

# 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.

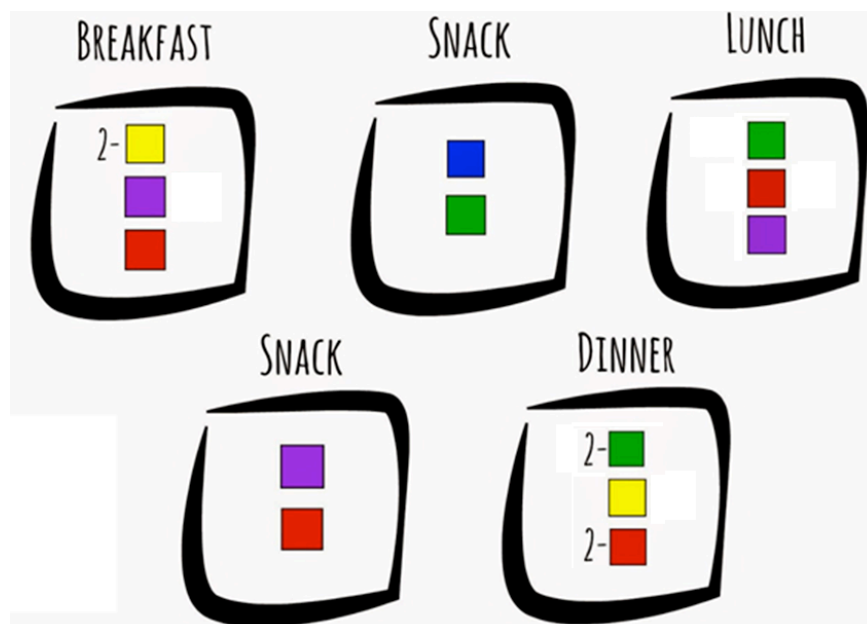
**3** As you lose weight and drop pounds, you will need to recalculate your calorie and corresponding food portion amounts.

## 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.

# 1800 - 2099 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.)
4	3	5	3	1	11



## 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