

400: change turkey to 6 oz, change black beans to $\frac{2}{3}$ cup, change olive oil to 1 $\frac{1}{4}$ tsp, change strawberries to 1 cup
500: change turkey to 6 oz, change black beans to $\frac{7}{8}$ cup, change olive oil to 1 $\frac{3}{4}$ tsp, change balsamic vinegar to 2 Tbsp, change peppers to $\frac{1}{2}$ cup, change strawberries to 1 cup

$\frac{1}{2}$ cup chicken breast, cooked and chopped
 $\frac{1}{4}$ cup organic quinoa, cooked
1 cup organic broccoli, steamed
 $\frac{1}{2}$ tsp olive oil, drizzled over broccoli
Protein 23 g; Carbs 36 g; Fat 7 g; Calories 297

Serve cooked chicken and cooked quinoa alongside broccoli. Drizzle olive oil on broccoli.

400: change chicken to $\frac{1}{2}$ cup, change quinoa to $\frac{1}{3}$ cup, change olive oil to $\frac{2}{3}$ tsp
500: change chicken to $\frac{1}{2}$ cup, change quinoa to $\frac{1}{2}$ cup, change olive oil to $\frac{2}{3}$ tsp

3 $\frac{1}{2}$ oz wild halibut or chicken breast
 $\frac{1}{2}$ cup organic brown rice, cooked
1 cup organic zucchini, chopped
1 cup organic baby spinach, chopped
 $\frac{1}{4}$ cup organic sweet onions, chopped
1 organic tomato, chopped
 $\frac{1}{4}$ cup organic onions, chopped
1 tsp olive oil

Halibut: Protein 26 g; Carbs 38 g; Fat 7 g; Calories 304
Chicken: Protein 25 g; Carbs 38 g; Fat 10 g; Calories 343

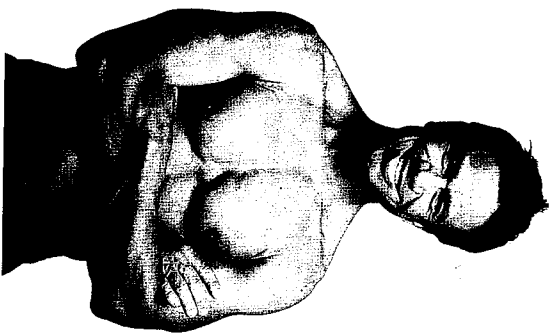
Grill or broil halibut or chicken. Heat olive oil in pan, and sauté vegetables in pan. Top cooked brown rice with sautéed vegetables.

400: change halibut or chicken to 3 $\frac{2}{3}$ oz, change brown rice to $\frac{3}{4}$ cup, change olive oil to 1 $\frac{1}{2}$ tsp
500: change halibut or chicken to 7 oz, change brown rice to 1 cup, change olive oil to 1 $\frac{1}{2}$ tsp

3 oz wild Coho salmon or chicken breast
 $\frac{1}{2}$ cup organic black beans, cooked
 $\frac{1}{4}$ cup organic cilantro, chopped
 $\frac{1}{2}$ cup organic mangoes, chopped
 $\frac{1}{4}$ cup organic sweet onions, chopped
Salmon: Protein 25 g; Carbs 38 g; Fat 5 g; Calories 304
Chicken: Protein 23 g; Carbs 38 g; Fat 2 g; Calories 267

Grill or broil salmon or chicken breast. Combine mangoes, cilantro, and sweet onions to make a salsa. Top salmon or chicken breast with salsa, and serve black beans on the side.

400: change salmon or chicken to 4 oz, change black beans to $\frac{3}{4}$ cup
500: change salmon or chicken to 4 oz, change black beans to 1 cup, change mangoes to $\frac{2}{3}$ cup, add 1 tsp olive oil



$\frac{1}{2}$ cup chicken breast, cooked and chopped
1 medium organic red potato, baked
 $\frac{3}{4}$ tsp olive oil, drizzled over potato
Protein 26 g; Carbs 34 g; Fat 6 g; Calories 298

Serve cooked chicken breast with baked potato drizzled with olive oil.

400: change chicken to $\frac{2}{3}$ cup, change potatoes to 1 $\frac{1}{2}$ potatoes
500: change chicken to $\frac{3}{4}$ cup, change potatoes to 1 $\frac{3}{4}$ potatoes, change olive oil to 1 $\frac{1}{2}$ tsp

300/400/500-CALORIE MEALS – DINNER

3 oz lean ground organic turkey
 $\frac{1}{2}$ cup organic whole wheat pasta
 $\frac{1}{2}$ cup organic marinara sauce
 $\frac{1}{2}$ cup organic zucchini, chopped
1 cup organic eggplant, chopped
 $\frac{1}{2}$ cup organic bell peppers, chopped
 $\frac{1}{2}$ cup organic sweet onions, chopped
2 Tbsp organic basil, fresh, chopped
Protein 31 g; Carbs 51 g; Fat 10 g; Calories 302

Cook pasta according to directions. Cook ground turkey in skillet, add zucchini, eggplant, bell peppers, onion and basil. Cook for 2-3 minutes. Add marinara and stir together. Top pasta with turkey sauce.

400: change turkey to 4 oz, change pasta to $\frac{1}{2}$ cup
500: change turkey to 6 oz, change pasta to $\frac{3}{4}$ cup, change marinara sauce to $\frac{1}{2}$ cup

$\frac{1}{4}$ cup organic chicken breast, chopped
 $\frac{1}{2}$ cup organic napa cabbage, julienned
 $\frac{1}{2}$ cup organic zucchini, julienned
 $\frac{1}{2}$ cup organic quinoa, cooked
 $\frac{1}{2}$ Tbsp organic raw honey
 $\frac{1}{2}$ Tbsp organic sesame oil
 $\frac{1}{2}$ Tbsp organic cider vinegar
Protein 31 g; Carbs 53 g; Fat 9 g; Calories 306

Cook chicken, set aside. Cut vegetables into long, thin pieces (julienne). Cook in skillet for 2 minutes. Stir in honey, sesame oil, and cider vinegar. Add chicken, and top quinoa with mixture.

400: change chicken to $\frac{1}{2}$ cup, change quinoa to $\frac{1}{4}$ cup, add $\frac{1}{2}$ cup organic carrots (shredded)
500: change chicken to $\frac{2}{3}$ cup, change cabbage to $\frac{3}{4}$ cup, change zucchini to 1 cup, add $\frac{3}{4}$ cup organic carrot (shredded)

$\frac{1}{2}$ cup organic chicken breast, grilled or broiled
 $\frac{3}{4}$ cup organic yams, baked
1 tsp olive oil, drizzled over yams
1 cup organic broccoli, steamed
1 cup organic asparagus, steamed
Protein 29 g; Carbs 53 g; Fat 8 g; Calories 306

400: change chicken to ½ cup, change yams to 1 cup
500: change chicken to ¾ cup, change yams to 1 ¼ cups, change olive oil to 1 ½ tsp

3 ½ oz wild Coho salmon (grilled or broiled) or chicken breast
½ medium organic red potato, baked
1 medium organic artichoke, steamed
¼ cup organic grapes

Salmon: Protein 33 g; Carbs 55 g; Fat 7 g; Calories 309
Chicken: Protein 27 g; Carbs 55 g; Fat 3 g; Calories 342

400: change salmon or chicken to 4 oz, change potato to 1 potato
500: change salmon or chicken to 5 oz, change potato to 1 ¼ potatoes, add ½ tsp olive oil

2 oz grass-fed top sirloin beef, fat trimmed off
2 cups organic kale, chopped
2 cloves organic garlic
¾ medium organic red potato
Protein 33 g; Carbs 49 g; Fat 9 g; Calories 309

Grill or bake beef. Meanwhile, sauté kale and garlic in skillet with a little bit of water. Bake potato separately.

400: change top sirloin to 3 oz, change potato to 1 potato
500: change top sirloin to 3 ½ oz, change potato to 1 ½ potatoes

5 organic egg whites
½ cup organic black beans, cooked
1 organic corn tortilla
1 medium organic tomato, chopped
¼ cup organic cilantro, chopped
¼ cup organic onions, chopped
2 cloves organic garlic, minced
1 ½ tsp organic olive oil
Protein 29 g; Carbs 52 g; Fat 8 g; Calories 292

In skillet, cook egg whites with tomato, cilantro, onions, garlic and olive oil. Add black beans and cook just until warm. Serve in tortilla.

400: change egg whites to 6, change black beans to ½ cup, change tortilla to 2 tortillas, change olive oil to 1 ½ tsp
500: change egg whites to 8, change black beans to ¾ cup, change olive oil to 2 tsp

ADDITIONAL 500-CALORIE MEALS

4 oz wild halibut or chicken breast, grilled or baked
¼ cup organic quinoa, cooked
½ cup organic garbanzo beans
½ cup organic cucumber, chopped
1 cup organic cherry tomatoes
¼ cup organic sweet onions, chopped
Halibut: Protein 48 g; Carbs 64 g; Fat 6 g; Calories 499
Chicken: Protein 32 g; Carbs 64 g; Fat 7 g; Calories 442

Combine cooked quinoa, garbanzo beans and halibut. Add cucumbers, tomatoes, and onions, lightly toss, immediately.

¾ cup organic chicken breast
1 ½ cups organic yams, baked
1 ½ tsp olive oil
Protein 36 g; Carbs 62 g; Fat 11 g; Calories 498

Grill or bake chicken and yams. Serve with olive oil drizzled over yams.

7 oz wild halibut or 3½ oz turkey breast
1 cup organic brown rice, cooked
1 ½ tsp olive oil
1 cup organic asparagus, steamed
1 ¼ cup organic cauliflower, steamed
Halibut: Protein 48 g; Carbs 56 g; Fat 10 g; Calories 498
Turkey: Protein 56 g; Carbs 56 g; Fat 10 g; Calories 540

Grill or bake fish or turkey breast. Cook rice according to package directions. Steam asparagus and cauliflower with 1 inch water. Serve alongside fish or turkey breast, and drizzle olive oil over vegetables.

½ cup organic chicken breast, cooked and cubed
½ cup organic cooked garbanzo beans
2 Tbsp organic goat milk feta cheese, crumbled
¾ cup organic brown rice, cooked
1 cup organic cucumber, chopped
1 cup organic tomatoes, chopped
1 ½ Tbsp balsamic vinegar
Protein 37 g; Carbs 59 g; Fat 12 g; Calories 502

In a medium bowl, combine cubed chicken, garbanzo beans, feta cheese, cucumber, and tomatoes. Lightly with vinegar. Add mixture over cooked brown rice.

1 ¼ cups organic zucchini, chopped
¾ cup organic brown rice, cooked
3 oz organic lean ground turkey
1 Tbsp organic fresh sage, chopped
½ cup fat-free cottage cheese
2 Tbsp organic Parmesan cheese, grated
Protein 42 g; Carbs 63 g; Fat 9 g; Calories 494

Brown ground turkey in skillet. Add zucchini, sage, spinach, and Parmesan cheese, and cook 2 minutes in top brown rice with turkey mixture. Serve cottage cheese on side.

3 oz grass-fed top sirloin beef, fat trimmed off
1 cup organic mushrooms, chopped
1 cup organic broccoli, chopped
½ cup organic sweet onions, chopped

- 1 cup organic zucchini, chopped
- 1 cup organic tomatoes, chopped
- 1 cup organic whole wheat pasta, cooked
- Protein 40 g; Carbs 67 g; Fat 10 g; Calories 496

Cut top sirloin into strips. Add to skillet and cook approximately 3 minutes. Add chopped vegetables and cook 3 minutes more. Top pasta with beef mixture.

ON-THE-GO SALAD OPTIONS

100 Calories

- 1 cup organic green leaf or romaine lettuce, chopped
- ½ cup organic cherry tomatoes
- ½ cup organic cucumber, chopped
- 3 Tbsp organic black beans, cooked
- 4 Tbsp organic salsa
- ¼ cup organic yellow corn kernels
- Protein 4 g; Carbs 21 g; Fat 1 g; Calories 99

Combine lettuce, tomatoes, and cucumber in bowl. Top with black beans, corn kernels, and salsa.

200 Calories

Dressing:

- ¼ cup organic orange juice
- 1 tsp organic sesame oil
- 1 Tbsp organic cider vinegar
- Pinch salt and pepper

Salad:

- 2 cups organic green leaf lettuce, chopped
- 10 organic raspberries
- ½ cup organic cherry tomatoes, chopped
- ¼ cup reduced-fat feta cheese, crumbled
- ½ cup organic green or red bell pepper, chopped
- Protein 10 g; Carbs 19 g; Fat 9 g; Calories 194

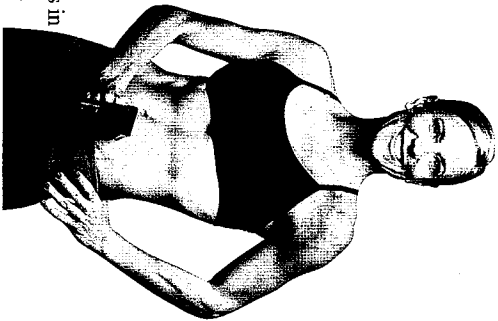
Mix dressing ingredients and set aside. Toss lettuce, tomatoes, and bell peppers in bowl, and top with raspberries and feta cheese. Add dressing to salad and toss.

300 Calories

2 Tbsp Newman's Own® Light Balsamic Vinaigrette

- 2 cups organic green leaf lettuce, chopped
- ½ cup organic cherry tomatoes, chopped
- ½ organic chicken breast, cooked
- 1 Tbsp garbanzo beans
- ¼ cup organic blueberries
- ½ cup organic carrots, chopped
- Protein 32 g; Carbs 27 g; Fat 7 g; Calories 296

Combine lettuce, tomatoes, and carrots. Chop cooked chicken breast and add to salad. Top with blueberries, garbanzo beans, and vinaigrette.



400 Calories

- ¼ organic avocado
- 3 oz wild halibut, grilled or baked
- 2 oz organic lemon juice
- 2 cups organic romaine lettuce, chopped
- 2 Tbsp organic capers
- ½ cup organic raw asparagus, chopped
- 1 Tbsp organic walnuts, chopped
- ¼ cup organic onions, chopped
- ½ cup organic kidney beans
- Pinch of salt and pepper
- Protein 32 g; Carbs 38 g; Fat 14 g; Calories 397

Mix avocado and lemon juice with salt and pepper, set aside. Combine lettuce, asparagus, onions, and walnuts in a bowl and top with kidney beans, capers, and avocado mixture. Top with halibut.

500 Calories

- ½ organic avocado, sliced
- ½ organic chicken breast, cooked and chopped
- 2 Tbsp balsamic vinegar
- 2 cups organic romaine lettuce, chopped
- ½ cup organic tomatoes, chopped
- ½ cup organic cucumbers, chopped
- ¼ cup organic onions, chopped
- ½ cup organic black beans, cooked
- 1 cup organic strawberries, sliced
- Protein 38 g; Carbs 56 g; Fat 15 g; Calories 510

Combine lettuce, onions, tomatoes, cucumbers, strawberries and chicken breast in a bowl, and top with avocado slices, black beans, and balsamic vinegar.



EATING ON THE GO

Quick Grab & Go Snack Meals

- 10 almonds with a whole piece of fruit and 2 oz string cheese
- 1 oz low-fat string cheese with 2 oz turkey and 10 strawberries
- 2 hard-boiled egg whites with 2 plums
- ¾ cup low-fat cottage cheese with low-fat graham crackers (1 sheet)
- ¾ cup edamame beans with ½ cup blueberries
- 2 oz canned chicken (in hurry only) in water with 6 low-fat wheat crackers
- 2 oz low-fat tofu, baked with 1 tsp low-sodium teriyaki sauce, and 1 medium apple
- 1 6-oz Greek yogurt with ½ scoop vanilla protein powder and 1 pear
- 2 oz smoked salmon on 6 whole wheat crackers
- 2 oz sliced turkey wrapped around 6 baby carrots and 10 grapes

Healthy Fast Food Options

SOME TIPS:

- Always eliminate mayonnaise, cheeses, croutons, fatty meats, sauces and/or dressings.
- When ordering salads, request only low-fat dressing on the side.
- Order steamed veggies with no butter or oil.
- Avoid fried foods or added margarine and/or butter.
- No matter where you are, you can order a garden salad and a plain grilled chicken sandwich. Get rid of the bun and put the chicken on the salad!
- Food that is blackened, broiled, grilled, poached, steamed, or stir-fried is your best choice.
- Stay away from the soda - water is your best option!

One objective of the Program is to teach you how to plan ahead and pack food for when you're in a hurry; this way, you'll always have healthy options available to you. However, since we realize that this habit can take a while to adopt, we've provided the following list of suggestions so you can learn to make better choices on the go.

BEST FOOD OPTIONS

(By order of caloric value)

	CALORIES (kcal)	FAT (g)	FIBER (g)
APPLEBEE'S			
Low-Fat Medium Blackened Chicken Salad	287	2.8	6
Low-Fat Veggie Quesadilla	344	8	3
Low-Fat Medium Asian Chicken Salad	370	6	7
Low-Fat Full-Size Blackened Chicken Salad	411	4.9	11
Low-Fat Chicken Fajita Quesadilla	518	11	2
Low-Fat Lemon Chicken Pasta	528	11	8
Low-Fat Chicken Souper Bowl	566	8.3	NA
Low-Fat Garlic Chicken Pasta	587	8.2	9
Low-Fat Full-Size Asian Chicken Salad	623	8.7	14

BEST FOOD OPTIONS

(By order of caloric value)

	CALORIES (kcal)	FAT (g)	FIBER (g)
ARBY'S			
Beef Stock Au Jus	10	0	0
Arby's Sauce	15	0.2	0
Low-Fat Italian Dressing	20	1	0
Side Salad	23	0.3	2
Reduced Calorie Buttermilk Ranch Dressing	50	0	0
Old-Fashioned Chicken Noodle Soup	80	2	1
Lumberjack Mixed Vegetable Soup	90	4	1
Roast Chicken Salad	149	2	5
Roast Turkey Deluxe Sandwich	260	7	4
Roast Chicken Deluxe Sandwich	276	6	4
Roast Beef Deluxe Sandwich	296	10	4
Plain Baked Potato	355	0.3	7

BURGER KING

Side Salad	25	0	2
Light Italian Dressing	35	3	0
Fat-Free Ranch Dressing	40	0	0
Grilled Chicken Caesar Salad	230	7	3
BK Veggie	310	7	4
Santa Fe Chicken Baguette	380	4	4
Savory Mustard Chicken Baguette	380	4.5	3
Smoky BBQ Chicken Baguette	380	4	4

CARL'S JR.

Fat-Free French Dressing	60	0	0
Fat-Free Italian Dressing	15	0	0
Garden Salad-to-Go	50	2.5	2
Char Grilled Chicken Salad-to-Go	200	7	3
BBQ Chicken Sandwich	280	3	2
Jr. Hamburger	330	13	1

CHILI'S GRILL & BAR

Guiltless Chicken Salad w/dressing	272	5	6
Guiltless Chicken Sandwich	527	9	18
Guiltless Chicken Platter	563	9	12
Chicken Pita	597	9	NA



Information on menu options subject to change.

BEST FOOD OPTIONS
(By order of caloric value)

CALORIES (kcal)

FAT (g)

FIBER (g)

DEL TACO			
Rice Cup	150	2	1
Soft Taco	160	8	1
Chicken Soft Taco	210	12	1
Tostada	210	9	6
Breakfast Burrito	250	11	1
Spicy Jack Quesadilla	250	12	1
Beans 'n Cheese Cup	260	3	16
Quesadilla	260	12	1
Red Burrito	270	8	6
Hamburger	280	9	3
Green Burrito	280	8	6
Big Fat Taco	320	11	3
Big Fat Chicken Taco	340	13	3
Regular Red Burrito	390	12	11
Regular Green Burrito	400	12	10

JACK 'N THE BOX

Low-Calorie Italian Dressing	25	1.5	0
Low-Fat Balsamic Dressing	40	2	0
Side Salad	50	3	1
Garden Chicken Salad	200	9	3
Breakfast Jack	280	12	1
Hamburger	280	12	2
Chicken Fajita Pita	315	9	0

KOO KOO ROO

Tossed Salad	16	0.2	1.2
Steamed Vegetables	38	0.3	3.2
Cucumber Salad	41	0.2	1.9
Italian Vegetable	47	2.2	2.0
Koo Koo Roo Slaw	55	2	NA
Candoupe & Honeydew	50	0.3	0.9
Tangy Tomato Salad	60	3.9	1.4
Green Beans	62	2.9	3.6
Butternut Squash	66	0.1	2.5
Chicken Noodle Soup	71	3.2	0.3
Ten Vegetable Soup	94	2.2	4.1
Kernel Corn	106	0.6	2.5
BBQ Vinaigrette Dressing	101	4	0
Chicken Tortilla Soup	112	5.8	3.6
House Salad	113	3.9	5.1
Black Beans	125	2.6	6.3
Lentil Salad	175	5	NA
One Original Chicken Breast	187	5.5	0
Sliced Turkey Breast	182	2	0
Baked Yam	197	0.2	6.6
Spicy Ginger Garlic Bowl (no sauce)	485	6.1	1.9

BEST FOOD OPTIONS
(By order of caloric value)

CALORIES (kcal)

FAT (g)

FIBER

MCDONALD'S			
Side Salad	15	0	1
LF Balsamic Vinaigrette	40	3	0
Grilled Chicken Salad Deluxe	120	1.5	2
Grilled Chicken Caesar Salad	200	6	3
Hamburger	280	10	2

OLIVE GARDEN

Penne Arrabbiata	410	11	N
Linguine Alla Marinara	450	9	N
Chicken Giardino	460	8	N
Grilled Chicken Capri	500	9	N

PANDA EXPRESS

Mixed Vegetables	70	3	1
Chicken w/ Mushrooms	130	7	2
Beef w/ Broccoli	150	8	1
Beef w/ String Beans	170	9	2
Chicken w/ String Beans	170	8	3
Black Pepper Chicken	180	10	2
Chicken Egg Roll	190	8	3
Spicy Chicken w/ Peanuts	200	7	4
Mandarin Chicken	250	9	2
8 oz Steamed Rice	330	0	2

PICKUP STIX

Chicken Rice Bowl	400	6	N
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RUBIOS

Serrano Grape Dressing	10	0	0
HealthMex Chicken Taco	170	2.5	2
HealthMex Chicken Salad	180	3	5
HealthMex Taco w/ Grilled Fish	180	3	2
HealthMex Veggie Burrito	470	8	12

Grande Coffee w/ Nonfat Milk	10	0	0
Grande Nonfat Café Americano	15	0	0
Grande Nonfat Cappuccino	80	0	0
Grande Nonfat Café Au Lait	90	0	0
Flavored Sugar-Free Syrup	0	0	0
Chocolate Hazelnut Biscotti	110	5	1
Vanilla Almond Biscotti	110	5	1
Grande Nonfat Latte	130	0	0

	CALORIES (kcal)	FAT (g)	FIBER (g)
SUBWAY			
Fat-Free Italian Dressing	35	0	0
Garden Salad	60	1	5
Salad w/ Turkey	110	2	5
Salad w/ Ham	120	3	5
Salad w/ Roast Beef	130	3	5
Salad w/ Chicken	160	3.5	5
Mediterranean Chicken Salad	170	4.5	5
6" Veggie Delight	230	3	4
6" Savory Turkey Breast	280	4.5	4
6" Ham Sandwich	290	5	4
6" Roast Beef	290	5	4
6" Savory Turkey Breast & Ham	290	5	4
6" Oven Roasted Chicken Breast	330	5	5
6" Turkey Breast, Ham & Roast Beef	320	6	4

	CALORIES (kcal)	FAT (g)	FIBER (g)
TACO BELL			
Fresco-Style Soft Chicken Taco	170	4	2
Fresco-Style Chicken Gordita Supreme	230	6	2
Fresco-Style Chicken Enchirito	250	5	5

	CALORIES (kcal)	FAT (g)	FIBER (g)
WENDY'S			
Side Salad*	35	0	3
Caesar Side Salad	70	4.5	1
LF Ranch Dressing	100	8	1
Mandarin Chicken Salad (no almonds, rice noodles)	190	3	3
Small Chili	200	5	5
Potato w/ Broccoli (no cheese, sour cream)	290	0	8
Grilled Chicken Sandwich	300	6	2

BIG LIST OF "DO'S" and "DON'TS"

DO'S

- DO drink more water. The range, depending on the individual, is ideally between 90 and 128 ounces of water per day.
- DO consider taking an essential oil along with a multivitamin that together complete your fat-soluble and water-soluble nutrient needs, especially if you've cut out or reduced most dietary fats.
- DO eat organic food as much as possible!
- DO follow the exercise programs as closely as possible.
- DO take the time to treat your body to a good stretch and at least one day off a week. **LISTEN TO YOUR BODY!!!**
- DO choose lean protein sources when eating out, such as chicken, fish or turkey, and request that it be grilled, baked, poached or steamed, with sauce on the side; have a large salad with non-fat or low-fat dressing on the side (or just balsamic vinegar); drink 2 large glasses of water before your

meal; limit alcohol to one drink; make sure to say no to cheese, butter, or any type of white sauce choose brown rice or plain baked potato instead of bread; and stick to sampling other people's desserts rather than ordering your own.

- DO try to plan what you're going to eat each day and what you need to bring with you, the night before - avoid making poor meal choices or going on food binges because of lack of planning
- DO take bottled water, healthy snacks, and essential nutrients on trips away from home.
- DO slow down and savor every bite. It takes 20 minutes for your body to register that it has been fed
- DO keep track of everything that you eat. This can help identify "trigger times" where you are susceptible to overeating; i.e. mid-afternoon? What did you eat for lunch that day? Don't lie or any foods!
- DO practice portion control! This is probably the most important aspect of all! Bigger is definitely NOT better. Calories do add up. Pay attention to your food choices and your serving sizes. Make sure that you are only eating a portion equal to ONE serving size.

EXAMPLES OF SERVING SIZES:

- Your fist or a baseball fruits and vegetables
- Deck of cards meat, poultry or fish
- Golf ball or large egg 1/4 cup of nuts or dried fruits

- DO invest in a food scale. Take the guesswork out of portions.
- DO think small. Use salad plates and petite silverware!!!
- DO forget your parent's advice to clean your plate! Eat only until full and then stop. Chew slow
- DO every day, think of eating all the colors of the rainbow

- Red (strawberries, cherries, red peppers, tomatoes, goji berries, raspberries, tomatoes)
- Green (spinach, kale, asparagus, Brussels sprouts, broccoli, kiwi fruit, avocado)
- Blue (blueberries)
- Purple (eggplant, purple cabbage, beets, plums)
- Orange (carrots, pumpkin, butternut squash, sweet potatoes)
- Yellow (squash, lemons, pineapple)
- White (onions, garlic, coconut)

DON'TS

- DON'T try to make up for skipped workouts or overeating by going crazy with the cardio - your body doesn't work that way.
- DON'T ignore physical pains or problems; make sure to schedule an appointment with your physician before embarking on a new fitness and nutrition program.
- DON'T consume simple sugars, sweets, white flour, and processed foods (whenever possible).
- DON'T eat processed foods containing hydrogenated oils and fats.
- DON'T overdo it on salad dressing - stick to 2-3 tablespoons of low-fat or olive oil, and always a restaurant serve it on the side so you can see how much is being used.
- DON'T eat 2-3 hours before going to bed.
- DON'T drink more than 1 beverage with caffeine a day.
- DON'T eat more than one protein bar a day, try to keep the sugar content less than 9 grams, and keep it to 1/2 a bar at a sitting.
- DON'T eat or drink food with aspartame.