

WEIGHT LOSS DIET(MEAL PLAN):

* When selecting a Low Fat Meal plan, always try and consume a Balanced and Complete diet. Follow these simple guidelines.

NUTRITIONAL AND LOW FAT DIET GUIDELINES:

1. Commit to consuming 3 main meals (Breakfast, Lunch, & Dinner) with 2-3 snacks in between.
2. You must plan ahead. Write down or journal the next day's meals. Always have fresh foods around.
3. Keep it simple. Don't work your food and yourself to death. Start simple with Calorie count.
Ex: Carbs= 4kcal/1 gm; Protein=4kcal/1 gm; Fat=9kcal/ 1gm.
4. Eat food slowly. Don't Speed Eat.
5. Make Healthier food choices like fresh fruits, vegetables, whole grain cereals and breads, beans, low-fat or non-fat dairy, low fat meats, fish and skinless chicken.
6. Avoid foods that are high in fat and calories.
7. Avoid foods that are high in refined sugars such as pastries, candy bars, pies, and candy.
8. Use fruits and vegetables in your nutrition plan as snacks. Remember that a serving is one measuring cup amount. You want 3 to 5 serving per day of these foods.

HERE IS A SAMPLE LOW-FAT MEAL PLAN (1300 CAL. +/-)

Breakfast:

Food Amount	Food	Protein	Carbs	Fats	Calories
12 ounces	coffee	.40	1.40	0.00	8.0
1 each	Meal replacement shake	24.0	24.0	3.0	220.0
2 tbsp	Peanut Butter	8.60	5.70	16.40	190.0
1 tbsp	Cream, half & half	.44	.65	1.73	19.55

Mid-Morning Snack

1 each	Apple-medium with peel	.30	21.10	0.0	81.0
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Lunch

3 ounces	Chicken breast/white meat	26.40	0.0	3.0	140.25
8 ounces	Green Tea	0.0	0.0	0.0	0.0
.25 cup	Croutons-plain	9.0	5.50	.50	30.50
1 large	Salad-Garden w/tomato/onion	2.60	19.0	.80	98.0
4 tbsps	Thousand Island-reduced cal	0.0	12.0	4.0	80.0

Afternoon Snack

1 each	Orange-medium/large	1.6	21.1	0.2	85.0
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Dinner

3 ounces	Chicken breast/ white meat	26.40	0.0	3.0	140.25
1 cup	pasta, corn cooked	3.68	39.07	1.07	176.40
1 small	salad-garden w/ tomato onion	1.30	9.50	0.40	49.0
2 tbsps	thousand Island-reduced cal	0.0	6.0	2.0	40.0
GRAND TOTAL		104.72	165.02	36.10	1227.95

Grocery List:

<u>Food</u>	<u>Amount</u>
Apples-medium	14 each
Meal replacement shakes	14 each
Chicken Breast / white meat	42 ounces
Green Tea bags	1 box
Cream, fluid, half & half	7 tablespoons
Croutons- plain	2 cups
Pasta, corn, cooked	7 cups
Peanut Butter- creamy	14 table spoons
Salad- large garden	7 large
Salad-small garden	7 small
Thousand Island Dressing- low cal	42 tablespoons

Acid/Alkaline Balanced Meal Plan

Balanced body chemistry is of the utmost importance for the maintenance of health and correction of disease. Acidosis, or over-acidity in the body tissues, is one of the basic causes of many diseases, especially the arthritic and rheumatic diseases.

All foods are "burned" in the body. Referred to as Digested- leaving ash as the by-product of the "burning", or digestion. This food ash can be neutral, acid, or alkaline, depending largely on the mineral composition of the foods. Some foods leave an acid residue or ash, some alkaline. The acid ash (acidosis) results when there is a depletion of the alkali reserve or the diminution in the reserve supply of fixed bases in the blood and the tissues of the body.

It is, therefore, vitally important that there is a proper ratio between acid and alkaline foods in your diet. The natural ratio in a normal healthy body is approximately 4 to 1 - four parts alkaline to one part acid, or 80% to 20%. In the healing stages of disease, when a patient usually has acidosis, the higher the ratio of alkaline elements in the diet, the faster the recovery. Alkalis neutralize the acids.

A healthy body usually keeps large alkaline reserves which are used to meet the emergency demands if too many acid-producing foods are consumed. Your body can function normally and sustain health only in the presence of adequate alkaline reserves and the proper acid-alkaline ratio in all the body tissues and the blood.

FOR OPTIMUM HEALTH AND MAXIMUM RESISTANCE TO DISEASE, IT IS IMPERATIVE THAT YOUR DIET IS SLIGHTLY OVER-ALKALINE.

The following charts will give you foods to choose from. Not all foods are on these charts, but the majority of the American diet is included.