

6 Week Menu Plan

No need to weigh food or calculate using an app. Just use your hand to measure serving sizes!

{Women: 3-4 hand palms of lean protein, 2-3 cupped handfuls of carbs/fruit (only allowed on workout days), 4-6+ fists of veg, 2-3 thumbs of fat (not included in protein servings) **Men:** 4-6 protein, 2-3 carbs/fruit, 6-8 veg, 4-6 fat}

Include a lean meat protein at every meal (breakfast, lunch, dinner) & include a meat or non-meat protein at snack (eggs, dairy), "earn" starchy carbs/grains, eat a carb 1 hour pre and post workout. Eat at least one veg servings with each meal and snack.

Print 6 copies of this chart to plan/track foods and portions to make sure daily requirements are met.

MEAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-up *Vitamins	16 oz. Lemon Water	16 oz. Lemon Water	16 oz. Lemon Water	16 oz. Lemon Water	16 oz. Lemon Water	16 oz. Lemon Water	16 oz. Lemon Water
8 oz. Coffee ↓ Breakfast 8 oz. water	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F
16 oz. water ↓ Snack	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F
16 oz. water ↓ Lunch	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F
8 oz. Green Tea	1 sm. dark chocolate square	1 sm. dark chocolate square	1 sm. dark chocolate square	1 sm. dark chocolate square	1 sm. dark chocolate square	1 sm. dark chocolate square	1 sm. dark chocolate square
8 oz. water ↓ Snack (Optional)	P C V F	P C V	P C V F	P C V F	P C V F	P C V F	P C V F
8 oz. water ↓ Dinner	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F	P C V F
Green Tea	8 oz. tea	8 oz. tea	8 oz. tea	8 oz. tea	8 oz. tea	8 oz. tea	8 oz. tea

*daily multivitamin, 1000 IU liquid vit. D (take with a fat), Omega 3 fish oil & 3L water daily {aka 12 8oz. glasses}

Other Tips:

- Eliminate all drinks sweetened with sweeteners (you can flavour water with stevia based water enhancers)
- <4 alcoholic drinks per week or eliminate completely during program
- Eat 2-3 whole eggs per day
- Enjoy one "treat meal" per week
- No bananas or mangos (too high in sugar, low in fibre)
- Limit coffee to 16 oz per day
- Hummus and no-fat Italian dressing are "freebie" veggie dips if less than ¼ of a cup
- Flavour meals with spices/herbs, salsa, mustard, hot sauce and vinegars
- If consuming shakes, try to have 1 hour before or after a workout.
- Whenever possible eat the whole fruit/veg instead of juicing
- Sleep 6-8 hours per night (no TV or tech 1 hour before bed)

Recommended Proteins:

Eggs (2 for women, 3 for men)

Egg whites (1/2 cup = 1 serving)

1% cottage cheese or Plain Greek yogurt (try Skyr Icelandic yogurt)... can mix in some maple syrup to sweeten if bitter. Only as snacks, not a meal.

Whey protein powder can be mixed to food or a shake to amp protein count

Lean ground beef

Lean cuts of steak

Chicken and turkey breast or ground

Chicken or turkey sausage or pepperettes

Fish... canned tuna, fresh salmon

Recommended Carbs (which you have to earn through exercise):

Fruits (except dried fruit, bananas or mangos)

Bread/muffins/tortillas

Potatoes, sweet or white

Yams, Squash, Corn

Oatmeal

Quinoa/Couscous/Rice

Pasta

Beans/lentils (unless you're vegetarian and these are a protein)

Recommended Vegetables: ALL veggies—and try some new ones!

asparagus, green beans, broccoli, cauliflower (cauliflower "rice"), peppers, tomatoes, cucumbers, zucchini, carrots, peas, cabbage, lettuce, eggplant, celery, mushrooms, salsa, spinach, frozen California mix (keep in freezer and steam to add as a quick side)

Recommended Fats: (Remember 1 thumb is a serving)

Olive, coconut, avocado, vegetable and grape seed oil

Nut butters

Nuts (best are walnuts, almonds and brazil nuts, (brazil nuts are good source of selenium but limit to 1-2 per day due to toxicity hazard)

Butter/margarine

Flax, chia, pumpkin seeds

Cheese

Avocado

Salad dressings

Recipes:

Easiest breakfast (pre-workout)

Two soft boiled eggs, 1 slice whole wheat or sprouted grain toast with butter, and 1 tomato sliced and seasoned with salt/pepper. Or, scrambled eggs with sautéed veggies and toast.

Protein shake recipe:

200 ml unsweetened almond milk
1 scoop whey protein
1 handful spinach or kale/leafy greens
5 almonds
½ cup frozen berries
cinnamon, dash of maple syrup

Stuffed Zucchini (veg and fat)

Take 2-3 zucchinis and slice lengthwise and hollow out the seeds. Add 1-2 tablespoons of salsa in the "boat" and top with goat cheese. Bake 20-30 mins. at 350 F. (Can add cooked ground turkey before the salsa)

Zucchini "Spaghetti"

4 zucchinis spiralized, sautéed with fresh garlic, onion and sliced cherry tomatoes
top with your favourite tomato or meat sauce

Omelette

Cook a single omelette with or make a larger omelette and cut into portions (heat and serve on busy mornings). Add tomatoes, onions, spinach, mushrooms, arugula, etc. for veg servings. Add feta or goat cheese for your fat.

Simple Salmon (wild caught not farmed)

Line oven safe pan with foil. Slice zucchini in loonie size rounds (or substitute with peppers, asparagus, eggplant). Place salmon on top of veggies. Lightly cover fish with some thai red pepper jelly and a drizzle of real maple syrup. Bake 15-20 mins. at 350F.

Fish Tacos

Rinse 2-3 fillets of white fish and toss in ziplock filled with Italian bread crumbs. Shake until coated. Fry in 1 tbsp of oil until cooked through. Wash Boston lettuce leaves to use as the tortilla (if you worked out and earned your carbs, you can use 2 Weight Watchers size whole wheat torts, then switch to lettuce).

Wrap fish, sauce (½ cup light mayo, 2 tbsp white vinegar, 2 tbsp dry dillweed) and shredded red cabbage in lettuce leaves and enjoy.

*Can sub with chicken, turkey or beef

Quick Veggies

Pick up a large bag or two of frozen California veggies (broccoli, carrots, cauliflower...it's called "Normandy Style" at Costco). Steam 2-4 cups. Once cooked, add 1 tbsp butter and garlic spice. Place mixture in an oven-safe pan. Grate and top with 1 cup of cheese and ½ cup bread crumbs. Broil until the cheese is melted and a bit crispy. Enjoy for breakfast with a side of eggs or with a grilled chicken breast for a quick dinner.

Chicken Lettuce Wraps

Romaine leaf, add sliced chicken & tomato—season with salt and pepper and a squeeze of lime, add thumb-sized slice of avocado. Wrap and secure with a toothpick.