

Balanced Meal Plan – Food Plan

Below are some helpful tips on what to eat, what not to eat when starting your weight loss journey and changing your lifestyle. Eat a variety of foods to avoid boredom.

The NO List (Foods to Avoid)	WHY?
Beverages: Pop, Juice, Sports drinks, Fruit water, Shakes and Alcohol	Loaded with sugar and empty calories
Junk Food: Chips, Crackers, Candy bars, Ice Cream, Cakes, Pies, Cookies	Loaded with fat, sugar, and trans fat
Artificial sweeteners or sugar of any kind	Sugar makes you crave more sugar, is made of refined industrial sugar
Processed foods: Frozen, Canned, Pre-packaged, or Boxed	High amount of sodium and trans fat
Yogurts, Nuts, Sweet or Creamy salad dressings	High in fat, sugar and empty calories
Hotdogs, or Sausage of any kind	Processed meat, high in fat and sodium
Meats: Pork, Oxtails, Lamb, Veal or Red meats	High in fat, cholesterol and sodium
Fast foods of any kind	High in fat, trans fat, and sodium
Hydrogenated oils: Vegetable, Peanut, Margarine or Butter	High in fat, trans fat
Pineapple, Mandarin oranges, Cherries or Grapes	High in simple sugars, body tends to store the sugar, lose less weight
Corn, Peas, Yams, or Avocado	High in sugar and some with high calories
White, wheat or Brown Bread, Pasta, Rice or Potatoes	Enriched flour (breaks down as sugar), high in carbohydrates
Cold cereal (Special K, Raisin Bran), or Grits	High in sugar and high in carbs
Alcohol	High in carbs, fatty triglycerides (run through your blood stream), breaks down in the body as sugar
General Things to Avoid	WHY?
Frying of Goods, Trans Fats	High in bad fats and calories
Too much Sodium, Too much Cholesterol	Retain water and not heart healthy
Skipping meals (breakfast, lunch, dinner or snacks)	Negatively affects metabolism, tend to eat more at next meal
Non-preparation	Tend to skip meals and eat off the meal plan

The YES List	WHY?
Vegetables: Fresh or Frozen Vegetable only (no cream sauce or butter sauce added) High in fiber, 3-5 servings of 1 cup portions, (Asparagus, beans, beets, broccoli, cabbage, green beans, carrots, greens, turnips, mustards, squash, and eggplant)	High in fiber, low in fat and calories, contains needed nutrients
Fruits: High fiber, 2 servings (medium size of fresh fruits only) or 1 cup portions (Apples, oranges, pears, berries, bananas, melons, peaches, kiwi, papaya, strawberries, apricot)	High in fiber, low in fat and calories, contains needed nutrients and some with anti-oxidants
Protein: Lean meats (chicken, turkey breast, fresh white fish) Lunch Meats: Deli only 2-3 servings with main meals, follow food journal for oz per day (1 ounce of meat = 7 grams of protein)	High in protein, low in fat and calories
Food That Should be Eaten at a Minimum:	WHY?
Bananas – small bananas 3 times a week	Lose less weight due to storing the sugar
Beans – 2 times a week (2 cup serving) without meat	Protein substitute, high in fiber, limit intake amount
Cheese – one ounce serving 3 times a week	High in cholesterol, fat and calories
Additional Things to Have	WHY?
Water: 1-2 Gallons per day	Keeps you hydrated
Smart Balance Butter	Low in fat, calories and cholesterol
Pam Cooking Spray	No fat, low in calories and cholesterol
Extra virgin olive oil – 2 tbsp twice a week	Heart Healthy
Milled flaxseed	High in fiber, good fats
Can foods: Tuna or Sardines (in water)	Good source of protein, low in fat and calories
Skim, 1% milk, or Calcium Plus (1 cup a day)	Less fat and calories
Balsamic vinaigrette and Italian dressing	Less fat and calories
Green herbal tea	Oral fixation, (Cravings), high in anti-oxidants
Oatmeal and Cream of Wheat (serving size of 3 tbsp with 1 tbsp of peanut butter or 10-12 blueberries)	High in fiber, low fat and low calories
Herbs and spices	No sodium, natural seasoning
Recommended Daily Vitamins: C 1,000 mgs, Calcium's w/Magnesium & D, Multi Daily, Vitamin E, B Complex 2x a day	Needed supplements

