

Mix 'n Match Menu Plans - #1

Tips on How to use the Mix 'n Match Menu Plans:

- **Choose one meal** from each category to build your meals for the day – 1 breakfast, 1 lunch, 1 dinner, and 1 or 2 snacks,
- **Snacks** – choose 1 or 2 for the day. If you're not hungry and you're not suffering from low blood sugar, then no need to snack. You decide.
- Remember a snack is just that – a snack. It's not a meal. Keep it under 200 calories.
- **Know your caloric limit** and stay within it (for most women, it's 1200-1700). Go back to your notes and review.
- **If you want to add** / replace a food, no need to check with me, you can do so on your own, just check out the caloric count in your book.
- **Your kitchen is not the same as mine**, and your tastes are not the same. So Mix 'n Match, and create your own meal plans, as discussed in previous weeks.
- The meals are purposely **without** a lot of sauces or butters, so if you want to use them, use them sparingly, and always add in their caloric value as they're dense in calories.
- Try **herbs and spices** for added taste. Sea salt is best. Parmesan sprinkled lightly is great!
- Choose **feta cheese** and soft European cheeses over other cheeses, but if you're trying to lose weight, cut cheese all together (sorry!).
- Visit www.fitday.com for easy on-line counting. Bookmark this site, and get acquainted with your foods and their calories.
- When choosing your meals, **Front-Load**: eat a larger breakfast and /or lunch, and smaller dinner.
- No eating after dinner (after 6:30-7 pm!) if you're trying to lose weight.
- **The plans purposely don't include juices, milk or pops** (diet or sugared). If you want health, if you want vitality, if you want to stay lean, you'll learn to do without these. Choose water and herbal teas instead.
- **Limit alcohol** to 1-2 glasses a week. If you're going to indulge, know the caloric value, and know that if you drink them alone (without food), their sugar impact is two-fold (and get stored more quickly as fat).
- **Don't put off eating well on weekends** because it's the weekend....these are the times when we most need the discipline! Instead of falling down on weekends, why not make them a shining example of what you can do right, and stay on track! If you fall down every 5 days (when a weekend comes around), you won't get very far in your success goals!

BREAKFAST: Choose ONE of the following

- **1 cup cooked oatmeal** (145), ½ cup almond milk (30), 1 cup berries (rasp, blue, black, straw or mix) (80), 1 TBSP brown sugar or honey (65) = **320 calories**
- **Protein shake** – 1 cup almond milk (30), 1 cup water, 1 scoop EDGE protein powder (120), ½ cup berries (40) 1 TBSP peanut butter or Udo's / Flax oil (120), 1 TBSP flax powder or granola (50) = **360 calories**
- **3 Scrambled egg whites + 1 yolk** (110), ½ cup cooked brown or basmati rice (80), 1 slice heavy bread with 1 TBSP butter (100), ½ grapefruit (40) = **330 calories**

LUNCH: Choose ONE of the following

- **Lunch Wrap:** 1 *Healthy Way* Wrap or other (150), ¼ serving of egg salad filling** (113), 1 small piece of fruit (apple, pear) (80) = **343 calories**
- **1 cup Amy's Lentil Vegetable Soup** (120) (+ 4 oz chicken added – 180), 8 pieces raw veggies (carrot, peppers, cucumber, celery,) (app. 50) = **350 calories**
- **½ cup low fat cottage cheese (80)**, ½ cup plain (organic) yogurt, (80) ½ cup mixed berries (40), 2 TBSP **Kashi** cereal (found in most grocery stores) = **320 cal**

DINNER: Choose ONE of the following

- **4 oz Grilled chicken breast** (180), 1 small yam (120), 1 tsp butter (50), 1 cup cooked brown/wild/basmati rice (150) = **500 calories**
- **4 oz grilled codfish** (150), 1 small sweet potato (120), 2 cups salad with organic greens, ½ green pepper, ½ avocado, 1 TBSP dressing (250) = **520 calories**
- **4 oz buffalo burger** (no bun!) – see your *Clean Zone Cookbook* for recipe, ½ sliced avocado, ½ sliced tomato, drizzled with balsamic vinegar, sprinkled with parmesan and sea salt = **500 calories**

Snack ideas (under 200 calories)

- 15 almonds
- 1 apple, 1 pear, 1 grapefruit with 1 oz cheese
- ½ cup yogurt with ¼ cup berries
- ½ cup cottage cheese with ¼ cup berries
- 1 oz feta cheese with 1 Wasa cracker
- 15 grapes
- 10 strawberries
- 1 scoop flavoured protein powder and 1 cup almond milk
- 1/3 wrap with 1 TBSP nut butter inside
- 1 TBSP hummus with 5 min carrot sticks
- 1 TBSP nut butter on Wasa or 2 rice crackers

****Quick egg salad recipe:** 3 boiled eggs + 2 TBSP **Spectrum** mayonnaise (found in most stores....no trans fats / table sugar), salt pepper to taste = **450 calories**. Ensure your meal consists of ¼ of the mixture (113 calories / serving.) Use Spectrum for all your mayonnaise needs (*blue* label Spectrum, not brown label!!)