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Healthy Eating Plan



NOTES

4-WEEK HEALTHY EATING PLAN

Proper nutrition is essential for a healthy, fit body. With that in mind, we've developed the 4-Week Healthy Eating Plan just for you! Follow it and you're guaranteed to see a difference in your physical body and energy level!

Back to Basics

In order to understand nutrition, you've got to first understand protein, carbohydrates, and fats.

Protein

Protein is the most important element in your diet plan. It provides amino acids that build muscle, grow hair and nails, and create hormones and enzymes. Having a protein with every meal provides these essential 'building blocks,' as well as slowing the movement of food in the gastrointestinal tract, keeping you fuller longer. Good protein options include lean beef filets, extra lean ground turkey, skinless chicken breasts, egg whites, low-fat tofu, and no-fat cottage cheese.

Carbohydrates

Now hear this: carbohydrates are not bad for you! In fact, they are essential to good health and are the number one source of energy used by the body to fuel metabolism, physical activity and daily bodily functions. But not all carbs are created equal: Simple carbs are broken down quickly in the body and are to be eaten sparingly. These include things like mashed potatoes, chips, cola, crackers, white bread, and fruit juice. Complex carbs contain tons of fiber and take a long time to break down in the body, keeping you fuller longer and making your meals more satisfying. These include things like yams, brown rice, oatmeal, green vegetables, beans, and whole fruits.

Fat

Dietary fat and body fat are not the same things, (though you could swear you see that peanut butter cup pop up on your thighs an hour after eating it!) Dietary fat is broken down into fatty acids, which provide energy while supporting things like your nervous and endocrine systems. However, not all fats are created equal, either. Saturated and trans fats have been linked to heart disease and some cancers, so eat foods that contain these fats sparingly, such as processed packaged desserts, fatty meats, deep fried foods and chips. Instead, choose heart-healthy, all natural fats to ensure a healthy body and high energy, such as avocado, raw nuts, olive oil, and fish oil.

Water

Did you know that your body is made up of more than 60% water? Water helps with digestion, decreases your appetite, rids your cells of toxins and wastes, and extracts nutrients from your foods. You lose water through perspiration, breathing, urinating, and other bodily functions, and this loss must be replenished often. Because water cannot be manufactured by the body, it must be ingested in the form of beverages or watery foods like fruits and vegetables. Drink at least 8-12 full glasses of water a day, more if possible, and eat plenty of fresh fruits and veggies to keep yourself properly hydrated.

Go decaf!

Caffeinated coffee, tea, and soda have a diuretic effect on the body, and could be counteracting your hydrating efforts. Switch to decaf, or limit your caffeinated beverages to one per day for the best results.

Fun Fact:

Drink more to retain less!
If you're feeling bloated, drink water! It sounds backwards but consider this: Water helps flush sodium from your system, the element most responsible for water retention and bloating.

4-WEEK HEALTHY EATING PLAN

Suggested Shopping List

Meat, Fish and poultry

- Skinless chicken breasts
- 99% fat-free ground turkey
- Lean beef filets
- Lean pork chops
- Chunk white low-sodium tuna in water
- Fresh fish (Salmon, snapper, halibut, flounder, albacore)
- Shellfish (Shrimp, scallops, crab)
- Low-sodium, low-fat deli sliced turkey, ham, roast beef

Dairy

- Individual-sized soft cheese wedges
- Low- or no-fat cheese
- Skim milk
- Low- or no-fat string cheese
- Light yogurt, plain
- Low- or no-fat cottage cheese
- Eggs or packaged egg whites

Fruits and vegetables

- Broccoli
- Asparagus
- Tomatoes
- Cucumbers
- Lettuce
- Peppers (red, green, yellow)
- Avocado
- Onion
- Sweet potatoes
- Green beans
- Apples
- Berries
- Spaghetti squash
- Carrots
- Zucchini
- Yams
- Spinach
- Mushrooms
- Lemons

Dry goods

- Wild or brown rice
- Beans (canned or dried)
- Whole wheat bread products
- Crispbread whole grain crackers
- Dry oatmeal (plain)
- Whole-grain hi-protein cereal
- All natural bran cereal
- Whole wheat pasta
- Raw nuts
- Olive oil
- Fresh ground or reduced fat peanut butter
- Low sugar or sugar free jams and spreads
- Non-fat cooking spray

Spices, dressing and condiments

- Balsamic vinegar
- Fat free or light salad dressing
- Extra virgin olive oil
- Garlic powder
- Hot sauce
- Mustard
- Non-fat or light mayonnaise
- Low-sodium soy sauce
- Ground pepper
- Salt-free spice blends
- Salt-free marinades

The Plate Plan

Portion control can be a tricky thing to figure out, especially in our society of super-sized everything. To determine proper portions of protein, carbs, and fats, use the Plate Plan. Imagine a plate. Then - Fill 1/4 of it with protein.

Your protein should be about the size of a deck of cards or the palm of your hand.

Fill 1/4 of it with starchy carbs. This amounts to about 1 cup of cooked oatmeal, 1 medium fruit, or one slice of whole wheat bread.

Fill 1/2 of it with veggies. This amounts to about 1 cup of broccoli or 2 cups of salad greens.

On the side of your plate, imagine a large spoon.

Then - Fill that with dietary fat. This is about 2 tbsp of reduced fat peanut butter or a golf ball sized scoop of avocado.

Meal Planning

Break your daily food intake into three meals and two snacks daily. It might sound like a lot, but think of your body as a fireplace: you want to keep the fire (your metabolism) burning all day long. In order to do that, you've got to keep throwing logs (food) onto the fire. By spreading your meals out during the day, you'll keep this fire burning hot, elevating your metabolism and burning tons of fat over the long term. You'll also never 'crash, and feel like you're starving. Prepare your food ahead of time and pack it in a small cooler to carry with you to work, on a hike, or to the kids' soccer games to avoid the lure of the drive-thru window.

This eating plan was created for an average women's body size. For men, the eating plan would need to be adjusted accordingly for their body type.

PERSONAL MAINTENANCE & MOTIVATION

Maintaining Momentum

Even the most dedicated exercisers get bored once in a while. Here are some tips on staying motivated with your new lifestyle:

Buddy up. One of the best ways to stick to a program is to get a workout buddy who makes you accountable. Let's face it: you're more likely to get up early to go to the park knowing your buddy is waiting there for you to work out. Enlist a friend, family member, or loved one to train with you, and show them how great it is to feel fit and healthy!

Keep learning. Subscribe to a health or fitness magazine for new exercise ideas, healthy recipes and workout tips, or read up online about activities and healthy subjects that interest you, such as healthy cooking, bicycle racing, or great active vacations.

Join a gym. There are tons of fitness centers in your area, and many of them have free trial memberships. Check out a few nearby and see if one might fit your schedule, personality and lifestyle. Ask if the club has any discount promotions coming up to get the best deal possible.

Join a group. Nearly every community has free clubs, leagues or groups that get together and walk, hike, bike, run or dance. Check with your local parks and recreation center or look in your local paper to see who is active in your area. And if there isn't an existing group, start one yourself!

Pay it forward. Nothing is more rewarding than sharing your knowledge and positive exercise experience with others. Speak at your kids' school about the importance of healthy living, or start your own workout group to help others achieve what you have and impart what you now know in a positive way.

Your Future is Bright!

You have done an incredible job and should be really proud of yourself! You now have all the tools you need to live a fit and healthy lifestyle. We sincerely hope you continue to better yourselves physically and mentally, and through exercise find ways to empower yourself and improve your life for years to come!

SET YOURSELF UP FOR SUCCESS

- If you must have a dessert (and sometimes you just do!) get one for the whole table to share. If possible, go for the lower calorie options such as sorbet or fruit.
- If your food does not come out prepared as requested, send it back – politely – and have it made to your specifications. You're paying for it, both with your health and your credit card!

Sweets and Desserts

Remember that talk we had about sugar and trans- and saturated fats? Unfortunately most desserts worth a darn contain all those bad boys. Here are some tips on that front:

- Go for homemade treats. Processed packaged cookies, cakes and other treats contain tons of bad fats and preservatives.
- Stop eating it if it's not great. Why waste calories on a so-so treat?
- Eat it slowly, savor the flavor and make the most of every bite.
- Give up the guilt. Eat your treat happily and relish the enjoyment you get from it.
- Stop when you should. One cookie and a few bites of cake is all you need to satisfy a craving.
- If you can't stop, pop a piece of strong peppermint gum in your mouth after a few bites. That flavor kills just about every urge you have to nosh on more treats.
- Remember that treats are treats - not food staples. Eat them only occasionally, not every day.

PERSONAL MAINTENANCE & MOTIVATION

If you're reading this section – congratulations! You've completed your 4-Week Healthy Eating Plan! How do you feel? We hope you're inspired by your results and are motivated to continue losing fat and getting healthy.

Keeping it up!

You might be thinking – what now? The short answer is – keep it up! Reevaluate your progress and set new goals. What was the goal you set for yourself at the inception of this program? Did you reach it? If you did, congratulations! If you didn't, was it realistic? If it wasn't, reformulate it and set another goal for yourself to attain.

Rewards

Every goal achieved deserves a reward! But make sure your rewards are not food-related. Instead, give yourself nice treats that inspire and encourage you in your new, healthy lifestyle. For your short term goals, reward yourself with things like a new music download purchase, or a half-hour bubble bath. When you've achieved your long term goal, go crazy with yourself! Have a day at the spa, buy a new pair of shoes or purchase a new bikini to show off your new bod!

Managing or Overcoming Set-Backs

Let's Face, it – life happens. Whether your kids get sick, you have to work late or your car breaks down, things happen that keep you from working out. Don't think you're the only person faced with setbacks or obstacles, even Olympic Champions have plenty of their own fair share of hurdles to jump over. The trick is to get right back on track into it as soon as you can without giving up or getting discouraged. Remember to make fitness a priority and schedule time to work out every day. Remind yourself of your intentions, and get back into the swing of things immediately to minimize progress setbacks.

The same goes for food: everyone at one time or another falls off the diet bandwagon. It's actually pretty easy to do, especially around the holidays or big get-togethers like birthdays or anniversaries. The key here is to plan ahead for predictable wobbles in your eating. Do a little extra exercise the week before a holiday, or eat a full meal before going to a party so you're not starving when you get there. And remember: if you do overindulge, it's not the end of the world. One overboard meal is not going to ruin all your hard work. You have control over your destiny! Get right back onto your program the next day and move forward.

4-WEEK HEALTHY EATING PLAN

Calorie Control

Each day, eat between 1200-1500 calories. Don't go below 1200 calories a day, or you risk body rebellion! Your body perceives this caloric deficit as 'starvation,' and immediately goes into calorie hoarding mode, storing any and all calories you take in as fat, even the good ones! This is exactly the opposite of what you're trying to do. To encourage your body to release fat as fuel and elevate your metabolism, eat each of your meals and snacks at regular intervals throughout the day. Generally you'll eat something every 3-4 hours. Here's how an eating schedule might look on any given day:

The 4-Week Healthy Eating Plan

Want to kick-start your weight loss right now? Then this 4-Week Healthy Eating Plan is your meal ticket to success. Using the foods on your suggested shopping list, follow this meal plan for the first month of your program; after the first month, add in a few more calories to maintain your healthy weight. Here's how it breaks down:

- Each day, choose one meal each from the Breakfast, Lunch and Dinner lists.
- Each day, choose 1-3 snacks from the Snack list.
- Plan to eat a meal or snack every 3-4 hours during the day.
- On days when you don't have an after-dinner snack, wait 30 minutes. If you're still legitimately hungry, add an Extra into your plan. They are indicated in your sample schedule with a “*Refer to Snacks listed*”.
- Add the calories together and make sure they total between 1200-1400 a day.
- For optimal four-week fat-loss, eat starchy carbs (bread, tortilla, rice, potato) before 3 PM and stick to veggies and occasional small fruits after that.
- Drink at least 1/2 gallon (8-12 glasses) of water a day.
- If you don't like a particular item in a suggested meal, sub it with something from the same food genre. For example: you hate celery. Have sliced raw red peppers instead. Beef is not your friend? Sub in pork or shrimp.
- The Sample 4-Week Healthy Eating Plan Schedule is only an example. You may change items around as you wish, so long as your calorie total stays between 1200-1400 a day.

This eating plan was created for an average women's body size, for men, the eating plan would need to be adjusted accordingly for their body type.

Food preparation notes:

- Cook all your egg whites and pan-seared items in a non-stick skillet coated with non-fat cooking spray.
- Cook all vegetables in a steamer or eat them raw.
- Unless otherwise specified, make your rice, oatmeal, smoothies and other need-to-prepare dishes with water, not milk or juice.
- Cook in bulk and portion your food out in baggies or containers for convenience.

Meal	Time
Breakfast	7 AM
Snack	10 AM
Lunch	1 PM
Snack	4 PM
Dinner	7PM

Fast Fact:

Some days you might be hungrier than others; this is fine. Hunger is a sign that your metabolism is working! Have another snack between meals or add a little more to your plate during meal times without going overboard. Remember: you want to create a caloric deficit, but not so much that you shut down your system.

Beyond Four Weeks

Remember: this 4-Week Healthy Eating Plan is only to be used for your first month to kick-start your fat-loss process. After four weeks, incorporate 100-200 calories more into your daily plan, bringing your calorie totals to between 1400-1500 calories. This will encourage lasting, effective fat loss of 1-2 pounds a week while giving your body the fuel it needs to train hard and be fit.

SAMPLE MEALS

*Note: calorie totals are approximate within 10-20 calories per meal.

BREAKFAST	LUNCH	DINNER	SNACKS
<p>Eggs ‘n’ toast + fruit:</p> <ul style="list-style-type: none"> • 4 egg whites • 1 yolk • 1 slice whole grain toast with 1 tsp sugar free jam • 1 apple (320) <p>Raisin Oatmeal:</p> <ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1 cup skim milk • 1 mini-box raisins (270 cal) <p>Egg white omelet:</p> <ul style="list-style-type: none"> • 5 whites • 1/2 cup of chopped spinach, mushrooms, peppers of other veggies of choice • 1 cup sliced berries • 1 slice whole wheat toast (260) <p>Peanut butter and raisin oatmeal:</p> <ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1 tbsp reduced fat peanut butter • 2 mini boxes raisins (285) <p>Pita egg sandwich:</p> <ul style="list-style-type: none"> • 4 egg whites • 1 meatless breakfast patty • 1 slice fat-free cheddar cheese • 1/4 cup salsa • 1 whole wheat pita (330) <p>Fruit and crunch yogurt:</p> <ul style="list-style-type: none"> • 1/2 cup whole-grain hi-protein cereal • 1/2 cup blueberries • 4 oz Light plain sugar-free yogurt (220) <p>Cereal + fruit:</p> <ul style="list-style-type: none"> • 1/2 banana • 1 cup bran flakes • 1 cup low-fat or skim milk (285) <p>Grapefruit and cheese:</p> <ul style="list-style-type: none"> • 1/2 grapefruit • 1 cup low-fat cottage cheese (200) <p>Eggs and oatmeal:</p> <ul style="list-style-type: none"> • 5 egg whites • 1 cup cooked oatmeal • 1/2 cup low-fat milk (310) <p>Smoothie:</p> <ul style="list-style-type: none"> • 1 cup low fat milk + 1 scoop protein powder + 1 cup frozen berries (300) 	<p>Burrito meal:</p> <ul style="list-style-type: none"> • 1 small whole wheat tortilla, • 1/4 cup salsa • 1 slice fat-free cheese • 3 oz chicken or steak • 1 small apple (350) <p>Pita lunch Sandwich + fruit:</p> <ul style="list-style-type: none"> • 1 whole wheat pita (small) • 4 oz deli low-sodium ham, turkey, or lean roast beef • 1 oz avocado • lettuce, tomato, mustard • 1 small peach (360) <p>Tuna salad + yam:</p> <ul style="list-style-type: none"> • 1 small can water packed tuna (5 oz) • 1 tbsp low-fat mayo • 1/4 cup chopped celery • large green salad with lettuce tomatoes, cucumbers, red peppers • 1/2 baked yam (320) <p>Chicken rice bowl:</p> <ul style="list-style-type: none"> • 3 oz grilled chicken • 1/2 cup cooked brown rice • 1 cup steamed veggies • 2 tbsp low-fat dressing (300) <p>Chicken or beef kabob + rice & salad:</p> <ul style="list-style-type: none"> • 3 oz chicken • cherry tomatoes • whole mushrooms on a skewer • 1/2 cup cooked brown rice • 1 cup salad • 1 tbsp low-fat dressing (350) <p>Burger + salad:</p> <ul style="list-style-type: none"> • 4 oz extra lean ground turkey or beef • 1 whole wheat hamburger bun • 1 slice fat-free cheddar cheese • 1 cup salad greens • 1 tbsp low-fat dressing (350) <p>Pasta marinara:</p> <ul style="list-style-type: none"> • 1/2 cup cooked whole wheat pasta • 1 cup steamed spinach • 3 oz chicken or 5 oz shrimp • 1/2 cup marinara sauce (350) <p>Chef salad + roll:</p> <ul style="list-style-type: none"> • 2 oz fat-free turkey breast • 2 oz extra lean low-sodium ham • 1 oz avocado • 1 oz fat-free mozzarella • 2 cups lettuce, tomato, cucumber • 2 tbsp low-fat ranch dressing • 1 whole wheat roll or 2 whole grain crispbread crackers (300) 	<p>Chicken and veg + fruit:</p> <ul style="list-style-type: none"> • 3 oz chicken breast • 1 cup green beans • 1 cup salad • 1 tbsp low-fat dressing • 1 medium fruit (apple, orange) (220) <p>Fish and veg:</p> <ul style="list-style-type: none"> • 6 oz baked or broiled fish (salmon, halibut, cod) • 1 cup steamed veggies • 1 cup salad • 1 tbsp low-fat dressing (290) <p>Spaghetti squash and meat sauce + veg:</p> <ul style="list-style-type: none"> • 4 oz cooked lean ground turkey or beef • 1 cup cooked spaghetti squash • 1/2 cup marinara sauce • 1 cup steamed veggies (280) <p>Salmon salad:</p> <ul style="list-style-type: none"> • 6 oz grilled salmon • 2 cups salad greens • 1 tbsp light dressing (240) <p>Turkey fiesta salad:</p> <ul style="list-style-type: none"> • 2 oz ground turkey • 1/4 cup beans • 1 oz low-fat cheese • 2 tsp picante sauce • 2 cups salad greens (300) <p>Stir fry:</p> <ul style="list-style-type: none"> • 3 oz chicken or steak sauteed in wok with 2 cups veggies of choice • 1 clove diced garlic • 1 tsp fresh ginger, chopped • 1 tsp low-sodium soy sauce • 1 tbsp olive oil (270) <p>Steak and veg + fruit:</p> <ul style="list-style-type: none"> • 3 oz flank steak • 1 cup steamed veggies • 1 cup salad • 2 tbsp low-fat dressing • 1 medium apple (280) <p>Cajun shrimp + veg and fruit:</p> <ul style="list-style-type: none"> • 8-10 medium shrimp cooked in 1 tbsp olive oil • Cajun seasoning • lemon juice • garlic • 2 cups steamed veggies • 1 cup blueberries (320) <p>White fish + veg:</p> <ul style="list-style-type: none"> • 5 oz pan-seared white fish of choice • 1 cup steamed veggies • 1 tbsp olive oil (320) 	<ul style="list-style-type: none"> • 1 medium apple • 2 tbsp reduced fat peanut butter (245) • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) • 22 whole, dry roasted or raw almonds (160) • 1 medium plum • 1 piece light string cheese (100) • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) • 2 whole grain crispbread cracker • 2 individual-sized soft cheese wedges • tomato (170) • 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) • 14 baby carrots • 1/4 cup hummus (160) • 2 hardboiled eggs (160) • 1/2 cup edamame (120) • 100-calorie pack of microwave popcorn (100) • 1 nutritional energy bar (200)
			EXTRAS
			<ul style="list-style-type: none"> • 1 slice avocado • 1 slice tomato • 1 whole grain crispbread cracker (70) • 6 oz light yogurt, plain, with two sliced strawberries (100) • 1 tbsp reduced fat peanut butter (85) • 11 raw almonds (80) • 3 slices deli turkey with mustard (50) • 1 medium fruit (banana, apple, orange) (80) • 20 grapes (40) • 1 light string cheese (60) • 1/2 cup blueberries (40) • 5 baby carrots dipped in 1 tbsp light ranch dressing (60)

SET YOURSELF UP FOR SUCCESS

Set your goal!

One of the best ways to stay accountable to a program is to set realistic goals. This gives you something to strive for, an attainable end to your hard work.

What is a realistic goal? Realistic goals are achievable aspirations to be completed in a set duration of time. For example: “I want to lose 50 pounds in a month for my high school reunion” is not a realistic goal. Chances are you’ll fall quite short of this goal, and will feel a sense of failure rather than success because your goal was impossible. But check this one out instead: “I will lose 1-2 pounds a week through healthy eating and consistent exercise, and will look and feel fabulous in two months for my high school reunion.” That sounds better, and much more positive. This is a goal that can be achieved.

Design a long-term goal that is realistic, then write it on a big piece of paper. Post it on your fridge, on your bathroom mirror, in the hallway – anywhere you’ll see it several times a day to remind you of your intention. Now set several smaller short-term goals that will help you attain this goal. These can be set once a week or every day, depending on your personality. See how that works? It can also work for nutrition: Your weekly goal could be to eat more frequently. Your daily goal could be to set a timer on your computer or phone to ring when it’s time to eat.

Journaling

A great way to track your progress and stick to your plan is to keep a journal. For each entry, inscribe these things:

- What did you do for a workout? Cardio? Upper body?
- How long was your workout?
- How did you feel before and after your workout? Tired? Energized?
- What did you eat today?
- How did you feel before and after eating? Hungry? Satisfied? Full?
- How do you feel about your eating today? Guilty? Great?
- Did you eat on time, or miss any meals?
- If you strayed, what happened and how can you remedy that in the future?
- What was your mood today? Were you happy, edgy or blue?

All these questions can help determine your reactions both physical and mental to your program, and when you review them, you might notice patterns emerging. For instance, you might always crave chips or chocolate when you’re emotional, even if you’re not hungry, or maybe you’re tired before you exercise but energized afterwards. Identifying these patterns can help you see through roadblocks and get you back on the path to fitness.

Dining Dangers

Dining out is troublesome for many people because they feel like they are not in control of their food. Here are some ways to take control of your dining experience while still enjoying a night out:

- Choose a restaurant that you know serves healthy dishes.
- Ask your server not to bring bread and butter to the table.
- Request that any sauces, condiments, and dressings be put on the side.
- Order an appetizer as your entrée.
- Request that your food be prepared with no oil or butter.
- Ask for your entrée to be grilled or broiled instead of sautéed or fried.
- As soon as your entrée comes, put half of it into a to-go box. Eat whatever is left on your plate and save the rest for lunch tomorrow.
- Order a side salad or fresh steamed vegetables as a substitute for a starchy side.
- If you’ve having a glass of wine or a cocktail, forego the starch in your meal to accommodate those calories.
- For every alcoholic beverage you have, drink one 8-ounce glass of water.
- When choosing a cocktail, go for lighter options such as vodka and seltzer or a martini straight up instead of a strawberry margarita or a gin and tonic.

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack		<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 					
Breakfast	<ul style="list-style-type: none"> • Peanut butter raisin oatmeal (285) 	<ul style="list-style-type: none"> • Pita Egg sandwich (330) 	<ul style="list-style-type: none"> • Grapefruit and cheese (200) 	<ul style="list-style-type: none"> • Eggs 'n' toast • fruit (320) 	<ul style="list-style-type: none"> • Raisin Oatmeal (285) 	<ul style="list-style-type: none"> • Smoothie (300) 	<ul style="list-style-type: none"> • Eggs and oatmeal (310)
Snack	<ul style="list-style-type: none"> • 2 whole grain crispbread cracker • 2 individual-sized soft cheese wedges • tomato (170) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160) 	<ul style="list-style-type: none"> • 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> • 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> • 1 peach or medium apple + 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> • 2 whole grain crispbread cracker • 2 individual-sized soft cheese wedges • tomato (170)
Lunch	<ul style="list-style-type: none"> • Burrito • fruit (350) 	<ul style="list-style-type: none"> • Chef salad • 2 crispbread crackers (300) 	<ul style="list-style-type: none"> • Turkey Pita Sandwich • fruit (360) 	<ul style="list-style-type: none"> • Tuna salad • 1/2 baked yam (330) 	<ul style="list-style-type: none"> • Chicken or beef kabob • rice • salad (350) 	<ul style="list-style-type: none"> • Chicken pasta marinara (360) 	<ul style="list-style-type: none"> • Ham Pita Sandwich • fruit (360)
Snack	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160) 	<ul style="list-style-type: none"> • 1 medium plum • 1 piece light string cheese (100) 	<ul style="list-style-type: none"> • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) 	<ul style="list-style-type: none"> • 1 medium plum • 1 piece light string cheese (100) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160)
Dinner	<ul style="list-style-type: none"> • Turkey Fiesta salad (300) Extra: 6 oz light yogurt with two strawberries (100) 	<ul style="list-style-type: none"> • White fish and Veg (320) *Extra: 1 tbsp reduced fat peanut butter (85) 	<ul style="list-style-type: none"> • Cajun Shrimp • fruit (320) *Extra: 5 baby carrots with 1 tbsp light ranch dressing (60) 	<ul style="list-style-type: none"> • Spaghetti squash and meat sauce (280) *Extra: 1 tbsp reduced fat peanut butter (80) 	<ul style="list-style-type: none"> • Turkey Fiesta Salad (300) 	<ul style="list-style-type: none"> • Chicken stir fry (270) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> • Spaghetti squash and meat sauce • veg (280) *Extra: 6 oz light yogurt with two strawberries (100)
Snack					<ul style="list-style-type: none"> • 1/2 cup edamame (120) 		
Calorie Total	1265 + extra: 1365	1350 + extra: 1435	1230 + extra: 1290	1270 + extra: 1350	1295	1230 + extra: 1310	1280 + extra: 1380

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack				<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 			
Breakfast	<ul style="list-style-type: none"> • Egg 'n' toast • fruit (320) 	<ul style="list-style-type: none"> • Fruit and crunch yogurt (220) 	<ul style="list-style-type: none"> • Egg white omelet • fruit and toast (260) 	<ul style="list-style-type: none"> • Pita egg sandwich (330) 	<ul style="list-style-type: none"> • Smoothie (300) 	<ul style="list-style-type: none"> • Peanut butter & raisin oatmeal (285) 	<ul style="list-style-type: none"> • Eggs and Oatmeal (310)
Snack	<ul style="list-style-type: none"> • 22 almonds (160) 	<ul style="list-style-type: none"> • 1 medium apple • 2 tbsp reduced fat peanut butter (245) 	<ul style="list-style-type: none"> • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) 		<ul style="list-style-type: none"> • 1 medium plum • 1 piece light string cheese (100) 	<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160)
Lunch	<ul style="list-style-type: none"> • Chicken rice bowl (300) 	<ul style="list-style-type: none"> • Chef salad • roll (300) 	<ul style="list-style-type: none"> • Pasta Marinara (360) 	<ul style="list-style-type: none"> • Burger • salad (350) 	<ul style="list-style-type: none"> • Burrito • fruit (350) 	<ul style="list-style-type: none"> • Chicken or beef kabob with rice and salad (350) 	<ul style="list-style-type: none"> • Tuna salad • 1/2 baked yam (330)
Snack	<ul style="list-style-type: none"> • 1/2 cup sliced berries • 1/2 cup plain light yogurt (130) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160) 	<ul style="list-style-type: none"> • 1 nutritional energy bar (200) 	<ul style="list-style-type: none"> • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> • 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160)
Dinner	<ul style="list-style-type: none"> • Fish and Veg (290) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> • Chicken and Veg • fruit (220) *extra: 1 slice avocado, 1 slice tomato, 1 crispbread cracker (70) 	<ul style="list-style-type: none"> • Cajun Shrimp • veg and fruit (320) *extra: 1 piece light string cheese (60) 	<ul style="list-style-type: none"> • Salmon salad (240) *Extra: 6 oz plain yogurt with two strawberries (100) 	<ul style="list-style-type: none"> • Stir fry (270) 	<ul style="list-style-type: none"> • Turkey fiesta salad (290) *Extra: 20 grapes (40) 	<ul style="list-style-type: none"> • Cajun Shrimp • veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 crispbread cracker (70)
Snack		<ul style="list-style-type: none"> • 100-calorie pack of microwave popcorn (100) 			<ul style="list-style-type: none"> • 1/2 cup edamame (120) 		
Calorie Total	1200 + extra: 1280	1254 + extra: 1315	1350 + extra: 1410	1200 + extra: 1300	1300	1225 + extra: 1265	1330 + extra: 1390

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack		<ul style="list-style-type: none"> 1 whole grain crispbread cracker 1 individual-sized soft cheese wedge tomato (85) 					
Breakfast	<ul style="list-style-type: none"> Smoothie (300) 	<ul style="list-style-type: none"> Cereal fruit (285) 	<ul style="list-style-type: none"> Egg white omelet fruit and toast (260) 	<ul style="list-style-type: none"> Raisin oatmeal (285 cal) 	<ul style="list-style-type: none"> Pita Egg sandwich (330) 	<ul style="list-style-type: none"> Fruit and Crunch yogurt (220) 	<ul style="list-style-type: none"> Cereal and fruit (285)
Snack	<ul style="list-style-type: none"> 1 Plum 1 piece string cheese (100) 	<ul style="list-style-type: none"> 1/2 cup sliced berries 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> 1 medium apple 2 tbsp reduced fat peanut butter (245) 	<ul style="list-style-type: none"> 1/2 cup fat-free cottage cheese 1 tbsp sugar free jam 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> 1 peach or medium apple 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> 6 celery stalks 2 tbsp reduced fat peanut butter (190)
Lunch	<ul style="list-style-type: none"> Pita roast beef sandwich fruit (360) 	<ul style="list-style-type: none"> Steak burrito fruit (350) 	<ul style="list-style-type: none"> Tuna salad 1/2 yam (330) 	<ul style="list-style-type: none"> Chicken kabob rice salad (350) 	<ul style="list-style-type: none"> Turkey Burger salad (350) 	<ul style="list-style-type: none"> Pasta Marinara with shrimp (360) 	<ul style="list-style-type: none"> Pita Ham Sandwich fruit (360)
Snack	<ul style="list-style-type: none"> 14 baby carrots 1/4 cup hummus (160) 	<ul style="list-style-type: none"> 6 celery stalks 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> 1/2 cup edamame (120) 	<ul style="list-style-type: none"> 1 nutritional energy bar (200) 	<ul style="list-style-type: none"> 22 whole, dry roasted or raw almonds (160) 	<ul style="list-style-type: none"> 1/4 cup raw cashews 4 celery sticks 4 carrot sticks (210) 	<ul style="list-style-type: none"> 14 baby carrots 1/4 cup hummus (160)
Dinner	<ul style="list-style-type: none"> Cajun Shrimp • veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 crispbread cracker (70) 	<ul style="list-style-type: none"> Salmon salad (240) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> Chicken stir fry (270) *Extra: 6 oz light yogurt with 2 strawberries (100) 	<ul style="list-style-type: none"> Turkey Fiesta salad (300) 	<ul style="list-style-type: none"> White fish • veg (320) *Extra: 1 piece light string cheese (60) 	<ul style="list-style-type: none"> Turkey Fiesta Salad (300) *Extra: 20 grapes (40) 	<ul style="list-style-type: none"> Steak and Veg • Fruit (280) *Extra: 1 slice avo, 1 slice tomato, 1 crispbread cracker (70)
Snack				<ul style="list-style-type: none"> 100-calorie pack of microwave popcorn (100) 			
Calorie Total	1240 + extra: 1310	1280 + extra: 1360	1225 + extra: 1325	1375	1300 + extra: 1360	1250 + extra: 1265	1275 + extra: 1345

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack				<ul style="list-style-type: none"> 1 medium apple 2 tbsp reduced fat peanut butter (245) 			
Breakfast	<ul style="list-style-type: none"> Eggs 'n' Toast fruit (320) 	<ul style="list-style-type: none"> Egg white omelet fruit toast (260) 	<ul style="list-style-type: none"> Pita Egg sandwich (330) 	<ul style="list-style-type: none"> Fruit and crunch yogurt (220) 	<ul style="list-style-type: none"> Raisin Oatmeal (285 cal) 	<ul style="list-style-type: none"> Egg white omelet fruit toast (260) 	<ul style="list-style-type: none"> Eggs and oatmeal (310)
Snack	<ul style="list-style-type: none"> 1/2 cup fat-free cottage cheese 1 tbsp sugar free jam 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> 1 nutritional energy bar (200) 	<ul style="list-style-type: none"> 14 baby carrots 1/4 cup hummus (160) 	<ul style="list-style-type: none"> 1 peach or medium apple 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> 1/2 cup fat-free cottage cheese 1 tbsp sugar free jam 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> 1/2 cup sliced berries 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> 22 whole, dry roasted or raw almonds (160)
Lunch	<ul style="list-style-type: none"> Chef salad roll (300) 	<ul style="list-style-type: none"> Chicken rice bowl (300) 	<ul style="list-style-type: none"> Chicken pasta marinara (360) 	<ul style="list-style-type: none"> Chicken Burrito fruit (350) 	<ul style="list-style-type: none"> Tuna salad 1/2 baked yam (330) 	<ul style="list-style-type: none"> Beef Burger salad (350) 	<ul style="list-style-type: none"> Chicken rice bowl (300)
Snack	<ul style="list-style-type: none"> 1/4 cup raw cashews 4 celery sticks 4 carrot sticks (210) 	<ul style="list-style-type: none"> 6 celery stalks 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> 1/2 cup sliced berries 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> 2 whole grain crispbread cracker 2 individual-sized soft cheese wedges tomato (170) 	<ul style="list-style-type: none"> 1 medium apple 2 tbsp reduced fat peanut butter (245) 	<ul style="list-style-type: none"> 1 peach or medium apple 1/2 cup low-fat cottage cheese (140)
Dinner	<ul style="list-style-type: none"> Steak and Veg • fruit (280) 	<ul style="list-style-type: none"> Spaghetti squash with meat sauce • veg (280) *Extra: 1/2 cup blueberries (40) 	<ul style="list-style-type: none"> Fish and Veg (290) *Extra: 3 slices deli turkey with mustard (50) 	<ul style="list-style-type: none"> Chicken and veg • salad • fruit (220) *Extra: 11 raw almonds (80) 	<ul style="list-style-type: none"> Steak stir fry (270) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> Salmon Salad (240) *Extra: 1 piece light string cheese (60) 	<ul style="list-style-type: none"> Steak and Veg • fruit (280)
Snack	<ul style="list-style-type: none"> 1 medium plum 1 piece light string cheese (100) 						<ul style="list-style-type: none"> 1/4 cup raw cashews 4 celery sticks 4 carrot sticks (210)
Calorie Total	1350	1230 + extra: 1270	1270 + extra: 1320	1335 + extra: 1415	1195 + extra: 1275	1225 + extra: 1285	1400



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OPERADORA AINO A SAPI DE CV
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www.mejorcompratv.com

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