

OPTIMAL FOOD CHOICES

PROTEIN choices - 1 oz gives 7 g. protein

- salmon
- sardines
- Shrimp, crab, lobster
- Any fish
- chicken
- turkey
- Beef or buffalo burger
- steak
- Veal, pork or lamb
- Cheese or plain yogurt
- Goat cheese
- Cottage cheese
- hamburger
- ham



STARCH choices - each has 15 g carbs.

- ½ cup oatmeal
- ½ cup All Bran Cereal
- 1 slice whole wheat toast
- ½ cup cous cous
- 1 slice millet or sprouted grain bread
- 1 whole wheat tortilla/pita
- ½ cup cooked brown rice
- ½ cup cooked pasta or rice
- 1 corn tortilla
- 1 small sweet potato or white potato
- ½ cup quinoa
- 1 slice rye toast
- 1 slice ezekeial bread
- 4 Ryvita or RyKrisp crackers

Ideal FAT choices - 1 tsp has 5 g FAT: CHOOSE 3 DAILY

- 1 tsp mayo
- 1 tsp flax oil
- ¼ inch avocado slice
- 1 tsp olive, sesame (cold-pressed) oil
- ¼ cup nuts: walnuts, pecans, almonds, macadamia, hazelnuts
- 1 tsp sour cream (organic)
- 1 tsp salad dressing (not diet)
- 1 tsp butter
- 3 olives
- 1 T nut butter
- ¼ cup seeds: pumpkin, sunflower

FRUIT choices - each has 10 g carbs.: NOT MORE THAN 2 DAILY, NO DRIED FRUITS

- 3 apricots
- ½ banana
- ½ cup berries
- 10 cherries
- 1 small apple
- ½ grapefruit
- 2 inch slice of melon
- 1 small orange
- 1 small peach or nectarine
- 1 small pear
- 2 small plums
- 1 inch slice watermelon

Ideal VEGETABLE choices - ½ c cooked=1 c raw and has 25 cal per serving: UNLIMITED

- asparagus
- broccoli
- cauliflower
- collard greens or kale
- yellow squash/spaghetti squash
- spinach
- carrots
- celery
- cucumber
- snow peas
- green beans
- salad greens
- watercress



Program W • Weight Loss

THE DIET PLAN

The breakdown of this Diet was based on the suggested serving size amounts shown below:

Program W Women = 1200 calories

Breakfast:

- 2 oz. Protein
- 1 Starch
- 1 Fruit
- 1 teaspoon Fat (or use at another meal)

Lunch:

- 4 oz Protein
- 0 Starch
- 2 cups of raw veggies or salad or 1 cup cooked - *may suggest unlimited*
- 1 teaspoon fat

Dinner:

- 4 oz. Protein
- 1 Starch
- 2 cups raw veggies/salad or 1 c. cooked
- 1 teaspoon fat

Program W Men = 1600 calories

Breakfast:

- 2 oz. Protein
- 2 Starches
- 1 Fruit
- 1 teaspoon Fat (or use at another meal)

Lunch:

- 6 oz. Protein
- 0 Starch
- 2 cups of raw veggies or salad or 1 cup cooked - *may suggest unlimited*
- 1 teaspoon fat

Dinner:

- 6 oz. Protein
- 2 Starches
- 2 cups raw veggies/salad or 1 c. cooked
- 1 teaspoon fat



BREAKFAST MENU OPTIONS

- 1/2 cup cottage cheese with 1/2 cup strawberries, 1 T flax oil on 1 slice toast
- 2 poached eggs, 1/2 c. hash browns cooked w. 1 tsp sesame oil, 1 slice melon
- 1 cup oatmeal, 1/2 oz. protein powder, small pat of butter, 1/2 cup raspberries
- 2 oz. smoked salmon, sliced cucumbers and tomatoes, 1/2 whole wheat bagel, green tea
- 1 slice ham with 1 slice melted cheese, 1 peach (use fat later)

LUNCH MENU OPTIONS

- 4 oz. turkey white meat, Dijon mustard, 2 cups spinach salad with 1 tsp. flax oil, vinegar
- Large mixed green salad w/ 2 tsp. olive oil and lemon juice, 4 oz. of tuna, chopped yellow and sweet red pepper
- 4 oz. broiled sole/flounder or other serving of seafood, steamed vegetables, 2 tsp. flax/olive oil dressing
- 4 oz. chicken salad made with sugar-free mayonnaise, wrapped in lettuce, raw carrots and cucumbers

DINNER MENU OPTIONS

- 4 oz. broiled red snapper, 1 cup steamed broccoli, 1 baked yam, 1 pat of butter
- 4 oz. stir fried white fish with 1 cup snow pea pods, onions bean sprouts, red pepper, 1/2 cup brown rice
- 4oz. lean London broil, 1 small baked potato, 1 tsp sour cream, sauteed leeks or onions and mushrooms in wine
- 4 ounces wood-smoked or broiled salmon, 1/2 cup cooked brown rice vermicelli pasta (Pastariso brand), 1/2 cup tomato sauce w/ extra oregano, thyme, and garlic, grilled vegetables
- 4 oz. chicken breast with rosemary, 1/2 cup cous cous, roasted onions or garlic, broccoli sauteed in 1 tsp olive oil
- Salmon burger patties made with 4 oz. chopped salmon, onions, dill, an egg, and 1/4 cup ground sesame seeds, and sautéed in skillet with 1 tsp. butter, 1 cup cauliflower, 1/2 c. quinoa
- Albacore tuna broccoli custard made with 1/2 lb. fresh chopped broccoli, 3 oz. tuna, 1 egg, 3/4 cup 1% milk, 1/4 cup grated cheese, 2 Tbsp. lemon juice, seasonings, 1/2 cup whole wheat macaroni, mixed together and baked at 375°F for 35 minutes
- 4 oz. albacore tuna pockets made with celery, red onion, sugar free unrefined mayonnaise, lemon juice, alfalfa sprouts, and herb seasonings and 1 oz. sesame seeds stuffed into a whole wheat pita pocket
- 4 oz. gourmet salmon salad made with 1 can salmon, 2 tsp. sliced scallions, 1 tsp. Sliced radishes, 2 tsp. Rice vinegar, 1 tsp. Flax oil, 1 tsp. Soy sauce, and 1/4 tsp. minced ginger root all placed atop a green salad, 4 Wasa crackers
- 4 oz. swordfish made with juice of 1/2 lime, herb seasonings, and 1 tsp. softened butter, patted onto all sides of the fish and broiled, 1 small potato, and 2 cups brussel sprouts

- Crab and avocado salad made with 1/3 cup chopped celery, 4 oz. cooked fresh crabmeat, 1 tsp. mayonnaise, 1 tsp. cumin, 1/2 tsp. turmeric, 1 Tbsp. capers, juice of 1/2 lemon, 2 avocado slices, seasonings to taste, and 1 bunch watercress with stems removed (2 servings), whole wheat pita pocket or corn tortilla
- Sautéed 4 oz of turkey sausage, 1/2 cup red or green pepper, 1/4 cup chopped onion, 1/2 cup chopped zucchini, 1 whole wheat tortilla
- Shrimp parmesan made with 8 sautéed large garlic shrimp in olive oil with 1/2 cup organic tomato sauce and sprinkled mozzarella cheese part skim (on top of shrimp) mixed green salad with 1/2 cup brown rice

SNACKS

1 Protein Bar (PaleoBar), Raw vegetables, celery with 1 tsp. cream cheese or nut butter, 1 fruit, ounce of cheese/meat, boiled egg, 1/4 cup nuts or seeds, 1/2 scoop PaleoMeal protein powder in any liquid, 4 Brain Power Sours, 1/2 scoop chocolate paleomeal made into frozen ice pop.

BEVERAGES

Green drinks: PaleoGreens (available in Lemon/Lime, Mint, or Unflavored)
Herbal Teas: Cinnamon, Chamomile, Green Tea with Cinnamon Stick



AVOID

Sugar, soft drinks, alcohol, hydrogenated oils, safflower, sunflower, corn oils, processed meats, refined foods.

QUICK-N-EASY

Chef's salad, Quiche, Organic egg omelet, Leftover chicken w. micro waved sweet potato

