

Summer Shape Up Meal Plan

The two most common pit falls that contribute to people not succeeding at managing their weight are:

- ✚ Not eating enough calories
- ✚ Eating so-called diet foods

Why this diet program can help you manage your weight:

- ✚ It outlines the recommended food amounts for your suggested calorie range
- ✚ You eat real food on this meal plan (no “diet foods”), which helps promote satiety
- ✚ It provides the right combination of complex carbs, lean protein, and essential fats shown to promote moderate weight loss when combined with appropriate exercise

Calorie Goals

1 Match your body weight to the corresponding column to get your daily calorie goal and corresponding food portion amounts.

Daily Intake for Weight Loss	Green (1 cup)	Purple (1 cup)	Red (3/4 cup)	Yellow (1/2 cup)	Blue (1/4 cup)	Orange (1 tsp.)
less than 169 pounds 1200 to 1499 calories a day	3	2	4	2	1	8
169 – 195 pounds 1500 to 1799 calories a day	4	3	5	2	1	10
196 – 222 pounds 1800 to 2099 calories a day	4	3	5	3	1	11
more than 222 pounds 2100 to 2300 calories a day	5	4	6	4	1	12

2 Distribute the recommended food amounts throughout the day between three meals and two snacks. This will help keep your metabolism revved up, even out blood sugar spikes and prevent overeating.

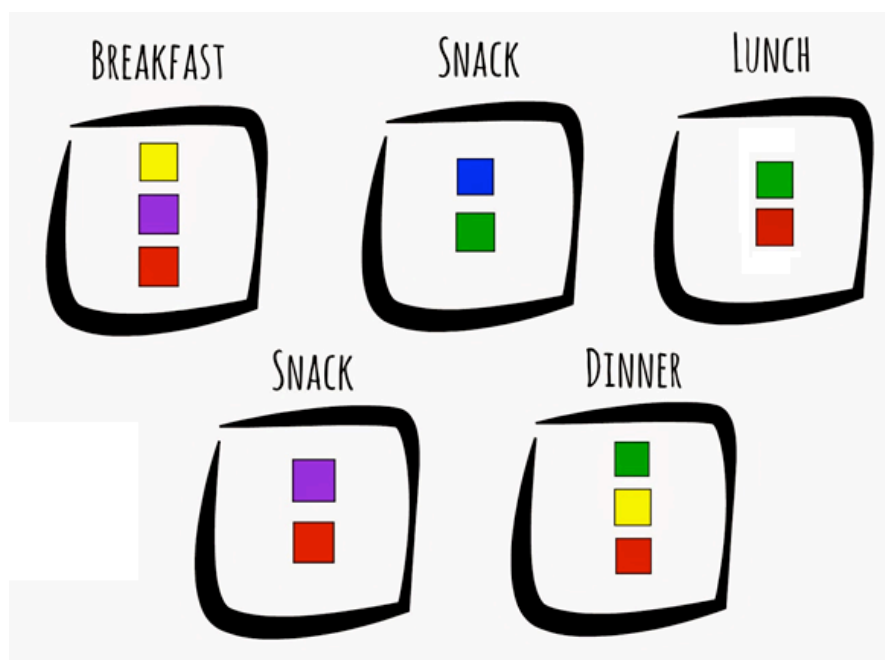
3 As you lose weight and drop pounds, you will need to recalculate your calorie and corresponding food portion amounts.

Other important tips:

- ✚ Success with the program does not always mean following it to a T. Keep in mind that this is a lifestyle, not a diet. Use this meal plan as a guide to help relearn healthy habits and instill lifelong changes.
- ✚ Hunger often varies from day to day. Remember the above recommend food portions are a guide. Listen to your body. Eat when you are hungry; stop when you are full.
- ✚ If you are eating a mostly clean diet, it's okay to indulge a little. Feel free to include a treat 2 times a week in place of a carb/starch (yellow) food portion.
- ✚ Aim to drink half your weight, in ounces of water every day. You may need more or less than this. Pay attention to how your body feels when it is properly hydrated and use that as a guide.

1200 - 1499 Calories Meal Plan

Veggies (1 cup)	Fruits (1 cup)	Protein (3/4 cup)	Carbs/Starch (1/2 cup)	Nuts/Cheese (1/4 cup)	Seeds/Oils (1 tsp.)
3	2	4	2	1	8



Grocery List

Veggies

1/2 Artichoke
 10 Asparagus
 2 Beets
 Broccoli
 Brussels Sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Collards
 Cucumbers
 1/2 Eggplant
 Okra
 Peppers
 Lettuce
 Mushrooms
 Onions
 Radishes
 Spinach
 Squash
 String Beans
 Tomatoes
 Watercress

Fruits

1 Apple
 4 Apricots
 1/2 Banana
 Blackberries
 Blueberries
 Cantaloupe
 Cherries
 Grapefruit
 Grapes
 Honeydew
 2 Kiwi Fruit
 Mango
 1 Nectarine
 1 Orange
 Papaya
 1 Peach
 1 Pear
 Pineapple
 Pomegranate
 Raspberries
 Strawberries
 2 Tangerine
 Watermelon

Protein

Chicken Breast
 Cottage Cheese
 2 Eggs
 8 Egg whites
 Greek Yog. Plain
 Ground Beef, Lean
 Ground chicken
 Ground turkey
 Ham Slice, LF
 Pork Loin
 Protein Powder
 Red Meat, lean
 Ricotta Cheese
 Sardines
 Shellfish
 Tempeh
 Tofu
 Tuna
 4 Turkey Bacon
 Turkey Breast
 1 Veggie Burger
 Wild Fish
 Wild Game
 Yogurt, Plain

Carbs and Starches

Amaranth
 1/2 Bagel (WG)
 Barley
 Beans/Lentils
 1 Bread (WG)
 Brown Rice
 Buckwheat
 Bulger
 Cereal (WG)
 8 Crackers (WG)
 Edamame
 1/2 English Muffin
 Millet
 Oats
 1 Pancakes (WG)
 Pasta (WG)
 Peas
 1 Pita (WG)
 1/2 Med. Potato
 Quinoa
 1 Tortilla (WG)
 1 Waffles (WG)
 Wild Rice

Avocado, Nuts & Cheese

Avocado
 Cheeses
 Coconut Milk
 Hummus
 12 Almonds
 8 Cashews
 14 Peanuts
 10 Pecans
 20 Pistachios
 8 Walnuts

Seeds, Oils & Sugars

Coconut
 Coconut Oil
 Flaxseed, ground
 Flaxseed Oil
 Pure Honey
 Pure Maple Syrup
 Nut Butters
 Olives
 Olive Oil
 Seeds
 Seed Butters

Free Foods

Chili peppers	Lemon juice
Garlic	Lime juice
Herbs	Mustard
Hot sauce	Spices
Flavor Extracts	Vinegar