



JUMP START MEAL PLAN

The Jump Start Meal plan is a simple weight loss strategy to help you successfully start to lose weight, learn about portion sizes, and improve diet quality by adding lots of fruits and vegetables.

Benefits of the Jump Start Meal Plan

1. Easy to follow and track
2. Pre-portioned (no guess work or estimating)
3. Improves overall diet quality by increasing fruits and vegetables and lean protein
4. Keeps you from feeling hungry by using protein shakes and unlimited fruits and vegetables



2-3 Protein Shakes

- 100-140 calories, 10-25 grams of protein and less than 5 g of fat per serving.
- Whey protein recommended. Do not to use protein bars.
- Mix with water or other calorie-free drink to mix (not milk).
- Add fruit or flavoring to taste.



2 Prepackaged Meals

- Less than or equal to 350 calories per serving.
- Choose from frozen entrees, canned soup, or labeled/packaged fresh meals.
- If unable to use a prepackaged meal, make sure your meal is 350 calories or less.



5 or More Servings of Fruit and Vegetables (unlimited)

- Eat at every meal and as snacks
- Serving = 1 piece of fruit or 1 cup fresh/frozen fruits and veggies.
- 1 serving of leafy greens = 3 cups
- 1 serving of beans = ½ cup

While following the Jump Start plan, practice meal planning for supper meals. After 4 to 6 weeks drop to one shake and one prepackaged entrée and incorporate a healthy homemade supper meal. After an additional 4-6 weeks, you may choose to taper off the shakes and entrees completely and prepare all homemade meals, or keep them as part of your regular healthy eating plan.



Sample Meal Plan for Jump Start



Breakfast

- 1 vanilla protein shake
- 1 cup of frozen berries, blended w/ shake

Mid-morning snack

- 1 apple



Lunch

- Smart Ones Meal
- 1 medium baked potato

Mid-afternoon snack

- 3 cups of air-popped popcorn



Dinner

- Amy's Meal: Brown Rice Veggie Bowl
- 1 cup of pre-cooked red bell pepper and broccoli florets, stirred in the meal
- 3 cups salad greens with tomatoes and 2 Tbsps. reduced calorie salad dressing

Evening Snack

- 1 chocolate protein shake
- 1 medium frozen banana blended w/ shake

