 1 cup baby spinach leaves; 1 slice of whole wheat bread or whole-grain; English muffin.

In a non-stick skillet coated with cooking spray, make an omelet with egg, egg whites, feta cheese, and spinach. Serve omelet with 1 slice of whole wheat bread or English muffin.

Nutrition Breakdown:

302 calories, 23 grams protein, 20 grams carbohydrate, 14 grams fat, 3.5 grams fiber

For a 400-calorie meal: Serve omelet with a fresh pear.

For a 500-calorie meal: Serve omelet with a fresh pear topped with 2/3 cup of nonfat vanilla yogurt.

STEAK WITH BROCCOLI

3 to 4 oz. flank steak, filet mignon, or sirloin; olive oil; Sea salt and pepper, to taste; 1 small baked potato; Dijon mustard; 1 cup steamed broccoli; lemon juice, to taste.

Brush steak with olive oil and sprinkle with sea salt and freshly ground pepper. Grill or broil steak on both sides for 5–7 minutes, or until degree of doneness is achieved. Serve steak with a small baked potato topped with country Dijon mustard and steamed broccoli topped with fresh lemon juice.

Nutrition Breakdown:

304 calories, 30 grams protein, 33 grams carbohydrate, 6 grams fat, 7.5 grams fiber

For a 400-calorie meal: Increase steak to 5–6 oz.

For a 500-calorie meal: Increase steak to 5–6 oz. and finish meal with 1/2 cup of fat-free pudding OR 1 cup of skim or 1% milk.



MEAL 5

CITRUS BAKED CHICKEN WITH GLAZED CARROTS

4 oz. boneless, skinless chicken breast; 1/2 Tbsp. olive oil; 2 Tbsp. lemon juice; 1/2 Tbsp. paprika; sea salt and pepper; 1 cup carrots, sliced and cooked; 2 Tbsp. honey.

Place chicken breast in an ovenproof dish and mix with olive oil, lemon juice, paprika, sea salt, and pepper. Bake at 375 for 15 to 20 minutes, or until cooked through. Serve chicken breast with cooked carrots glazed with honey.

Nutrition Breakdown:

297 calories, 24 grams protein, 28 grams carbohydrate, 9 grams fat, 5 grams fiber

For a 400-calorie meal: Add 1/2 cup of cooked brown rice.

For a 500-calorie meal: Increase chicken to 6 oz. and add 1/3 cup of cooked brown rice.



PASTA WITH SEAFOOD MARINARA

1/2 cup whole-grain pasta, cooked; 3 oz. shrimp, boiled; 1/2 cup tomato sauce; 1 Tbsp. Parmesan cheese, grated; 1 cup spinach, steamed.

Fresh lemon juice, to taste

Combine pasta with shrimp and tomato sauce. Top with Parmesan cheese and serve with steamed spinach, topped with fresh lemon.

Nutrition Breakdown:

287 calories, 31 grams protein, 33 grams carbohydrate, 4 grams fat, 8 grams fiber

For a 400-calorie meal: Increase pasta to 3/4 cup and increase shrimp to 5 oz.

For a 500-calorie meal: Increase pasta to 3/4 cup, increase shrimp to 5 oz., and finish meal with 1/2 cup nonfat pudding or 1 cup of skim, almond, rice, or soy milk.





MEAL 5



TURKEY BURGER

4 oz. lean ground turkey; 2 Tbsp. salsa; 2 Tbsp. red onion, chopped; 1 whole-grain hamburger bun or English muffin; green beans, steamed.

Combine turkey, salsa and onion. Form into a burger and grill or broil until cooked through. Serve on bun or English muffin with green beans on the side.

Nutrition Breakdown:

301 calories, 25 grams protein, 24 grams carbohydrate, 9 grams fat, 5 grams fiber

For a 400-calorie meal: Add 1 slice of reduced-fat cheese to the burger.

For a 500-calorie meal: Add 1 slice of reduced-fat cheese to the burger and finish the meal with 1 cup of fruit salad.

CHICKEN MEATBALLS

3 oz. lean ground chicken; 1 egg white; 1 Tbsp. seasoned bread crumbs; 1/2 cup whole-grain pasta, cooked; 1/2 cup tomato sauce; 1 cup green beans, steamed.

Mix ground chicken with egg white and seasoned bread crumbs. Form mixture into small meatballs, place on a baking sheet, and bake at 375 degrees for 15 to 20 minutes, or until cooked through. Serve chicken meatballs over whole-grain pasta and toss with tomato sauce. Serve with steamed string beans.

Nutrition Breakdown:

296 calories, 28 grams protein, 40 grams carbohydrate, 3 grams fat, 7 grams fiber

For a 400-calorie meal: Increase chicken to 5 oz., bread crumbs to 2 Tbsp. and pasta to 2/3 cup.

For a 500-calorie meal: Increase chicken to 5 oz., bread crumbs to 2 Tbsp. and pasta to 2/3 cup and finish meal with 1/2 cup fruit sorbet.





MEAL 5

CHICKEN STIR-PRY WITH BROCCOLI, MUSHROOMS, AND SNOW PEAS

4 oz. boneless, skinless chicken breast, cut into 1-inch cubes; 1 cup broccoli florets; 1/2 cup sliced mushrooms; 1/2 cup snow peas; 2 Tbsp. reduced-sodium soy sauce; 2 Tbsp. chicken broth; 1 Tbsp. sesame oil; 1/3 cup brown rice, cooked.

In a large skillet coated with cooking spray, cook chicken breast pieces over medium heat until cooked through, about 7 to 10 minutes. Remove chicken from pan and cook broccoli, mushrooms, and snow peas in the same pan. Cook until vegetables begin to boil, about 6 to 8 minutes. Add the chicken back to the pan, with the vegetables, and season with soy sauce, chicken broth, and sesame oil. Serve over 1/3 cup cooked brown rice.

Nutrition Breakdown:

307 calories

31 grams protein

27 grams carbohydrate

9 grams fat

6.5 grams fiber

For a 400-calorie meal: Increase chicken to 5 oz. and increase rice to 1/3 cup.

For a 500-calorie meal: Increase chicken to 5 oz. increase rice to 1/3 cup, and finish meal with 1/3 cup nonfat vanilla yogurt topped with a handful of fresh or frozen berries.





ADD-ON

FOOD BLOCKS

100 and 200-calorie food blocks

These food blocks can be added to help you meet your individual calorie needs. Below you will find a list of 100-calorie and 200-calorie options to choose from. Just add these as needed to any of your five meals, or eat as a snack, to reach your daily total caloric allowance.

100-calorie food blocks

- 1/2 cup cottage cheese with 1/4 cup berries
- 1/2 cup nonfat vanilla yogurt with 1 Tbsp. Grape Nuts® or other high-fiber cereal
- 1/2 an apple with 1/2 oz. of reduced-fat cheese
- 1 hard-boiled egg with baby carrots
- 1 banana
- 12 raw almonds
- 1 cup of skim, almond, rice, or soy milk
- 2 oz. of sliced turkey on 1 slice of light-style whole wheat bread
- 1/2 of a whole-grain English muffin topped with 1 slice of tomato and a thin slice of reduced-fat cheese
- 1/2 cup nonfat pudding

200-calorie food blocks

- 1/2 cup of oatmeal (measured dry and then cooked with water) topped with 1 Tbsp. of slivered almonds or chopped walnuts
- 1 banana with 1 Tbsp. peanut butter
- 1 slice of wheat toast topped with 1 oz. of turkey and 1 oz. of reduced-fat cheese
- 1 whole-grain rice cake topped with 1 Tbsp. all-natural peanut butter or almond butter and half of a sliced apple
- 1 cup of nonfat vanilla yogurt with 2 Tbsp. Grape Nuts® or other high-fiber cereal
- 1 cup of whole-grain high-fiber breakfast cereal with 3/4 cup skim or low-fat milk
- 1 large navel orange with 12 raw almonds
- 3 oz. of water-packed tuna mixed with 1 Tbsp. light mayonnaise served on a whole-grain rice cake
- 1 protein shake with 1/2 of a small banana

Egg salad made with 2 whites and 1 yolk and 1Tbsp. light mayonnaise served on 1/2 of a whole-grain English muffin

MONTH TWO: EAT MORE

In the second month of the Nutrition program, your metabolism should be raging. As your workouts get harder and longer, you'll probably need to eat more.

Below is a list of complex carbohydrates you can add to your daily food intake. Your metabolism can likely handle this additional energy at this stage of the game. However, if you would like to see your weight loss continue at a more rapid pace, you may choose to limit or avoid these additional foods altogether.

If you choose to add these complex carbs, start with 1 per day and add on as needed, up to 3 of them per day. While you can add these carbs to any of your 5 meals, it's best to fuel your body with them earlier in the day, when possible.

- 1 small baked potato with skin
- 1 small baked sweet potato
- 1 100-calorie whole-grain dinner roll
- 1/2 cup brown rice, measured after it's been cooked
- 1/2 cup barley, measured after it's been cooked
- 1 small banana or large orange
- 2/3 cup cooked oatmeal, cooked in water
- 1/2 cup canned beans, rinsed of brine
- 2/3 cup whole-grain high-fiber breakfast cereal
- 1/2 cup whole wheat pasta, measured after it's been cooked
- 1/2 cup whole wheat couscous
- 1 slice of whole-grain bread or Ezekiel bread
- 1 whole wheat English muffin
- 3/4 cup cooked corn

BASICS FOR BEGINNERS

In case you are new to sound nutrition, this section provides a quick summary of the basic building blocks. You may have heard the terms before, but here's an explanation of their importance.



ADD-ON

Protein

Protein is essential to your body at all phases of life. Made up of amino acids, it's responsible for building lean muscle tissue. When you are engaging in intense physical activity, getting adequate protein is critical. Your body simply will not be able to recover from these workouts without it, as ample protein is essential for muscle recovery and growth. This muscle growth is what will transform your body into a metabolic machine. The best sources of lean, high-quality protein include:

- Whole eggs and egg whites
- Skinless white-meat poultry
- Fish and seafood
- Low-fat dairy
- Lean red meat
- Lean center-cut pork chops
- Beans and legumes
- Certain veggies

Also be sure to get adequate water. Drinking water is vital to your energy levels. If nothing works, you may need to back off a little until your energy returns. While it's important to push through barriers, you won't make progress if your body can't recover.

What if I feel hungry?

It's natural to be a little hungry, especially at first. If you are finding yourself continually hungry, you may want to re-calculate your calorie needs and double check your portions to make sure that you are eating the appropriate amount. If all that checks out, and you are still hungry, try adding more calories, about 100 to 150 calories per day, to see if that helps. Post-exercise calories are used efficiently and will limit the muscular damage that sends signals to your brain to eat more.

What if I am not losing weight?

It's important to remember that the scale may not always give you a true sense of what is going on with your body, so don't feel defeated too quickly.

However, if after a few weeks, the scale has not budged, try the following:

- Recalculate your calories
- Reduce your calories by 100 to 150 calories per day, but NEVER go below 1,300 calories per day
- Check your portions and account for everything that enters your mouth.
- Are you eating every few hours?
- Are you drinking soda, juice, alcohol? Not only do these calories count, they are generally bad calories.
- Are you drinking diet soda? Two recent large-scale studies showed people who regularly drank diet soda were 40% more likely to be obese and at very high risk of metabolic syndrome.

What if I am not gaining the weight/ muscle that I want?

To increase your muscle mass, you must be getting enough protein and calories. You may want to consider adding 100 to

150 calories per day. Be sure that these calories include high-quality protein, such as eggs, turkey, chicken, beans, or fish.

Can I drink alcohol?

Try to avoid alcohol. If you do drink, consider that alcohol has 7 calories per gram, almost twice that of protein and carbs, with no nutrient value. If you're trying to streamline your diet, alcohol is not the way to go.

Should I take a multivitamin?

Take a multivitamin. As you increase the workload on your body, you increase its nutrient needs. Furthermore, if you're reducing caloric consumption to lose weight, you may be cutting out necessary nutrients as well. A multi vitamin is like insurance for your diet.



SUBSTITUTION LISTS

Here's a list of substitutions so you can further customize the nutrition plan to your personal food preferences.

DAIRY	
Food Found in Meal Plan	May Substitute with
Cup of skim, almond, rice or soy milk	<ul style="list-style-type: none"> - ½ cup of cottage cheese (1-2%) - ½ cup of low-fat yogurt - 1 oz. of cheese or 1.5 oz. of low-fat cheese
½ Cup of cottage cheese	<ul style="list-style-type: none"> - 1 cup of skim, almond, rice, or soymilk - ½ cup of low-fat yogurt - 1 egg or 3 egg whites - 1 Tbsp. peanut butter - 1 oz. of cheese or 1.5 oz of low-fat cheese
1 oz. of cheese or crumbled cheese	<ul style="list-style-type: none"> - 1 cup of skim, almond, rice, or soymilk - ½ cup of cottage cheese (1-2%) - ½ cup of low-fat yogurt - 1 egg or 3 egg whites - 1 oz. of nuts
1 cup of nonfat yogurt	<ul style="list-style-type: none"> - 1 cup of cottage cheese - 2 eggs or 4 egg whites - 2 Tbsp. of peanut butter



SUBSTITUTION LISTS

BREADS/STARCH	
Food Found in Meal Plan	May Substitute with
Half of a 6-inch pita	<ul style="list-style-type: none"> - 1 slice of wheat bread - 1 English muffin - 1 small dinner roll
1 slice of whole wheat bread (about 100 calories per slice)	<ul style="list-style-type: none"> - 1 small dinner roll - English muffin - 1/3 cup of rice - 1/2 cup of whole-grain cereal, no sugar added - 1/2 of a 6-inch pita
1 slice of light-style bread (about 45-55 calories per slice)	<ul style="list-style-type: none"> - 1/2 small dinner roll - 1.2 English muffin - 1/4 cup of rice - 1/3 cup of whole-grain cereal (no sugar added) - 1/3 of a 6-inch pita
1 cup of oatmeal (cooked)	<ul style="list-style-type: none"> - 1 cup whole-grain cereal, no sugar added - 1.5 slices of wheat bread - 1 English muffin - 1 cup of Cream Wheat
1/3 cup of cooked rice	<ul style="list-style-type: none"> - 1/2 cup pasta or couscous - 1 small baked potato or sweet potato - 2/3 cup green peas - 1 slice of bread
Small baked potato	<ul style="list-style-type: none"> - 1 baked sweet potato - 1/3 cup of brown rice - 1/2 cup of whole wheat pasta or couscous - 1/3 cup cooked barley - 1 piece of whole-grain bread or whole wheat English muffin
1/2 cup pasta	<ul style="list-style-type: none"> - 1/3 cup of brown rice or barley - 1/2 cup of couscous or orzo - 1 piece of bread or a small dinner roll



SUBSTITUTION LISTS

FRUITS	
Food Found in Meal Plan	May Substitute with
1 banana	1 apple
2 small plums	15 – 20 grapes
1 peach	1 orange
1 cup of berries (blueberry, strawberry, blackberry or raspberry)	1 orange
1 cup of pineapple	1 mango
1 papaya	15 – 20 cherries
2 kiwis	1 pear



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