

**Ht:** 5'5" **Wt:** 138 lbs

**Goals:** Fitness, Weight loss (goal weight-125 lbs)

**Ideal Body Weight Range** (based on height/ frame size): 125 +/- 10% (113-138 lbs)

**% Ideal Body Weight:** 110% of midpoint

**Estimated daily nutritional needs:**

~1400 calories (22 kcal/kg)

63-76 g Protein (1.0-1.2 g/kg)

39 g Fat (25% total calories)

74 oz fluid/day (35 ml/kg) = approximately 9- eight ounce glasses (H<sub>2</sub>O)/day

**Tips:**

Continue consistent exercise and weight training regimen. Incorporate at least 5 days of cardiovascular with 2-3 sessions of weight training. \*\*\*\*At least 1 hour of nonstop cardiovascular is recommended incorporating 2-3 minutes bursts of high intensity intervals .

**PLAN:** The plan is to incorporate five to six small meals per day to increase energy levels and stabilize blood sugar levels. The following meal plans will provide balanced, nutrient dense meals incorporating appropriate portions to meet your individual nutritional needs. Pay close attention to adequate fluid (water) consumption, a total of 74 ounces are needed per day, incorporate as you feel best. Daily multivitamin with minerals supplementation for complete micronutrient coverage along with additional calcium for bone integrity (ex. Oscal, Viactiv or Caltrate). For optimal absorption, consume the multivitamin following breakfast and 1 calcium supplement (500 mg) following lunch and another (500 mg) following dinner.

**FIBER-** important for appetite control, glycemic regulation, satiety, and gastrointestinal motility. Aim for 25-35 grams per day.

Breakfast:

1 slice whole wheat bread (try “*Arnold’s Stoneground wheat*” or “*Alvarado Street Bakery- California Style or Flax*”) topped with <1 tbsp soy cream cheese and “*Smucker’s Low Sugar Jelly*”,  
3 scrambled egg whites, ½ grapefruit

OR

1/4 cup-dry oatmeal (“*Quaker Oats*” or “*Steel Cut Irish Oats*” in canister- prepare with soy milk or water), sprinkle with small amount (<1 tsp) brown sugar or raw sugar, nutmeg, and cinnamon;  
1 c soy milk, 2 hard cooked egg whites

OR

“*Pig in a Blanket*”: Fill 1 pancake (as prepared at home) with 2 scrambled eggs whites; roll and secure with toothpick, lightly top with crushed flaxseeds, slivered almonds and small amount of Pure Maple Syrup

OR

1/2 whole grain bagel, topped 1 tbsp all natural peanut or almond butter; side- 1 hard cooked or sunny side up egg

OR

*Vegetable Omelet*: Scramble 3 egg whites, *Mrs. Dash* seasoning, spinach, mushrooms (top with 1 slice soy cheese when cooked); 1/2 Thomas’s Light Multigrain English muffin (try “*Smucker’s Low Sugar Jelly*” as topping); 1/2 c desired fresh fruit

OR

3/4 cup “*Light and Lively 1% Cottage Cheese*” topped with 1/2 sliced banana ,1 tbsp of ground flaxseed, 1 tsp crushed walnuts, and cinnamon

OR

3/4 cup high fiber cereal ( $\geq 6$  g fiber per serving) (try “*Kashi and Good Friends*”, “*Kashi Go Lean Crunch*”, or “*Barbara’s Puffins*”), 1/2 c. soy milk, 1/4 c fresh berries

**Midmorning Snack:**

1/2 small 6 inch whole wheat pita topped with 1/2 Tbsp almond butter and low sugar jelly; 1 small apple

OR

3 dried figs stuffed with 1 whole walnut (or other desired nut)

OR

1 c (8 oz) soy yogurt mixed with 2 tbsp wheat germ

OR

*Open Faced Cheese Melt:* Top 1 slice whole wheat bread with 1 slice soy cheese, top with 2 slices tomato and oregano and place under broiler; 1 fresh pear

OR

3 whole grain “*Ry-Crisp*” or “*Wasa*” crackers spread with 2 tbsp hummus; 1/2 c fresh fruit salad

**Lunch:**

1/2 whole grain pita (try “*Sahara Multigrain*”) stuffed with 3-4 oz soy turkey or ham, 1 slice soy cheese, lettuce, tomato, and low fat mayo or whole grain mustard, 1 fresh orange

OR

*Quinoa Salad:* combine 1/2 cup cooked quinoa with 1 tbsp black beans, 1 tbsp chick peas, chopped fresh red peppers, chopped scallions, 1/4 c diced tofu, 1-2 lemons juiced, 1 tsp olive oil, salt and pepper- toss and refrigerate for about 1 hour before eating

OR

*Grilled Chicken Salad:* Top mixed greens (any combination of Boston, Romaine, and red lettuce) with 4 oz grilled “chicken” strips (“Morning Star Farms”), sliced cucumber, 1 tbsp olives, tomato, 2 sliced hard boiled egg whites. Top with low fat salad dressing; 1/2 c fresh fruit salad

OR

*Veggie Burger:* Place desired brand cooked veggie burger on ½ whole grain hamburger roll top with fresh tomato, soy cheese, and desired condiments; side- 2 tbsp hummus and baby carrots

OR

*California Style Sandwich:* 4 oz soy turkey on 2 slices 7- grain bread (try “Alvarado Street California Style, Flax or Multigrain”), sliced tomato, 2 slices avocado, sprouts and spicy mustard

### **Afternoon Snack:**

*Peanut Butter Banana Smoothie:* combine 4 oz soy milk, 4 oz. vanilla soy yogurt, 1 tbsp whey protein, ½ banana, 1 tbsp honey, 1 tsp creamy all natural peanut butter, and ice

OR

~12 “Genisoy” soy crisps, ~10 raw almonds

OR

*“Homemade Trail Mix”:* Mix 1/2 c *Whole Wheat Chex* cereal, 4 cashews, 1 tsp soy nuts, 1 tsp sunflower seeds, 1 tsp raisins or craisins

OR

*Roasted Red Pepper and Chicken Wrap:* Fill 1/2 - 6 inch whole wheat tortilla with 2 oz grilled “chicken” strips (“Morning Star Farms”), roasted red peppers, and spinach- microwave for 1 minute and top with 2 tsp. Salsa

OR

*Turkey Roll Up:* stack 2 slices soy turkey or ham, 2 slices of soy cheese, roll up, secure with a tooth pick; dip in spicy mustard; 1 whole large banana

OR

1 c steamed edamame pods (lightly sprinkled with Kosher salt)

**Dinner:**

*Mandarin Chicken Salad:* top spring mix lettuce, with 1 Quorn “chicken” breast , sliced, 2 tbsp sliced almonds, 2-3 tbsp chick peas, 1/4 c mandarin oranges, shredded carrots, top with low fat or nonfat ginger soy dressing (or other desired dressing), 1 tbsp sesame seeds

OR

*Asian Stir Fry:* stir fry 1/2 c extra firm tofu cubes (can substitute with lean meat or shrimp), 1 c mixed vegetables (try snow peas, water chestnuts, carrots, bamboo shoots) in sesame oil, grated ginger, low sodium soy sauce with 1/2 c brown rice on side (\*\*\*)can also try “VeriTeriyaki” Asian marinade to flavor)

OR

*Pita Pizza:* 1 –6 inch pita topped with 4-5 oz soy chicken strips, chopped tomato, broccoli, spinach, mushrooms, onion (season vegetables with canola oil, garlic powder, and paprika) and bake (350 degrees) until desired crispness, top with shredded soy cheese, reheat until cheese melts

OR

*Smoked Ham Wrap:* Top 6-inch whole wheat tortilla with 1 tbsp honey mustard; top mustard with 4 oz soy ham, 1/4 c black beans, shredded lettuce. Sprinkle with 1/4 tsp oregano and roll up.

OR

5 oz grilled flavored seitan or tofu; 3 oz baked sweet potato, steamed broccoli and cauliflower (or other desired veggie mix)- substitute with 5 oz grilled desired fish if desired

OR

*Stuffed Baked Potato:* Fill 1 -3 oz baked potato with chopped spinach, shredded soy or reduced fat mozzarella cheese, and parmesan cheese, reheat until cheese melts; small garden salad, 3 hard cooked whites eggs- chopped, desired raw vegetables. Top with balsamic dressing (try *Wish Bone Salad Spritzer*); ½ c steamed edamame pods (sprinkle with small amount of Kosher salt)

OR

*Tofu Pasta Primavera:* Sauté onion in small amount of olive oil until lightly browned, add fresh sliced garlic, sliced portabello mushrooms, fresh plum tomato (diced) and chopped broccoli florets, when vegetables cooked, add tofu cubes (~5 oz). Toss with 1/2 c cooked Barilla Plus penne pasta

OR

*Mexican Salad:* Place shredded lettuce on plate and top with 5 oz grilled soy chicken strips, ½ c black beans, 2 strips avocado, diced and salsa, surround with ~10 baked organic blue corn chips

### **Evening Snack:**

Mix 1/2 c (4 oz) nonfat frozen yogurt with 1/4 c. sliced strawberries and slivered almonds, lightly drizzle with honey

OR

*Baked Apple:* Core and slice 1 small apple arrange slices on plate and top with 1 tbsp chopped walnuts, 1 tbsp raisins, cinnamon and raw sugar or brown sugar, - cover with wax paper and microwave for 8 minutes

OR

3 cups air popped popcorn (use “Misto” to spritz olive oil on top)

OR

3 cinnamon graham crackers topped 1 tsp all natural peanut butter

