

A woman with long blonde hair, wearing a light green short-sleeved shirt, is smiling and holding a red tomato. She is in a kitchen with a window in the background. In the foreground, there is a colorful bowl filled with a salad, a cutting board with a cucumber and cilantro, and a knife.

AeroPilates®
HEALTHY EATING GUIDE

about the authors....



Marjolein Brugman

CEO and founder of MBS Fitness and LighterLiving, BSc, Dip.Ed

Marjolein Brugman is responsible for bringing the Pilates Method of body conditioning and physical fitness to mainstream America as well as Europe. An accident 10 years ago taught her about the profound benefits of Pilates as she rehabilitated her own hips and watched her life change.

Marjolein began her Pilates training in New Mexico in 1997 and since then has traveled all over the world to continue her Pilates training and studies. Her dedication to the understanding of postural health and whole body fitness plus her vast teacher training has made her an outstanding spokesperson for the Pilates Method. Even before her own Pilates rehabilitation she was instrumental in

producing the first educational advertising about Pilates in 1995 and has spent the last twenty years demonstrating and educating communities worldwide via workshops and television. Together with Stamina Products, Inc. she has developed affordable Pilates equipment and training videos for home use.

As an exceptionally gifted teacher, Marjolein shares these special insights with an ever-growing membership that finds her outlook on life to be highly motivational and life affirming. The AeroPilates reformer combined with this Weight Management System is another example of Marjolein's remarkable dedication to sharing her experiences and insights into healthy, smart living.

Marjolein is an innovator in the world of fitness and health and believes that total wellness requires the complete integration of a strong mind, body and spirit. She lives a wholesome life incorporating alternative medicines; eats an organic, natural diet and destresses regularly via meditation, massage and rest.



Sharon Richter

MS (Masters of Science), RD (Registered Dietitian), CDN (Certified Dietetic Nutritionist)

During her undergraduate and pre-med studies, Sharon became so fascinated by the impact of diet and exercise on health that she chose a career in nutrition. While working in pediatrics at Mount Sinai Hospital, she teamed up with a dietician to develop the nutritional content of a lifestyle book. After managing the daily operations of a food home delivery service, Sharon worked with weight loss expert and author Dr. Howard Shapiro counseling in his private practice and conducting nutritional research for his best-selling diet books.

After completing her Master of Science degree, Sharon became Director of Nutrition for the Tiger Schulmann's Karate (TSK) organization, a chain of 38 martial arts schools. At TSK she developed a nutritional supplement line, conducted nutrition seminars, and developed a nutrition certification program for the TSK instructors.

In early 2004, Sharon began a counseling practice for focusing on sports nutrition, weight loss and weight gain, eating disorders, and disease prevention through diet. Her objective, as a counselor, is to help people of all ages achieve a healthier lifestyle by creating incremental goals that are both physically and mentally challenging.

In addition to one-on-one counseling, Sharon's business includes various consulting positions. She also provides nutritional analysis for restaurant menus and food products; creates school breakfast and lunch menus; consults for Head Start programs, Equinox Fitness Club, and Drive 495. Sharon lectures at companies including Kiehls, Nike Running Club, and Federal Home Loan Bank of New York.

Sharon is a member of the New York Road Runner's Club, completed the 2003 New York City Marathon, participates in kickboxing, yoga, spinning classes and weight training. She is currently training to become certified as a kickboxing instructor.

AeroPilates®

LESS STRESS | MORE HEART

HEALTHY EATING GUIDE

Why Keep 'Fuel in the Tank'

What you eat and drink has a direct correlation to how vibrant you look, how vital you feel and how active you stay. You would not try to start your car with no gas, so why ask your body to start the day with no food? From the moment you wake until you retire at night, it is important to keep your 'tank' between ¼ to ¾ full. This will maintain a healthy blood sugar level and stave off hunger pangs, keeping you vital and energetic all day.

The best way to keep 'fuel in your tank' is with five or six small meals a day. Why not two or three larger meals a day? Here's why: you want to keep your stomach the size of your fist allowing a small meal to fill it without stretching it. A big meal will enlarge your stomach, making it harder to feel satiated the next time you eat. Hunger is a reflex you feel when the body registers either low blood sugar or that empty feeling we all know so well. To keep your blood sugar on an even keel—without peaks and dips—throughout the day, we suggest you fill your stomach when you detect it's almost empty. The goal is to never be too hungry which, as most of us know, can easily lead to overeating.

The AeroPilates Weight Management System includes three small meals and three small snacks per day to insure that you always have 'fuel in the tank'.

Now that you understand how important it is to eat regularly throughout the day, the next challenge is to consider what to eat. Each meal should be nutrient dense so that your body can maximize the benefits of these valuable calories and, because you are not consuming 'empty' calories, you will reach your weight loss goals more easily. We suggest you choose from fresh fruits and vegetables, lean sources of meat, fish, poultry, eggs, beans, nuts, seeds, and whole grains. Whatever choices you make, avoid the wasted calories in sugar, and transsaturated and saturated fats. The AeroPilates Weight Management System recommends a diet rich in fiber, vitamins, and minerals which will assist in weight loss and will absolutely make you healthier and stronger. And, it may help in preventing many diseases including but not limited to heart disease, diabetes, osteoporosis, and some forms of cancer.

**“Man should bear in mind and ponder over
what the Greeks admonished...
not too much, not too little.”**

- Joseph Pilates

some scientific facts...

Stop for a moment and consider some of the scientific facts behind healthy weight loss.

- One pound of fat equals 3500 calories. Therefore, losing weight requires you to reduce the number of calories you eat, increase the number of calories you burn or, preferably, both. By reducing your total daily calories by 500, we believe it is possible to lose 1-2 pounds a week. The AeroPilates Weight Management System will help you achieve your goal. This system offers three different meal plans based on realistic weight loss goals. The meal plan you follow, combined with our exclusive AeroPilates cardio workout (where you can expend between 300-600 calories a day) will help you lose unwanted weight, improve your fitness level, and absolutely make you feel great about yourself—whoever you are and whatever your weight loss and fitness goals.
- The USDA dietary recommendation for Americans is based on a daily 2000-calorie diet. While everyone is different with unique preferences and reactions to food, it is well known that burning more calories than you consume every day over time is a proven weight-loss success strategy.
- To determine the total number of calories you need to consume a day to lose weight, take your ideal weight in pounds and multiply by 15 if you are active, and by 13 if you are sedentary. For example, if I want to weigh 120 pounds and I'm active, 120×15 equals 1800. The 1800 Calorie Meal Plan would be my choice. (UK conversion: 1 stone = 14 pounds)
- Your ideal weight is the weight at which you feel most vital and energetic and, while we cannot take into consideration your muscle mass, bone density, fat proportion or body image issues, we suggest that men should ideally have 12-15% body fat and women 16-25%.
- Do not be misled by eating too few calories. Less than 1400 calories per day will cause your body to go into starvation mode, your metabolism will automatically slow down and you will find it difficult to lose weight. Many people get caught in the yo-yo trap of lose-gain-lose.
- Some diets discuss frame size. In general, to understand what size you are, grip your wrist with your thumb and index finger. If they do not touch you have a LARGE frame, if they just touch you are MEDIUM and if they overlap you are SMALL.
- Muscle is metabolically active so the more muscle you have the more calories your body will burn, even at rest. That is why we have included the AeroPilates workout as part Weight Management System. Build more muscle, burn more calories—it's that simple!
- When calculating calories it is important to understand what they are. A calorie is the amount of energy needed to raise the temperature of water by one degree. What's important about a calorie is that it is also the amount of energy a particular food provides your body after you digest it. Think of a calorie as the building block of food.
 - 1 gram of Protein supplies 4 calories
 - 1 gram of Carbohydrate supplies 4 calories
 - 1 gram of Fat supplies 9 calories
 - 1 gram of Alcohol supplies 7 calories
- You will lose weight by burning more calories than you consume. Your metabolism—the process by which you break down the protein, carbohydrates, alcohol and fats into glucose—is what burns calories. Calories are used by muscles if you're active or stored as fat if you're sedentary. Therefore, if you create a calorie deficit by burning more than you eat you will lose weight, but if you consume more calories than your body can use you will gain weight.
- We recommend low impact, high calorie-burning exercise via any AeroPilates workout regimen. Thirty minutes a day, five times a week will help you lose fat, build muscle, and increase your metabolism to burn off those calories faster. At the same time, the AeroPilates Performer will tone, strengthen, and redefine your body like no other exercise machine can.

“Be certain that you have your entire body under complete mental control.”

- Joseph Pilates

food buying tips...

food buying tips...

We suggest the following dietary tips for smart, healthy food buying.



Fruits and Vegetables

- Daily intake from a variety of fruits and vegetables is essential. We recommend organic produce where possible to reduce the ingestion of toxic pesticides and, where not possible, to wash produce well. Include a variety of colors and selections to ensure a wide range of vitamins and minerals. In particular, select from different vegetable groups: dark green, orange, starchy and legumes.

Dairy

- Choose low fat or nonfat, preferably organic, dairy including milk, cheese and yogurt.

Meats and Poultry

- Choose lean cuts of organic meat, cold cuts, poultry, and fish. Preferably organic.

Fats

- Keep your daily cholesterol intake to 300mg. or under and your blood cholesterol under 200.
- Omit trans fatty acids found in margarine and products like processed peanut butter, packaged cakes, donuts, granola bars, etc. and choose instead polyunsaturated and monounsaturated fats like fatty fish, nuts, seeds, avocados, and vegetable oils like olive oil.
- Choose lean, low-fat meat, chicken and dairy products.
- Remove the skin and visible fat from animal products.
- Prepare your foods with little added fat.
- Bake, boil, broil, poach, roast, or steam your foods.
- Try using natural cooking sprays or small amounts of olive oil when cooking. Try putting oil on a paper towel and wiping a pan instead of pouring it in.
- Flavor your foods with tasty herbs and aromatic spices.

Fiber

- Eat only complex carbohydrates high in fiber, like fruits, vegetables and whole grains. Fiber not only adds to digestion time, which promotes the feeling of satiation, but assists in elimination and intestinal cleansing and, very importantly, helps remove cholesterol from the blood.

healthy eating guidelines

We recommend fresh, home-prepared food, but when purchasing prepared foods read the labels and avoid hydrogenated oil, high fructose corn syrup, sugar, salt and all artificial ingredients.

- Consume under 2300mg (1 tsp) of sodium a day and use only sea salt.
- Limit your alcohol consumption to 1 drink a day for women and 2 drinks a day for men.
- Avoid caffeine in coffee, tea and sodas but do add green tea to your diet to improve metabolism.
- Drink approximately 64 oz. of water daily. With physical activity your water intake should increase. Be careful when drinking other beverages due to the sugar and salt added. You should drink enough water to ensure that you urinate once every two hours. Pay particular attention to the new flavored vitamin waters etc. that are misleading in their added sugar content. Drink only calorie-free beverages such as seltzer, water with lemon and no-sugar drinks.
- Avoid sugar and artificial sweeteners.
- When determining serving size without a scale, use these guidelines: 3 oz. of cooked lean meat fits in the palm of your hand, 5 oz. covers your hand to the first digit, 6 oz. covers your entire hand. One half cup of rice, pasta or cereal fits into the palm of your hand, 1 oz. of cheese is the size of your thumb, a medium piece of fruit is the size of a tennis ball, and 1 oz. of nuts is one handful.
- Add flavor to your food with grated cheese instead of blocks or slices: 2 tbsp of grated cheese is about 25 calories compared to a slice of cheese that is 100 calories.
- Eat only monounsaturated and polyunsaturated fats—avoid saturated fats at all costs!
- When purchasing foods, carefully study the nutrition label and packaging date, and:
 - * Note the size of each serving.
 - * Note the total number of servings.
 - * Note the number of calories per serving.
 - * Note the fat content.
 - * Note the total carbohydrate grams and the sugar—less than 10 grams of sugar per serving is recommended.
 - * Note the fiber content—three or more grams of fiber per serving is recommended.
- Try to get products in their natural state. Purchase organic products if possible.
- Shop the perimeter of your market where most of the fresh foods are found. Most processed foods are in the aisles.
- Take advantage of the employees at the market, they can often help you pick ripe fruits and fresher samples can often be found in the storeroom.
- When fresh food is not available, choose frozen, all natural substitutes.
- Experiment with new healthy foods, you might be surprised to find that you enjoy the taste and feel full after eating.
- Balance your food consumption with daily physical activity. Aim for 150 minutes of exercise weekly (30 minutes a day, 5 days a week) for accelerated fat burning. Do not sit if you can stand or stand if you can walk or walk if you can run. Take the stairs not the elevator and park as far away from your destination as possible. Consciously deciding to be active every day will burn extra calories.
- Remember to chew every bite 10 times. This not only aids in digestion but also in feeling satiated. It takes 20 minutes for blood sugar levels to give you the feeling of fullness after a meal.
- Eat food in its entirety as it was made. For example, the entire egg not just the white. The body recognizes whole foods best and will get the most out of them.

“Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit.”

- Joseph Pilates

food category suggestions

food category suggestions

This food list is merely a suggestion. You are not limited to these choices, however, remember to choose fresh fruits and vegetables, lean meat, fish, poultry, eggs, beans, nuts, seeds and whole grains. Avoid wasted calories in sugar, trans fats, and saturated fats.

PROTEIN

A 100-Calorie Protein

4 Large Egg Whites
1 Large Egg
3 oz Smoked Salmon
1 Vegetable or Soy Burger
3 oz Turkey Sliced
1 Cup Skim Milk
½ Cup Low Fat Cottage Cheese
6 oz Nonfat Yogurt
¼ Cup Hummus
½ Cup Beans

200-Calorie Protein

6 oz Tuna in Water
6 oz Raw Fish
4 oz Raw Lean Meat
5 oz Raw Skinless Chicken
or Turkey Breast
4 oz Raw Skinless Chicken
Dark Meat
5 oz Lean Ground Turkey
5 oz Tofu

FATS

100-Calorie Good Fat

1 Tbsp Olive or Safflower Oil
1 Tbsp Natural Peanut/Almond
Butter
15 Raw Nuts
¼ Avocado
3 Tbsp Ground Flax Seed
(very good if you have high
cholesterol)
1 Tbsp Butter

CARBOHYDRATES

50-Calorie Carbohydrate

1 Cup Broccoli, Brussels Sprout,
Green Beans, Cauliflower
2 Medium Carrots
1 Large Cucumber
4 Cups Lettuce
(darker leaves are best)
1 Medium Tomato
1 Large Rice Cake
2 Cups Air-Popped Popcorn

100-Calorie Carbohydrate

1 Medium Piece of Fruit
6" Banana
2 Kiwi or Plums
1 Cup Berries
¼ Melon
¼ Cup Raisins
1 Serving of Soy Crisps
¾ Cup of Corn
1 Slice Whole Grain Bread
1 English Muffin
(prefer the lite whole grain type)
½ Large or 1 Small Whole
Wheat Pita
6 Melba Rounds
1 Hot Dog/Hamburger Roll
1 Low Fat, High Fiber Waffle
1 Cup Whole Grain Cereal
1 Cup Cooked Oatmeal

CARBOHYDRATES

300-Calorie Carbohydrate

1 Cup Cooked Pasta
(prefer whole wheat)
1 Cup Cooked Rice
(prefer brown)
1 Medium Potato
(prefer sweet potato)
1 Cup Grains
(couscous, barley, quinoa, millet)

EXTRAS

100-Calorie Extra

2 Tbsp No Sugar Added
Fruit Preserves
2 Tbsp Lite Mayonnaise
2 Tbsp Lite Salad Dressing
2 Tbsp Grated Cheese
2 Laughing Cow Light Cheeses

meal plan guidelines

It is important to correctly calculate the number of calories you need daily. You know that you need to consume fewer calories to lose weight, but it is equally important to consume enough calories to sustain your body's needs so you burn those calories efficiently. Too few calories will cause you to feel sluggish mentally and physically as your metabolism slows to adjust to the deficit. This is unhealthy and detrimental to your weight loss goal.

Use the following calculation to determine the number of calories you require daily.

Active: Ideal weight in pounds x 15 = number of calories needed daily

Sedentary: Ideal weight in pounds x 13 = number of calories needed daily

Refer to the Food Category Suggestions to plan your daily meals. Remember to keep 'fuel in your tank' (your stomach should be ¼ to ¾ full) to feel energetic all day. Five or six small meals during the day is the best way to maintain your blood sugar level and stave off hunger pangs.

1400 CALORIE PLAN

Breakfast: 200 calories

Protein
High Fiber Carbohydrate

Snack: 100 calories

Complex Carbohydrate: Fruit

Lunch: 400 calories

Protein
Carbohydrate
Good Fat

Snack: 100 calories

Carbohydrate
or Protein_

Dinner: 500 calories

Protein
Carbohydrate
Good Fat

Snack: 100 calories

Carbohydrate
or Protein

1600 CALORIE PLAN

Breakfast: 250 calories

Protein
Carbohydrate

Snack: 100 calories

Complex Carbohydrate: Fruit

Lunch: 450 calories

Protein
Carbohydrate
Good Fat

Snack: 150 calories

Carbohydrate
or Protein_

Dinner: 550 calories

Protein
Carbohydrate
Good Fat

Snack: 100 calories

Carbohydrate
or Protein

2000 CALORIE PLAN

Breakfast: 300 calories

Protein
Carbohydrate

Snack: 150 calories

Complex Carbohydrate: Fruit

Lunch: 550 calories

Protein
Carbohydrate
Good Fat

Snack: 200 calories

Carbohydrate
or Protein_

Dinner: 700 calories

Protein
Carbohydrate
Good Fat

Snack: 100 calories

Carbohydrate
or Protein

*Note: Snacks should be varied, consisting of complex carbohydrates, protein and fiber.
Restrict choices from "Extras" to two servings a day.*

1400 calorie sample menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	6 oz nonfat yogurt and small banana	¾ cup 1% cottage cheese with ½ cup pineapple	2 low fat waffles with ½ cup berries	1 lite English muffin with 1 Tbsp peanut butter	1 cup whole grain cereal with 1 cup skim milk	1 hard boiled egg sliced, 2 tomato slices and 1 small pita bread	1 scrambled egg or 4 egg whites with 1-6" whole wheat tortilla and 2 Tbsp salsa
SNACK	1 pear	1 grapefruit	1 banana	1 cup watermelon	1 cup cherries	1 cup blueberries	2 kiwi
LUNCH	2 slices whole wheat bread with 3 oz turkey, lettuce, tomatoes, 15 almonds	Mixed salad with 2½ oz grilled tofu, ¼ cup dried cranberries, and 1 Tbsp olive oil and balsamic vinegar	6 oz tuna in water with 1 Tbsp lite mayo, 2 rice cakes	2 cups low sodium chicken noodle soup, 1 cup tomato juice and 6 melba rounds	1 sushi roll, mixed green salad with 2 Tbsp lite dressing	1 grilled chicken breast on 2 slices whole wheat bread with mustard, lettuce and tomato	8 large shrimp and 2 Tbsp cocktail sauce, mixed green salad with ¼ avocado and 2 Tbsp lite citrus dressing
SNACK	1 serving soy crisps	1 package instant oatmeal	15 raw almonds	1 rice cake with 2 Tbsp almond butter	10 dried apricot halves	6 oz nonfat yogurt	1 Laughin Cow lite cheese and 15 baby carrots
DINNER	3 oz steak, salad with 1 Tbsp olive oil and balsamic vinegar, 1 medium sweet potato	¼ roasted chicken without the skin, 1 ear corn on the cob, 2 cups broccoli with 2 Tbsp grated cheese	3 oz pork chop, 2 cups spinach sautéed in garlic and 1 Tbsp olive oil, 1 whole grain dinner roll	6 oz scallops, 2 cups mixed vegetables stir fry with 2 tsp sesame oil, 3 Tbsp lite soy sauce, ¾ cup cooked brown rice	1 cup cooked spaghetti, ½ cup tomato sauce, 5 oz turkey meatballs and 1 cup grilled zucchini	2 vegetable burgers, 1 oz slice of cheese, 1-6" pita bread, lettuce, tomato, pickle	1 grilled chicken breast, 1 cup couscous, 1 cup string beans with ¼ cup almond slivers
SNACK	2 cups air popped popcorn with 1 Tbsp grated cheese	1 cup fruit salad	1 cup no sugar added apple sauce	1 cup of skim chocolate milk	15 raw cashews	1 cup whole grain cereal	1 Power bar

“Remember that Rome was not built in a day and that patience and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor.”
 - Joseph Pilates

1600 calorie sample menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 low fat waffles with 1 cup berries	6 oz nonfat yogurt, 1 cup whole grain cereal, ½ cup berries	1 egg or 4 egg white omelet with 1 oz turkey and 1 slice whole grain toast	Balance Bar and ½ cup skim milk	1 lite English muffin, tomato slices, 1.5 oz slice of cheese	1 cup oatmeal with ¼ cup raisins, 1 Tbsp ground flax seeds	1 Tbsp almond butter, 1 rice cake, ½ banana sliced
SNACK	1 cup grapes	1 large peach	1 cup raspberries	1 cup no sugar added applesauce	1 cup papaya	1 orange	1 apple
LUNCH	2 slices whole wheat bread with 2 Tbsp peanut butter and 1 Tbsp no sugar added preserves	3 oz smoked turkey in a 6" whole wheat tortilla with roasted peppers, 1 oz slice of cheese, 5 large olives	Mixed green salad with 4 oz poached salmon, 2 Tbsp toasted pine nuts, 2 Tbsp lite dressing	Steak fajita: 3 oz steak, 1-6" tortilla, 2 oz guacamole, ⅓ cup salsa, 1 cup sautéed onions and peppers	2 cups vegetable soup with 3 wasa crackers, 2 lite string cheese	1 grilled chicken breast on whole wheat with 1 Tbsp lite mayo, lettuce and tomato	6 oz grilled fish with lemon, ½ cup plantains sautéed in 1 tsp safflower oil, 1 cup steamed broccoli
SNACK	1 serving soy crisps	1 package instant oatmeal	15 raw almonds	1 rice cake with 2 Tbsp almond butter	1 cup whole grain cereal	6 oz nonfat yogurt	1 Laughin Cow lite cheese and 15 baby carrots
DINNER	Pizza pocket: 1-6" whole wheat pita, ⅓ cup tomato sauce, ½ grated cheese, 1 cup broccoli sautéed in Tbsp olive oil and garlic	5 oz turkey burger on a whole grain bun, 1 cup corn, 1 cup cooked carrots	6 oz salmon with lemon and dill, 1 ½ cups grilled vegetables, 1 cup couscous	3 shrimp kabobs: 9 large shrimp, 12 pieces grilled vegetables between shrimp, 1 cup brown rice, salad with ¼ cup peanuts, 1 ½ Tbsp lite dressing	5 oz turkey, cranberry sauce, 1 medium sweet potato, 1 cup steamed asparagus with lemon	1 slice pizza with grilled vegetables, salad with 2 Tbsp lite dressing	2 rolls of sushi and mixed green salad with 2 Tbsp of lite dressing
SNACK	1 fat-free fig bar	1 frozen banana	¼ cup 1% cottage cheese with cinnamon	1 lite string cheese	1 cups skim milk	1 cup skim milk pudding	2 flavored rice cakes

“Physical Fitness is the first prerequisite of happiness.”
- Joseph Pilates

2000 calorie sample menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 cup 1% cottage cheese, tomato slices, 6 melba toasts	1 ½ cups whole grain cereal, 1 cup skim milk, 1 ½ Tbsp ground flax seeds	2 egg or 8 egg white omelet with tomatoes, 1 oz feta cheese, 1 slice whole grain toast	1 Luna or Zone bar, 1 cup skim milk	Parfait: 6 oz nonfat yogurt, 1 cup berries, 1 cup whole grain cereal	3 oz smoked salmon, ½ whole wheat bagel, tomato slices	1 cup cooked oatmeal, ¼ cup raisins, 15 raw almonds
SNACK	1 rice cake and 2 plums	1 cup cantaloupe and ¼ cup 1% cottage cheese	1 apple with 8 raw almonds	1 ½ cups honeydew	1 mango	½ cup yogurt, 1 cup strawberries	1 ½ cups pineapple
LUNCH	1 slice of pizza with grilled vegetables, salad with 2 Tbsp lite dressing	6 oz tuna in water, 2 Tbsp lite mayo on 2 slices whole wheat bread, lettuce, tomato, pickles	5 oz grilled chicken Caesar salad with no croutons, 2 Tbsp grated cheese, 2 Tbsp lite dressing, 2 bread sticks	1 scrambled egg or 4 egg whites, 2 oz warm turkey on 2 slices whole wheat bread with 1 oz slice of cheese	4 oz chicken and 1 cup broccoli with 1 cup brown rice and ¼ cup Chinese sauce	2 sushi rolls, 1 cup miso sauce	1 cup black bean soup, 2 Tbsp grated cheese, 6 melba rounds, mixed green salad with 1 Tbsp olive oil and vinegar
SNACK	1 serving soy crisps	½ cup dry or 1 cup instant oatmeal	15 raw almonds	1 rice cake with 2 Tbsp almond butter	1 cup whole grain cereal	6 oz nonfat yogurt	¾ cup 1% cottage cheese with ½ cup pineapple
DINNER	Steak fajita: 4 oz steak, 1- 6" tortilla, 2 oz guacamole, ¼ cup salsa, 1 cup sautéed onions and peppers, ¾ cup vegetarian refried beans	1 ½ cups pasta with ½ cup tomato sauce, 5 oz turkey meatballs, 2 cups broccoli and 2 Tbsp grated cheese	6 oz shrimp and 1 cup broccoli rabe sautéed in 2 ½ Tbsp olive oil and garlic, 1 cup brown rice	Chicken salad: 6 oz chicken with ¼ cup golden raisins, 3 Tbsp lite mayo, on 2 slices of whole wheat bread, 1 cup watermelon	5 oz pork chop, ¾ cup sautéed onion in 1 Tbsp olive oil, 1 cup no sugar added apple sauce, 1 cup wild rice	6 oz teriyaki salmon with 2 cups mixed vegetables, 1 cup brown rice, 1 cup sweet and sour soup	1 whole BBQ chicken breast, 1 ear corn, salad with ¼ cup dried cranberries and 3 Tbsp lite dressing
SNACK	Frozen fruit ice pop	1 Go-Gurt frozen yogurt or 80 calorie yogurt	1 cup strawberries	15 raw almonds	2 tsp peanut butter and 2 stalks celery	2 cups air pop popcorn with 1 Tbsp grated cheese	6 oz nonfat yogurt

* Calorie information was obtained from *The Most Complete Food Counter*, second edition, Natow, A.B. and Heslin, J. 2006. Pocket Books.

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Before you begin this or any exercise or weight loss program, check with your doctor.
Please remember that individual results may vary.

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