

## 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.)
<b>less than 169 pounds</b> 1200 to 1499 calories a day	<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>8</b>
<b>169 – 195 pounds</b> 1500 to 1799 calories a day	<b>4</b>	<b>3</b>	<b>5</b>	<b>2</b>	<b>1</b>	<b>10</b>
<b>196 – 222 pounds</b> 1800 to 2099 calories a day	<b>4</b>	<b>3</b>	<b>5</b>	<b>3</b>	<b>1</b>	<b>11</b>
<b>more than 222 pounds</b> 2100 to 2300 calories a day	<b>5</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>1</b>	<b>12</b>

**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.

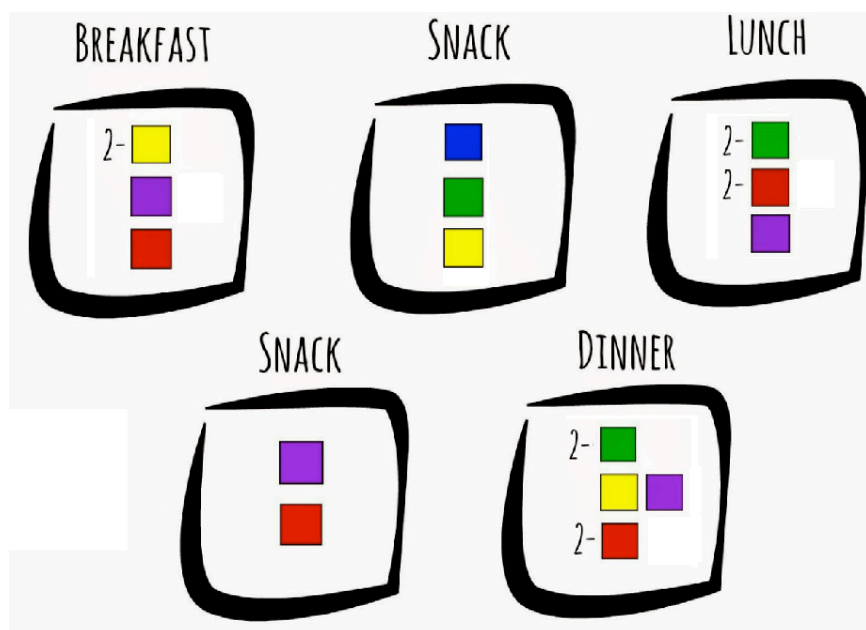
**3** As you lose weight and drop pounds, you will need to recalculate your calorie and corresponding food portion amounts.

### 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.

## 2100 – 2300 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.)
5	4	6	4	1	12



## Grocery List

### Veggies

½ Artichoke  
10 Asparagus  
2 Beets  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Cucumbers  
½ Eggplant  
Okra  
Peppers  
Lettuce  
Mushrooms  
Onions  
Radishes  
Spinach  
Squash  
String Beans  
Tomatoes  
Watercress

### Fruits

1 Apple  
4 Apricots  
½ 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  
½ Bagel (WG)  
Barley  
Beans/Lentils  
1 Bread (WG)  
Brown Rice  
Buckwheat  
Bulger  
Cereal (WG)  
8 Crackers (WG)  
Edamame  
½ English Muffin  
Millet  
Oats  
1 Pancakes (WG)  
Pasta (WG)  
Peas  
1 Pita (WG)  
½ 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  
Garlic  
Herbs  
Hot sauce  
Flavor Extracts  
Lemon juice  
Lime juice  
Mustard  
Spices  
Vinegar