



Mix and Match Meal Planning

~1825-1955 calories

Directions:

Choose 1 option for each meal and each snack to provide the above calories, carbohydrates, and protein. If you'd like to use another meal or snack idea, simply use a portion that fits into the suggested nutrient allowance. You can add unlimited vegetables to the plan and make any substitutions for allergens or food sensitivities as needed. Adjust the plan as needed (see below). To make adjustments to the meal plan, only choose one adjustment category and work within its guidelines.

Age Adjustment: Less than 36 years or more than 64 years:

- 1) If you are 35 years or younger, consider initially doubling your daytime snack portions to add more calories to this meal plan (DISREGARD THIS ADJUSTMENT if you engage in less than 20 minutes of cardiovascular exercise per day 4 x/week). Then, if you are not losing 1-2 pounds/week after 2 weeks of closely following the meal plan (either losing too little or too much):
 - a. Not losing enough weight: Follow the meal plan w/ original portions.
 - b. Losing weight too fast: Add 100 calories to each meal AND double daytime snack portions.
- 2) If you are over 65+ years, consider initially reducing the calories in this plan by reducing or eliminating the daytime snacks (DISREGARD THIS ADJUSTMENT if you engage in cardiovascular exercise more than 1 hour/day 5 or more times/week). Then, if you are not losing 1-2 pounds/week after 2 weeks of closely following the meal plan (either losing too little or too much):
 - a. Not losing enough weight: Increase daily cardiovascular exercise by 15-30 minutes/day.
 - b. Losing weight too fast: Resume original meal plan portions for the daytime snacks and, if needed, add an additional 100 calories to the meals.

Cardiovascular Activity Adjustment:

- 3) If you are not able to engage in cardiovascular exercise at least 20 minutes/day 4 days/week, consider initially reducing calories by reducing or eliminating the 2 daytime snacks (DISREGARD THIS ADJUSTMENT if you are 35 years or less). Then, if you are not losing 1-2 pounds/week after 2 weeks of closely following the meal plan (either losing too little or too much):
 - a. Not losing enough weight: Continue to work on increasing daily cardiovascular exercise by 15-30 minutes/day.
 - b. Losing weight too fast: Resume original meal plan portions for the daytime snacks and, if needed, add an additional 100 calories to the meals.
- 4) If you engage in more than 1 hour of exercise 5 or more days/week, consider initially doubling your daytime snack portions to add more calories to this meal plan. Then, if you are not losing 1-2 pounds/week after 2 weeks of closely following the meal plan (either losing too little or too much):
 - a. Not losing enough weight: Follow the meal plan with original portions and then, if needed, cut out daytime snacks.
 - b. Losing weight too fast: Add 100 calories to each meal in addition to doubling your daytime snack portions.

Weight change adjustment - Not losing enough weight or losing weight too fast:

- 5) Not losing weight: If you do not lose 1-2 pounds/week after 2 weeks of following the meal plan closely, reduce your calories by cutting out 1-2 daytime snacks per day OR increase your cardiovascular activity by 20-30 minutes of intense exercise/day.
- 6) Losing more than 2 pounds/week: If you are losing more than 2 pounds/week after 1 month of following the meal plan closely, double the portions of your 2 daytime snacks to add more calories.

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Try to include 5-8 servings of fruits and vegetables (total), 30 grams of fiber, and 3 calcium sources (yogurt, milk, low-fat cheese) each day

Guide to Portions:

Here are some visuals to help you with portions:

- 3 ounces of meat, fish, poultry = the palm of your hand or a deck of cards
- 1 ½ ounces cheese = 6 dice
- 1 ounce nuts = a handful ; 2 tbsp nuts = 1 ping-pong ball
- One serving bread = 1 slice or ½ English muffin or small Lender's-type bagel
- 1/2 cup potatoes, hot cereal, cooked vegetables, chopped, canned or cooked fruit = a tennis ball
- One serving fresh fruit = a tennis ball or 1 cup berries/melon = 1 fist
- 1 cup cooked vegetables or fruit = the size of your fist
- 1 cup raw leafy vegetables = the size of your fist
- 1 teaspoon oil or butter = the size of the tip of your thumb (3 tsp = 1 tbsp)

Good Breakfasts

Start the day right! (~370-400 calories)

24 oz. water (by noon) +

Beverage: Coffee okay with up to 2 tbsp creamer (or cream)!

- 1) 1 serving Cereal (look for 7+ grams of fiber /serving and <=200 calories/serving) + 8 oz. skim milk + 1 large piece of fruit OR 1 ¼ cup berries or melon OR 1 small banana (depending on cereal choice...~380 calories, 79 gm carbs, 9 gm fiber, 16 gm protein)

Cereal Examples: Good Friends, Kashi GoLean/GoLean Crunch, All-Bran Flakes w/ Yogurt Clusters, Grape Nuts, Optimum Power, Fiber One

- 2) ¾ cup old-fashioned, uncooked oatmeal w/ 8 oz. skim milk + 1 piece of fruit OR 1 cup berries or melon OR ½ banana (~375 calories, 76 gm carbs, 9 gm fiber, 17 gm protein)
- 3) Smoothie with 8 oz fat-free yogurt, 1/2 banana, ¼ cup fat-free cottage cheese, ½ cup skim milk, 1 cup frozen berries, ½ Tbsp honey, ice + (~380 kcal, 78 gm CHO, 5 gm fiber, 20 gm protein)
- 4) Kashi Bar, Odwalla Bar or All Bran Bar (up to 200 calories) + 16 oz. skim milk OR 8 oz. fat-free yogurt (~380 calories, 64 gm carbs, 5 gm fiber, 20 gm protein)
- 5) 2 fried eggs (extra omega-3 fats - ex: Egglands Best AND fried with only cooking spray), 1 slice toast (look for at least 3 grams of fiber per slice bread) w/ 1 tbsp Smart Balance Light + 1 large piece of fruit OR 1 ¼ cup berries or melon OR 1 small banana (~390 calories, 40 gm carbs, 6 gm fiber, 17 gm protein)

Bread Examples: Orowheat, Good Earth w/ Extra Calcium and Fiber, Sara Lee Heart Healthy Plus, Rudy's Organic, Nature's Cupboard Whole Wheat (Any with <=100 calories/slice and 3+ gm fiber per slice)

- 6) 8 oz. fat-free yogurt + 4 oz. fat-free cottage cheese + 1 piece of fruit OR 1 cup berries or melon OR ½ banana + 2 tbsp nuts (~375 calories, 47 gm carbs, 4 gm fiber, 24 gm protein)
- 7) 2 eggs (with extra omega-3 fats - ie. Egglands Best), scrambled w/ 1 oz. part-skim mozzarella and any veggies, 1 slice whole-wheat toast + 1 large piece of fruit OR 1 ¼ cup berries or melon OR 1 small banana (~400 calories, 47 gm carbs, 8 gm fiber, 24 gm protein)
- 8) 1 Kashi Bar, Odwalla Bar or All-Bran bar (up to 240 calories) + 8 oz. skim milk + 1 piece of fruit OR 1 cup berries or melon OR ½ banana (390 calories, 72 gm carbs, 8 gm fiber, 16 gm protein)

- 9) 2 flax toaster waffles + (topped with) 8 oz. fat-free yogurt (flax waffles can be found in organic section of frozen aisle or at health food store) (~390 calories, 83 gm carbs, 6 gm fiber, 16 gm protein)
- 10) 1 - 3 " diameter 100% whole wheat bagel (look for <=150 kcals) + 1 tbsp peanut butter + 1 med banana (~370 calories, 60 gm carbs, 6 gm fiber, 10 gm protein)

Morning Snack: Goal: Reduce processed foods! These portions can be doubled if only one daytime snack eaten per day.

Choose one of the following for ~200-250 calories:

Meal plan contains 8 well-balanced healthy snacks with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein.

Lunches: Keep energy up! (480 calories)

24 oz. water by 5:00 +

Meal plan contains 11 well-balanced healthy lunches with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein. Collection includes sandwiches, soups, salads, smoothies, healthy frozen meals, etc.

Afternoon Snack: (~200-250 calories)

Meal plan contains 8 well-balanced healthy snacks with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein.

Dinner: (~425 kcals)

16 oz. water + (by end of day)

Meal plan contains 23 well-balanced healthy dinners with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein. Collection includes easy fast dinners, dinners with recipes, crockpot dinners, and elegant dinners.

Optional Dessert: (~150 calories)

Meal plan contains 9 well-balanced healthy desserts with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein. Collection includes fruit, ice-cream, frozen yogurt, chocolate, alcohol, etc.