



-TrainFit[®] At Home

Training & Nutrition



-TrainFit

Introduction

Congratulations and thank you for choosing X-TrainFit to help you achieve your fitness goals.

This nutrition plan is designed to help fuel your workouts while you burn fat and tone muscle. There are many tools and techniques included within this training guide but the key to your success is your commitment to **you**.

Bring it and you'll achieve sustainable results and learn valuable lessons that will stay with you your entire life!

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How to lose weight

The program is fairly simple in principle.

You will combine a carefully planned and executed nutrition plan along with a sustained regimen of workouts provided by the X-TrainFit At Home program.

It's up to you how successful you are as you control not only what fuels your body but what you choose to do with that fuel.

You already know that a healthy lifestyle combined with a sensible diet is the key to achieving and maintaining your ideal weight and physique.

We are here to provide some fundamental guidance on your diet and a hard workout each day so you can unlock what you probably already know and deliver the results you desire.

Caloric deficit

Caloric deficit is the magic that makes weight loss possible, a state in which the calories burned each day exceeds the calories consumed, and weight loss is achieved through the burning of fat stores.

The trick is to consume the right kind of calories in the right way in order to teach your body the correct lessons.

Calories consumed vs. burned

You will use the calorie tracker in this guide to track the calories burned on a daily basis vs. those consumed. First step is to calculate calories burned

tracking your calories
consumed vs. burned
is the key to your
weight loss goals

How many calories do I burn?

Different people burn calories at different rates and it can be difficult to determine just where you fall.

We'll start by using the Harris Benedict Equation to calculate your baseline daily caloric needs. This established formula will calculate the calories you burn each day based on your sex, age, weight and current level of activity. This will establish the calories you should consume each day to maintain your current weight. Then we will apply the factor for planned weight loss to achieve your final daily goal. Throughout we have the ability to tweak your daily calorie target slightly based on the results you are seeing and what your body is telling you (more on tweaking the program to come).

It takes the average person a 3500 calorie deficit each week to lose one pound in weight, so you should set a goal between 500 and 1000 calories below your target calories each day.

It is not recommended that your shortage be too great each day as you run the risk of depriving your body of necessary nutrients and minerals needed to function properly.

But what if I am extremely active? Especially if you fall into this category, you are presented with the perfect opportunity to train your body that there is no need to store calories because there is always fuel on the way, do not deprive your body of the calories it needs to function properly.



Step 1: Calculate your basal metabolic rate (bmr)

Male: $bmr = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Female: $bmr = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

(download worksheet at xtrainfit.com/bmr)

Step 2: take your bmr calculated above and apply the multiplier that best describes your current level of activity below.

Sedentary: little or no exercise = $bmr \times 1.2$

Lightly active: light exercise or sports 2-3 days per week = $bmr \times 1.375$

Moderately active: moderate exercise or sports 3-5 days per week = $bmr \times 1.55$

Very active: hard exercise or sports 6-7 days per week = $bmr \times 1.725$

Extra active: very hard exercise/sports & physical job or 2x training = $bmr \times 1.9$

Step 3: adjust for planned weight loss. Subtracting 500 calories per day will result in approx. 1 pound of weight loss per week.

1 pound per week: subtract 500 from step 2

Maintain weight: use the number in step 2

Weight gain: add 200 to the number from step 2

Tracking calories

Keeping track of your calorie input and output on a daily basis is critical to managing your success. Without this important step it is difficult to keep track of the many variables impacting your performance against your goals.

If you are working hard and not losing weight, the daily guide will help us easily identify areas of your plan to modify so we can quickly overcome any obstacles and make faster progress.

The daily workout and calorie log is used to not only keep track of your bmr, but also to keep track of the workouts you complete.

Step 1: enter date and day. If you are participating in a 30, 60, 90 day plan, you will note what day of the plan you are currently on.

Step 2: enter your calorie goal from step 2 of the bmr calculation (on previous page).

Step 3: enter the adjustment for your weight loss or gain goals.

Lose 1 pound per week: -500

Maintain weight: 0

Gain weight: +200

Step 4: note your planned workout and the associated calorie burn from the training calendar you are following. This will establish your calorie burn total for the day.

Step 5: track your meals and calories consumed throughout the day (more on meals later). This will establish your calorie consumed total.

Step 6: subtract your calorie consumed total from your calorie burn total to calculate your calorie bank. Your goal is to get this figure as close to zero as possible.

download blank
worksheets at
xtrainfit.com/worksheets

Date Day

DAILY WORKOUT AND CALORIE LOG

Baseline Daily BMR _____

Planned Daily Deficit (+/-) _____

Weight Loss/Gain Goal Adjustment _____

Workouts

Workout 1: _____

Workout 2: _____

Workout 3: _____

Calorie Burn Total _____

Nutrition

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Calorie Consumed Total _____

Net Calorie Calculator

Calorie Burn Total _____

Calorie Consumed Total _____

Calorie Bank _____

Water Consumption

Goal 8 x 8 ounces

1 2 3 4 5 6 7 8

Notes

Planning workouts

A planning calendar accompanies the guide included with this program. The calendar on the opposite page reflects just one of the many available from **X-TrainFit At Home**.

Each calendar outlines either a dedicated program such as **Circuit Burnout**, where all of the workouts for the calendar period are from that program alone. Or, the calendar outlines hybrid programs incorporating workouts from our many available products for maximum versatility and variety.

The planning calendar outlines the workouts that should be completed each day and which days should be taken as rest.

Many of the **X-TrainFit At Home** workouts also include bonus super sets for those of you that feel you are ready to take it to the next level. These are also identified on the planning calendar but are optional. As always, we encourage you to challenge yourself.

Post the training calendar somewhere easily accessible such as the bathroom mirror and check off your workouts as you complete them each day.

Once you complete

Once you have completed the program through, You have the option to reset your bmr, re-establish your goals and repeat the program or download a new calendar and expand your routine.

download different
training calendars for
maximum variety and
ongoing training at
xtrainfit.com/calendar



30 DAY SCHEDULE

| | | | | |
|-----------|-------------------------|------------------|-----------|-------------------------|
| 1 | Abs & Burn | Super Set | 2 | Upper Body |
| 3 | Abs & Assets | Super Set | 4 | Rest Day |
| 5 | Total Body | Super Set | 6 | Lower Body |
| 7 | Rest Day | | 8 | Total Body |
| 9 | Abs & Burn | Super Set | 10 | Upper Body |
| 11 | Abs & Assets | Super Set | 12 | Lower Body |
| 13 | Rest Day | | 14 | Abs & Assets |
| 15 | Lower Body | Super Set | 16 | Upper Body |
| 17 | Total Body | Super Set | 18 | Rest Day |
| 19 | Abs & Burn | Super Set | 20 | Total Body |
| 21 | Abs & Assets | Super Set | 22 | Upper Body |
| 23 | Rest Day | | 24 | Abs & Burn |
| 25 | Total Body | Super Set | 26 | Abs & Assets |
| 27 | Lower Body | Super Set | 28 | Abs & Burn |
| 29 | Total Body | Super Set | 30 | Abs & Assets |

X-TrainFit At Home Training System

Maximize the variety and impact of your workouts! Look for workouts featuring

X-TrainFit At Home training program

Training with X-TrainFit At Home ensures maximum variety and versatility in your workouts.

Each workout carries a category designation identifying the type of exercise it provides. With the X-TrainFit At Home training program you can mix and match workouts in the same category and build your own custom routine that still follows the particular training calendar or program you are following.

Example: day 15 of the circuit burnout workout calendar reflects the lower body workout should be completed. The lower body, unsurprisingly, is identified by the following icon on the calendar



You can substitute this workout with any other workout in the X-TrainFit At Home family that is identified with the same icon. You can find more workouts online at xtrainfit.com.



Cardio - Full cardio workout with little or no weights or toning moves.



Cardio-Toning - is a combination of cardio and toning moves.



Core - All core or predominantly core focused.



Lower Body - Lower body focus. Legs and glutes.



Upper Body - Upper body focus. Back, arms, shoulders and chest.



Total Body - Upper body, lower body and core.



Plyometrics - Explosive cardio and muscle moves. Total body



Yoga - Core, flexibility and strength training.

Nutrition



When to eat

Sure you have heard that eating many smaller meals a day is important; but why?

In a nutshell, you are teaching your body that it need not bother storing calories as fat as you will always be fueling it and super-charging your metabolism.

To ensure we take full advantage of this effect, each day you will eat breakfast, lunch and dinner with a snack between each. Eating 5 times a day.

Breakfast as soon after awaking as possible

Snack 2-3 hours later

Lunch around mid-day

Snack 2-3 hours later

Dinner mid-evening

Some people worry about eating too close to bedtime. But don't worry about that. Studies show the only real impact on weight loss or gain is the calories burned vs. calories consumed. Get your meals in and make sure they are as evenly spaced as possible.

What to eat

When preparing our meals we'll include vegetables, fruits, whole grains, fat-free or low-fat dairy products, and lean proteins. These foods provide nutrients with fewer calories.

We'll be focusing on low calorie food primarily that deliver lots of flavor and satisfy hunger without overloading on calories.

With the exception of whole grain breads and pasta, we will be avoiding as many processed foods as possible to ensure we are filling up on the highest quality calories possible.





What if I get hungry?

If you get hungry between meals that's fine and something you can manage easily, try these tricks.

Drink plenty of water, dehydrating can make you feel hungry. You should drink 8 glasses of water each day, 8 ounces per glass.

Slow down while eating. It takes your body a little while to determine it is full. This way you will not feel hungry at the end of your meal.

Eat on schedule. Make sure you take your meals and snacks 2-3 hours apart and they are not too bunched together or too far apart.

Keep a simple snack hand like a banana or handful of almonds.

Tweak your plan by repeating the calorie calculator based on any adjustments you have made in your routine and lifestyle.

**flip to page 42 for
some quick calorie
suggestions, but make
sure you log them**

What to drink

The body is about 60% water and requires 64 ounces of fresh water a day to function properly so that is a good place to start.

The benefits of drinking water are many-fold.

Muscles. Your muscles literally shrink when dehydrated which negatively impacts your performance.

Skin. Your skin contains water and dries and wrinkles when dehydrated.

Kidneys. In order to properly cleanse toxins from your system your kidneys require plenty of fluids.

Digestion. The body requires plenty of water to move solids through the digestive system, if you are dehydrated it will lead to constipation.

What not to drink

Not much mention of soda or diet soda in the "what to drink" list and that's no coincidence. You already know not to drink sugary beverages but we'll also tell you why we prefer you skip diet soda too.

The calories in soda have no nutritional value. Don't sacrifice your hard earned calories on these sugary beverages.

Some research indicates that the additives in diet soda can make you feel more hungry leading you to eat more. Why not keep your body running on pure solutions rather than adulterated diet sodas?

Obviously we are fairly passionate on this subject. Cut soda and diet soda out of your diet for the next 30 days and we think you will be passionate by the end too.



8 daily

Your goal is to drink an 8 ounce glass of water 8 time a day. Its best to spread it out throughout your day as this will help you stay feeling full longer. Every 1 to 2 hours grab a glass.

keep a couple of
battles of water at
your desk and in the
car

Tweaking my plan

Finally in order to achieve the maximum results you may need to make adjustments to your dietary plans and target calories as your body adapts and begins making progress towards your goal.

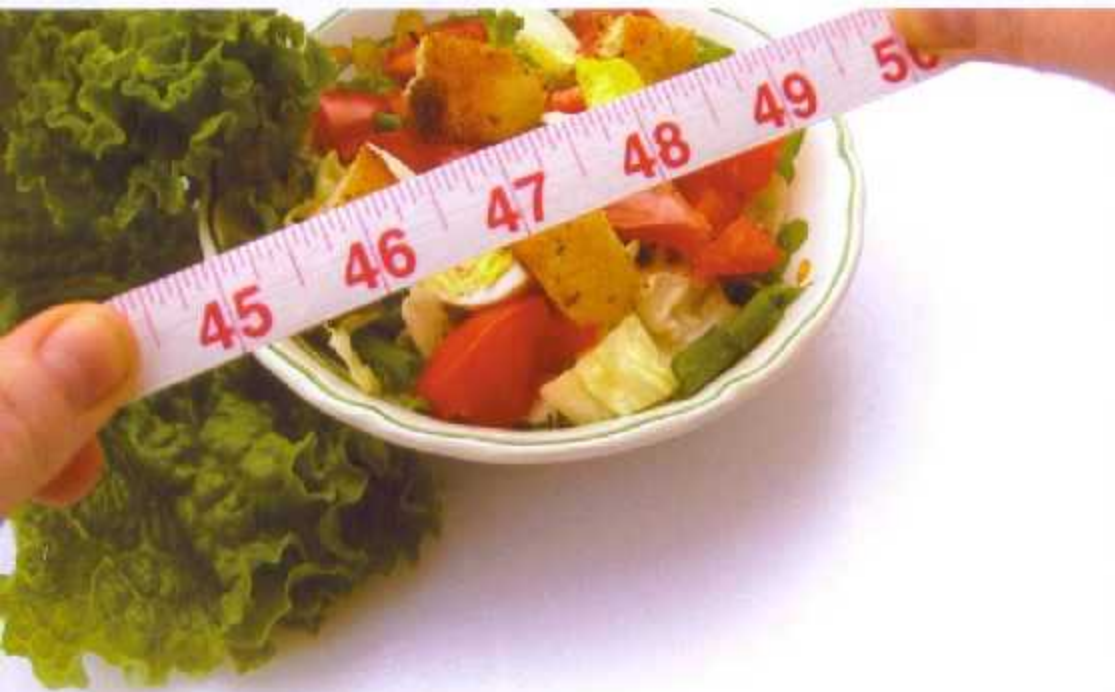
You may also make other changes in your lifestyle that impact your daily calorie burn and target calories that need to be taken into effect, such as walking the dog or running, etc.

If you have already completed a program once through or are a couple of weeks in, complete the bmr calculation again to see if any adjustment is warranted.

Likewise if you find you have hunger you cannot control or never feel hungry and are not making the progress you feel you should, then complete the calculator again and tweak your program.

Listen to your body. It will tell you everything you need to know, provided you are fuelling and hydrating it properly.

Make adjustments every couple of weeks if needed.



Meals



Blazing fast cereal with berries

Breakfast

Steel cut oats & mixed berries



1 cup of steel cut oats (raw measure)

1 cup of mixed berries

Cook oats and mix in berries.

cal: 230, fat 3.5g, carbs 44g, fiber 13g, protein 32g

Yogurt Parfait

2 cups of non-fat yogurt

1 cup of rolled oats

1/2 cup of chopped pineapple in juice

1 cup of mixed berries

Combine all ingredients and mix. Refrigerate overnight. Top with berries.

cal: 117, fat 2.1g, carbs 18.4g, fiber 1.7g, protein 6.6g

Blazing Fast Breakfast Cereal

1 cup of whole grain cereal

1 cup of almond milk (unsweetened)

1 cup of mixed berries

Combine ingredients in bowl and serve.

cal: 210, fat 6.8g, carbs 39.0g, fiber 9.0g, protein 5.0g

Banana & blueberry Smoothie

1 ripe banana (careful not to use over ripe)

1 cup of frozen blueberries

1 cup of non-fat yogurt

Blend ingredients and serve chilled.

cal: 300, fat 1.1g, carbs 62.8g, fiber 7.5g, protein 14.3g

Omelet

1 egg & 2 egg whites lightly whisked

1 cup of spinach

1/8 cup of chopped yellow or orange pepper

1/2 small ripe tomato diced

2 table spoons chopped onion

3 table spoons of water

1 slice whole wheat toast

Sauté vegetables in water until cooked. Whisk together with eggs and add to heated lightly oiled skillet. Cook mixture.

cal: 210, fat 6.3g, carbs 20.4g, fiber 4.3g, protein 19.2g

active family
denotes
servings for
four. all
other recipes
serve one.



Bagel with smoked salmon



Waffles and berries

2 multi-grain wheat bagels (toasted to preference)

4 ounces of smoked salmon

4 tomato slices

1 slice of red onion

4 table spoons of light cream cheese

Divide cream cheese equally between 4 bagel halves and spread. Top with slice of tomato and one ounce of smoked salmon per slice.

Cal: 195, fat 5.5g, carbs 26.5g, fiber 1.7g, protein 11.8g

2 whole wheat waffles (cooked)

1/3 cup of frozen blueberries

2 teaspoons of maple syrup

1 table spoon of raw pecans

Mix berries and maple syrup and microwave until thawed. Pour over waffles and sprinkle with pecans.

cal: 270, fat 11.2g, carbs 40.5g, fiber 5.1g, protein 5.6g



Bagel with smoked salmon

Spiced French toast with apple

2 slices of multi-grain bread

3 egg whites

1/2 sliced apple

1 teaspoon of vanilla extract

Dash of cinnamon and nutmeg

Whisk eggs, vanilla and spices together. Soak bread in mixture. Sauté in lightly oiled pan until cooked. Top with apple.

cal: 275, fat 2.9g, carbs 43.9g, fiber 7.4g, protein 19.3g

Peanut butter & banana smoothie

1 ripe banana (careful not to use over ripe)

1 cup of almond milk (unsweetened)

1 tablespoon of natural peanut butter

Blend ingredients and serve chilled.

cal: 245, fat 11.9g, carbs 32.0g, fiber 5.1g, protein 5.8g



Spiced French toast with apple

Lunch



Turkey and bean chilli

Healthy turkey/bean chilli



Optional: baked potato

1lb sautéed lean ground turkey

1/2 cup of cooked chickpeas

1/2 cup of cooked white beans

1/2 cup of cooked black beans

1/2 cup of cooked corn

1/2 cup of cooked red kidney beans

1 table spoon each of cumin, basil, chilli powder, garlic

Optional: 4 medium baked potato's

Simmer all ingredients together in water until well cooked and flavorful.

cal: 296, fat 8.9g, carbs 25g, fiber 6.8g, protein 32g

cal w/potato: 424, fat 9.1g, carbs 55g, fiber 9.2g, protein 35.5g

Low carb pasta dish



4 cooked and chopper veggie burger

3 cups of cooked organic whole wheat pasta

40 sliced cherry tomatoes

2 cups of cooked asparagus spears

1 cup of favorite marinara sauce

4 table spoons basil

Toss all ingredients together and serve.

cal: 310, Fat 4.7g, carbs 48g, fiber 10.2g, protein 19.5g

Naked burrito



2 cups of cooked brown rice

2 cups of cooked black beans

8 table spoons guacamole

4 cups of chopped lettuce

1 cup of pico de gallo

1 cup of corn

Place all ingredients on a bed of chopped lettuce and serve.

cal: 330, fat 9.3g, carbs 59g, fiber 10.3g, protein 11.5g

Greek pita salad

- 1 chopped multi-grain pita bread
- 2 table spoons of feta cheese crumbles
- 1/4 cup of canned garbanzo beans
- 1/2 cup of peeled and chopped cucumber
- 2 cups of chopped romaine lettuce
- 2 table spoons of low-fat vinaigrette

Combine all ingredients and toss.

cal: 346, fat 7.2g, carbs 56.3g, fiber 10.1g, protein 16.6g

Tuna wrap

- 1 can of light tuna in water (drained)
- 1/2 cup of baby spinach
- 1 multi-grain tortilla
- 1/2 cup of chopped tomato
- 1 table spoon of low-fat vinaigrette

Combine all ingredients and toss, wrap tightly in tortilla and serve.

cal: 355, fat 4.4g, carbs 28.2g, fiber 5.0g, protein 47.5g



Greek pita salad

AB & J sandwich

- 2 slices of whole wheat bread
- 2 table spoons of almond butter
- 1 table spoon of reduced sugar jelly or jam
- 1/2 cup of plain Greek yogurt
- 1/4 cup of blueberries

Spread almond butter and jelly evenly across bread. Top yogurt with berries and serve on side.

cal: 439, fat 20.1g, carbs 43.3g, fiber 5.9g, protein 22.9g

Loaded baked Potato

- 1 whole baked potato
- 3 slices of cooked turkey bacon
- 1/4 cup of Greek yogurt
- 1/2 chopped scallion (green onion)

Top baked potato with Greek yogurt. Crumble turkey bacon and sprinkle over potato along with chopped scallion.

cal: 321, fat 7.9g, carbs 32.0g, fiber 3.8g, protein 31.5g



Tuna wrap

Feta cheese burger

- 1 cooked veggie burger
- 1 100 calorie whole grain flat bread
- 2 table spoons of feta cheese crumbles
- Ketchup and mustard to taste
- 1/2 sliced apple

Assemble burger serve with apple on the side.

cal: 303, fat 7.7g, carbs 42.3g, fiber 13.2g, protein 26.2g

Eggplant pizza

- 1/2 cup of low-sodium marinara
- 1/2 cup of shredded mozzarella
- 1 whole wheat pita bread
- 1/2 cup of chopped eggplant
- 1/4 cup of chopped onion
- 1/2 cup of sliced red pepper
- 1/2 cup of chopped tomato

Pre-heat oven at 375f. Spread marinara on pita bread and cover with mozzarella. Cover with chopped vegetables. Roast in oven until cooked.

cal: 288, fat 12.2g, carbs 28.7g, fiber 6.5g, protein 19.5g



Feta cheese burger

Garden pasta salad

2 cups of cooked whole wheat pasta

2 cooked, chopped chicken breasts (skin removed)

1/2 cup of feta cheese crumbles

16 kalamata olives chopped

1/4 yellow pepper

1/4 red pepper

2 table spoons of fat free Italian dressing

Toss all ingredients and serve.

cal: 344, fat 10.4g, carbs 31.9g, fiber 4.4g, protein 30.2g



Stir fried rice

1/2 cup of cooked brown rice

1 egg scrambled with 1 teaspoon of olive oil

5 large sliced mushrooms

1 cup of chopped broccoli

1/2 carrot (thinly chopped)

1/4 cup sliced red onion

1 teaspoon sesame oil

1 sliced kiwi, 1/2 sliced apple.

Stir fry all ingredients in sesame oil except fruit. Serve with fruit on side.

cal: 423, fat 15.7g, carbs 60.9g, fiber 9.9g, protein 14.9g



Dinner



Grilled salmon

Grilled garlic salmon



4 x 6 ounce salmon filets

2 teaspoons of garlic salt

Season with fresh ground black pepper. Sprinkle salmon with garlic salt and grill at 350f for 15 minutes or until cooked.

cal: 450, fat 21.4g, carbs 17.9g, fiber 8.2g, protein 46.4g

Turkey and bean tacos



1/2 tablespoon of taco seasoning

1/2 cup chopped or sliced tomatoes

1/2 cup of black beans

4 whole wheat tortillas

10 oz of cooked ground turkey

1 cup of corn

Combine ingredients in skillet and stir over medium heat until cooked through, serve in tortillas.

cal: 278, fat 6.3g, carbs 32.9g, fiber 5.9g, protein 23.7g

Grilled chicken



4 x 6 ounce chicken breasts

2 table spoons of brown sugar

2 teaspoons of dry mustard

1 table spoon of onion powder

1/2 table spoon of kosher salt

1/4 table spoon of white of black pepper

Combine dry ingredients and mix to create rub. Coat chicken. Pre-heat grill or oven to medium heat. Grill chicken until no-longer pink.

cal: 450, fat 21.4g, carbs 17.9g, fiber 8.2g, protein 46.4g

Shrimp scampi



48 large frozen cooked shrimp (peeled & deveined)

1 cup of spinach leaves

2 teaspoons of olive oil

2 cloves of crushed garlic

1 teaspoon dried basil

1 or 2 splashes of hot sauce

Mix all ingredients together in a large skillet and heat until cooked through.

cal: 134, fat 4.9g, carbs 1.6g, fiber 0.2g, protein 19.6g

add to these recipes
from the side dish
recipes

Fish tacos



1 1/2 pounds of mahimahi filets

1 cubed mango

1 cubed avocado

1/2 chopped red onion

Juice of 1 lime

Chopped fresh cilantro

Salt and black pepper to taste

Canola oil

1 tablespoon of blackening spice

8 corn tortillas

2 cups of shredded red cabbage

Create salsa by mixing the mango, avocado, onion, and lime in a small bowl, season with cilantro, salt, and pepper.

Coat fish in blackening spice and cook in lightly oiled pan over medium heat, 4 minutes each side. Once cooked break into chunks.

Divide fish between warmed tortillas and top with salsa and shredded cabbage.

cal: 396, fat 9.9g, carbs 35.0g, fiber 8.1g, protein 64.6g



Evil jungle prince



Apple pork chop



4 1/2 cup of oyster mushrooms

4 1/2 inch thick boneless pork chops

1/2 cup each of baby corn, large diced squash, large diced red bell pepper, cut green beans, sliced water chestnuts, bamboo shoots (drained and rinsed), diced Napa cabbage, bean sprouts.

2 teaspoons of chopped fresh sage

Freshly ground pepper

2 tablespoons of oil, divided

1 tablespoon of extra virgin olive oil

1/2 cup of coconut milk

1 large red onion cut into 1/2 inch wedges

2-3 table spoons of mushroom flavored soy sauce

2 Granny Smith apples cut into 1/2 inch pieces

3/4 cup of apple cider

20 basil leaves

1 cup of shredded cabbage

For curry paste: 10 red Thai chills, 1 stalk lemon-grass, white part only, 2 kaffir lime leaves, 1 tablespoon of minced shallots, 1 crushed garlic clove

Brown chops on both sides in lightly oiled skillet, approximately 2-3 minutes per side. Wipe out skillet and heat 2 teaspoon of olive oil, add the apple and onion and cook over medium heat until lightly browned. Season with salt and pepper and add cider. Return the chops to the pan, cover and cook through (4-5 minutes) until no-longer pink, turning once. Serve when done, drizzle juices over chops and sides.

Pound curry paste ingredients in mortar and pestle until smooth. Fry paste in 1 tablespoon of oil until aroma is released, stir in coconut milk and soy sauce. Cook on medium heat for 2 mins.

cal: 247, fat 8.2g, carbs 20.2g, fiber 3.3g, protein 22.5g

Fry vegetables (except shredded cabbage) in remaining oil until tender, add curry sauce mixture and cook through. Serve over bed of shredded cabbage.



cal: 240, fat 14.7g, carbs 21.3g, fiber 5.8g, protein 7.0g

Apple pork chop

Beef pot roast & vegetables



- 2 pounds of beef roast
- 1 table spoon of steak sauce
- 1/2 teaspoon of steak seasoning
- 4 cups of water
- 4 table spoons of Worcestershire sauce
- 8 medium carrots cut into 1 inch squares
- 5 large celery stalks cut in 1 inch lengths
- 1 large onion chopped coarsely
- 2 large potatoes cut into 1 inch squares
- 6 fluid ounces of red wine

Perforate beef roast with fork to allow flavors to absorb. Slow cook on low for 8 hours.

cal: 402, fat 9.2g, carbs 35.4g, fiber 6.5g, protein 34.5g



Beef pot roast and vegetables

Shrimp scampi



- 48 large frozen cooked shrimp (peeled & deveined)
- 1 cup of spinach leaves
- 2 teaspoons of olive oil
- 2 clove of crushed garlic
- 1 teaspoon of dried basil
- 1 or 2 splashes of hot sauce

Mix all ingredients together in a large skillet and heat until cooked through.

cal: 134, fat 4.9g, carbs 1.6g, fiber 0.2g, protein 19.6g



Shrimp scampi

Braised balsamic chicken



4 x 6 ounce skinless boneless chicken breasts

1 teaspoons of garlic salt

2 table spoons of olive oil

1 onion thinly sliced

1/2 cup of balsamic vinegar

1 teaspoon each of basil, oregano and rosemary

1/2 teaspoon of thyme

1 14 ounce can of diced tomatoes

Brown chicken and onion in skillet over medium heat. Pour tomatoes and balsamic vinegar over chicken and season with herbs. Simmer until chicken is no longer pink.

cal: 385, fat 13.0g, carbs 10.1, fiber 1.7g, protein 56.2g



Pesto chicken salad



4 x 4 grilled chicken breasts (skinless, boneless)

4 cups of romaine lettuce

4 cups of spinach leaves

4 table spoons of pine nuts

2 table spoons of pesto

1 cup of sliced tomatoes

Chop chicken and toss in pest sauce. Toss lettuce together with chopped tomato and red onion. Sprinkle with 1 tablespoon of pine nuts.

Top with grilled chicken and serve.

cal: 245, fat 7.6g, carbs 4.0g, fiber 1.8g, protein 37.2g



Sides



Mediterranean vegetables

Mediterranean vegetables

1 bushel of asparagus spears

2 cups of grape tomato

2 sliced yellow squash

1 cups of sliced mushrooms

1 tablespoon of Italian seasoning

1 tablespoon of extra virgin olive oil



Mushrooms, squash and tomatoes in olive oil and sprinkle with seasoning and grill at 350f or medium heat for 15 minutes. Add asparagus and grill 10 minutes.

cal: 83, fat 3.7g, carbs 9.3g, fiber 3.7g, protein 4.4g

Tomato and fennel salad

1 tablespoon of extra virgin olive oil

1 tablespoon of white wine vinegar

1 pound of tomatoes cut into quarters

2 cups of sliced fennel

2 cups of sliced red and orange peppers

Salt and pepper

1/4 cup of chopped parsley

1/3 cup of toasted pine nuts



Whisk together oil, vinegar and pepper. Add remaining ingredients and toss to coat.

cal: 130, fat 12g, carbs 8.5g, fiber 3.0g, protein 3.5g



Mediterranean vegetables



Tomato and fennel salad

Pasta with marinara



2 cups cooked whole wheat spaghetti

2 cups of your favorite marinara sauce

Combine cooked spaghetti and marinara sauce. Heat and serve.

cal: 157, fat 2.4g, carbs 30.6g, fiber 4.2g, protein 5.7g

Brown rice



1 cup of brown rice

Cook per packaging directions.

cal: 100, fat 0.7g, carbs 21.3g, fiber 2.5g, protein 2.0g

Mashed cauliflower



1 head of cauliflower

2 tablespoons of extra virgin olive oil

1 tablespoon of water

Salt and pepper to taste

Boil cauliflower until soft then blend with olive oil, adding water as necessary until the same consistency as mashed potatoes is achieved. Season with salt and pepper.

cal: 87, fat 6.9g, carbs 5.3g, fiber 2.5g, protein 2.0g



Pasta and marinara



Mashed cauliflower

Sweet potato oven fries

2 sweat potatoes cut into fries

1 table spoon of olive oil

1 teaspoon of cinnamon

1/4 teaspoon of salt

Toss fries in olive oil to coat and sprinkle with salt and spice. Bake for 35 minutes at 400f until golden brown.

cal: 82, fat 3.6g, carbs 11.8g, fiber 1.9g, protein 1.1g



1 cup roasted vegetables



1 cups each of chopped beets, carrots, cauliflower, turnip, parsnip, brussel sprouts and red potatoes

1 teaspoon of sage

1/2 teaspoon of thyme

1/2 teaspoon of rosemary

Toss ingredients together with herbs. Roast at 315f for 30 minutes then stir. Roast a further 30 minutes then stir. Continue roasting while checking tenderness every 10 minutes with fork until done.

cal: 99, fat 0.4g, carbs 22.6g, fiber 5.2g, protein 2.9g



Sweet potato oven fries



1 cup roasted vegetables

Garlic green beans



2 tablespoons of extra virgin olive oil

1 pound of green beans

2 cloves of crushed garlic

Toss ingredients together and roast at 450f until beans are tender.

cal: 97, fat 7.0g, carbs 8.1g, fiber 3.9g, protein 2.1g

Roasted red potatoes



1 1/2 pounds of small red potatoes

1/4 cup of extra virgin olive oil

6 cloves of crushed garlic

1 teaspoon of dried rosemary

Preheat oven to 350f. Mix the oil, garlic and rosemary in a large bowl then add potatoes and toss to coat. Roast in shallow pan until tender when tested with knife.

cal: 165, fat 9.5g, carbs 19.0g, fiber 2.0g, protein 2.0g



Snacks



Hummus Dip

- 3 tablespoons of hummus
- 1/2 cup of sliced red peppers

Serve hummus with red pepper on the side.

cal: 105, fat 4g, carbs 13.5g, fiber 3.4g, protein 2.9g

Cottage Cheese and Apples

- 1/2 cup of low fat cottage cheese
- 1/2 sliced apple

Serve sliced apple with cottage cheese on the side. Serves 1.

cal: 140, fat 1.2g, carbs 18.5g, fiber 2.7g, protein 14.0g

Mixed Berries



- 1/2 cup of blue berries
- 1/2 cup of black berries
- 1/2 cup of strawberries halves
- 1/2 cup of raspberries

Rinse to clean. Toss together and serve.

cal: 65, fat 0.5g, carbs 15.2g, fiber 5.1g, protein 1.4g

Blueberry & banana oatmeal bars

2 cups of gluten free old fashioned rolled oats
2 chopped ripe bananas
2 cups of blueberries
1 teaspoon of baking powder
2 teaspoon cinnamon
1/4 cup of organic honey
3 egg whites
2 cups of almond milk

Preheat oven to 375.

In one bowl mix all dried ingredients and fruit. In a separate bowl mix all wet ingredients. Combine all ingredients together and stir until well mixed. Compact onto cookie sheet and bake in oven for 35 minutes or until golden brown.

Allow to cool then cut into 6 pieces and serve.

cal: 229, fat 3.0g, carbs 48.1g, fiber 4.9g, protein 6.0g

Fancy shrimp

14 shrimp cooked and peeled
1 teaspoon of lemon juice
1 teaspoon of basil

Mix lemon and basil then toss shrimp in mixture until evenly coated.

cal: 112, fat 1.4g, carbs 4.5g, fiber 1.1g, protein 19.9g

Chewy oatmeal cookies

2 ripe bananas, the riper the better
1/4 cup of raisins, soaked for 1 hour
1/4 cup of no sugar added apple sauce
1 teaspoon of vanilla extract
Sprinkle of ground cinnamon
1 1/4 cup of instant oats

Blend all ingredients except oatmeal. Add oatmeal and stir until fully mixed. Form cookies on lightly oiled baking tray and bake at 350 until golden brown. Makes 15.

cal: 47, fat 0.6g, carbs 10.3g, fiber 1.2g, protein 1.1g

Quick-calories



Add up-to 100 calories to any meal with the addition of the following quick calories.

| | |
|--------------------------------|------------|
| Almonds 80 cal | 12 |
| Apple 58 cal | 1/2 |
| Bagel (plain) 75 cal | 1/2 |
| Baked Potato 85 cal | 1/2 medium |
| Banana 105 cal | 1 medium |
| Blackberries 38 cal | 1/2 cup |

| | |
|---|-------------|
| Blueberries 41 cal | 1/2 cup |
| Cantalope 55 cal | 1 cup |
| Carrot 25 cal | 1 medium |
| Celery 18 cal | 3 medium |
| Cheese (cheddar) 69 cal | 1 inch cube |
| Cottage Cheese (reduced fat) 50 cal | 1/2 cup |
| Crackers (whole grain) 35 cal | 4 |
| English Muffin 68 cal | 1/2 |

| | | | |
|---|-------------|--|---------|
| Saltines 60 cal | 5 | Mandarin Oranges 50 cal | 1/2 cup |
| Strawberries 26 cal | 1/2 cup | Orange 35 cal | 1/2 med |
| Watermelon 46 cal | 1 cup | Peach 40 cal | 1 med |
| Blueberries 41 cal | 1/2 cup | Pear 48 cal | 1/2 med |
| Cantalope 55 cal | 1 cup | Pistachios 80 cal | 20 |
| Carrot 25 cal | 1 med | Pop Corn (air popped) 31 cal | 1 cup |
| Celery 18 cal | 3 med | Pretzel Sticks (grain) 100 cal | 6 |
| Cheese (cheddar) 69 cal | 1 inch cube | Quinoa (cooked) 85 cal | 1/3 cup |
| Cottage Cheese (reduced fat) 50 cal | 1/2 cup | Raisins 40 cal | 20 |
| Crackers (whole grain) 35 cal | 4 | Rice Cake (salt free) 35 cal | 1 |
| English Muffin 68 | 1/2 | Saltines 60 cal | 5 |
| Graham Crackers 55 | 1 sheet | Strawberries 26 cal | 1/2 cup |
| Grape Fruit 52 cal | 1/2 med | Watermelon 46 cal | 1 cup |
| Grapes 62 cal | 1 cup | | |
| Hard Boiled Egg 78 cal | 1 | | |
| Kiwi 50 cal | 1 med | | |

Keep a handful of
almonds handy for a
quick snack