

HEALTHY EATING GUIDE

PROTEIN (palm)	VEGGIE (fist)	CARB (fist)	FAT (thumb)
Breakfast, Lunch, Dinner	Breakfast, Lunch, Dinner	Breakfast & Lunch	Dinner
6 oz of These Meats:	1 cup of Veggies:	3/4 c Sweet or Red Potato	2 TB Peanut Butter
Turkey or Chicken	Leafy Greens	1/2 c Cooked Quinoa	2 TB Almond Butter
Sirloin Steak	Romaine Lettuce	1 c Beans/Legumes	1.5 TB Coconut Oil
Lean Ground Beef	Cabbage	1/2 c Cooked Rice	2 TB Butter
Any White Fish	Broccoli & Cauliflower	1.5 Slices Ezekiel Bread	1.5 TB Olive Oil
Salmon (<i>cut fat for day</i>)	Onion & Garlic	1/2 c Rolled Oats	1/2 Large Avocado
Bison or Venison	Asparagus		1/4 c any Nuts
	Brussel Sprouts		
1.5 Can Tuna	Spinach & Kale	<u>Fruit ONLY before 2pm:</u>	1.5 TB Cooking Oil*
6 Egg Whites		1/2 Piece Fruit	
2 Whole Eggs (<i>cut carb in 1/2</i>)		3/4 c Berries	
1 Scoop Protein Powder (<i>There is a difference between Protein Supplement & Meal Replacement</i>)	LIMIT: Gourds, Peas, Corn, Carrots, Squash, Zucchini, & Beets. Some people buy "greens" instead of eating them which is fine.	Bananas are highest in calories at 120calories each. Watermelon is also high in sugar.	* No Vegetable or Canola Oil
1.5 c 0% Greek Yogurt			
1.5 c 0% Cottage Cheese			

CONDIMENTS (Any with 0 Calories)	BEVERAGES	EATING ON THE GO	EATING OUT
Balsamic Vinegar	Water	Celery & Peanut Butter	Order Ala Carte!
Lemon/Lime Juice	Sugar Free Tea	Oats w/Stevia & Cinnamon	Most restaurants will allow you to request to have the protein either "Grilled or Baked"
Mustard	Green Tea	Rice Cakes w/ Almond Butter	
Hot Sauce	Coffee	Protein Bars	
Salt/Pepper	Almond Milk	Nut - Almonds, Pistachios	
Any Dry Spices	Crystal Light*	Protein Shake Powder	Ask for the Veggie to be grilled or Steamed, " <i>light on the oil</i> "
Sauerkraut	Mio Flavor*	Packets of Tuna or Chicken	
Pickles	STUR is all natural "mio"	Hard Boiled Egg	
Apple Cider Vinegar		Small Apple & Peanut Butter	
Stevia (<i>Stevia Drops are excellent!</i>)	*These brands use Sucralose. Go to the Health Section to find similar items that use Stevia instead.	RULE: When you consume a Carb, ALWAYS consume a Protein with it.	Avoid alcohol as much as possible. If you choose to consume, low carb and moderation.
(Avoid Artificial Sweeteners like Splenda, Sucralose, Fructose)	Stay away from juice unless you need more calories daily		

DAILY WATER
CALORIES PER DAY
GRAMS OF PROTEIN

Take total body weight and divide by 2 to find your target oz. of water per day
From your InBody Report, write your target calories per day
From your InBody Report, write your target protein per day

The information provided is based on personal experience. Any recommendations made about nutrition, supplements, or information provided to you in this program should be discussed between you and your doctor because all diet and exercise programs involves risks. The information you receive in our emails, programs, services and products do not take the place of professional medical advice.

EXAMPLES

BREAKFAST	PROTEIN	VEGGIE	CARB
	2 whole eggs (or a Protein Meal Replacement for your meal)	Spinach	1 Strawberry
SNACK	PROTEIN		
	1 Scoop Protein Supplement	Handful of Almonds or Pepitas	
LUNCH	PROTEIN	VEGGIE	CARB
	Chicken (or a Protein Meal Replacement for your meal)	Romaine Lettuce	Red Potato
SNACK	PROTEIN		
	1 Scoop Protein Supplement	Handful of Almonds or Pepitas	
LUNCH	PROTEIN	VEGGIE	FAT
	Ground Beef (no bun)	Broccoli	Avocado

RECIPE SOURCES & RESOURCES

TIP: Use Ezekiel bread to replace other bread or wraps

Weight Loss Recipes: <https://www.tasteofhome.com/collection/dinner-recipes-for-weight-loss/>

Favorite Website: <https://www.food.com/>

The website Food.com as a good resource, as it not only has delicious healthy recipes, but also it gives you the NUTRITION information so you can calculate your Calories and Protein.

TIPS:

In the SEARCH field, if you type in "Healthy", you'll get a lot of suggestions.

READY IN: 9mins | SERVES: 1

UNITS: US

INGREDIENTS Nutrition

- 5 egg whites
- 1 tablespoon reduced-fat feta cheese
- ¼ teaspoon fresh ground pepper
- ¼ teaspoon dried oregano

BUY INGREDIENTS ONLINE
\$0.57 per serving

DIRECTIONS

Whip the egg whites in a blender or with an immersion blender until they are fluffy.

Add in the feta, pepper and oregano and whip again.

Heat a non-stick skillet over medium heat and spray lightly with pure olive oil cooking spray.

Pour in the egg mixture and cook for 2 minutes. Cover and cook for 2 more minutes.

Uncover and flip the eggs over. Cook for 1 more minute. If you want to add veggies, you can put them on 1/2 of the egg mixture and fold the other half over them. Then slide the eggs onto a plate.

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NUTRITION INFO

Serving Size: 1 (166) g
Servings Per Recipe: 1

AMT. PER SERVING	% DAILY VALUE
Calories: 87.9	
Calories from Fat 2 g	3 %
Total Fat 0.3 g	0 %
Saturated Fat 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 274.1 mg	11 %
Total Carbohydrate 1.7 g	0 %
Dietary Fiber 0.2 g	1 %
Sugars 1.2 g	4 %
Protein 18.1 g	36 %

BREAKFAST IDEAS:

Protein Pancakes	https://www.food.com/recipe/protein-pancakes-252455
Egg White Omelet	https://www.food.com/recipe/most-delicious-egg-white-omelette-ever-417393#activity-feed
Breakfast Sandwich	https://www.food.com/recipe/breakfast-sandwich-120887
Kiwi Blueberry Oats	https://www.food.com/recipe/kiwi-blueberry-overnight-oats-530026
Sweet Egg Scramble	https://www.food.com/recipe/sweet-eggs-166072
Turkey Sausage Egg Muffins	https://www.cookinginmygenes.com/savoury-turkey-breakfast-sausage-egg-muffins/

LUNCH IDEAS:

	(Look for nutrition info with higher CARBS than FAT)
Pepperoni Pizza	https://www.food.com/recipe/keto-pepperoni-pizza-537250
Taco Salad	https://www.food.com/recipe/taco-salad-or-lettuce-tacos-533090
Crock Pot Pulled Pork	https://www.food.com/recipe/crock-pot-pulled-pork-tacos-and-then-some-132049
Tuna Burger	https://www.food.com/recipe/tuna-burgers-27576
Quinoa Chicken Salad	https://www.food.com/recipe/quinoa-chicken-salad-with-currants-336892
Thai Beef Salad	https://www.food.com/recipe/my-o-my-best-thai-beef-salad-ever-51081
Healthy Tuna Salad	https://www.food.com/recipe/healthy-tuna-salad-or-tuna-ceviche-481171

DINNER IDEAS:

	(Look for nutrition info with higher FAT than CARBS)
Garlic Shrimp	https://www.food.com/recipe/the-best-garlic-shrimp-in-the-whole-wide-world-47515
Ginger Grilled Salmon	https://www.food.com/recipe/honey-ginger-grilled-salmon-13982
Crispy Onion Chicken	https://www.food.com/recipe/crispy-onion-chicken-73846
Seared Scallops	https://www.food.com/recipe/seared-scallops-and-spinach-salad-163152
Secret Sirloin Steak	https://www.food.com/recipe/our-secret-sirloin-steak-111212

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