The take 3 method for healthy eating

The Take 3 Method for healthy eating is based on research and time efficient small steps that fit into your lifestyle. Each of the small steps are like building blocks towards a healthier life. And just like constructing a building, we need a solid foundation. The first tier of the method takes only 3 seconds. Yes, that’s right — three seconds. And in these 3 seconds, you’re going to ask yourself the three fundamental questions which will change the way you eat and think about food from this point forward. With this as your foundation, you will add the next building blocks, just like building the tiers of a pyramid. And there are three tiers to your Take 3 Method pyramid.

3 seconds...

it’s about the amount of time it took you to read this sentence. Three seconds feels like the blink of an eye in the grand scheme of things. So you are most likely wondering: “how are three seconds going to help me to be successful in losing weight?” The answer is simple. If it’s not quick, then we are going to fail. That’s because when it comes to eating, quite often we take only a few seconds to decide what goes into our mouths. Those few seconds of decision make the difference between sabotaging our weight loss or succeeding. So to be effective, we need a method that takes only a few seconds and helps us in that decision process to make better decisions and to be mindful of what does go into our mouths. If we are going to change how we eat, then it starts with changing how we think.

If we are going to change how we eat, then it starts with changing how we think.

The Take 3 Questions

These are three questions that will change the way you think about food from this point forward. On the surface when you hear them, they seem almost obvious. But if they were obvious, then we’d be asking them already. You see, often times the obvious is not obvious. And when it seems obvious after you first hear it, then that just means it makes perfect obvious sense. To the point where you slap the side of your head and say “why didn’t I think of this before?”

That’s the way the three questions work. They are basic fundamental questions that you should be asking yourself every time before you put something into your mouth. And once you routinely take the three seconds to ask yourself these questions, you will forever after see the obvious in how these three questions change the way you eat for the better.

The three fundamental questions are:

1) Am I Hungry?
2) Is it Smart?
3) How Much Do I Need?

Stop and read these three questions to yourself several times. Memorize them. They have a rhythm to them. Am I hungry? Is it smart? How much do I need?
The first tier of the Take 3 Method is to “Take 3” seconds to ask these three questions before anything goes into your mouth. In the next section, we explain what you should be thinking when you ask these questions. If all you do is ask these questions every time you begin to eat, and follow the next couple pages about answering those questions, then you will make a dramatic improvement in making better decisions towards healthy eating. Then, in the subsequent sections of this booklet is information that will help you answer these questions even better, to make even better decisions. This program is not about depriving you of the foods you love. When you follow the Take 3 Method, you will learn how to enjoy foods, eat healthy, and achieve your weight loss goals!

Understanding the take 3 method

Answering Yes to the 3 Questions

The three questions focus on three separate and yet interrelated aspects of eating and nutrition that are critical to our success with weight loss. They are designed to be like a filtering process that gives us permission to eat. If you’ve answered yes to the first two questions and determined how the food fits within your overall food needs, then you have permission to eat it. But best of all, even when we answer no to a question, you’ll discover how these questions help you to navigate through the pitfalls that have kept you from success in the past. As said before, this is not about depriving yourself from the foods you love. When we deprive ourselves then it just sets us up to want it more. Instead we need a way to flag how our food choices can fit and at the same time meet our weight loss goals. That’s what these three questions will do for you. They provide a quick yet thoughtful process for making better decisions throughout your day. So let’s talk about each question.
These 3 questions provide a quick yet thoughtful process for making better decisions throughout your day.

1. The first “Am I hungry?” focuses on listening to our physical body and separating out emotional decisions (i.e. cravings versus real hunger). Our bodies were designed to tell us when we need food. We should eat when we are hungry. That’s why a yes on this question is part of the permission process. Do not deprive yourself of nourishing your body. Waiting too long to the point that our stomachs are growling puts us into a position of over-eating at the next opportunity of food. But conversely, eating when we are not hungry, such as when someone brings in treats to the office, or the dessert tray comes around in the restaurant are times that it’s critical we listen to our bodies. In other words, ask yourself “am I really hungry?”, or do I just want this because of the situation.

2. The second question, “Is it smart?”, focuses on helping us to make better food choices. Is it smart is the difference between are we looking at a chocolate brownie or a bowl of steamed broccoli. Just like this example of brownie versus broccoli, you will most likely know whether a particular food is smart or not. The real power of this question is how to deal with the situation when you know the food is not smart, and being able to then ask the question “can I make it smart?”.

3. The third question, “How much do I need?” focuses on putting this particular meal or food into context of your eating needs for the entire day. When you begin to think of fueling your body for the entire day, then it begins to take less pressure and guilt off of each individual meal decision. Instead of saying I can’t have this because it’s not a smart food, you will instead begin to give yourself permission to have some of those “not so smart” foods in balance with how it fits into the big picture. Big picture you say? Don’t worry, we’ll give you some basic guidance below, and then in the subsequent sections teach you a technique so you can quickly assess how each meal and food fits into your big picture. And best of all, it does not require counting calories!
The Big Picture - Putting It All Together: So now let’s go through what to do when you ask these three questions. First, ask them every time you are about to put something in your mouth. That includes both food and liquids. As you will discover in the next section, there are many hidden calories in what we drink, so we cannot ignore liquids. The goal is to answer yes to the first two questions and then determine how much you need. When you do this, then you have given yourself permission to eat, and you are doing so thoughtfully. It’s important to stick with just eating the amount you determined in “how much do I need?”. If you find yourself still wanting more after eating this amount, then wait for fifteen minutes. It takes approximately fifteen minutes after we eat for our body’s hunger signals to catch up with us, and tell us that we actually are satisfied and are full.

Answering No to the 3 Questions
But what if you answer no to the first question “am I hungry?”, and you find yourself still wanting it? First off congratulate yourself for recognizing that you are in what’s called an “emotional eating” situation. You now have the power to make a better decision. Because this is food your body does not need (remember your body is not hungry, so you don’t need it), then the best answer is stop and don’t eat. If the craving is still there, then begin thinking of your alternatives, starting with approaches that take your mind off of the craving, such as removing yourself from the situation (walk away), or non-calorie options (such as drink a glass of water). If you are still struggling with the craving, then use the next two questions to help you make the situation smarter, and figure out how it can fit in your overall calorie needs. For example, are there smarter options such as a healthier choice that will satisfy your immediate craving? Or is a small portion, or just a bite a better option that still fits with your calorie needs for the day?

What happens if you answer no to the second question “is it smart?” Then your first step is to determine if you can make a smarter choice (i.e. are there better food choices?). If you are limited on food choices, such as eating at a restaurant, then begin thinking how can I make it smarter. And remember, small things can add up to making your decision smarter, such as using a non-fat dressing instead of a creamy high-fat dressing, or choosing grilled instead of deep fried. These should be decisions you go through even at home cooking your own meals… is it smart? And how do I make it smarter?

The last question “How much do I need?” allows you to answer no to the above two questions, and still have a method for determining how you can fit it in (that is if you still choose to have it and have not figured out a way to make it smarter). So how much do you need? The big picture is that most women need about 1500 calories to 2500 calories per day to maintain their current body weight. Most men need about 1800 to 3000 calories per day. A 120-pound woman should be on the lower end (1500 calories), and a 200-pound man...
Breakfast is paramount to starting the day off right. Don’t skip it! For women, your three meals should each have approximately 300 to 400 calories, and then your snacks should be less than 100 calories each. If your starting weight is higher, then your calorie requirements per meal will also be higher. There is a table in the next section where you can determine your specific calorie needs, and then you’ll learn how to easily keep track of your food needs without counting calories.

Using these guidelines, now you should look at each meal and each snack to determine how much you need (i.e. how does it fit within your needs). If you have a situation where one meal is going to be more, then you have permission to rebalance the rest of your day to still fit it in. For example, if you wish to have a little bigger lunch, then have a smaller dinner. But there is one critical principal, and that is you can’t skip meals altogether. For example, don’t go to the extreme of having all your calories in one big meal, or skipping breakfast so you can have a big lunch. By having even meals and snacks throughout the day you will actually reduce your cravings, and help you to feel more satisfied. Shifting a little bit here and there gives you the permission to still enjoy foods and allows you a method to thoughtfully eat healthy.

The take 3 method principles

In the second tier of the Take 3 Method, we take a look at the principles behind the 3 questions. We want to give you all the necessary tools to make eating healthy a lifestyle, not just another diet with a list of restricted foods you can’t eat. In the following sections, we focus on answering the 3 questions more in depth and help you focus on the foods you can eat!

Am I hungry?

The very first question we should be asking ourselves before putting anything in our mouths, “Am I Hungry?”. Well are you?

Your Hunger Scale

How hungry you are before you eat and how full you are after eating are critically important factors for controlling your weight. Waiting too long between meals to where you are extremely hungry can lead to bingeing and overeating at your next meal. Conversely, over stuffing yourself to the point that you’re over full can also lead to weight gain. For best results, your goal should be to keep your hunger at a happy medium.

Our bodies were designed to tell us when to eat and when not to. And if we listen to our bodies, this by itself goes a long way in helping us to manage our weight. The best way to look at this is a hunger
scale from 0 to 10 which is used by many nutritionists. This scale helps people understand when to eat based on your body signals.

Your goal is to operate in the range of 3 to 5. When you are slightly hungry, then it’s time to eat. But you should only eat enough to feel comfortable. If you eat to the point of feeling full, or worse yet, feeling absolutely stuffed, then you’ve eaten too much and this leads to weight gain. Letting your hunger get too low (i.e. the point of feeling famished) often results in stuffing yourself at the next meal.

To keep your hunger level between 3 to 5, eat several small meals throughout the day, such as 3 meals plus 2 snacks. When you do sit down to eat and ask the question “Am I hungry,” then think of this 0 to 10 hunger scale. If you do find yourself at the bottom of the scale (i.e. 0 to 2), then eat very slowly and monitor your hunger rating as you eat. Our feelings of hunger or feeling full take about 15 minutes to catch up. For example when your body is actually full, it takes about 15 minutes for this message to register in your head. If you eat too fast, then you’ll go from full to stuffed without realizing it. Remember that if you focus on multiple small meals and snacks throughout the day, then you lessen the chance of your hunger going outside your target range of 3 to 5. So make it a practice to never skip meals, especially breakfast.

The other challenges of not following our hunger messages are cravings, emotional eating and temptations. All of these fall into the category of eating without thought. By asking the question “am I hungry” you are now entering the realm of thoughtful eating so that you can now recognize when you’re facing an emotional craving or temptation.

The next sections are powerful approaches that are backed by strong scientific research to help you reduce your hunger cravings and achieve your weight loss goals.

**Are You Hungry or Just Thirsty?**

You know water is good for you, but did you know it helps you lose weight? Well just like food, what you drink has an impact on how full you feel, and what you drink can also help you burn calories. We’ve always heard we should drink more water, but not until recently did scientists unlock the mystery as to why this is so important in our weight loss goals.

A ground breaking study conducted at Berlin’s Franz-Volhard Clinical Research Center and reported in the Journal of Clinical Endocrinology & Metabolism found that water actually helps the body burn more calories! These scientists found that drinking water increased the metabolic rate (how fast the body burns calories) by 30%! That’s huge, and it puts a whole new perspective on why you need to be drinking water.

**Quench Your Hunger**

Now here’s an added benefit... water also helps you feel full. One study completed at the Department of Clinical Nutrition in Finland found that subjects who drank two glasses of water before a meal felt fuller during the meal. So while you are burning more calories with water, you can also quench your hunger. And of course, water also helps us stay well hydrated which will help us stay active and perform the functions of daily living.
And one more important thing to know about hunger and thirst is that our bodies often confuse the two. That’s right, sometimes when we’re thirsty it feels like we’re hungry. So having a glass of water quenches our hunger in more ways than one. Water clearly is a powerful tool in successful weight loss.

So what’s the secret to using water wisely... our best choice of drink should be water, simply because water has no calories. If you’re trying to boost your calorie burn, and you’re drinking sugary sodas and juices, well sorry, but all those soda and juice calories are taking you in the wrong direction. You should greatly limit, or avoid soda and alcoholic drinks (including beer and wine) because they have a lot of calories and not many nutrients. Now liquids that have no calories, like coffee, tea (without sugar or cream) or diet sodas and seltzer do count towards your hydration goals, but keep in mind that diet soda drinks often contain unwanted sodium, and thus water is “clearly” our best choice.

**Out of Sight, Out of Mind**

Did you know that putting tempting foods right in front of you will make them hard to resist? Of course you did, that’s why at a restaurant they bring the dessert tray out and wave it in front of you. But did you know that scientists study this phenomenon they call “stimulus control”? In other words, if you control the food stimuli around you, you will be less likely to eat foods that will not support your weight loss.

Researchers at Cornell University designed a study to test this idea. They measured how much candy was eaten by women office workers when candy dishes full of chocolate kisses were placed in a clearly visible spot versus in covered bowls. They found that these women ate 2.2 more chocolate candies when the bowls were uncovered and conveniently located (on the desk versus 6 1/2 feet away). While 2.2 candies may not seem like a lot, if you add up the calories that’s 275 extra calories over a five day work week, and that’s 4 more pounds of fat accumulated on our bodies during the course of a year.

**Water Wisdom:**

**8 Glasses a Day!**

So how much water? While several factors influence your water needs (climate, exercise, etc.), nutritionists recommend at least eight 8-ounce glasses a day.

Spread these out throughout the day, and to put water’s hunger busting power to work, drink one or two of your glasses before each meal. Some people ask, does it matter if it’s ice water or can I drink it at room temperature? Well, although ice water does cause your body to burn a few more calories, the temperature is not that significant. What’s more important is that you drink your eight glasses of water. Therefore, if you like your water room temperature, then drink it the way you like it. And keep in mind, every time you have a glass of water you’re burning more calories!

**Water Tip:** Use the check boxes included in your meal plan to check off each glass of water as you drink it.

When you fill your home with healthy foods, you will eat healthy!
Other researchers showed that when more food is put on people’s plates, they eat more. A famous study published in Obesity Research used soup bowls that automatically refilled (unbeknownst to the eaters). This study demonstrated that people who are given more, eat more. The message? When we see more food, we eat more food. If we put it in front of us, if it’s convenient to reach or to get to, or if it goes on our plate, then we eat more. The good news is there are several very easy things we can do so we are less “tempted”, and therefore we’ll be more successful.

Be aware of the foods around you —
Try to avoid surrounding yourself with foods that are too tempting or do not support your goals. Go to your refrigerator and your pantry, and throw away the foods that you overeat when you’re stressed or bored, or the foods you know are clearly unhealthy choices that do not support your weight loss goals.

Don’t buy foods at the grocery store that you think will be too tempting —
Nutritionists have a saying, “If you don’t put it in your cart, you won’t take it to the check out. If you don’t take it to the check out, you won’t buy it. If you don’t buy it, it won’t end up in your home. And if it’s not in your home, it’s less likely to go in your mouth.” In other words, if it’s not in your shopping cart, it’s not in your mouth.

Not on your plate, not in your mouth —
The same is true with respect to food on our plates, especially if you are part of the clean plate club (i.e. you always finish everything on your plate). Here are three ways to accomplish not on your plate, not in your mouth...

1) Use smaller plates.

2) Put food on the plates and then serve meals. Leave the serving dishes and rest of the food in the kitchen. Don’t serve dishes “family style.”

3) If you eat out at a restaurant, ask the service staff to cut your entrée in half BEFORE it comes to the table and wrap it up. Not only will you be less tempted to overeat, you’ll have lunch all ready for the next day!

Don’t leave candy, cake & high calorie foods out in your home —
If you need to have them on hand for special occasions, put them way out of sight until the limited time that you’ll put them out.
Is it smart?

Smart Foods that Fuel Your Body

There’s a secret to choosing foods that help us feel full and satisfied. That’s right, certain foods help us feel full, and when we feel full we eat less without feeling hungry and deprived.

Scientists call this “satiety” and studies have revealed fascinating properties of foods that help us feel full. For example:

- Did you know that eating protein can actually make you feel fuller longer?
- Did you know that foods high in fiber can also help curb our appetite and support weight loss?
- How about the fact that eating high volume foods can help you lose weight? High volume foods are foods with lots of nutrients but not a lot of calories.

These are all scientifically studied topics, but we’re going to make it very simple. Yes, how many calories you eat is important, but so are the foods you choose that will help you feel satisfied and not hungry, so you don’t eat beyond that calorie amount. In this section, we’ll learn about the four types of foods that will help you feel full, eat less, and lose size and weight. And, we’ll also tell you the type of food that does the opposite... the foods that can actually make you hungrier. After reading this section, you’ll be able to better answer the question, “Is it Smart?”.

Eating high volume foods

Did you know that scientists actually study the effect that volume (the size of what we eat) has on weight control? They do! Research shows that people who eat large volumes of foods that have a lot of nutrients (vitamins, minerals, & fiber), but fewer calories, lose more weight. A study published in the Journal of the American Dietetic Association demonstrated that of two groups, the test group that ate a high volume salad as a first course ate 7% less total calories than the test group that did not.

How can you make this work for you? Let’s consider a few choices. If you’re thinking about having a small burger and bun, versus a plate filled with roasted chicken, string beans, sliced fruit, and a side salad, you’ll actually lose more weight by eating the second choice!

Studies show that our stomach knows how much volume we eat, and we feel fuller when we eat higher volume foods. Take a look at the examples on the next page – on the left we have low volume choices, and on the right we have higher volume choices – more food for fewer calories! See if you can come up with some of these substitutions in your own kitchen. We’ve also given you a list of high volume foods from which to choose.
High Volume Eating Tip: Make a list of your five favorite high volume foods (remember: lots of nutrients and volume with fewer calories) and eat at least three of those foods every day for a week.
### High Volume Vegetables
- Artichoke (½ medium)
- Asparagus
- Bean sprouts
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage, cooked
- Carrots
- Cauliflower
- Eggplant
- Greens (collard, mustard)
- Kohlrabi
- Leeks
- Mushrooms, cooked
- Okra
- Onions
- Pea pods
- Peppers
- Rutabaga
- Sauerkraut
- Spinach, cooked
- Summer squash (crookneck)
- Tomato (one large)
- Tomato/vegetable juice
- Turnips
- Water chestnuts
- Zucchini, cooked

### High Volume Fruits
- Apples (raw, 2 in. across)
- Apricots (canned, 4 halves)
- Banana (9 in. long)
- Blackberries (raw)
- Blueberries (raw)
- Cantaloupe (5 in. across)
- Cantaloupe (cubes)
- Cherries (large, raw)
- Figs (fresh, 2 in. across)
- Grapefruit (medium)
- Grapefruit (segments)
- Grapes (small)
- Honeydew melon (cubes)
- Honeydew melon (medium)
- Kiwi (large)
- Mandarin oranges in juice (not syrup)
- Mango (small)
- Nectarines (2 ½ in. across)
- Orange (2 ½ in. across)
- Papaya
- Peach (2 ¾ in. across)
- Peaches (canned in juice, 2 halves)
- Pear (½ large)
- Pears (canned, 2 halves)
- Persimmon (medium, native)
- Pineapple (canned in juice)
- Pineapple (raw)
- Plum (raw, 2 in. across)
- Pomegranate

### Other High Volume Foods
- Air popped popcorn
- Broth based soups
- Raspberries (raw)
- Strawberries (raw, whole)
- Tangerine (2 ½ in. across)
- Watermelon (cubes)

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**Smell it!** A ripe cantaloupe should give off a sweet scent.

**Add some color & brighten your plate!**

**The skin of a ripe eggplant should be firm, not soft.**

Although technically a fruit, the tomato is considered a vegetable in the culinary world.

A mango is ripe when its color changes from green to yellow, orange or red.

Smell it! A ripe cantaloupe should give off a sweet scent.

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**Eat seasonally and buy local if possible!**

Strawberries in the summer, apples in fall and citrus fruits in winter.
Eating Protein
Everyone has heard about high protein diets. Well in an article published in the American Journal of Clinical Nutrition, protein was found to produce a greater feeling of fullness than the other nutrients, carbohydrates and fat. In fact, subjects in the study that had a higher protein breakfast were less hungry and ate less during the day than subjects that ate a lower protein breakfast.

Healthy Snack Proteins
- 1-oz low-fat cheese
- 3 hard boiled egg whites (or 1 hard boiled egg)
- 10 almonds
- 1 Tbsp peanut butter
- 1 slice turkey
- 1 small veggie burger (2-oz patty)
- 1/2 regular size can of tuna
- 1/2 cup cottage cheese
- 3 scrambled egg whites
- 20 soy nuts
- 1/3 of a protein bar (these are high in calories, so you don’t need the whole bar!)

Healthy Meal Proteins
- 3-oz grilled chicken
- 4-oz grilled fish (no breading/crust)
- 4-oz tofu
- 1 larger veggie burger (4-5 oz patty)
- 3-oz lean steak or pork (no ribs)
- 3-oz ground turkey burger
- 1 can tuna fish or salmon

Protein Eating Tip:
You can incorporate protein into your goals by committing to having at least one protein at all snacks and meals for 1 week. Select from the snack protein and meal protein lists and make sure you have these foods on hand.

Nutritionists agree that people who eat protein throughout the day (at snacks and meals) don’t feel as hungry throughout the day and don’t eat as much. Now, this is not a bacon cheese burger recommendation! We want you to choose protein sources that will help you feel full, but will be healthy for your body.

Choose from the healthy lean protein list and try to incorporate healthy portions of these foods in your snacks and meals. For example, a terrific snack would be an apple with 1 Tbsp peanut butter, or a slice of whole wheat bread with a slice of low-fat cheese.
Eating Fiber

You have probably read that fiber is good for your health, but did you know it can help you lose weight? High fiber foods make us feel fuller longer in several ways. As reported in the Scientific Journal of Nutrition, researchers studying populations of people that eat high fiber diets find a much lower rate of overweight and obese people. In fact, The National Academy of Sciences would like us to eat 21-25 grams of fiber per day, yet most Americans eat only half of that amount.

Finding foods that are high in fiber is not hard, you just need to know where to look and how much to get. Nutritionists consider a food that provides 3g or more of fiber per serving a high fiber choice. Food labels will tell you how much fiber is in a serving of your favorite foods. Generally, unprocessed carbohydrates like whole grains, fruits, vegetables, beans and legumes are terrific sources of fiber. Also, here are a few fiber-fabulous choices.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>Fiber Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRESH AND DRIED FRUIT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pear</td>
<td>1 medium</td>
<td>5.1</td>
</tr>
<tr>
<td>Dried figs</td>
<td>2 medium</td>
<td>3.7</td>
</tr>
<tr>
<td>Fresh blueberries</td>
<td>1 cup</td>
<td>3.5</td>
</tr>
<tr>
<td>Apple with peel</td>
<td>1 medium</td>
<td>3.3</td>
</tr>
<tr>
<td>Dried peaches</td>
<td>3 halves</td>
<td>3.3</td>
</tr>
<tr>
<td>Dried apricots</td>
<td>10 halves</td>
<td>2.6</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>3.1</td>
</tr>
<tr>
<td>Raisins</td>
<td>1.5 ounce box</td>
<td>1.6</td>
</tr>
<tr>
<td>Fresh Strawberries</td>
<td>1 cup</td>
<td>3.0</td>
</tr>
<tr>
<td><strong>HEALTHY COMPLEX CARBS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole wheat pasta</td>
<td>1 cup cooked</td>
<td>6.3</td>
</tr>
<tr>
<td>Unsweetened bran cereal</td>
<td>¾ cup</td>
<td>5.3</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1 cup cooked</td>
<td>4.1</td>
</tr>
</tbody>
</table>

The general rule of thumb is that the less refined or processed a food is, and the more fiber it contains, the more it will help you with hunger control and weight loss in moderate portions.
Eating Quality Carbs

Now just like there are foods that fill us up without filling us out, there are also foods that can trigger our hunger, potentially causing us to eat more. Most likely you’ve heard all the hoopla about carbs and protein diets, and all the newspaper articles debating who’s right. As a result, it becomes quite confusing for most of us. So let’s explain where the research is clear. Some carbohydrates in the diet are fine, but it’s a question of which ones.

In an important article in the Journal of the American Medical Association, the author explains how certain carbohydrates “promote excessive food intake.” In other words, they make us eat more and maybe too much. The article explains that when people eat highly refined carbs (think white bread) their blood sugar may go up and then drop down suddenly. This dramatic rise and fall can make us feel hungrier and eat more. For many people, the day turns into a series of poor carbohydrate choices that make blood sugar (and the appetite) go up and down like a roller coaster. This is about getting off that roller coaster by choosing unrefined, minimally processed carbohydrates in moderate portions.

Substitute a poor choice for a great choice...

- White Bread — Whole Wheat Bread
- Dehydrated Potato Flakes — 1/2 baked regular or sweet potato w/ skin
- Croutons — Garbanzo Beans
- White Rice — Brown Rice
- Sugared Cereal — Unsweetened Bran Cereal
- Pastry — Whole Wheat Pancakes
- Apple Juice — Apple with Skin
- White Pasta — Whole Wheat Pasta
- Cola or Soda — Water!
Quality Carbs Eating Tip: If you have some of these poor choices in your diet, you might make one of your goals to substitute one of these foods each week for a better quality carbohydrate.

Smart Foods: Putting It All Together
You may be thinking to yourself that the foods in the Smart Foods that Fuel Your Body section have features in common. You’re right! Getting enough protein, selecting high fiber foods, eating for volume (lots of nutrients/fewer calories) and eating quality carbohydrates all contribute to helping you feel fuller and eat less. So here’s how to put all this together when you ask the question “Is it Smart?”: First, if it’s one of the foods we’ve discussed, such as a high volume food, lean protein, high fiber choice, or quality carb, then yes it’s smart! If you’re faced with a choice that’s not smart, then begin asking “how can I make it smarter?”. Instead of hamburger, is there a lean chicken? Instead of sourdough or white bread, is there whole wheat? Instead of white rice, how about looking at healthy veggies? Remember that small substitutions do add up to make a big difference in achieving your weight loss goals. Sometimes you’ll even make choices that include all four! How about a tuna salad with ½ cup beans and ½ whole wheat pita. You’ve got lean protein, fiber, volume and quality carbs – Woohoo!

How much do i need?

The Easy Way to Track Your Calorie Intake
How would you like to be able to keep track of your calorie intake without counting calories? Most of us are aware that how much we eat contributes to whether we gain weight, lose weight, or stay the same. It’s actually quite easy to understand... calories are the way we measure the “energy” in foods. Bottom line, if you take in too much “energy,” your body stores it as fat. This phenomenon has been studied by scientists for years. They call it the “Law of Thermodynamics”: In order to lose weight, you must take in less calories than the amount of energy your body burns each day — pretty simple, right?

With this in mind, a lot of diet programs require that you count calories. They give you booklets with lists and lists of foods and calories to look up and calculate how many calories you’ve eaten each day. Or they may even sell you food that is designed at a specific calorie count. But the thought of eating prepackaged food forever, or counting calories every day is mind-boggling. That’s why this program does not involve counting calories!

But obviously, we can’t be eating everything in the refrigerator and expect to lose weight. And so what are we to
do if we’re not counting calories? We can use a method called the
The Sixth Sense to Eating. It’s a method where you will be able to
“understand” calories, almost like a sixth sense, so that you can eat
in balance to lose weight, but you’re not constantly counting calories.
Instead, we’re going to help you create your sixth sense to easily
know where you are in your eating at any time in the day. That way
when you’re asking the question “How Much Do I Need?”, you’ll
instantly know just like it’s your sixth sense to eating.

Determining Your Daily Calorie Burn
The first step is simply knowing how many calories your body needs.
For example, how many calories does your body burn each day? Very
few people actually know what their personal calorie burn rate is, and
to complicate matters, everyone’s burn rate is different. Depending
upon your weight and activity level, the differences can be big, as
much as 1000 calories, 2000 calories and even more from what one
person burns each day versus another.

Think about it... if you don’t know what your body burns every day,
how can you know how much to eat? A good analogy is filling your
car up with gasoline. Now in the past, you didn’t have gas pumps
that automatically shut off. So you had to know the size of your tank,
otherwise you’d be spilling gas all over the ground. Well it’s the same
with our bodies. If we don’t know how many calories we burn each
day, then it should come as no surprise when rolls of fat come spilling
out around our waist lines.

Part of the challenge of eating the right amount is knowing how much
you need! Once you know how much your body burns, then you’ll
be much more likely to succeed. So what is your personal burn rate?
Everyone’s is different and it varies based on our size, gender and
exercise level. Simply look up your weight and exercise level, to find
your personal burn rate. For example, for a woman that is 180 lbs with
a light activity level, her personal burn rate is 2574 calories per day.

Find your current weight in the first column.

Look across for the column that describes the typical amount of
activity you do. This is an average amount of activity
not one day that you are particularly active.

Follow the grid across to find the calorie amount that corresponds
to your current weight and activity level.

<table>
<thead>
<tr>
<th>Current Weight</th>
<th>Non-Active (Most of the day sitting, driving a car, etc.)</th>
<th>Light (less than 2 hours of exercise per week)</th>
<th>Moderate (more than 2 hours of exercise per week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>1452</td>
<td>1573</td>
<td>1694</td>
</tr>
<tr>
<td>120</td>
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<td>2926</td>
</tr>
<tr>
<td>200</td>
<td>2640</td>
<td>2860</td>
<td>3080</td>
</tr>
<tr>
<td>210</td>
<td>2772</td>
<td>3003</td>
<td>3234</td>
</tr>
</tbody>
</table>
### Women’s Daily Calorie Burn Table

<table>
<thead>
<tr>
<th>Current Weight</th>
<th>Non-Active (Most of the day sitting, driving a car, etc.)</th>
<th>Light (less than 2 hours of exercise per week)</th>
<th>Moderate (more than 2 hours of exercise per week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>220</td>
<td>2904</td>
<td>3146</td>
<td>3388</td>
</tr>
<tr>
<td>230</td>
<td>3036</td>
<td>3289</td>
<td>3542</td>
</tr>
<tr>
<td>240</td>
<td>3168</td>
<td>3432</td>
<td>3696</td>
</tr>
<tr>
<td>250 +</td>
<td>3300</td>
<td>3575</td>
<td>3850</td>
</tr>
</tbody>
</table>

### Men’s Daily Calorie Burn Table

<table>
<thead>
<tr>
<th>Current Weight</th>
<th>Non-Active (Most of the day sitting, driving a car, etc.)</th>
<th>Light (less than 2 hours of exercise per week)</th>
<th>Moderate (more than 2 hours of exercise per week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>220</td>
<td>3014</td>
<td>3256</td>
<td>3498</td>
</tr>
<tr>
<td>230</td>
<td>3151</td>
<td>3404</td>
<td>3657</td>
</tr>
<tr>
<td>240</td>
<td>3288</td>
<td>3552</td>
<td>3816</td>
</tr>
<tr>
<td>250 +</td>
<td>3425</td>
<td>3700</td>
<td>3975</td>
</tr>
</tbody>
</table>

The number you find on the table is your personal burn rate. Record this number in the box below. There is a box for family members as well if you are doing this program together.

This is what you need to eat for **WEIGHT MAINTENANCE**.

If you want to lose weight and inches, simply subtract 500 kcal from the number you wrote in the box above.

**DO THAT SUBTRACTION NOW AND WRITE THE NUMBER IN THE BOX BELOW:**

This is what you need to eat for **WEIGHT LOSS**.
Once you have calculated how many calories your body needs, you’re ready for step two of the Sixth Sense System, which is creating your sixth sense awareness of the calories in foods. We’re not going to ask you to count every calorie you eat, because you don’t have to. It’s about creating your sixth sense, and you’ve easily done this in a lot of things you do everyday in your life.

For example, if you entered a room with ten people in it, and were asked to quickly say how many people are in this room. Are there 5, 10 or 20 people? It would probably take you less than 2 seconds to say there’s 10 people in the room, and you wouldn’t have to count. Why? Because you’ve walked into so many rooms throughout your life, at school when you were growing up, at family gatherings, that you just know what a group of 10 people looks like. You’ve developed a sixth sense of knowing what groups look like.

Now the challenge is if you are outside that sixth sense. Say you walked into a room of 100 people, and asked to say in 2 seconds how many people are in there. How would you quickly figure out how many people are in the room? Well you’d probably scan the room, and see groups of people, 20 here, 10 there, 20 there, etc. Essentially, you’re breaking it down into your sixth sense comfort level, so you can quickly add it up to the bigger number, and say “I think there’s somewhere between 80 to 100 people here.” Now, you didn’t have to count to come up with that. You used your knowledge of small groups and applied it to a larger situation, and you did it in 2 seconds.

**Break It Down**

The Sixth Sense System of Eating is very similar. First we break down our daily calorie needs into smaller pieces. For example, what’s the right number of calories in a meal based on your personal burn rate? When you look at calories at this level, then you’ll be much more successful at using your sixth sense awareness of calories to make good choices.

So here’s how to break it down... depending on your burn rate, your snacks should have between 100 to 300 calories. Your meals should have between 300 to 650 calories.

Use the table below for general guidance on how to distribute your calories (kcal) throughout the day. Find your personal calorie burn number in the first column and then circle that line.

<table>
<thead>
<tr>
<th>Calories/Day</th>
<th>2 Snacks/Day</th>
<th>3 Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1200-1400</td>
<td>150-175 calories each</td>
<td>300-350 calories each</td>
</tr>
<tr>
<td>1400-1600</td>
<td>175-200 calories each</td>
<td>350-400 calories each</td>
</tr>
<tr>
<td>1600-1800</td>
<td>200-225 calories each</td>
<td>400-450 calories each</td>
</tr>
<tr>
<td>1800-2000</td>
<td>225-250 calories each</td>
<td>450-500 calories each</td>
</tr>
<tr>
<td>2000-2200</td>
<td>250-275 calories each</td>
<td>500-550 calories each</td>
</tr>
</tbody>
</table>

Tired of Counting Calories? **Use Your Sixth Sense!**
Calories/Day | 2 Snacks/Day | 3 Meals
---|---|---
2200-2400 | 275-300 calories each | 550-600 calories each
2400-2600 | 300-325 calories each | 600-650 calories each
2600-2800 | 325-350 calories each | 650-700 calories each
2800-3000 | 350-375 calories each | 700-750 calories each
3000-3200 | 375-400 calories each | 750-800 calories each

For example, if you’re trying to eat 1800 calories per day, then a good approach is to have 2 snacks at 225 calories each, and then 3 meals at around 450 calories each.

The Sixth Sense of Calories
So how do you create your sixth sense awareness of calories? Instead of counting calories, you should just be aware of those foods that seem to have a lot of calories by reading food labels. Make it a practice when you’re shopping to take 2 seconds to flip each package over and look at the calories per serving and how big a serving size is. This is what is called “exercising” your sixth sense calorie awareness. Many restaurants are now beginning to post calorie amounts and so you can exercise your sixth sense when eating out as well. Once you are “aware” of calories, then it’s not rocket science to know that if you have a double mocha latte with whip cream which packs in 970 calories that you’ve just drank more calories than two of your meals put together.

Now again, instead of counting calories, you should “exercise” your calorie awareness by reading food labels. When you choose your meals and snacks, look at food labels to determine the number of calories per serving of that item. Choose your meals and snacks from healthy foods so that they correspond with your calorie amount that you’ve determined from the charts. For example, if you’ve determined from the charts that an appropriate meal for you is 450 calories, then choose your foods to equal 450 calories. As you exercise your sixth sense awareness of calories, you will find that choosing foods that match your calorie target becomes easier and easier... in essence it will become second nature for you. And that’s where you want to be in order to live a healthy life.

Putting It All Together
So when you ask yourself “How Much Do I Need?”, you should be doing this in the context of “How Much Do I Need for this Meal” or “How Much Do I Need for this Snack”. In other words, if you’re sitting down for lunch and you’ve already determined from your personal calorie needs that you need 450 calories per meal, then use your sixth sense to eat approximately 450 calories. Because you’ve broken your calorie needs into meals, it’s much easier to quickly exercise your sixth sense to answer the “How Much Do I Need?” question.

Now for those of you that are thinking, I can’t do this. You will be completely surprised as to how easy this really is, and how quickly your calorie awareness builds. Still not convinced? What is your alternative? Do nothing? By doing nothing, you have resolved to be the size you are, or maybe even continue getting bigger. Certainly this is not what you want, which means you have to do something!
This is a method that you can use for the rest of your life, because the Sixth Sense System allows you the freedom of eating your menu. Once you’ve exercised your calorie awareness, it’s like riding a bicycle, it becomes something that you don’t have to think about. Because just like the example of not having to count a room with 20 people in it, when you have calorie awareness, you’ll just know how to choose foods that fit within your calorie needs. And this is where you want to be so that you can achieve the slim body that you want.

Accelerate Your Sixth Sense
Here are a couple tips to accelerate your calorie awareness:

1) Watch out for hidden calories. While most of us would know that a brownie packs a lot of calories, you may not realize the hidden calories in many popular selections. Take a look at a few examples below and start to use food labels to find out where your hidden calories may be.

Did You Know...???

- Blended coffee drinks and ice blended drinks can have more than 1200 calories!
- Low-fat muffins can have more than 500 calories
- A breakfast pastry can have more than 600 calories
- A six-inch bagel can have more than 400 calories
- A 24-oz soda has 350 calories!
- An order of fries can have almost 700 calories

2) It’s easy to overlook calories that we drink. For example, sodas, juices, alcoholic beverages and some popular coffee drinks contain a lot of calories. An alarming study at Tufts University highlighted that two thirds of Americans in the study reported drinking enough soda and/or sweet drinks to provide them with a greater proportion of daily calories than any other food. And what’s more alarming is that these soda/sweet drinkers were fatter than the non-soda/sweet drinkers. We’re not saying you can’t have soda, juice or coffee. Instead, “exercise” your calorie awareness and recognize that what you drink contains calories too.

3) Exercise your awareness of foods that are delicious and that don’t pack a lot of calories. These are foods that are going to fill you up, without filling you out.

Sixth Sense Eating Tip:
Once you’ve figured out what your calories should be, a goal might be to keep track of your meals and snacks for 7 days by keeping a food journal. This will help you to realize whether or not you are on the right track!
The take 3 method jump start meal plan

Now that you know the 3 questions to ask every time you put something into your mouth and the principles behind those questions, it’s time to put them into action! The following meal plan is your jump start guide to success. This meal plan incorporates the principles of the Take 3 Method and should be used as a learning tool to incorporate this method into your life for long term success.

For best results, follow this meal plan for the first 14 days of the program. After the first 14 days, you can either choose to repeat this meal plan or you can start incorporating other foods using this meal plan and everything you’ve learned about the Take 3 Method as the basis for your healthy eating choices. Make sure to follow the plan based on your gender.

This Plan has been designed by a Registered Dietitian to generate maximum results. If you follow this meal plan, you will get quick results and it’s the best way to learn the principles of the Take 3 Method at the same time. It is also loaded with nutritious foods, so that you can maintain your health and energy levels while you are losing weight. While you are following the meal plan, read the principles in this book several times. Always ask yourself the Take 3 questions. This meal plan is like riding a bike with training wheels. When the 14 days are done, we want you to take the training wheels off and know the Take 3 Method and practice it thereafter.

Meal Plan Directions

1) Follow the plan as closely as possible.
2) This meal plan includes breakfast, snack, lunch, snack, and dinner. While you can rearrange the meals and snacks within one day, you may not move things or substitute items from one day to another.
3) You may eat your meals and snacks at whatever time you like, but we suggest you space them evenly throughout the day for the best results. For example, breakfast at 8:00am, mid-morning snack at 10:00am, lunch at 12:00pm, mid-afternoon snack at 3:00pm and dinner no later than 7:00pm.
4) This plan is rich in vitamins, minerals, and quality carbohydrates, protein and healthy fats (Omega-3s and other unsaturated fats). It is also fairly low in sodium. Feel free to add any of the NON SALT spices or flavorings (see list). For best results, avoid salt and salt substitutes.
5) For best results, limit dining out or better yet avoid dining out while you are following the 14 day meal plan.
6) For beverages, you may have:
   - Water (w/ lemon if desired)
   - Black coffee or tea (hot or iced) with artificial sweetener and lemon if desired
   - 0 Kcal artificially sweetened beverages (i.e. Crystal Light), but not carbonated
   - You may have caffeinated or uncaffeinated beverages, but no cream, creamer, sugar, smoothies, frozen or whipped coffee beverages.
**Spices/Flavorings List**

You may add fresh or dried spices to any of your foods to enhance the flavor without adding salt. If you are using a spice powder or mixed spice (i.e. garlic/onion powder or lemon pepper), make sure that it is a powder or mixed spice to which salt has not been added. You can check the food label for sodium information. The label should indicate 0mg sodium.

**NON-SALT SPICE LIST**

<table>
<thead>
<tr>
<th>Spices/Flavorings List</th>
<th>Non-Salt Spices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>Cumin</td>
</tr>
<tr>
<td>Artificial sweetener</td>
<td>Oregano</td>
</tr>
<tr>
<td>Basil</td>
<td>Paprika</td>
</tr>
<tr>
<td>Bay Leaves</td>
<td>Parsley</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>Saffron</td>
</tr>
<tr>
<td>Cayenne Pepper</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Celery Seed</td>
<td>Sage</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>Sage</td>
</tr>
<tr>
<td>Cilantro</td>
<td>Sage</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Sage</td>
</tr>
<tr>
<td>Clove</td>
<td>Sage</td>
</tr>
<tr>
<td>Dried Fruit</td>
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</tr>
</tbody>
</table>

**Fruits & Vegetables Substitutions**

Many people have certain fruits and vegetables that they enjoy or have available to them. Feel free to substitute one fruit for another and one vegetable for another in your meal plan. The following is a list of fruits and vegetables that are interchangeable in the servings indicated.

**Vegetables:**

1/2 cup of cooked or 1 cup of raw vegetables can be substituted from the following list.

**Fruits:**

Any of the following servings of fruit may be substituted for another.

**Spices/Flavorings List**

You may add fresh or dried spices to any of your foods to enhance the flavor without adding salt. If you are using a spice powder or mixed spice (i.e. garlic/onion powder or lemon pepper), make sure that it is a powder or mixed spice to which salt has not been added. You can check the food label for sodium information. The label should indicate 0mg sodium.

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# Women's Grocery Shopping List

Use these convenient lists to make your grocery shopping a breeze!

## Week 1 (days 1-8)

### Produce
- 3 pints strawberries
- 1 head romaine or red leaf lettuce
- 2 cantaloupes
- 1 container fresh salsa
- 3 cucumbers
- 1 bag baby carrots
- 3 apples
- 4 bananas
- 16 oz. package mixed greens
- 1 bunch of celery
- 3 oranges
- 1 pint cherry tomatoes
- 2 Anjou pears
- 1 head of broccoli (or 1 bag frozen)

### Dairy
- 1 quart skim milk
- 1.25 pints non-fat, low-sodium cottage cheese

### Frozen
- 33 oz. boneless, skinless chicken breasts (or fresh)

### Dry Foods
- 1/2 dozen eggs
- 1 pint liquid egg whites
- 1/2 cup low-fat shredded cheese
- 8 slices low-fat, lower sodium cheese slices
- 1 (1 oz.) slices lower sodium, lean ham
- 69 (4 oz.) whole almonds
- 1 canister fat-free mayo
- 1 canister instant oats, unflavored, unsweetened
- 1 bottle low-sodium, fat-free salad dressing
- 1 medium jar of unsalted, natural peanut butter
- 3 cans (13 oz.) lower-sodium broth based vegetable soup
- 2 (5.6 oz.) cans light, no salt tuna in water
- 1 package unsalted brown rice cakes
- 1 small jar mustard
- 1 small jar pickle relish
- Non-stick cooking spray

## Week 2 (days 9-14)

### Produce
- 3 apples
- 3 pints blueberries
- 1 head of broccoli (or 1 bag frozen)
- 2 whole cantaloupes
- 1 head of celery
- 1 pint cherry tomatoes
- 3 cucumbers
- 1 kiwi
- 16 oz. package mixed greens
- 1 orange
- 1 peach
- 2 plums
- 3 pints strawberries

### Dairy
- 1 quart skim milk
- 1 quart non-fat, low-sodium cottage cheese
- 1 quart non-fat, plain yogurt

### Frozen
- 1 pint non-fat frozen yogurt or sorbet
- 9 oz. boneless, skinless chicken breasts (or fresh)

### Dry Foods
- 30 whole almonds
- 5 walnuts
- 1 bag brown rice
- 10 oz. can corn (or frozen)
- 1 bottle low-sodium, fat-free salad dressing
- 1 medium jar of unsalted, natural peanut butter
- 2 (5-6 oz.) cans light, no salt tuna in water
- 1 package unsalted brown rice cakes
- 1 canister instant oats, unflavored, unsweetened
- 1 medium box raisins
- Non-stick cooking spray
<table>
<thead>
<tr>
<th>Women’s meal plan</th>
<th>day 1</th>
<th>day 2</th>
<th>day 3</th>
<th>day 4</th>
<th>day 5</th>
<th>day 6</th>
<th>day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td>3/4 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup strawberries, 1 hard boiled egg</td>
<td>1 cup fat-free cottage cheese*, 1 cup strawberry slices, 5 almonds, chopped and sprinkled on top</td>
<td>1 cup scrambled egg whites in non-stick pan with non-stick spray, 1 slice low-fat cheese</td>
<td>3/4 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup strawberry slices, 5 almonds, chopped and sprinkled on top</td>
<td>1 cup fat-free cottage cheese*, 1/2 cup chopped celery, 1 cup strawberries, 1 hard boiled egg</td>
<td>1 cup scrambled egg whites in non-stick pan with non-stick spray, 1 slice low-fat cheese</td>
<td>3/4 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup strawberries, 1 hard boiled egg</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td>1 Tbs. unsalted peanut butter, 1 unsalted brown rice cake, 1 banana</td>
<td>1/2 cup fat-free cottage cheese*, 5 baby carrots</td>
<td>1/2 cup fat-free cottage cheese*, 1 Anjou pear</td>
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</tr>
<tr>
<td><strong>dinner</strong></td>
<td>Mediterranean Chicken Salad</td>
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<td>Mediterranean Chicken Salad</td>
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</tr>
<tr>
<td><strong>snack</strong></td>
<td>Chicken Salad: Assemble: 3 oz. diced, boneless, skinless chicken breast, 2 Tbs. fat-free mayo, 1/4 cup cubed cantaloupe, 10 almonds</td>
<td>Soup &amp; Salad: 2 cups broth-based, lower-sodium vegetable soup (or 2 cups low-sodium chicken broth and 1 cup frozen vegetables)</td>
<td>Tuna Tossed Salad: 2 cups mixed greens, 5 cherry tomatoes, halved, 1/4 cup chopped celery. Toss with 2 Tbs. fat-free Italian dressing</td>
<td>Chicken Salad: Assemble: 3 oz. diced, boneless, skinless chicken breast, 2 Tbs. fat-free mayo, 1/4 cup chopped celery, serve with 1/2 lettuce leaves.</td>
<td>Soup &amp; Salad: 2 cups broth-based, lower-sodium vegetable soup (or 2 cups low-sodium chicken broth and 1 cup frozen vegetables)</td>
<td>Tuna Tossed Salad: 2 cups mixed greens, 5 cherry tomatoes, and 1 Tbs. fat-free Italian dressing</td>
<td>Chicken Salad: Assemble: 3 oz. diced, boneless, skinless chicken breast, 2 Tbs. fat-free mayo, 1/4 cup chopped celery, serve on 5 lettuce leaves.</td>
</tr>
<tr>
<td><strong>water</strong></td>
<td>☐ ☐ ☐ ☐ ☐ ☐ ☐</td>
<td>☐ ☐ ☐ ☐ ☐ ☐ ☐</td>
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<td>1 cup fat-free cottage cheese*, 1 cup strawberry slices, 5 almonds chopped and sprinkled on top</td>
<td>2 unsalted brown rice cakes, 1 whole egg scrambled, 1 cup strawberries, 1 cup cantaloupe, cubed, 1 cup fat-free plain yogurt</td>
<td>3/4 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup blueberries</td>
<td>1 egg, scrambled in non-stick pan, 1 cup plain fat-free yogurt, 1 cup cantaloupe, cubed, 1 cup blueberries</td>
<td>1 cup fat-free cottage cheese*, 1 cup sliced strawberries</td>
<td>1/2 cup fat-free milk, 1 cup strawberries, 1 cup cantaloupe, cubed</td>
<td>1 cup fat-free cottage cheese*, 1 cup sliced strawberries, 5 almonds chopped and sprinkled on top</td>
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<tr>
<td>2 slices low-fat cheese, 5 slices cucumber, 1 apple cut in wedges</td>
<td>1 cup cubed cantaloupe, 1/2 cup fat-free cottage cheese*</td>
<td>10 almonds, 1/4 cup raisins</td>
<td>10 almonds, 1/4 cup raisins</td>
<td>1/4 cup raisins, 10 almonds</td>
<td>1 plum, 1/2 cup low-fat, plain yogurt</td>
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<td>Soup &amp; Salad  2 cups broth-based, low-sodium vegetable soup (or 2 cups low-sodium chicken broth and 1 cup frozen vegetables)  Tossed salad: 2 cups mixed greens, 5 cherry tomatoes, and 1 Tbsp. fat-free Italian dressing  1 unsalted brown rice cake, 2 slices lower-sodium, lean ham, 1 tsp. mustard</td>
<td>Chef's Salad  Assemble: 4-oz (4 slices) turkey breast, 1 cup mixed greens, 5 cherry tomatoes, 1/3 cucumber, 2 tsp. fat-free Italian dressing  1 unsalted brown rice cake, 2 slices lower-sodium broccoli, 1 Tbsp. fat-free italian dressing  1 sliced hard-boiled egg, cut in half, remove yolk, crushed with 1 tsp. each fat-free mayo &amp; pickle relish, Refill eggs, Serve with 1/2 orange.</td>
<td>Deluxe Tuna Tossed Salad  Assemble: 6-oz light tuna fish, drained, 1 cup mixed greens with 5 cherry tomatoes, 1/3 cucumber sliced, 2 tsp. fat-free Italian dressing, 5 walnuts chopped  Serve with 2 unsalted brown rice cakes</td>
<td>Chef's Salad  Assemble: 4-oz turkey breast, 1 cup mixed greens, 1/3 cucumber, 2 tsp. fat-free Italian dressing  Serve with 1 egg, 1/2 cup 1 cup fat-free cottage cheese, 1 cup mixed greens</td>
<td>Omelet &amp; Greens  Assemble: 1 egg, 1/2 cup fat-free cottage cheese*, 1 cup mixed greens, 1/3 cucumber, 2 tsp. fat-free Italian dressing  Serve with 1 slice low-fat cheese, 1 unsalted brown rice cake, 1 kiwi slice</td>
<td>Tuna Tossed Salad  Assemble: 6-oz (standard can) light tuna fish, drained, 1 cup mixed greens, 1/3 cucumber sliced, 2 tsp. fat-free Italian dressing  Serve with 1 slice low-fat cheese, 1 unsalted brown rice cake, 1 kiwi slice</td>
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<td>5 walnuts, 1 apple</td>
<td>1 apple sliced with 1 Tbsp. unsalted peanut butter</td>
<td>2 stalks of celery with 1 Tbsp. unsalted peanut butter</td>
<td>1 peach, 1 cup fat-free plain yogurt</td>
<td>1 cup fat-free cottage cheese*</td>
<td>1/2 cup low-fat, plain yogurt</td>
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<td><strong>dinner</strong></td>
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<td>Mediterranean Chicken Salad  Assemble: 6-oz. sliced grilled chicken breast, 2 cups mixed greens, 2 Tbs. diced celery, 8 almonds finely chopped, 1/2 orange peeled and cut in bite-size pieces, 2 Tbs. fat-free Italian dressing  Serve with 1 cup cubed cantaloupe</td>
<td>Grilled Chicken &amp; Broccoli  6-oz. boneless, skinless chicken breast grilled  Serve with 1 cup brown rice, 1 cup steamed broccoli, 1 cup blueberries</td>
<td>Grilled Chicken &amp; Salad  3-oz. boneless, skinless chicken breast grilled  Tossed salad: 2 cups mixed greens, 5 cherry tomatoes, 1/3 cucumber, 1 Tbsp. fat-free Italian dressing  Serve with 1/2 cup cooked corn, 1/2 cup non-fat frozen yogurt or sorbet</td>
<td>Baked Fish &amp; Salad  6-oz. salmon or other favorite fish, trimmed of fat, grilled  Tossed salad: 2 cups mixed greens, 5 cherry tomatoes, 1/3 cucumber sliced, 1 Tbsp. fat-free Italian dressing  Serve with 1 cup fat-free cottage cheese*</td>
<td>Grilled Steak &amp; Salad  6-oz. lean steak, well Trimmed of fat, grilled  Tossed salad: 2 cups mixed greens, 5 cherry tomatoes, 1/3 cucumber sliced, 1 Tbsp. fat-free Italian dressing  Serve with 1 cup fat-free cottage cheese*</td>
<td>Baked Fish &amp; Salad  6-oz. salmon or other favorite fish, trimmed of fat, grilled  Tossed salad: 2 cups mixed greens, 5 cherry tomatoes, 1/3 cucumber sliced, 1 Tbsp. fat-free Italian dressing  Serve with 1 cup fat-free cottage cheese*</td>
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<td>Turkey Burger  3-oz patty of ground turkey, cooked  Serve with 1 cup steamed broccoli, 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
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*optional: add artificial sweetener

water
Men's grocery shopping lists

Use these convenient lists to make your grocery shopping a breeze!

week 1 (days 1-8)

produce
- 3 pints strawberries
- 1 head romaine or red leaf lettuce
- 2 cantaloupes
- 1 container fresh salsa
- 2 cucumbers
- 2 lb. bag baby carrots
- 10 apples
- 5 bananas
- 16 oz. package mixed greens
- 1 bunch of celery
- 3 oranges
- 1 pint cherry tomatoes
- 2 Anjou pears
- 1 avocado
- 1 head of broccoli (or 1 bag frozen)

fresh foods
- 1 dozen eggs
- 1 pint liquid egg whites
- 125 lbs. ground turkey
- 1(8 oz.) bag low-fat shredded cheese
- 2 slices package low-fat, lower-sodium cheese slices
- 28 (1 oz.) slices lower sodium, lean ham

dry foods
- 1 small jar fat-free mayo
- 1 canister instant oats, unflavored, unsweetened
- 15 (6 oz.) whole almonds
- 1 bottle low-sodium, fat-free Italian salad dressing
- 1 medium jar of unsalted, natural peanut butter
- 3 cans (18-19 oz.) lower-sodium broth based vegetable soup
- 2 (5-6 oz.) cans light, no salt tuna in water
- 1 package unsalted brown rice cakes
- 1 small jar mustard
- 1 small jar pickle relish
- non-stick cooking spray
- 124 oz. jar unsweetened apple sauce

frozen
- 1 pint non-fat frozen yogurt or sorbet
- 5 oz. boneless, skinless chicken breasts (or fresh)

week 2 (days 9-14)

produce
- 3 apples
- 3 bananas
- 2 pints blueberries
- 1 head of broccoli (or 1 bag frozen)
- 2 whole cantaloupes
- 1 bunch of celery
- 1 pint cherry tomatoes
- 3 cucumbers
- 1 kiwi
- 1 orange
- 1 peach
- 3 plums
- 3 pints strawberries

dairy
- 1 quart skim milk
- 1 quart non-fat, low-sodium cottage cheese
- 1 quart non-fat, plain yogurt

dry foods
- 65 whole almonds
- 30 walnuts
- 1 bag brown rice
- 1 (32 oz.) can corn (or frozen)
- 1 bottle low-sodium, fat-free salad dressing
- 1 medium jar of unsalted, natural peanut butter
- 2 (5-6 oz.) cans light, no salt tuna in water
- 1 package unsalted brown rice cakes
- 1 canister instant oats, unflavored, unsweetened
- 1 medium box raisins
- non-stick cooking spray
- 1 can (18-19 oz.) lower-sodium broth based vegetable soup
<table>
<thead>
<tr>
<th>men's meal plan</th>
<th>day 1</th>
<th>day 2</th>
<th>day 3</th>
<th>day 4</th>
<th>day 5</th>
<th>day 6</th>
<th>day 7</th>
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<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td>1 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup strawberries, 1 hard boiled egg</td>
<td>1 cup fat-free cottage cheese*, 1 cup strawberry slices, 1 banana, 20 almonds, chopped and sprinkled on top</td>
<td>1 cup scrambled egg whites in non-stick pan with non-stick spray, 1 slice low-fat cheese, 1/2 medium avocado</td>
<td>1 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup strawberries, 1 hard boiled egg</td>
<td>1 cup fat-free cottage cheese*, 1 cup strawberry slices, 1 banana, 20 almonds, chopped &amp; sprinkled on top</td>
<td>1 cup scrambled egg whites in non-stick pan with non-stick spray, 1 slice low-fat cheese, 1/2 medium avocado</td>
<td>1 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup strawberries, 1 hard boiled egg</td>
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<td><strong>lunch</strong></td>
<td>1 cup fat-free cottage cheese*, 10 baby carrots</td>
<td>2 slices low-fat cheese, 10 baby carrots, 1 apple cut in wedges</td>
<td>1/2 cup fat-free cottage cheese*, 1 Anjou pear</td>
<td>1 cup fat-free cottage cheese*, 10 baby carrots</td>
<td>2 slices low-fat cheese, 10 baby carrots, 1 apple cut in wedges</td>
<td>1/2 cup fat-free cottage cheese*, 1 Anjou pear</td>
<td>1 cup fat-free cottage cheese*, 10 baby carrots</td>
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<tr>
<td><strong>dinner</strong></td>
<td>Chicken Salad • Mix together: 6 oz. diced, boneless, skinless chicken breast (pre-cooked or home-made), 2 Tbs. fat-free mayo, 1/4 cup chopped celery, serve on 5 lettuce leaves. • Serve with 1 cup cubed cantaloupe, 20 almonds</td>
<td>2 Tbs. unsalted peanut butter, 1 medium apple, 2 slices lower-sodium, lean ham</td>
<td>Tuna Tossed Salad • Assemble: 6-oz. light tuna fish, drained, 2 cups mixed greens, 5 cherry tomatoes, halved, 1/4 cup chopped celery. Tois with 2 Tbs. fat-free Italian dressing. • Serve with 1 banana, 2 unsalted brown rice cakes, 20 almonds</td>
<td>Chicken Salad • Mix together: 6 oz. sliced, boneless, skinless chicken breast (pre-cooked or home-made), 2 Tbs. fat-free mayo, 1/4 cup chopped celery, serve on 5 lettuce leaves. • Serve with 1 cup cubed cantaloupe, 20 almonds</td>
<td>Hard boil 2 eggs. Cut in half, remove yolk, crush with 2 tsp. each fat-free mayo &amp; pickle relish. Refill eggs. Serve with 1/2 orange.</td>
<td>Tuna Tossed Salad • Assemble: 6-oz. light tuna fish, drained, 2 cups mixed greens, 5 cherry tomatoes, halved, 1/4 cup chopped celery. Tois with 2 Tbs. fat-free Italian dressing. • Serve with 1 banana, 2 unsalted brown rice cakes</td>
<td>Chicken Salad • Mix together: 6 oz. diced, boneless, skinless chicken breast (pre-cooked or home-made), 2 Tbs. fat-free mayo, 1/4 cup chopped celery, serve on 5 lettuce leaves. • Serve with 1 cup cubed cantaloupe, 20 almonds</td>
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<td><strong>snack</strong></td>
<td>Healthy Tacos • Cook 6 oz. lean ground turkey with no-salt seasonings to taste. • Spoon turkey onto 4 large lettuce leaves, halved, 1/4 cup chopped celery, serve on 5 lettuce leaves. • Serve with 1 cup cubed cantaloupe, 20 almonds</td>
<td>Mediterranean Chicken Salad • Assemble: 6 oz. sliced (pre-cooked or home-made) grilled chicken breast, 2 cups mixed greens, 2 Tbs. diced celery, 8 almonds finely chopped, 1/2 orange peeled and cut in bite-size pieces, 2 Tbs. fat-free Italian dressing, 1 cup unsweetened apple sauce</td>
<td>Chicken Cordon Bleu • Broil or grill 6 oz. of boneless, skinless chicken breast until cooked through. Wrap cooked chicken first in 1 slice low-fat cheese, 2 pieces lean ham, and secure with a tooth pick. Broil for 1 minute longer or until cheese melts and ham is slightly crispy. • Serve with 1 cup cubed cantaloupe</td>
<td>Healthy Tacos • Cook 6 oz. lean ground turkey with no-salt seasonings to taste. • Spoon turkey onto 4 large lettuce leaves, halved, 1/4 cup chopped celery, serve on 5 lettuce leaves. • Serve with 1 cup cubed cantaloupe, 20 almonds</td>
<td>1 medium apple, 2 Tbs. unsalted peanut butter, 2 slices lower-sodium, lean ham</td>
<td>Mediterranean Chicken Salad • Assemble: 6 oz. sliced (pre-cooked or home-made) grilled chicken breast, 2 cups mixed greens, 2 Tbs. diced celery, 8 almonds finely chopped, 1/2 orange peeled and cut in bite-size pieces, 2 Tbs. fat-free Italian dressing, 1 cup unsweetened apple sauce</td>
<td>Healthy Tacos • Cook 6 oz. lean ground turkey with no-salt seasonings to taste. • Spoon turkey onto 4 large lettuce leaves, halved, 1/4 cup chopped celery, serve on 5 lettuce leaves. • Serve with 1 cup cubed cantaloupe, 20 almonds</td>
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## Men's Meal Plan

### Men's Meal Plan

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<th>Meal</th>
<th>Day 8</th>
<th>Day 9</th>
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<th>Day 14</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 cup fat-free cottage cheese*, 1 cup strawberry slices, 1 banana, 20 almonds chopped and sprinkled on top</td>
<td>2 whole eggs scrambled, 2 unsalted brown rice cakes, 1 cup strawberries, 1 cup cantaloupe cubed, 1 cup fat-free plain yogurt</td>
<td>1 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 cup blueberries, 1 banana</td>
<td>2 whole eggs scrambled, 1 cup fat-free plain yogurt, 1 cup cantaloupe cubed, 1 cup blueberries</td>
<td>1 cup fat-free cottage cheese*, 1 cup sliced strawberries, 1 banana, 10 walnuts chopped</td>
<td>1 cup cooked steel-cut oatmeal*, 1/2 cup fat-free milk, 1 hard boiled egg, 1 cup strawberries, 1 cup cantaloupe cubed</td>
<td>1 cup fat-free cottage cheese*, 1 cup sliced strawberries, 1 banana, 5 walnuts chopped</td>
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<td><strong>Snack</strong></td>
<td>2 slices low-fat cheese, 10 baby carrots, 1 apple cut in wedges</td>
<td>2 plums, 3 slices low-fat cheese</td>
<td>2 cups cantaloupe, cubed, 1 cup fat-free cottage cheese*</td>
<td>10 almonds, 1/4 cup raisins</td>
<td>15 almonds, 1/4 cup raisins</td>
<td>1/4 cup raisins, 10 almonds</td>
<td>1 plum, 15 almonds, 1 cup fat-free plain yogurt</td>
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<td><strong>Lunch</strong></td>
<td>Hard boil 2 eggs. Cut in half, remove yolk, crush with 2 tsp. each fat-free mayo &amp; pickle relish. Refill eggs. Serve with 1/2 orange.</td>
<td>1 apple, 15 almonds</td>
<td>1 apple with 2 Tbs. unsalted peanut butter</td>
<td>2 stalks of celery, 2 Tbs. unsalted peanut butter</td>
<td>1 peach, 1 cup non-fat plain yogurt</td>
<td>2 unsalted brown rice cakes with 1 Tbs. unsalted peanut butter</td>
<td>2 slices low-fat cheese, 1 apple</td>
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<tr>
<td><strong>Snack</strong></td>
<td>Mediterranean Chicken Salad*</td>
<td>Deluxe Tuna Tossed Salad</td>
<td>Chef's Salad</td>
<td>Omelet &amp; Greens</td>
<td>Tuna Tossed Salad</td>
<td>Vegetable Soup</td>
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<td>*Assembly: 6-oz. sliced grilled chicken breast, 2 cups mixed greens, 2 Tbs. sliced celery, 6 almonds finely chopped, 1/2 orange peeled and cut in bite-size pieces, 2 Tbs. fat-free Italian dressing</td>
<td>*Assembly: 12-oz light tuna fish, drained, 1 cup mixed greens, 5 cherry tomatoes, 1/3 cucumber sliced, 2 tsp. fat-free Italian dressing</td>
<td>*Assembly: 9-oz. boneless, skinless chicken breast, grilled</td>
<td>*Assembly: 12 oz. salmon and 1 slice low-fat cheese</td>
<td>*Assembly: 12 oz. salmon, 1 slice low-fat cheese</td>
<td>*Assembly: 12 oz. salmon or other favorite fish, broiled or baked</td>
<td>*Assembly: 6 oz. patty of lean ground turkey, cooked</td>
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<td>*Serve with 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
<td>*Assemble: 6 oz. salmon or other favorite fish, broiled or baked</td>
<td>*Serve with 1 cup cooked corn, 1 cup blueberries</td>
<td>*Serve with 1 cup cooked green beans, 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
<td>*Serve with 1 cup cooked green beans, 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
<td>*Serve with 1 cup steamed broccoli, 1 cup strawberries, 1/2 cup fat-free frozen yogurt or sorbet</td>
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<td><strong>Dinner</strong></td>
<td>Grilled Chicken &amp; Broccoli</td>
<td>Grilled Chicken &amp; Salad</td>
<td>Baked Fish &amp; Salad</td>
<td>Grilled Steak &amp; Salad</td>
<td>Baked Fish &amp; Salad</td>
<td>Turkey Burger</td>
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<td>*6-oz. boneless, skinless chicken breast, grilled</td>
<td>*6-oz. boneless, skinless chicken breast, grilled</td>
<td>*6 oz. salmon or other favorite fish, broiled or baked</td>
<td>*6 oz. lean steak, well trimmed, grilled</td>
<td>*6 oz. salmon or other favorite fish, broiled or baked</td>
<td>*6 oz. patty of lean ground turkey, cooked</td>
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<td>*Serve with 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
<td>*Serve with 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
<td>*Serve with 1 cup steamed green beans, 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
<td>*Serve with 1 cup steamed green beans, 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
<td>*Serve with 1 cup steamed green beans, 1 cup cooked corn, 1/2 cup fat-free frozen yogurt or sorbet</td>
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<td><strong>Snack</strong></td>
<td>1 Tbs. fat-free Italian dressing</td>
<td>1 Tbs. fat-free Italian dressing</td>
<td>1 Tbs. fat-free Italian dressing</td>
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*optional: add artificial sweetener
Meal plan tool: food journal

After the first 14 days, you can either choose to repeat this meal plan or you can start incorporating other foods using this meal plan and the principles you’ve learned about the Take 3 Method as the basis for your healthy eating choices. Another great tool to help you on your journey is a Food Journal. We have provided you with an example below followed by blank pages that you can photocopy.

The example below is based on a person eating in the 1200-1400 calorie range. Make sure to follow the guidelines based on your own daily calorie burn rate.

<table>
<thead>
<tr>
<th>Meal</th>
<th>My Daily Calorie Burn:</th>
<th>Target Calories:</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Target Calories:</td>
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<tr>
<td>Snack</td>
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<td>300 - 350 calories</td>
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<tr>
<td>Snack</td>
<td>1250 calories</td>
<td>150 - 175 calories</td>
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<tr>
<td>Dinner</td>
<td>1350 calories</td>
<td>300 - 350 calories</td>
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<td><strong>8 Glasses of Water</strong></td>
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