

Daily Eating Guide

| Protein | Grain | Fruit | Vegetables |
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| <p>8 oz. milk (non-dairy too) 8 oz. yogurt 4 oz. cottage cheese (6 for men) 4 oz. ricotta (6 for men) 4 oz. hummus (6 for men) 2 oz. cheese (3 for men) 2 eggs (3 for men) 8 oz. egg whites 2 oz. nuts/nut butter 2 oz. seeds (after cooking) 4 oz. cooked quinoa 4 oz. chicken (6 for men) 4 oz. turkey (6 for men) 4 oz. pork (6 for men) 4 oz. beef (6 for men) 4 oz. lamb (6 for men) 4 oz. fish (6 for men) 4 oz. shellfish (6 for men) 6 oz. beans / lentils 4 oz. shelled edamame 2 oz. dry roasted edamame 4 oz. tofu (6 for men) 4 oz. tempeh (6 for men) 4 oz. veggie burger 2 oz. soy nuts (3 for men)</p> | <p>Pre-Cooked Weigh 4 oz. after cooking Dry Weigh 1 oz. , then cook</p> <p>1 oz. dry oatmeal 1 oz. dry grits 1 oz. oat bran 1 oz. quinoa flakes 1 oz. shredded wheat 1 oz. Ezekiel cereal 1 oz. Uncle Sam's cereal 1 oz. Fiber One cereal 1 oz. rice cakes 4 oz. potato 4 oz. sweet potato 4 oz. cooked rice 4 oz. cooked quinoa 4 oz. cooked polenta 4 oz. cooked millet 1 piece Ezekiel bread 1 oz. Cream of Wheat</p> | <p>1 Piece:</p> <p>Apple Pear Orange Grapefruit Banana Peach Nectarine</p> <p>2 Pieces:</p> <p>Plum Kiwi Persimmon</p> <p>3 pieces:</p> <p>Apricot Clementine</p> <p>6 ounces:</p> <p>Berries / Cherries Grapes Pineapple Melon Mango / Papaya</p> | <p>Raw or Cooked Weigh after cooking:</p> <p>Artichoke Asparagus Bok Choy Beet Greens Beets Broccoli Brussel Sprouts Cabbage Cauliflower Carrots Celery Collard Greens Cucumber Eggplant Green Beans Jicama Kale Leeks Lettuce Mushrooms Onions Peppers Radicchio Snap Peas Snow Peas Spaghetti Squash Spinach Swiss Chard Tomatoes Yellow Squash Zucchini</p> <p>Use Sparingly:</p> <p>Corn Peas Butternut Squash Acorn Squash Pumpkin Turnips Rudabaga Parsnips</p> |
| MEAL PLAN | Fat | Condiments | |
| <p>Breakfast: 1 Protein 1 Grain 1 Fruit</p> <p>Lunch: 1 Protein 1 Fat 1 Fruit 6oz Vegetables</p> <p>Dinner: 1 Protein 1 Fat 14 oz Vegetables (8 oz salad+6 oz cooked)</p> <p>Optional - 20 oz daily total of vegetables can be split evenly 10 oz vegetables lunch 10 oz vegetables dinner</p> | <p>2 oz. avocado 2 oz. hummus 2 oz. olives 0.5 oz. butter 0.5 oz. margarine 0.5 oz. oil 0.5 oz. mayonaisse 0.5 oz. dressing 0.5 oz. nuts or nut butter 0.5 oz. tahini 0.5 oz. seeds 0.5 oz. pesto 0.5 oz. dried coconut flakes 1 oz. Coconut cream, meat 1 oz. cream 1 oz. sour cream 1 oz. cheese 1 oz. cream cheese</p> | <p>These are Free Foods</p> <p>8 oz. broth 2 oz. plant based milk 2 oz. salsa 2 oz. marinara 2 oz. ketchup 2 oz. pickles 2 oz. pepperoncinis 0.5 oz. nutritional yeast salt and pepper vinegar lemon juice or wedge lime juice or wedge capers soy sauce cinnamon hot sauce mustard spices herbs</p> | |

3 Meals, Measured Portions, No Sugar, No Flour

Weekly Meal Planner

WEEK OF: _____

| | Breakfast | Lunch | Dinner |
|-------|-----------|-------|--------|
| SUN | | | |
| MON | | | |
| TUES | | | |
| WED | | | |
| THURS | | | |
| FRI | | | |
| SAT | | | |