A 4 week whole health nutrition and fitness program.

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Fitness • Empowerment • Well-Being

WEEK 1: YOUR NUTRITION PLAN

The Simply Fit Method and Lean and Green

The Simply Fit method is a visual guide for general nutrition and healthy weight management. All foods can fit into the Simply Fit method when used in moderation. It encourages you to eat a variety of different foods and includes servings from all food groups in each meal.

What we will cover:

-The Simply Fit Method

-Reading Nutrition Labels

-List of High Nutrient Foods

-Sample Menu Ideas

-Lean and Green Meals

-How to keep a Habit Tracker

Remember, quality nutrition is just as important as a sustainable exercise program. Exercise is the spark, nutrition is the fuel. Without both, there can be no flame and no results.

The National Weight Control Registry reports that Weight loss is 2% successful with exercise alone, 8% with nutrition alone, and 89% with both nutrition & exercise.

You are on your way to better health and wellness. Changing your eating habits is challenging but YOU CAN DO HARD THINGS!!

Week 1 Challenge: Download the MyFitnessPal app and set up your profile. Begin tracking everything you eat in the app. Do not worry about how or what you should be eating, you will learn that over the next 4 weeks. Start observing your habits and choices. Remember this is a lifestyle change, not a fad diet or quick weight loss scam.

You are on your way to optimal health!

The Simply Fit Method

The Simply Fit Method is an easy way to help plan meals with a busy lifestyle. It can be used for healthy eating, controlling diabetes, or weight loss. The Simply Fit Method is a healthy meal planning tool that you can be successful with! At meal times everyone uses a plate, a bowl, and a cup Simply use the following guidelines:

1) Fill 2/3 of the plate (approximately 1 cup raw, ½ cup cooked) with non-starchy vegetables.

2) Fill 1/3 of the plate with high protein foods (See page 5).

TIP: Choose leaner protein options from your high nutrient list. This can decrease animal fat intake & cholesterol levels.

3) Add a serving of Fat (olive oil or coconut oil).

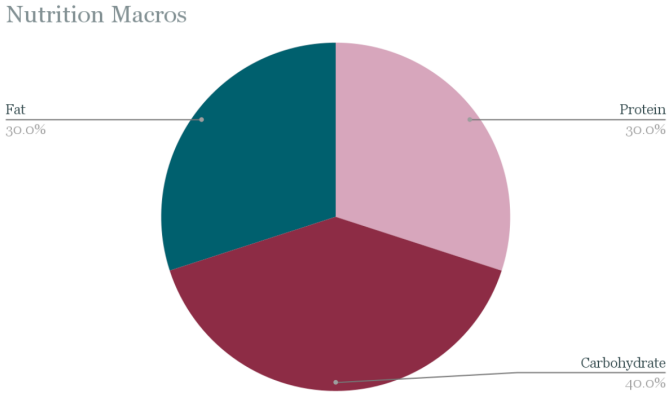
4) For breakfast, you can skip the vegetables or if you desire, drink vegetable juice or smoothie, add veggies to your eggs, or however you want to sneak some in!

5) You may need to add a starch, such as sweet potato or black beans if your body needs it.

(A dietitian or your health coach can fine tune your meal plan).

6) For snacks, have a fruit serving combined with about 1 serving of fat.

7) The macro goal is 40% Carbohydrates, 30% Fat, 30% Protein. (see chart below)



In 5 minutes you have a Healthy Meal Plan.
Add 15 min of Exercise and Enjoy!

Choosing Well

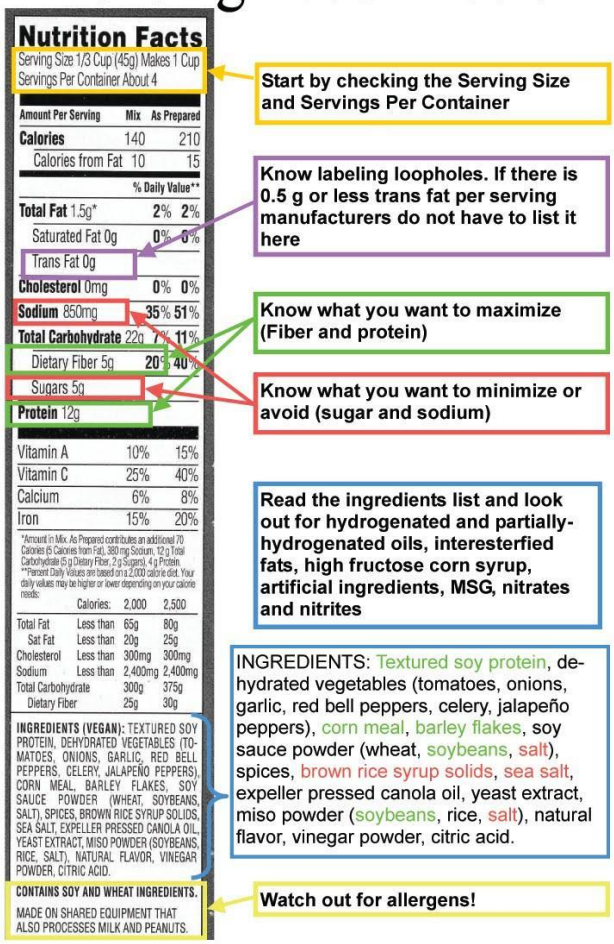
There is no such thing as "good" or "bad" foods, only good and bad eating habits. Grain products, vegetables, fruits, milk products, lean meats, fish, poultry, and dry beans all have a place in a healthy diet. A healthy eating plan that is balanced provides a steady stream of energy, repairs and restores the body, and helps manage stress and prevents mood swings.

The goal is to balance food choices, calories and macros out over several days. Treat these 4 weeks as a learning process into what your body needs to thrive, there is no such thing as messing up. We live, learn, and apply. You may have a temporary lapse, but it doesn't mean you've "blown it" for the rest of the day or week.

Choose fewer foods that are high sugar, while selecting more fruits and vegetables, which are packed with important vitamins and minerals. Excess weight gain often comes from eating too many high-sugar foods or simple carbohydrates. These foods are also somewhat addicting and can be a risk factor for many health conditions.

The Food Label helps us identify what a serving is and how to fit foods into our healthy eating plan. Try to choose foods lower in sodium and sugar.

Reading Food Labels



Comparative List of High Nutrient and Low Nutrient Foods

High Nutrient Foods	Low Nutrient Foods
Grains, Breads, and Starches	
- Whole Grains (ancient grains) - Bean/Quinoa Pasta - Brown Rice - Beans and legumes - Starchy veg: peas, sweet potatoes, yams, and winter squash	- Croissants - Fried Rice - Doughnuts and pastries - Sweet rolls - Cookies, Cakes - Egg noodles and pasta
Vegetables	
- Bean sprouts, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, cucumbers, green beans, leafy vegetables, mushrooms, summer squash, tomatoes	- French-fried potatoes, fried vegetables - Vegetables packed in sauce
Fruits	
- Fresh fruits- berries & melons - Canned or frozen fruits, unsweetened, packed in water, juice or light syrup	- Canned or frozen fruits, sweetened packed in heavy syrup - Fruit rolls - Fruit drinks
Proteins and Protein Substitutes	
- Eggs, egg substitutes, fish, chicken, turkey, round or loin beef, loin pork, tofu, lean luncheon meats, sausage, bacon, nuts and seeds	- Hot dogs, luncheon meats- watch out for nitrates, fried fish and chicken
Dairy Products	
- Low sugar yogurts - Cheese - Full fat cottage cheese	- Buttermilk - ALL MILK - All low fat dairy - Milk Shakes - Pudding, Ice Cream
Beverages	
- Water - Herbal teas - Non calorie/low calorie beverages	- Sugared soft drinks - Alcoholic beverages - High-calorie beverages - Alcohol-when paired with high carb beverages or foods
Fats	
- Vegetable oil (olive, flaxseed oil, safflower oil) - Avocado and avocado oil - Sour cream, cream cheese - Nuts and seeds, flaxseed, chia seed - Olives, dark chocolate - Butter, margarine, lard - High fat salad dressing - Coconut oil	- Trans fats - Sunflower oil - Canola oi - Vegatibale oil

MEAL PLANNER: Choose from High Nutrient Food List

Meal	Food
Breakfast	2 oz Protein 1-2 Quinoa 1 Veg 1 Healthy Fat
Snack	1 Fruit 1 oz Protein 1 Healthy Fat
Lunch	4-5 oz Protein 2 Non-starchy Vegetables 1 Healthy Fat
Snack	1 Fruit 1 oz Protein 1 Healthy Fat
Dinner	4-5 oz Protein 2 Non-starchy Vegetables 1 Grain- optional 1 Dairy 1 Healthy Fat

*Vegetables (except corn, peas, potatoes, sweet potatoes, yams, and winter squash) are considered free and can be added to any meal or snack.

**Try to get 25-30 grams of fiber per day

THE SIMPLY FIT METHOD

This meal plan is designed to provide approximately 1400 - 1800 calories for the entire day. Every "body" is different, it's important to remember that food is fuel. Without the proper calories and nutrients your body will continue to hold on to excess fat as a protective mechanism.

What Counts As A Serving?

Bread, cereal, rice, and pasta (Whole Grains) and other starchy foods (Starchy Vegetables: corn, peas, potatoes, sweet potatoes, yams, and winter squash: Dried Beans and Legumes)

(3-6 servings per day: 15 grams of carbohydrates/serving)

- 1 slice bread (100% whole wheat, ancient gran)
- ½ cup cooked brown rice or whole wheat pasta
- ½ cup cooked cereal
- 1 ounce ready-to-eat cereal
- 1 baked potato (size of clenched fist)
- ½ cup cooked corn, peas, potatoes, sweet potatoes, yams, or winter squash
- ½ cup cooked dried beans and legumes

Fruit

(2-4 servings per day: 15 grams of carbohydrates/serving)

- 1 small piece fruit or melon wedge
- ½ cup juice
- ½ cup canned fruit
- ¼ cup dried fruit
- ½ cup chopped fruit

Meat, Poultry, Fish, Eggs, and Nuts

(2-3 servings per day/ 1 serving is 4 ounces and 28 grams protein - 7 grams protein per ounce)

- 4 oz. cooked lean beef, chicken, pork, poultry, or fish
- 1 egg counts as 1 ounce of lean meat
- 2 Tbsp peanut butter count as 1 ounce of meat
- 2 Tbsp chopped nuts or 7-10 nuts counts as 1 ounce of meat
- 1 ounce low fat cheese count counts as 1 ounce of meat
- 1/3 cup low-fat cottage cheese counts as 1 ounce of meat

Vegetables

(3-5 servings per day: 5 grams carbohydrates/serving)

- ½ cup chopped raw or cooked vegetables
- 1 cup raw leafy vegetables
- ¾ cup vegetable juice (low sodium)

Milk and Light Yogurt

(2-3 servings/day: 12 grams of carbohydrates/serving)

- 1 cup low-fat milk or light yogurt
- ½ cup sugar-free pudding

Fats

(use sparingly, 3-5 servings per day: 5 grams fat/serving):

- 1 Tbsp salad dressing
- 1 Tbsp sour cream
- 1 tsp oil (coconut, olive oil)
- 2 Tbsp seeds or 7-10 nuts
- 1 ounce dark chocolate
- ½-1 avocado
- 1 tsp butter, margarine, or regular dressing (saturated fats – use sparingly)

Try to limit saturated fats. Choose from healthy fats listed on the high nutrient list. Unsaturated fats in moderate amounts are healthy for you.

Free Foods: (less than 5 grams carbohydrates & less than 20 calories)

Sugar free gelatin, diet soft drinks, catsup, soy sauce, spices, sugar-free syrup, some sugar free candies, sugar free gum, etc.

Fun Foods (less than 100 calories per day)

Cakes, cookies, chips, candy, sodas, pastries, muffins, high fat crackers, etc.

5 Day Suggested Meal Plan

Monday

Breakfast (2 carb, 2-3 protein)

- ½ cup nut cereal w/ 1 Tbsp ground flaxseed
- 1 Cup low sugar Yogurt
- 1 hard-boiled egg
- Vitamin/Mineral supplement

Snack (1 carb, 1-2 protein)

- 1 apple
- 8 almonds

Lunch (2 carb, 2-3 protein)

- 1 slice whole wheat bread (ancient grain or sprouted grain)
- 4 ounces tuna made with flax oil, pickles, and Mrs. Dash
- Tomatoes, cucumbers, lettuce on sandwich
- 2 cups vegetable salad
- 1 cup almond milk

Snack (1-2 protein)

- 1 cheese
- 1 ounce beef jerky

Dinner (2 carb, 2-3 protein)

- Chicken parmesan
- 4 ounces chicken breast broiled-top with ¼ cup spaghetti sauce & sprinkle of
- parmesan cheese
- 1 cup steamed broccoli/cauliflower with 1 tsp flax oil and Mrs. Dash
- 1/3 C brown rice with low-sodium soy sauce
- ½ cottage cheese
- 1 ounce dark chocolate
- Vitamin/Mineral Supplement

Tuesday

Breakfast (2 carb, 2-3 protein)

- 2 cup Protein Fruit Shake (see recipe)
- 8 almonds
- Vitamin/Mineral Supplement

Heart Healthy Shake
2 Tbsp ground flax seed
2 Cups frozen or fresh fruit
1 cup almond milk
1 cup water
¼ cup high quality protein powder
Mix in blender. Serve immediately

Snack (1 carb, 1-2 protein)

- Carrots/celery
- Laughing cow cheese or peanut butter and celery

Lunch (2 carb, 2-3 protein)

- 1 slice whole wheat bread (ancient grain or sprouted grain)
- 2 ounces turkey breast sandwich meat with tomatoes, cucumbers, lettuce
- Salad w/ kidney beans, olive oil, and vinegar

Snack (1 carb, 1-2 protein)

- 1 cup melons
- ¼ cup nuts

Dinner (2 carb, 2-3 protein)

- 4 ounces salmon
- 1 cup steamed veggies
- ¼ c Quinoa w/ veg
- 1 cup almond milk
- Vitamin/Mineral Supplement

Wednesday

Breakfast (2 carb, 2-3 protein)

- 2 egg omelet with chopped veggies cooked in 1 tsp olive oil
- ¼ cheese
- 1 slice whole wheat toast (ancient grain or sprouted grain)
- Vitamin/Mineral Supplement

Snack (1 carb, 1-2 protein)

- pumpkin seeds
- 1 apple

Lunch (2 carb, 2-3 protein)

- Chicken salad with tomatoes, cucumbers, lettuce, kidney beans and chopped cashews
- 1 cup low sugar yogurt

Snack (1 carb, 1-2 protein)

- 10 almonds

Dinner (2 carb, 2-3 protein)

- 4 ounces halibut
- 1 cup steamed veggies with 1 teaspoon flax oil and Mrs. Dash
- ½ cup spaghetti squash with marinara sauce
- 1 cup almond milk
- Vitamin/Mineral Supplement

Thursday

Breakfast (2 carb, 2-3 protein)

- ½ cup nut cereal sprinkled into 1 cup low sugar Yogurt
- 1 hard boiled egg
- Vitamin/Mineral Supplement

Snack (1 carb, 1-2 protein)

- 1/3 cup cottage cheese and fresh sliced peach or pear

Lunch (2 carb, 2-3 protein)

- 1 slice whole wheat toast topped with tuna made with flaxseed oil and Mrs. Dash (ancient grain or sprouted grain)
- 1 cheese stick
- Veggie plate with broccoli, cauliflower, cucumbers, carrots, and peppers

Snack (1-2 protein)

- 1 cheese
- 1 ounce beef jerky

Dinner (2 carb, 2-3 protein)

- 4 ounces pork loin
- 2 cup salad with vinegar and oil dressing
- ¼ c beans
- 1 cup almond milk
- Vitamin/Mineral Supplement

Friday

Breakfast (2 carb, 2-3 protein)

- ½ cup cooked quinoa
- 2 egg omelet with avocado salsa
- Vitamin/Mineral Supplement

Snack (1 carb, 1-2 protein)

- ½ cup sliced strawberries
- 1 ounce jerky

Lunch (1 carb, 2-3 protein)

- 1 cup turkey chili
- veggie plate with olives
- 1 cup almond milk

Snack (1 carb, 1-2 protein)

- 1/2 Banana
- 10 dry roasted cashews

Dinner (2 carb, 2-3 protein)

- 4 ounces chicken
- 1/2 baked sweet potato
- Stir Fry veggie mix
- 1/3 cup cottage cheese
- Vitamin/Mineral Supplement

High-Protein Snack Ideas

No Refrigeration Needed

- Beef or turkey jerky
- Small cans of tuna
- High-protein, low carbohydrate snack bars (Quest)
- Nuts or nut butters
- Instant bean, pea, or lentil soups
- Dry milk – can be added to coffee, tea, sugar-free instant cocoa or cereal
- Low-sugar protein powders (Whey or NON-GMO Soy)
- Shelf-stable microwaveable meals – at least 15 grams protein, 30 grams total carbohydrates or less
- Canned low-fat chili, beans, soups, or stews – at least 15 grams protein, 30 grams total carbohydrates or less

Refrigeration Needed

- Frozen microwaveable meals - at least 15 grams protein, 30 grams total carbohydrates or less
- No-sugar-added yogurts – plain, sweetened with artificial sweeteners, or labeled "Light" or "Lite".
- Sliced cheeses or cheese sticks
- Cottage cheese
- Eggs and hard-cooked eggs,
- Lean luncheon meats (turkey, ham, chicken, etc)
- Tuna, mayo, and almond crackers

Lean and Green
5 Minute Meal Plan

Lean and Green Meals are very easy to prepare. They can be used at home, work, or dining out. You will have one lean and green meal a day during your weight loss phase. Take a 9-inch plate and follow these simple instructions:

1) Fill ½ of the plate (approximately 3 cup raw or 1 ½ cup cooked) with non-starchy vegetables. See the following Green page for serving sizes and list of vegetables.

2) Fill the other ½ of the plate with high protein foods.
Choose leaner options from your Lean Protein List. Follow the portion sizes related to your protein choice.

3) For men or women with additional exercise, add an additional Lean and Green Meal if you are burning more than 400 calories per day during your workout.

In 5 minutes you have a Healthy Meal Plan. Enjoy!

Lean and Green Menu Ideas

Here are some quick and easy Lean & Green Meal ideas along with some references to help keep your eating plan on track.

Helpful Hint: Cook multiple portions of Lean and Green foods on the weekend so you have some ready to go during those busy week-nights.

Turkey loaf:
Mix 6 ounce lean ground turkey with ½ cup sautéed red peppers and 1 jalapeño.
Add in ½ cup canned mushrooms.
Form into a loaf and bake at 350° for 20 to 30 minutes.
Add an additional vegetable choice (i.e.1 cup salad) and you have a complete lean & green meal!

Stuffed Portabella Mushrooms:
Dice 6 ounce roasted chicken breast.
Chop ½ cup broccoli and sun dried tomatoes.
Mix together and season to taste.
Stuff mushroom caps and bake at 350° for 25 minutes until tender.
Sprinkle lightly with parmesan cheese.

Lettuce Wrap:
Lettuce leaves, 6 ounce cooked and seasoned chicken breast sliced in fingers, and your choice of vegetables (i.e. asparagus, red peppers, and mushrooms).
Take lettuce leaves and lay flat.
Place chicken and veggies on lettuce.
Roll like a wrap or burrito. You can use any kind of cooked meat and veggies.

Grilled Salmon:
Alaskan seasoned salmon grilled.
Add spring mix salad with lots of veggies!

Sauteed Chicken:
6 ounce chicken sautéed with onions & peppers.
Spray with Italian spritzer dressing & sprinkle with parmesan cheese.

Rotisserie Pork Loin:
Seasoned pork loins rotisserie cooked.
Combine with Spinach & asparagus topped with Raspberry vinaigrette spritzer dressing.

Almond Crusted Tilapia:
7 ounce tilapia (soaked in hot water with salt to get rid of fishy taste).
Bread with crushed almond crackers combined with lemon pepper and seasoning salt.
Add to a large mixed green salad.

Grilled Burger:
5 ounce lean grilled burger.
Add spring mix salad with tomatoes, green & yellow peppers, broccoli & cauliflower, roasted almonds and topped with feta cheese. Spray with favorite spritzer.

Chicken Caesar Salad:
Use a pre-washed bag of romaine lettuce or a Dole Caesar Salad Kit.
You can cook your own chicken breast and dice it up, or buy packaged grilled chicken strips.
For variety, add some sun-dried tomato and/or mushrooms.
Another option is to mix bagged spinach with romaine lettuce.
You'll have two full cups of salad greens so mix them how you like. Just remember to leave off the croutons!

Asian Stir Fry:
Pick your favorite protein (chicken, steak, shrimp) and veggies.
For oil, use a small amount of olive oil or try some sesame oil.
If you use a non-stick pan, a little oil goes a long way.
Some good veggies are broccoli, green beans, mushrooms, peppers and onion strips.
Oh, and don't forget the garlic! Once you heat the oil up, add your vegetables and stir them constantly. They are done when the colors turn bright. Then add protein choice and stir fry for another minute or two. Put it all onto your plate. You won't even miss the rice!

Grilled Steak and Roasted Asparagus:
Many of the marinades sold at the supermarket have sugar in them. Instead, you could use a beer marinade. One can or bottle of beer combined with some crushed garlic, ground pepper, and a tablespoon of olive oil will make your meat moist and tasty while adding negligible calories. The alcohol burns itself off during cooking so you don't need to worry about that either.
Spread out the asparagus in a baking dish. Then drizzle it with either one tablespoon of olive oil or a tablespoon of low fat dressing (either Italian or Caesar).
Next, toss the asparagus until they are all evenly covered and lay them out flat.
Grind some black pepper over them in stick in a 350 F degree oven for 10-15 minutes, depending on how crispy you like them.

Grilled Vegetables and skirt steak:
Grilled skirt steak with peppers and onions. Grill Basket is found at Bed, Bath and Beyond for $5.99 and is ideal for grilling vegetables and shrimp among other things.

Egg white omelets:
Make it with 5 egg whites, ½ cup low-fat shredded cheese, and ½ cup diced veggies (Try onions, mushrooms, zucchini, tomatoes, and/or peppers).
Top with salsa. Eat with 2 cups salad greens.

Tuna salad:
Use 6 ounces of drained canned tuna. Hard boil 2 eggs, remove the yolks, and dice the whites. Mix tuna and egg whites with diced dill pickles, celery, bell peppers, onion (whatever you like) and 2 Tbsp low carb, "Just Mayo". Serve over 2 cups of mixed greens & sprouts.

Tortilla Chicken Soup:
After cooking a chicken breast (grill, bake, or sauté), measure out a 5-ounce portion.
Dice it using a food chopper. Toss in a saucepan with a can of chicken broth and a can of Ro-Tel (or just stewed/diced tomatoes if you don't want spicy).
Add garlic & basil to taste.
After cooking, top with ¼ cup low-fat shredded cheese, diced green onion and cilantro.

Chicken & Broccoli Sesame Ginger Stir-Fry:
Steam 1 ½ cup broccoli crowns in the microwave.
Sauté chicken breast strips with nonstick spray and onion chunks.
To serve, top with broccoli, and Steel's Sesame Ginger Sauce.
NOTE: If you're also cooking dinner for folks not on program, simply serve theirs over rice.

Taco salad:
Brown 94% lean ground beef (½ pound cooks up to 5 ounces) with garlic, cumin, and lime pepper.
Add ½ cup Ro-Tel (or just stewed/diced tomatoes).
Serve over 2 cups shredded lettuce (Try the bagged shreds, its ½ the bag) and top with ranch dressing.

Shrimp Stir-Fry:
Cook green pepper strips and onion strips in nonstick spray and a tiny bit of olive oil in a skillet until they start to soften but are still a bit crunchy.
Add fresh garlic and cherry tomatoes, and cook a bit longer.
Remove those from the pan and toss with cooked shrimp.

HOMEWORK:

Download MyFitnessPal App
Nutrition, Exercise, and Habit Tracker

Download the app today, and start tracking. For specific %, ask a trainer today to help set your settings on your profile. Everyone's body reacts differently to different influences. Some can blink an eye and lose ten pounds, others have to sweat like a pig and eat nothing but weeds to lose 1 pound. We want you to get the most out of this 8 week program. Myfitnesspal is an app for both android and iPhone products that has helped us and many of our clients fine tune their program to get maximum results.

If you don't track, we can't help you figure out what to tweak during your 8 week journey.

Log In Information

Username:
Password: