



# THREE PILLARS OF HEALTH



## 2,200 Calorie Meal Plan

### Meal Planning Made Simple:

Trying to lose weight and eating healthier has never been easier.

The Three Pillars of Health Meal Plan provides many healthy options for breakfast, lunch, dinner, and various snacks.

To follow the meal plan, please select one item from each food list starting on page 3 to create meals and snacks of the ideal portion sizes for your weight loss or weight maintenance goal. Correct portion sizes are essential for accurate calorie estimates.

- Don't want to eat five times a day? No worries. You can combine meals and snacks if you choose. The only thing that matters for your weight loss plan is staying within the total amount of food recommended in 24 hours.
- Are you trying to avoid excess carbohydrates and grains? That's fine. Your meal plan can interchange protein and grain portion sizes.
- Do you dislike too many vegetables or fruit? Vegetables and Fruit portions can be substituted for each other.
- The only thing we recommend not substitute is your portion sizes for fats in your meal plan. Fats have more calories per serving.

Most importantly, have fun making meals. We are excited for you and are grateful to be a part of your weight loss journey!



# A 2,200 Calorie Day Example

Our goal is 1-2 pounds of weight loss per week on the Three Pillars of Health Meal Plan

## Breakfast

- 2 eggs, scrambled cooked with 1 teaspoon of vegetable oil
- 1 cup of cooked oatmeal with 2 teaspoons of natural peanut butter
- 1 small banana sliced

## Snack Time

- ¼ cup unsalted almonds
- 1 medium orange



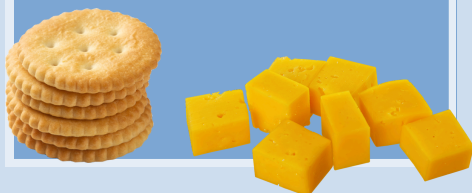
## Lunch

### Salad:

- 2 cups of veggies lettuce, tomato, cucumber, and onion
- 4 ounces of chicken
- 1 cup strawberries
- 2 tablespoons of regular salad dressing
- 1 whole (6") pita

## Snack Time

- 1 ounce of cheese
- 5-6 whole-grain crackers



## Dinner

- 5 ounces baked chicken breast cooked with 2 teaspoon olive oil
- 1 cup mashed sweet potatoes with 1 tablespoon of butter
- 1 cup of blueberries
- 2 cups steamed broccoli

## Snack Time

- 1/3 hummus
- 2 cup raw veggies (cucumbers, bell peppers),





# Breakfast

## Protein Choose 2 Serving (ex: 4 egg whites)

1 serving equals:

- 1 whole egg
- ¼ cup egg beaters
- 2 egg whites
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 ounce cheese
- 1 ounce turkey sausage or bacon



## Grain / Carbohydrate Choose 3 Serving (ex: 1.5 cup oatmeal cooked)

1 serving equals:

- 1 packet low-sugar instant oatmeal
- ½ cup rolled or steel-cut oats, cooked
- 1 serving of dry whole-grain cereal (¾ cup bran flakes, shredded wheat)
- 1 whole-wheat waffle
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- ½ whole-wheat small bagel or English muffin



## Fruit Choose 1 Serving

1 serving equals:

- ½ cup 100% juice (orange, apple)
- 1 medium fruit (orange, apple, peach, nectarine, pear ½ grapefruit)
- 1 cup berries/grapes (strawberries, blueberries, raspberries)
- 1 small banana
- 2 tablespoons of unsweetened dried fruit (raisins)
- ½ cup canned fruit in natural juice (not syrup)
- 1 cup melon (cantaloupe, honeydew, watermelon)



## Fat Choose 2 Servings (ex: 2 tablespoons light butter spread)

1 serving equals:

- 1 teaspoon olive oil/vegetable oil
- 1 teaspoon butter
- 2 teaspoons natural peanut butter
- 1 tablespoon light butter spread
- 2 tablespoons light cream cheese
- 2 tablespoons nuts (almond, walnuts)





# Lunch

## Protein

Choose 4 Servings (ex: 4 ounces of chicken)

1 serving equals:

- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese
- 1/4th cup cottage cheese
- 1 ounce tuna, canned in water
- 1/3rd cup hummus
- 1/2 cup beans or lentils, cooked
- 1/2 cup tofu



## Grain / Carbohydrate

Choose 3 Servings (ex: 1.5 cups of cooked noodles)

1 serving equals:

- 1/2 cup potatoes or 1/2 small potato (sweet or white potato)
- 1/2 cup brown rice, barley, quinoa or other whole grain, cooked
- 1/2 cup whole-wheat pasta or noodles, cooked
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- 1 low-carb whole-wheat sandwich thin
- 1 whole-wheat tortilla (6" across)
- 1/2 whole-wheat pita (6" across)



## Fruits and Vegetables

Choose Any 3 Servings of Fruits and Veggies

1 serving equals:

- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 2 tablespoons of unsweetened dried fruit (raisins)
- 1 cup grapes, strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon
- 1 small banana
- 1 cup mixed greens salad
- 1/2 cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)



## Fat

Choose 2 Servings (ex: 2 tablespoons of regular salad dressing)

1 serving equals:

- 1 tablespoon regular salad dressing
- 2 tablespoons light salad dressing
- 1 teaspoon olive oil/vegetable oil
- 1 tablespoon light butter spread
- 2 tablespoons light mayo
- 2 tablespoons hummus
- 2 teaspoons mayo
- 1/8 slice avocado
- 2 tablespoons nuts (almonds, walnuts)





# Dinner

## Protein

Choose 5 Servings (ex: 5 ounces of chicken)



1 serving equals:

- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese
- 1/4th cup cottage cheese
- 1 ounce tuna, canned in water
- 1/3rd cup hummus
- 1/2 cup beans or lentils, cooked
- 1/2 cup tofu

## Grain / Carbohydrate

Choose 2 Servings (ex: 1 cup of cooked rice)



1 serving equals:

- 1/2 cup potatoes or 1/2 small potato (sweet or white potato)
- 1/2 cup brown rice, barley, quinoa or other whole grain, cooked
- 1/2 cup whole-wheat pasta or noodles, cooked
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- 1 low-carb whole-wheat sandwich thin
- 1 whole-wheat tortilla (6" across)
- 1/2 whole-wheat pita (6" across)

## Fruits and Vegetables

Choose Any 3 Servings of Fruits and Veggies



1 serving equals:

- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 2 tablespoons of unsweetened dried fruit (raisins)
- 1 cup grapes, strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon
- 1 small banana
- 1 cup mixed greens salad
- 1/2 cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)

## Fat Choose 3 Serving (ex: 3 Tablespoons of Regular Sald Dressing)



1 serving equals:

- 1 tablespoon regular salad dressing
- 2 tablespoons light salad dressing
- 1 teaspoon olive oil/vegetable oil
- 1 tablespoon light butter spread
- 2 tablespoons light mayo
- 2 tablespoons hummus
- 2 teaspoons mayo
- 1/8 slice avocado
- 2 tablespoons nuts (almonds, walnuts)



# Snacks

A snack consists of one serving of protein and one serving of grain. You can choose 1 snack between each meal up to 3 snacks per day or if you do not feel like having a snack, you add the serving sizes for protein and grains to your meals.

## Protein

### Choose 1 Serving

1 serving equals:

- 1 ounce cheese
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 string cheese
- 1 large hard-boiled egg
- 1/3rd cup hummus
- 1/4th cup unsalted nuts (almonds, walnuts, pecans)
- 47 unsalted pistachios (1 ounce)
- 2 tablespoons natural nut butter



## Grain / Carbohydrate

### Choose 1 Serving

1 serving equals:

- Fruit (see serving sizes above)
- Whole-wheat crackers (refer to serving size on package)
- 1/2 whole-wheat English muffin
- 1 slice of whole-wheat bread or 2 slices of light whole-wheat bread
- Whole-grain tortilla chips (refer to serving size on package)
- 3 cups of air-popped popcorn



## Other Amazing Snacks

1 serving equals:

- 2 tablespoons guacamole and 1 cup raw veggies (peppers, cucumbers)
- 3 ounces cooked shrimp and 1 tablespoon cocktail sauce
- 1 sliced tomato, 1 ounce mozzarella and balsamic vinegar
- 1/2 cup sliced peaches and 1 ounce prosciutto
- 100-calorie whole-grain snack pack
- 100-150 calorie frozen yogurt bar
- 100-150 calorie granola or protein bar
- 1 ounce 70% dark chocolate squares
- 1/2 peanut butter sandwich on whole-grain bread
- Homemade smoothie (1/2 cup yogurt, 1 cup milk and 1 cup frozen fruit blended together)
- 1 cup plain Greek yogurt with 1/2 cup fruit and 1 teaspoon of chopped nuts



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