

My Weight Management Plan

Meal Plan:

Meat

Lean Muscle Mass Protein Diet

High protein diets can help with maintain lean muscle mass and support fat loss when caloric intake is low.

- ✓ Aim for ½ to 1 gram of protein per 1 pound of body weight daily. (Example: 100 grams of protein for a 200-pound person)
- ✓ Eat protein from lean meats, eggs, beans, nuts, and dairy products like cottage cheese and Greek yogurt.
- ✓ Eat beans with whole grains to make a complete protein.
- ✓ Optimal sources: Beans (½ cup serving), eggs (2 whole or 3 whites + 1 whole), Low-fat cheese, soybeans (palm servings per meal), beef, fish, pork (lean), split peas, chicken, Greek yogurt, prawns, tofu/tempeh, Cornish hen, lamb, scallops, turkey, duck, lentils, shrimp, and wild game.
- ✓ Avoid: very fatty foods, cured/luncheon meats, breaded or deep-fried protein (sauteed in a healthy fat is fine)

Approximate protein estimates:

- Chicken or turkey (3oz:26g)
- Wild Salmon (4oz:24g)
- Sirloin steak with fat removed (5oz:42g)
- Cottage cheese (1cup:23g)
- Plain Greek yogurt (1cup:23g)
- Eggs (2 eggs:12g)
- Tempeh (3oz:19g)
- Extra firm tofu (3oz:11g)
- Black beans (1cup:11g)
- Chickpeas (1cup:11g)
- Lentils (1cup:18g)
- Quinoa (1cup:8g)
- Nuts (2tsp peanut or almond butter: 7g)



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Vegetables

One serving each meal. The serving should be equal to 3 handful-sized servings unless otherwise stated.

Favorable sources:

Alfalfa sprouts, cauliflower, kohlrabi, snow peas, artichokes, celery, leeks, spinach, asparagus, chard, lettuce –all types, sprouts, bamboo shoots, cucumbers, mushrooms, squash, Bok choy, eggplant, okra, tomato, broccoli, endive, olives, turnip, broccolini, fennel, onions, water chestnuts, Brussel sprouts, green beans, radicchio, zucchini, cabbage, kale, & radish.

Limit servings of the following vegetables because these tend to be higher in starch and carbohydrates. Use a single handful instead of 3 handfuls:

Avocado, corn, pumpkin, carrots, parsnips, potatoes, cassava, peas, and sweet potatoes.



Fruits

One handful of fruit can replace one handful of vegetables each day.

Favorable sources:

Apples, grapefruit, mulberries, plums, apricots, kiwis, nectarines, pomegranates, blackberries, lemons, oranges, raspberries, blueberries, limes, passion fruit, strawberries, cantaloupe, loganberries, peaches, watermelon, cherries, longans, pears, cranberries, mangos, persimmons, fresh figs, mangosteen, and pineapples.



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Healthy Oils

Use 1-2 tablespoons per day; cold pressed oils are preferred.

Favorable sources:

Coconut oil, ghee (clarified butter), macadamia oil, sesame oil, flax oil, olive oil, and walnut oil.

Healthy nuts & seeds

One serving per day of these healthy fats are desired. Serving sizes should be as large as 3 fingers.

Favorable sources:

Almonds, flax/linseeds, pecans, pistachios, Brazil nuts, hazelnuts, pepitas (pumpkin seeds), sunflower seeds, coconut meat, peanuts, pine nuts, and walnuts. 1 Tbsp of nut butter will be sufficient as well.



Grains

Grains are generally limited because of the added carbohydrates. If you choose grains, limit them to a small serving (a handful or less cooked).

If possible, avoid these food items:

Brown rice, barley, corn tortillas, millet, Kashi cereal (unsweetened), oats, quinoa, whole grain or rye crackers.



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Activities and Exercises



Exercise:

Try to get 30-60 minutes of moderate physical activity or 10,000 steps each day. Use a GPS tracker to accurately measure your distances.

Strength training can help you gain and maintain muscle mass while taking your medications. It can also help you increase your metabolic rate and burn calories at rest.

Perform 2 or more resistance trainings per week. Examples:

- ✓ **Core:** Flutter kicks, modified in and out, plank, and side plank
- ✓ **Legs:** Dumbbell squat, split jumps, and donkey kick
- ✓ **Arms:** Dumbbell alternating hammer curl, and resistance band chest press
- ✓ **Whole body:** Jumping jacks, and push-up to side plank

***Make sure to move after meals. Food is for energy, use it up before your body stores it up.**

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Beverages

Non-alcoholic drinks

Optimal Sources:

Water: 80-100 ounces of water daily (flat or sparkling, with lemon or lime), tea (unsweetened black, green, herbal), Coffee (unsweetened; small amount of milk or milk substitute), milk (non-fat or 1% cow's milk, unsweetened almond, unsweetened coconut)

Alcoholic drinks

Alcohol is best to avoid, but if you indulge, limit to 1-2 drinks per week.

Try to avoid the following: Cabernet, light rum, scotch, champagne, merlot, tequila, chardonnay, pinot, vodka, gin, pinot grigio, whiskey, Guinness beer, prosecco, light beer, and Sauvignon Blanc.

Favorable mixers:

Boody Mary mix, sparkling water (flavored), diet tonic, tomato juice (low sodium), soda water, and V8



Things to remember!

Avoid:

Alcohol

All refined sugars

Deep fried foods

Sweetened drinks

Grains (including bread and rice)

Highly processed and very fatty meats