

Helpful Hints

CONDIMENTS

- Stay away from heavy dressings, especially on salads. Instead of using regular dressings, use light – or seasoned rice vinegar with a little olive oil.
- Use nonfat or low fat mayonnaise – or plain yogurt.
- When sautéing foods, try using a small amount of olive oil or broth.

PREPARATION

- Baking, broiling, steaming, and grilling are food preparation methods that use little or no fat. These are healthier alternatives to frying, and an easy way to reduce fat and calorie intake.

TYPES OF FOODS

- Focus on eating whole fruits and vegetables instead of fruit juice. The whole foods contain more fiber, fewer calories, and are more filling than their juice counterparts. Eat a variety of fruits and vegetables.
- Trim any visible fat from meat; remove skin from chicken before eating. Moisture can be maintained by seasoning the chicken and cooking it wrapped in foil (if grilling), or covering with liquids such as broths.
- Use nonfat (skim) or low fat dairy products. If you are currently used to whole milk, try gradually reducing the fat content – first try 2%, then 1% milk, etc.
- Eat whole grain products. These have more nutrients, including fiber – and are more filling.
- Keep in mind that “fat free” packaged products does not mean “calorie free”. In fact, many of the fat free products actually have higher calories and less fiber.

GENERAL

- At each meal, try to include a minimum of three different food groups. Use the USDA's new MyPlate.gov (<http://www.choosemyplate.gov/>) as a guideline.
- Remember: Portion size matters!
- When evaluating your meal plan, consider what you eat over a period of a week, as opposed to what you eat each day.
- Focus on making one or two changes at a time. Each change, no matter how small, is progress.
- This is not a “diet” – it is a “Stepwise Approach to Healthier Living”!

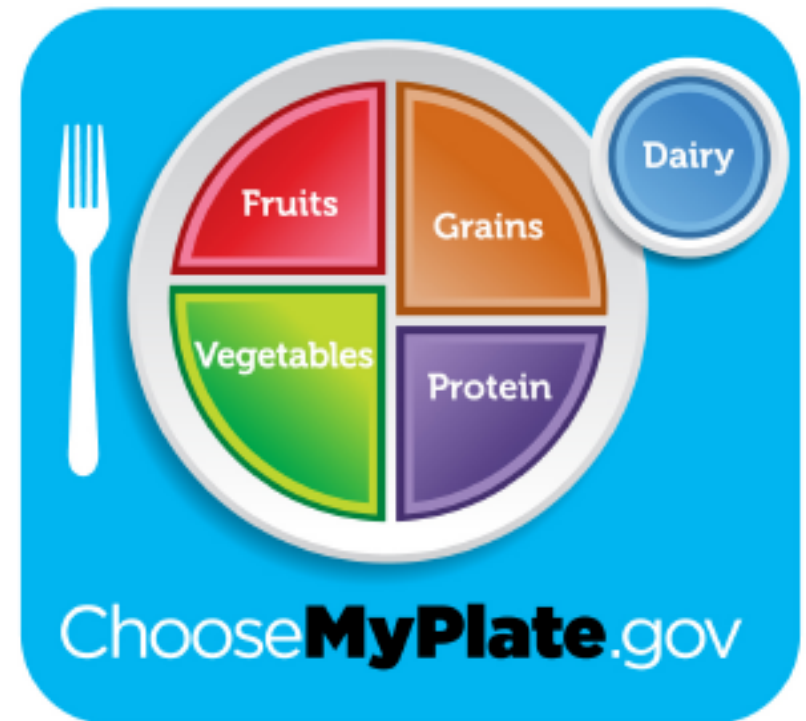
Please consult your physician before beginning this, or any other exercise or nutrition program. The menus presented within this booklet are meant to be used as guidelines. See your physician for your specific weight level.



Total Gym Fitness, LLC • 1230 American Boulevard • West Chester, PA 19380

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Dan Isaacson's Nutritional Program for total gym®



A Stepwise Approach to Healthier Eating



“Welcome to a healthier new lifestyle that is designed to help you look and feel better!”

Dear Friend,

One of the more important things I've learned over the years as a personal trainer is that, while most people know the value of healthy eating and regular exercise, many simply don't make the effort to change their poor habits.

Fortunately, the good news is that making a healthy lifestyle change is not only a good decision but it can also be easier than you think! My simple 3-step program and menu guidelines are designed to teach you an effective way to develop healthy eating habits by maintaining a well-balanced meal plan. Using the MyPlate as your guideline, you can learn to select the right combination of food groups to create nutritious, balanced and healthy meals. This eating plan, together with a regular workout routine on your “Total Gym”, is a winning combination to a healthier, new world for you.

Please take a few minutes now to read through this booklet carefully. This easy, 1-2-3 nutritional program will help get you on the road to a healthier new lifestyle that can last for a lifetime!

Sincerely,

Dan Isaacson

Dan Isaacson is widely regarded as a pioneer and innovator of the personal training movement that has swept the country. He developed training centers for motion picture studios including Paramount Pictures and Sony Pictures, and has worked with many high profile celebrities and academy award-winning actors. He is the author of “The Equation” published by St. Martin’s Press, fitness celebrity and fitness and health expert who has appeared on many television shows and in print media including: CNN, Good Morning America, CBS This Morning, ET, Extra and Vogue, Ladies Home Journal, Sports Illustrated and Time.

Overview

Most of you are aware that making lifestyle changes can be challenging, especially with your eating habits. However, many experts agree individuals who make small changes in their lifestyle behaviors over a period of time are more successful in maintaining those changes than individuals who try to make major adjustments in a short period of time. The simple, 3-step approach we recommend in this program can be your ladder to success.

3 Steps to Healthier Eating

STEP ONE: WATER

You should make an effort to drink more water throughout the day unless you are already taking in adequate amounts of water and other healthy beverages. Many people drink far less water and healthy beverages necessary to maintain proper hydration. It is recommended to have a total daily beverage intake of 13 cups for generally healthy men and 9 cups for generally healthy women. Extended periods of work, exercise and hot, humid weather can also increase your need for water. You may want to use a 16-oz water bottle to help monitor your water intake throughout the day. For example, fill your bottle after breakfast and empty it by the time of your first snack. Repeat this process throughout the day. It can be a good way to establish a healthy behavior to drinking water throughout the day. Always check with your own doctor for specific recommendations for you.

STEP TWO: TIMING OF MEALS

Too often many of us skip meals and snacks throughout the day. It's a good recommendation to create a regular routine and try to space your meals and snacks 2-3 hours apart.

Here's a suggested routine that you can use as a guide and adjust accordingly to your work, family and personal schedules.

Breakfast	Snack	Lunch	Snack	Dinner
7:00 AM	9:00 AM	12:00 PM	3:00 PM	6:00 PM

STEP THREE: FOOD CHOICES

Your nutrition plan consists of two things: the food choices you make and the amount food you eat. A healthy nutrition plan, based on a variety of food choices with moderate portion sizes, is a key to your success that will ensure a well-balanced eating program.

In addition to the food choices you make, paying attention to portion sizes is also important. Read food labels and become familiar with the portion sizes listed. Take the time to weigh and measure food so you recognize what 1/2 cup of pasta looks like. You may be amazed when you compare what you thought was one serving with the actual amount contained in that serving.

Although weighing and measuring food is preferred, you may find yourself in situations where you cannot do this easily (e.g. eating at a restaurant). In those instances, use the following guide to estimate portion sizes.

Serving	Looks Like	Food
1 cup	1 fist	Raw vegetables, ready-to-eat cereal, yogurt, milk
1/2 cup	1/2 fist	Pasta, rice, cooked cereal, chopped, cooked, or canned fruit
2-3 oz	Palm of hand	Meat, poultry, fish

Meal Plan

The meal plans included in this booklet provide approximately 60% of calories from carbohydrates, 20% from protein, and 20% from fat. Four meal plans are available, based upon different weight levels: less than 140 lbs., 140-169 lbs., 170-200 lbs., and greater than 200 lbs. It is recommended to use this guideline as a place to begin to increase your nutrient base, reduce your caloric intake and practice eating food on a more regular basis throughout the day. Each meal plan provides menus and guidelines for 5 days. Each plan, regardless of body weight, consists of 3 meals and 2 snacks. This approach helps minimize feelings of hunger.

As you review the meal plans, you may decide that you want to change some of the foods listed in the meal plans. For example, instead of eating a pear for lunch, you may prefer an orange. Changes within food groups (in this case, fruit), are fine – and encouraged. However, serving size should remain the same. For an easy online picture of the food groups and serving sizes, go to <http://www.choosemyplate.gov/foodgroups>. Again, it is fine to change choices within each food group. Avoid changing from different food groups. For example, a slice of bread (Grains) should not be substituted for broccoli (Vegetables). However, spinach could be substituted for the broccoli, as they are both in the Vegetables food group.

Note: Any product names provided in the daily meal plans and snack lists are not an endorsement; they are suggested guides. Always compare labels to choose the most nutritious version of the product.

Using MyPlate



The meal plans provided are suggested to help you make changes within your diet. They are not intended to be the only meal plans you ever follow. When you are ready to try moving beyond the suggested menus in this booklet, the USDA's new MyPlate.gov* (<http://www.choosemyplate.gov>) can be used to provide a practical, healthy approach to your meal planning. You can even further set up a practical plan by inputting your personal data with the help of

<http://www.choosemyplate.gov/myplate/index.aspx>. Important main messages to consider:

- Balance your calories (Enjoy your food, but eat less; watch your portion sizes.)
- Look at the MyPlate pictorial: Make one-half of your plate fruits and vegetables, increase whole grains, switch to non-fat (skim) or 1% low fat milk.
- Compare food labels when using packaged foods: compare sodium in the foods and choose the foods with the lower numbers.
- Drink water rather than sugary drinks.

*USDA does not endorse any products, services or organizations.

Using MyPlate as a Meal Planning Tool

Number of servings per day from each food group based on your body weight

Food Group	Under 140 lbs	140-169 lbs	170-200 lbs	Over 200 lbs	*Notes
Grains*	4 - 5 ounces	5 - 6 ounces	5 - 6 ounces	6 - 8 ounces	Include whole grains
Vegetable*	1½ - 2 cups	1½ - 2½ cups	2 - 2½ cups	2½ - 3 cups	Include dark colors
Fruit*	1 - 1½ cups	1½ cups	1½ - 2 cups	2 cups	Variety; limit juices
Dairy*	2 - 3 cups	2 - 3 cups	3 cups	3 cups	Aim for low or non-fat
Meat/Beans*	3 - 5 ounces	4 - 5 ounces	5-5½ ounces	5½ - 6½ ounces	Variety: fish, poultry, beans, nuts, seeds
Calories	1200-1600	1400-1800	1600-2000	2000-2400	

If your goal is to lose weight, then you should eat the number of servings at the lower end of the range shown. If you do not want to lose weight, then eat the number of servings at the mid-to-higher end of the range, and determine what seems right for you.

Refer to the following chart for information regarding serving/portion sizes and what types of foods are included in each food group.

Again consider the visual of MyPlate (<http://www.choosemyplate.gov>).

Is the food on your plate balanced in proportion and color?



Refer to the following chart for information regarding serving/portion sizes and what types of foods are included in each food group.

Examples of foods and serving size from each of the food groups

See <http://www.choosemyplate.gov/foodgroups/index.html> for more helpful hints on Food Groups.

Food Group	Serving				*Notes
Grains*	1 Ounce	1 slice bread	1 cup packaged cereal	½ cup cooked pasta, rice, oatmeal	*Maximize whole grains
Vegetable*	Cups	1 cup raw chopped	2 cups raw leafy greens	8 oz vegetable juice	*Cooking vegetables decreasing volume, not weight
Fruit*	Cups	1 cup 100% fruit juice	1 cup chopped, diced fresh fruits		*Minimize juices
Dairy*	Cups	1 cup milk, yogurt	1 oz cheese		*Maximize low-nonfat
Meat/Beans*	Ounces	3 oz meat, chicken, fish = size of palm of hand	1 egg, ¼ cup cooked beans, 1 Tbsp. peanut butter, ½ Tbsp. nuts/seeds = 1 oz equivalent from protein group		*Go lean when possible: round or loin cuts; extra lean ground beef, skinless chicken, lean & low sodium lunch meats

Using MyPlate as a Guide to a Healthier Weight: Portion Sizes Matter

“Watch your portion sizes. The amount you eat or drink plays an important role in your energy balance” (<http://www.choosemyplate.gov/STEPS/howmuchshouldyoueat.html>) Visit the website for important strategies.

The chart below, from that website, shows a 1-day example from the Grain Group, where 5 ounces per day is the recommendation for a 1600-calorie meal plan.

Meal	Food Item	Amount	Counts as
Breakfast	Oatmeal	½ cup cooked	1 oz of grains
Lunch	Sandwich	2 slices whole wheat bread	2 oz of grains
Dinner	Pasta	1 cup cooked noodles	2 oz of grains
TOTAL for day			5 oz of grains

Snack List Examples of different snack foods

Note: For any packaged snack foods, read labels, especially noting serving sizes. Also consider sodium content – and remember: less is better.

50 Calories or less	100 calories	150 calories
Low sodium V-8® 100% vegetable juice 14 whole almonds ½ cup sliced fruit; 1 cup melon cubes 1 kiwi; 7 strawberries; 15 grapes; or ½ cup fresh raspberries; ½ grapefruit ½ cup sliced vegetables 1 Babybel® light cheese 1 Laughing Cow® light cheese wedge 6 oz Light nonfat yogurt 1 oz Sargento® reduced fat, low moisture string cheese (1 stick) Wasa® Hearty Rye Crispbread 2 plain Ak-Mak® crackers 1½ Tbsp hummus w/ ½ small red pepper 1 celery stalk with 1 Tbsp. soft goat cheese 20 thin pretzels 1 large rice cake ½ sq. graham cracker 1 cooked artichoke ½ oz jelly beans 1½ cup air-popped popcorn 4 Saltine crackers 1 corn tortilla 3 large marshmallows	1 cup sliced fruit; 1 whole fresh fruit; 2 whole kiwi; 2 cups raspberries 1 cup sliced vegetables 1 oz string cheese, part skim (1 stick) ½ cup Kashi® Heart to Heart® cereal + 1 Tbsp Craisins® or raisins ¾ cup Crunchy Corn Bran ½ Balance Bar® or ½ Luna Bar® 1 Nature Valley® Granola Bar 6 oz low fat yogurt Individual fruit cups (read labels to find correct ones) Mini bagel ½ cup sorbet 45 steamed edamame (fresh soy beans) 2 Tbsp mashed avocado + 2 Tbsp tomatoes in ½ pita pocket ½ cup low fat cottage cheese 20 roasted peanuts 1 hard boiled egg ½ small apple with 2 tsp peanut butter 1 oz of most cold cereals (read label) ¼ cup dried fruits 1 small baked sweet potato ½ cup frozen yogurt (no toppings) 5 Melba Toast 1 small slice angel food cake 6 vanilla wafers	1 small box raisins ¾ cup Kashi® Heart to Heart® cereal ½ cup Oatmeal Squares 8 oz. Vanilla Soy Milk Smart Pop!® fat free microwave popcorn 5 Vanilla Snaps (Mi-Del Swedish Style) 7 Reduced Fat Triscuit® crackers 1 cup sherbet 1-2 whole wheat flour tortillas (read label to determine size) ¾ cup vegetarian refried beans 1 whole English muffin ¾ cup regular cottage cheese ¾ cup cooked brown rice 1 cup cooked oatmeal 2 oatmeal raisin cookies ¾ cup cooked pasta ½ cup pudding 8 oz fruit smoothie 1 small cranberry muffin

*Raw vegetables, such as carrots and broccoli are so rich in nutrients and low in calories that you are encouraged to eat more of these if you're feeling hungry in between meals.

Meal Plans for the Nutritional Program for Total Gym®

A Stepwise Approach To Healthier Eating

*Please consult your physician before beginning this, or any other exercise or nutrition program. The menus presented within this booklet are meant to be used as guidelines. See your physician for your specific weight level.

Meal Plan for Individuals Weighing Less Than 140 lbs

- Salad ingredients are suggestions; feel free to be creative with raw vegetables and experiment with the variety of lettuces available. Hint: The darker leaf is more nutritious.
- For a more vegetarian approach, try using tofu and textured vegetable products instead of animal protein.
- Choose any additional snacks with care: Select from the Snack List (p. 6) choices that have 50 calories or less. Or you can add a fresh fruit or vegetable.

Day 1

Breakfast	Snack	Lunch	Snack	Dinner
1 poached egg 1 oz. cheddar cheese 1 english muffin 1 cup skim milk Coffee, tea, or water	1 med apple 5 almonds	Pasta Salad: 1 cup cooked pasta ½ cup mixed vegetables 1 oz light salad dressing 1 dinner roll 1 med pear Iced tea or water	½ cup fresh carrot slices	1 cup lentil soup 1 cup tossed salad w/ 1 oz. broiled chicken breast 1 oz. pumpernickel bread ½ cup orange sherbert

*Water, coffee, tea, iced tea with any meals or snacks

Day 2

Breakfast	Snack	Lunch	Snack	Dinner
1 cup hot oatmeal 1 slice whole wheat toast 1 med orange Coffee or tea	1 banana ½ oz walnuts	Steamed vegetables w/ cheese sauce: 1 cup broccoli 1 cup cauliflower ½ cup squash 1 oz cheddar cheese (melted on top) 1 dinner roll Iced tea or water	1 cup baby carrots 1 oz string cheese	3 oz skinless chicken breast - grilled 1 cup cooked brown rice ½ cup green beans steamed ½ cup low fat frozen yogurt w/ ½ cup sliced berries

*Water, coffee, tea, iced tea with any meals or snacks

Day 3

Breakfast	Snack	Lunch	Snack	Dinner
½ cup blueberries ½ cup stawberries ½ cup banana slices ½ cup orange juice 1 slice whole wheat toast w/ 1 tsp peanut butter Brewed coffee, tea	1 oz trail mix (nuts, dried fruit)	Tossed Chef Salad: 2 cup chopped Romaine 2 egg whites - hard boiled 1 oz turkey breast meat ½ oz mozzarella 1 chopped tomato 1 Tbsp low fat dressing 6 Triscuit® crackers 1 med apple	Celery and carrot sticks	¾ cup cooked white rice w/ 2 oz chicken breast, no skin ½ cup steamed broccoli 1 dinner roll ½ tsp olive oil 1 oatmeal raisin cookie 1 cup skim milk

*Water, coffee, tea, iced tea with any meals or snacks

Day 4

Breakfast	Snack	Lunch	Snack	Dinner
1 slice toasted French bread 1 Tbsp real fruit spread 1 poached egg Coffee or tea	1 med orange	Pasta marinara: ½ cup cooked spaghetti ½ marinara sauce 3 oz. extra lean ground beef 1 med plum Iced tea	1 sliced cucumber in seasoned riced vinegar	1 cup minestrone soup 1 slice Italian bread 2 tsp olive oil Green leaf lettuce w/ 4 broccoli spears 1 tomato ½ cup grapes 1 baked apple w/ 1 Tbsp walnuts

*Water, coffee, tea, iced tea with any meals or snacks

Day 5

Breakfast	Snack	Lunch	Snack	Dinner
3 4" pancakes 2 Tbsp light syrup ½ cup skim milk ½ cup orange juice Coffee or tea	1 banana 10 almonds	1 cup potato leak soup 1 cup chopped leaf lettuce ½ cup cucumber slices 1 tomato ½ cup chopped broccoli 2 Tbsp low fat Caesar dressing 1 pear	1 cup chopped fresh veggies	4 oz broiled salmon 1 cup green beans 1 small sweet potato 6 oz low fat yogurt ½ cup fresh berries

*Water, coffee, tea, iced tea with any meals or snacks

Meal Plans for the Nutritional Program for Total Gym®

A Stepwise Approach To Healthier Eating

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Meal Plan for Individuals Weighing 140 - 169 lbs

- Salad ingredients are suggestions; feel free to be creative with raw vegetables and experiment with the variety of lettuces available. Hint: The darker leaf is more nutritious.
- For a more vegetarian approach, try using tofu and textured vegetable products instead of animal protein.
- Choose any additional snacks with care: Select from the Snack List (p. 6) choices that have 150 calories or less. Or you can add a fresh fruit or vegetable.

Day 1

Breakfast	Snack	Lunch	Snack	Dinner
2 whole grain waffles 2 Tbsp light syrup ½ cup banana slices 2 Tbsp fresh blueberries 6 oz orange juice	6 oz nonfat yogurt	Tuna salad: 2 cups chopped leaf lettuce 2 oz water packed tuna 1 cup seedless grapes ½ cup 2% fat cottage cheese 6 Triscuit® crackers Iced tea	1 oz trail mix with raisins	4 oz grilled halibut 1 cup rice pilaf 1 cup steamed zucchini 1 cup skim milk 1 whole wheat dinner roll

*Water, coffee, tea, iced tea with any meals or snacks

Day 2

Breakfast	Snack	Lunch	Snack	Dinner
Fruit salad ½ cup mandarin orange sections ½ cup blueberries ½ cup strawberries sliced ½ cup apple slices 1 slice whole wheat toast Coffee or tea	1 oz string cheese	Chicken garden salad 2 cups chopped leafy greens 2 oz grilled chicken breast w/o skin 1 cup mixed chopped vegetables 2 Tbsp light dressing 1 slice rye bread 1 tsp olive oil 1 cup skim milk Iced tea	1 oz trail mix with nuts, seeds, fruit 4 oz nonfat yogurt	6 oz Mac & Cheese (Lean Cuisine®) 1 cup steamed corn Salad: 2 cups green leafy 1 cup sliced cucumber 1 tomato 1 cup broccoli pieces 2 Tbsp light dressing 1 dinner roll 1 slice banana bread

*Water, coffee, tea, iced tea with any meals or snacks

Day 3

Breakfast	Snack	Lunch	Snack	Dinner
1 cup cooked cream of wheat 1 slice whole wheat toast 2 tsp almond butter 1 med fresh orange 1 cup skim milk Coffee or tea	1 granola bar 1 cup seedless grapes	1½ cup soup – beef & vegetable Tossed salad 2 cups chopped Romaine 1 cup chopped fresh vegetables 3 Tbsp light Caesar dressing 1 cup skim milk	1 oz walnut halves 1 Tbsp dried cranberries	3 oz skinless grilled chicken breast 1 cup cooked brown rice 1 cup steamed carrots ½ cup low fat frozen yogurt ½ cup fresh raspberries

*Water, coffee, tea, iced tea with any meals or snacks

Day 4

Breakfast	Snack	Lunch	Snack	Dinner
1 poached egg 1 Tbsp salsa 1 raisin bran muffin 1 medium orange Coffee or tea	6 oz nonfat yogurt 5 almonds	6 oz Mac & Cheese (Lean Cuisine®) 1 cup seedless grapes 2 oz pumpernickel bread Water or iced tea	1 oz. string cheese	3 oz. turkey breast w/o skin, roasted 2 Tbsp cranberry relish 1 cup mashed potatoes 1 cup sliced strawberries 1 cup skim milk

*Water, coffee, tea, iced tea with any meals or snacks

Day 5

Breakfast	Snack	Lunch	Snack	Dinner
1 large egg scramble in non-stick pan ½ plain bagel 1 Tbsp whipped low fat cream cheese 1 cup skim milk 1 medium pear Coffee or tea	2 Tbsp hummus 10 baby carrots	1 Gardenburger® 1 lettuce leaf 1 tomato slice 1 slice onion 1 whole grain bun 1 medium orange ½ cup coleslaw: shredded cabbage + ½ Tbsp low fat mayonnaise 1 cup skim milk		3 oz grilled swordfish 1 cup couscous, cooked ½ cup mixed vegetables 1 dinner roll 2 tsp olive oil ½ cup melon cubes

*Water, coffee, tea, iced tea with any meals or snacks

Meal Plans for the Nutritional Program for Total Gym®

A Stepwise Approach To Healthier Eating

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Meal Plan for Individuals Weighing 170 - 200 lbs

- Salad ingredients are suggestions; feel free to be creative with raw vegetables and experiment with the variety of lettuces available. Hint: The darker leaf is more nutritious.
- For a more vegetarian approach, try using tofu and textured vegetable products instead of animal protein.
- Choose any additional snacks with care: Select from the Snack List (p. 6) choices that have 150 calories or less. Or you can add a fresh fruit or vegetable.

Day 1

Breakfast	Snack	Lunch	Snack	Dinner
Scrambled egg with 1 egg white and 1 whole egg 1 medium banana 6 oz orange juice 1 cup skim milk	1 oz walnut halves 1 cup skim milk	1 bean & cheese burrito Tossed salad 1 cup chopped Romaine ½ cup cucumber slices 1 tomato ½ cup chopped broccoli, raw 1 Tbsp guacamole	10 seedless grapes	6 oz vegetarian lasagna 2 breadsticks Tossed salad 1 cup chopped Romaine ½ cup carrots 1 tomato ½ cup chopped broccoli, raw 2 Tbsp Light dressing ½ cup unsweetened applesauce

*Water, coffee, tea, iced tea with any meals or snacks

Day 2

Breakfast	Snack	Lunch	Snack	Dinner
1 cup Total™ cereal ½ cup skim milk 1 Tbsp dried blueberries 1 medium orange	1 String cheese 10 almonds	1 cup Baked beans 1 cup white rice, cooked ½ cup steamed zucchini 1 oz light cheddar 1 whole wheat roll 1 cup skim milk	1 hard granola bar 1 med apple	1 cup vegetable Stir fry 3 oz chicken breast, no skin ½ cup white rice 1 plum 1 almond cookie

*Water, coffee, tea, iced tea with any meals or snacks

Day 3

Breakfast	Snack	Lunch	Snack	Dinner
1 Whole grain waffle 2 Tbsp light syrup 1 med orange 1 cup skim milk Coffee or tea	1 med banana ½ oz walnuts	Salad: 2 cups chopped Romaine ½ med peach slices ½ med peach slices ½ cup grapes 1 cup carrot slices ½ oz pine nuts ½ cup 2% cottage cheese 6 Triscuit® crackers	2 plain rice cakes 3 Tbsp hummus	4 oz grilled salmon ½ cup rice pilaf 1 cup steamed squash ½ cup frozen yogurt w/ 1 Tbsp granola topping

*Water, coffee, tea, iced tea with any meals or snacks

Day 4

Breakfast	Snack	Lunch	Snack	Dinner
½ grapefruit 1 slice whole wheat toast 2 tsp almond butter 1 Tbsp fruit spread 1 poached egg 1 Tbsp salsa ¾ cup orange juice Coffee or tea	6 oz nonfat yogurt w/ fruit 1 hard granola bar	Chicken sandwich: 3 oz chicken breast skinless, grilled 2 tomato slices 2 lettuce leaves 1 Tbsp BBQ sauce 1 deli roll ½ cup 3-bean salad 1 cup skim milk	1 cup snap peas 1 plain rice cake 1 Tbsp hummus	Steamed Vegetables: ½ cup broccoli ½ cup cauliflower ½ cup zucchini ½ cup onions 1 oz cheddar 1 cup fruit salad 1 cup skim milk

*Water, coffee, tea, iced tea with any meals or snacks

Day 5

Breakfast	Snack	Lunch	Snack	Dinner
1 scrambled egg: 1 whole egg 1 oz light cheddar ½ cup chopped green onion 1 slice whole wheat toast ¾ cup orange juice 1 cup skim milk	2 kiwi 6 walnut halves	1 large baked potato w/ 2 Tbsp plain nonfat yogurt or light sour cream ½ cup chopped green onion 2 Tbsp salsa Spinach salad: 2 cups spinach leaves 1 med tomato 2 Tbsp light dressing 1 tangerine Iced tea	1 med apple 6 Triscuit® crackers	2 cups chunky chicken noodle soup 1 whole wheat roll 1 corn on cob ½ cup sherbet

*Water, coffee, tea, iced tea with any meals or snacks

Meal Plans for the Nutritional Program for Total Gym®

A Stepwise Approach To Healthier Eating

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Meal Plan for Individuals Weighing Greater Than 200 lbs

- Salad ingredients are suggestions; feel free to be creative with raw vegetables and experiment with the variety of lettuces available. Hint: The darker leaf is more nutritious.
- For a more vegetarian approach, try using tofu and textured vegetable products instead of animal protein.
- Choose any additional snacks with care: Select from the Snack List (p. 6) choices that have 150 calories or less. Or you can add a fresh fruit or vegetable.

Day 1

Breakfast	Snack	Lunch	Snack	Dinner
2 cups diced fresh fruit 2 Tbsp granola 6 oz plain nonfat yogurt 2 slices whole wheat toast Coffee or tea	1 oz trail mix 1 med banana	Turkey sandwich: 3 oz turkey breast skinless 1 tomato slice 1 Tbsp mustard 2 slices rye bread ½ cup coleslaw: shredded cabbage + ½ Tbsp low fat mayonnaise 1 dill pickle Iced tea or water	1 string cheese 1 med plum	6 oz Vegetarian Lasagna Tossed salad: 2 cups Romaine ½ cup cucumbers 1 tomato 1 cup chopped broccoli 10 baby carrots 2 Tbsp fat free dressing 1 dinner roll 1 cup strawberries 1 cup skim milk

*Water, coffee, tea, iced tea with any meals or snacks

Day 2

Breakfast	Snack	Lunch	Snack	Dinner
1 cup cooked oatmeal 1 Tbsp brown sugar ½ sliced banana ½ cup blueberries ¾ cup orange juice 1 slice whole wheat toast Coffee or tea	14 almonds 1 string cheese	Steamed veggies/cheese: 1 cup broccoli ½ cup cauliflower ½ cup squash 1½ oz lt. cheddar, melted on top 1 dinner roll 10 grapes Iced tea or water	1 Energy bar 1 med apple	4 oz skinless chicken breast, grilled 1 cup brown rice 1 cup steamed carrots 1 cup unsweetened applesauce 1 cup frozen yogurt 2 Tbsp fresh raspberries

*Water, coffee, tea, iced tea with any meals or snacks

Day 3

Breakfast	Snack	Lunch	Snack	Dinner
1½ cup Cream of Wheat with 1 Tbsp dried fruit 1 Tbsp brown sugar 1 cup skim milk 1 slice whole wheat toast 1 med orange Coffee or tea	1 string cheese ¾ oz walnuts	2½ cups hearty vegetable beef soup 2 cups chopped Romaine w/ 2 Tbsp plain croutons, 2 Tbsp light dressing 1 whole wheat dinner roll 2 tsp olive oil 1 med banana Iced tea or water	6 oz nonfat yogurt 2 tsp slivered almonds	4 oz baked cod 1 cup brown rice 1 cup honeydew melon 1 cup cooked carrots 1 cup frozen Yogurt w/ 1 Tbsp granola

*Water, coffee, tea, iced tea with any meals or snacks

Day 4

Breakfast	Snack	Lunch	Snack	Dinner
½ grapefruit 2 slices whole wheat toast w/ 2 Tbsp almond or peanut butter 1 med orange Coffee or tea	6 oz nonfat yogurt ½ cup diced fruit	Chicken sandwich: 2½ oz chicken breast (no skin) 2 slices tomato 2 pieces lettuce 2 Tbsp BBQ sauce 1 slice low fat Swiss cheese 1 deli roll (bread) 1 cup 3-bean salad 1 cup skim milk	2 corn tortillas 2 Tbsp guacamole	3 oz salmon, grilled ½ cup each: steamed broccoli, cauliflower, zucchini, onion w/ 1 oz cheddar cheese 1 cup berries in 1 cup skim milk

*Water, coffee, tea, iced tea with any meals or snacks

Day 5

Breakfast	Snack	Lunch	Snack	Dinner
2 poached eggs w/ 1 Tbsp salsa 1 bagel w/ 1 Tbsp light cream cheese 1 cup skim milk 1 cup mixed fresh fruit Coffee or tea	1 string cheese 10 almonds	1 Gardenburger® 1 lettuce leaf 1 tomato slice 1 slice onion 1 whole grain bun 1 medium peach ½ cup coleslaw: shredded cabbage + ½ Tbsp low fat mayonnaise	10 baby carrots 1 Tbsp peanut butter	3 oz skinless chicken breast 1 large baked sweet potato w/ skin 1 cup green beans steamed 1 whole wheat roll 1 tsp olive oil Caesar salad: 1 cup Romaine 2 Tbsp croutons 2 Tbsp low fat Caesar dressing ½ cup frozen yogurt 1 cup berries

*Water, coffee, tea, iced tea with any meals or snacks