



Breakthrough Food Plan

God Himself made us and has a body intended just for us. This God-intended body may have been altered by our circumstances, our environment or by our behaviors, but with His help, we can restore our bodies to the level of health and vitality He planned for us.

The FIT4 The Master Breakthrough Food Program addresses 3 issues that pointed to WHY I wanted to lose 100+ pounds.

#1 Deep down inside, I KNEW being a size 26/28 was not the size God wanted me to be

#2 I couldn't stand the PAIN of not being able to Stop Eating.

#3 I wanted to LIVE

So in order for me to BreakThrough Weight Loss Barriers and Breakthrough Uncontrollable Eating Habits, so I could LIVE and be FREE in hearing and surrendering to the Holy Spirit as He guided me in how I should eat, I didn't need a Diet I needed a STRATEGY.

The STRATEGY was based on Foundational Principles and Food Plan with boundaries. The following pages are The Foundational Principles, The Food Plan and The Strategy.

During the past 10 years, the Food Plan adjusted because of who was mentoring me at the time and/or because of different places in my life (i.e. aging & menopause, health issues, weight plateaus etc).

But regardless of the actual plan or mentor, I learned early in the journey, I had to remain consistent with The Foundational Principles and The Strategy if I wanted to experience life in the body size God planned for me and if I wanted to experience life free from uncontrollable cravings.





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FOUNDATIONAL PRINCIPLES

CLEAN

- Meals Free of food or ingredients that trigger constant eating

- You say, “I am allowed to do anything”^[a]—but not everything is good for you. You say, “I am allowed to do anything”—but not everything is beneficial. 1 Cor 10:23

CLEAR

- Meals with specific guidelines for portion sizes

- You must use weights and measures that are honest and exact. Then you will live a long time in the land the Lord your God is giving you Deut 25:15

COMMITTED

- Meals written down beforehand and accountable to another person

- And the Lord answered me: “Write the vision; make it plain on tablets, so he may run who reads it. Hab 2:2



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BREAKTHROUGH FOOD PLAN

Breakfast

- 1 Grain
- 1 Protein
- 1 Fruit
- 1 Fat

Lunch

- 2 Vegetables
- 1 Protein
- 1 Fruit
- 1 Fat

Dinner

- 2 Vegetables
- 1 Protein
- 1 Grain
- 1 Fat

No Sugar, No Flour, No Artificial Sweetener

Do not skip meals

Eat all food for each meal everyday





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FOOD EXCHANGES

PROTEIN

4 oz meat

(chicken, turkey, pork, beef, lamb, fish)

2 eggs

2 oz cheese

4 oz cottage cheese

4 oz ricotta cheese

8 oz plain yogurt

8 oz milk

6 oz legumes/beans/lentils

4 oz veggie burger

4 oz tofu

4 oz tempeh

4 oz shelled edamame

4 oz hummus

2 oz chickpeas

2 oz soya granules

2 oz nuts or nut butter

2 oz seeds

GRAINS

4 oz cooked – potato, sweet potato, yam, brown rice, quinoa, millet, squash, pumpkin, corn

1 oz precooked - oatmeal, oat bran, cream of rice, grits, quinoa flakes





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FOOD EXCHANGES cont

FRUIT

ALL WHOLE FRUIT

NO FRUIT JUICE, DRIED FRUIT or FRUIT SMOOTHIES

1 piece - apple, pear, orange, grapefruit, banana, peach, nectarine

2 pieces - plum, kiwi, persimmon, apricot

4-6 oz weighed - berries (all kind), grapes, pineapple, cherries, mango, papaya, melon (all kind)

VEGETABLE

6-8 ounces All Vegetables

Alfalfa sprouts, asparagus, beans (green or wax), Bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, green or red peppers, kale, lettuce (all varieties), mushrooms, okra, onions, radishes, spaghetti squash, spinach, Swiss chard, tomatoes, turnips, turnip greens, yellow squash (summer), zucchini

NO Corn or Peas

FAT

2 Tablespoon – Salad dressing – approx. *120 calories (check ingredients for sugar)*

1 Tablespoon - oil, butter, mayonnaise, tahini

1/2 oz. - nuts, seeds

2 oz - avocado, olives





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THE DAILY STRATEGY

The F-I-T 4 STRATEGY

