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YOUR HEALTHY FOOD CHOICES



This is a sample of how much you should have on your plate from each food group, at every meal. The deck of cards is included for size comparison. So long as your meals resemble this drawing, this diet will work for you!

Choose any foods from each column at right to make your meals with the amounts below!

LEAN PROTEINS	VEGGIES	FRUITS	GRAINS	HEALTHY FATS
Tofu (use 2x meal plan weight)	Zucchini	Banana	Whole Grain Wraps	Canola Oil
Salmon	Tomatoes	Grapes	Whole Grain Bread	Olive Oil
Lean Ground Beef	Red Peppers	Blueberries	Oatmeal (steel cut)	Flaxseed Oil
Lean Steak	Yellow Peppers	Cherries	Beans (any kind)	All Nut Butters (natural)
Ground Turkey	Green Peppers	Apple	Lentils (any kind)	Sunflower Seeds
Quorn (use 2x meal plan weight)	Asparagus	Strawberries	Corn	Macadamia Nuts
Skim Milk (use 3x meal plan weight)	Onions	Raspberries	Regular Pasta	Pistachios
Fat Free Greek Yogurt (use 3x meal plan weight)	Cucumbers	Oranges	Whole Wheat Pasta	Cashews
Turkey Breast	Lettuce	Peach	Sweet Potatoes	Pecans
Chicken Breast	Spinach	Pear	White Rice	Peanuts
Fish (other than salmon)	Cauliflower	Honeydew Melon	Brown or Wild Rice	Walnuts
Shellfish (shrimp, crab, scallops, etc.)	Broccoli	Cantaloupe	Quinoa	Almonds
Egg Whites (use 3x meal plan weight)	Celery	Watermelon	Buckwheat	Avocados (use 3x meal plan weight of nuts)
*Other lean protein choices	*Other veggie choices	*Other fruit choices	*Other whole grain choices	*Other healthy fat choices

If you're not losing weight on track, stick to the foods above. Otherwise, feel free to add other lean proteins, veggies, fruit, grains and healthy fats to your diet.

YOUR DAILY MEAL PLAN

MEAL 1	TIME: Within an hour of waking	100g (3oz) in weight of cooked lean protein	2 cups of veggies	1 cup cooked grains/beans OR 3 cups fresh fruit OR 2 1/4 slices of whole grain bread	1 1/3 tablespoons of oil/nut butter OR 40g in weight of nuts
MEAL 2	TIME: Midday	100g (3oz) in weight of cooked lean protein	2 cups of veggies	1 cup cooked grains/beans OR 3 cups fresh fruit OR 2 1/4 slices of whole grain bread	1 1/3 tablespoons of oil/nut butter OR 40g in weight of nuts
MEAL 3	TIME: Evening	100g (3oz) in weight of cooked lean protein	2 cups of veggies	1 cup cooked grains/beans OR 3 cups fresh fruit OR 2 1/4 slices of whole grain bread	1 1/3 tablespoons of oil/nut butter OR 40g in weight of nuts
SNACK	TIME: Whenever!	Up to 200 calories of ANY FOOD you'd like to eat!			

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