

The 1AND1 Life Healthy Eating Plan



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You work hard at your fitness goals. Don't let your hard work go to waste. Eating a well-balanced diet will give you the energy you need to fuel your workouts and help prevent chronic conditions such as type 2 diabetes and heart disease. We want you to succeed in reaching your wellness goals and become the best version of yourself. By following both our fitness and nutrition plans, you WILL (with patience and perseverance) reach your goals!

“You Must Believe to Achieve!”

Small Steps Towards Healthy Nutrition

Healthy nutrition is not only for those looking to lose weight or athletes looking to add muscle. Eating well is good for everyone and can help you look and feel your very best, while enhancing your wellbeing. Similar to eating a meal one bite at a time, making small changes one at a time helps to improve your current and future health. Here's the good news: eating right doesn't have to be complicated! You can start by making small changes that can add up tremendously over time and reflect positively on your overall health.

MEAL PLANNING:

- Start the day with a nutritious breakfast, as skipping breakfast often leads to overeating later.
- Do not eat while distracted. Those who eat in front of a computer or television consume up to 25% more calories.
- Before opening the fridge or cabinet, take a breath and ask yourself, "Am I really hungry?" If not, do something else, like reading or going on a short walk.
- Eat restaurant/takeout food and ready meals less by planning meals at home. It will save your wallet and your waistline.
- Plan some time after grocery shopping to clean and prep your foods so they are ready for the week. If you've already made a weekly menu plan, this takes the guesswork out of "What's for Dinner?" There are lots of creative ways to save time and make preparing meals quick and simple. Using pre-cut vegetables or packaged salads could also be a huge time saver.
- To save yourself some time, learn to cook in batches. If you're roasting vegetables for dinner, make enough to add into your scramble for the next morning's breakfast, or to stuff in your wrap for lunch the next day. Soups, stocks, homemade granola bars, pesto, pancakes, even lasagna can all be made ahead of time and stored in the freezer for future use.

FOOD CHOICES:

- During each meal, fill half of your plate with fruits and vegetables.
- Make at least half of the grains you eat whole grains. The difference between whole grains and refined grains is that whole grains include all three parts of the grain (bran, germ, and endosperm), while refined grains do not include the bran or germ (these are removed during processing, leaving only the endosperm). With the removal of the bran and germ, 25 percent of the grain's protein and about 17 key nutrients are lost.
- Choose healthier 'loin' or 'round' cuts at the grocery store when purchasing red meats.
- Purchase breakfast cereals with at least 3gr of fiber and 8gr of sugar or less. Good examples are Multigrain Cheerios or Total Whole Grains.
- Choose whole fruit instead of fruit juice. Fruit juice does not contain fiber and contains a high amount of sugar per serving.
- Think nutrient-rich rather than 'good' or 'bad' foods. All foods can fit into a balanced diet, but make the majority of your food choices rich with antioxidants, vitamins, minerals, and fiber.
- Find healthy swaps for your favorite foods and snacks. There are plenty of recipes you can try, like roasted chickpeas or carrots, that will satisfy your salty and sweet cravings.

FOR PLANT-BASED EATERS:

Even though the Recommended Daily Allowance (RDA) for protein is the same for plant-based eaters as it is for omnivores, some debate this recommendation and feel it should be higher for plant eaters because plant-based proteins are not digested as completely. The digestibility of most animal proteins is high, at about 90-99%. Plant proteins are less digestible at about 70-90%, but more than 90% for legumes and soy foods. Despite this, those who adopt plant-based diets are very likely to meet all their protein requirements if they include a good variety of whole grains, vegetables, legumes, nuts and seeds. These foods will supply all the essential amino acids needed for cellular growth and repair.

For plant eaters, getting all the essential amino acids takes some creativity. In order for a protein to be complete, it needs all nine essential amino acids. Most plant foods, with the exception of soy and some grains like quinoa, do not contain them all. However, combining plant-protein foods that have different, but complementary amino acid patterns together, will supply all the essential amino acids needed. One popular combination is the classic dish of 'rice and beans' popular in many cultures.

Many people have long believed that combining plant proteins at every meal is critical to protein nutrition. However, for a well-planned vegan or vegetarian diet, this is not the case. As long as protein intake is varied and sufficient energy is being consumed, there is no need to eat complementary proteins at every meal. You can receive all the essential amino acids over the course of the day simply by eating a well-balanced diet with lots of variety. Good sources of plant-based proteins include: legumes, nuts, seeds, soy products, plant-based protein supplement powders, and whole grains. In addition, there are small amounts found in many fruits and vegetables.

3-Day Sample Nutrition Plans

Not sure where to get started with your nutrition journey? We designed the following nutrition plans to help you structure a healthy daily meal plan. Please note that these plans are a sample only - feel free to make adjustments according to your preferences by replacing specific foods with similar options, found in the [Alternative Food Lists](#).

To know what plan will work best for your goals and body type, you need to calculate your calorie and macronutrient needs according to the suggestions in our "Nutrition 101" e-Book.

1200 Kcals Plan

DAY 1

7am | Breakfast
½ cup oats with ¼ cup blueberries, 1 large egg (any style)

10am | Snack
small apple, 1 tbsp nut butter

12pm | Lunch
turkey pita (2oz turkey, lettuce & tomato, 1 cup baby carrots, 1 pita bread)

3pm | Snack
1 fruit of choice, ½ cup cottage cheese 2%

6pm | Dinner
4oz fish, ¼ cup wild rice, 1 cup steamed veggie of choice, ¼ cup black beans

8pm | Snack
½ cup low-fat vanilla yogurt

NUTRITION INFO:

1230 KCALS, 50% CARBS, 26% PROTEIN, 24% FAT

DAY 2**7am | Breakfast**

1 cup whole-grain cereal, 1 cup milk

10am | Snack

½ cup Grapes, ½ oz nuts

12pm | Lunch

Salad (3 cups mixed salad greens, 2oz cooked chicken breast, 1 tsp olive oil, 1 tsp vinegar, 2 tbsp cranberries), 1 whole-wheat dinner roll

3pm | Snack

1 fruit of choice, 1 hard-cooked egg

6pm | Dinner

3oz flank steak (broiled or grilled), 1 cup steamed veggie of choice, 4oz sweet potato

8pm | Snack

½ cup cottage cheese, ½ cup fruit of choice

NUTRITION INFO:

1233 KCALS, 48% CARBS, 26% PROTEIN, 26% FAT

DAY 3**7am | Breakfast**

1 english muffin whole-wheat, ½ tbsp nut butter, ½ cup milk

10am | Snack

1 fruit of choice, 1 hard-cooked egg

12pm | Lunch

tuna sandwich (3oz tuna, 1 tsp mayo, lettuce, tomato, 1 slice whole-wheat bread), 1 fruit of choice

3pm | Snack

1 cup baby carrots, 1 piece string cheese

6pm | Dinner

3oz baked chicken, 1 cup veggies of choice, ½ cup quinoa

8pm | Snack

4oz low-fat fruit yogurt

NUTRITION INFO:

1227 KCALS, 52% CARBS, 25% PRO, 23% FAT

1500 Kcals Plan

DAY 1

7am | Breakfast
¾ cup oats, ¼ blueberries, 1 large egg (any style)

10am | Snack
1 ½ tbsp nut butter, 1 small apple

12pm | Lunch
Turkey Pita (3 oz turkey, lettuce, tomato, 1 pita bread, 1 cup of baby carrots)

3pm | Snack
1 piece string cheese, fruit of choice

6pm | Dinner
4 oz fish, 1 cup veggie of choice, ¼ cup brown rice, ¼ cup black beans

8pm | Snack
6oz low-fat fruit yogurt, 1 fresh fruit of choice

NUTRITION INFO:

1510 KCALS, 52% CARBS, 24% PROTEIN, 24% FAT



DAY 2	7am Breakfast 1 cup whole-grain cereal, 1 1/2 cup milk
	10am Snack 3/4 cup grapes, 1/2 oz nuts
	12pm Lunch Salad (3 cups mixed salad greens, 3oz roasted chicken, 2 tbsp cranberries, 1 1/2 tsp olive oil, 2 tsp vinegar), 1 whole wheat dinner roll
	3pm Snack 1 hard-cooked egg, 1 fresh fruit of choice
	6pm Dinner 3oz flank steak (broiled or grilled), 1 cup veggie of choice, 6oz sweet potato
	8pm Snack 3/4 cup cottage cheese 2%, 1/2 cup blueberries

NUTRITION INFO:

1505 KCALS, 49% CARBS, 27% PROTEIN, 24% FAT

DAY 3	7am Breakfast 3/4 cup milk, 1 english muffin whole-wheat, 1 tbsp nut butter
	10am Snack 1 hard-cooked egg, 1 fruit of choice
	12pm Lunch Tuna Sandwich (3oz tuna mixed with 1 tsp mayo, 2 slices 100% whole-wheat bread, lettuce, tomato), 1 fruit of choice
	3pm Snack 1 cup baby carrots, 1 piece string cheese
	6pm Dinner 3oz baked chicken, 1 cup veggie of choice, 3/4 cup quinoa
	8pm Snack 5oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

1501 KCAL, 49% CARBS, 26% PROTEIN, 25% FAT

1800 Kcals Plan

DAY 1

- 7am | Breakfast**
¾ cup oats, ½ cup blueberries, 1 egg (any style)
- 10am | Snack**
1 apple, 1 ½ tbsp. nut butter
- 12pm | Lunch**
Turkey Pita (3oz turkey breast, lettuce, tomato, 1 pita bread), side of 1 cup baby carrots
- 3pm | Snack**
1 fruit of choice, 2 pieces string cheese
- 6pm | Dinner**
4oz fish, ½ cup brown rice, 1 cup veggies, ¼ cup black beans
- 8pm | Snack**
6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

1812 KCALS, 51% CARBS, 26% PROTEIN, 23% FAT

DAY 2

7am | Breakfast
1 ½ cup milk, 1 ½ cup whole-grain cereal

10am | Snack
¾ cup grapes, ½ oz nuts

12pm | Lunch
Salad (3 cups mixed salad greens, 3oz roasted chicken, 2 tbsp cranberries, 1 ½ tsp olive oil, 2 tsp vinegar), 2 whole-wheat dinner rolls

3pm | Snack
2 hard-cooked eggs, 2 melba toast whole-wheat crackers, 1 fruit of choice

6pm | Dinner
3oz flank steak (broiled or grilled), 1 cup veggie of choice, 6oz sweet potato

8pm | Snack
¾ cup cottage cheese 2%, ¾ cup fruit of choice

NUTRITION INFO:
1785 KCALS, 52% CARBS, 25% PROTEIN, 23% FAT

DAY 3

7am | Breakfast
1 english muffin 100% whole-wheat, 1 cup milk, 1 ½ tbsp. nut butter

10am | Snack
1 hard-cooked egg, 1 fruit of choice

12pm | Lunch
Tuna Sandwich (3oz tuna, 1 tsp mayo, lettuce, tomato, 2 slices 100% whole-wheat bread), 1 fruit of choice

3pm | Snack
1 cup baby carrots, 1 piece string cheese, 4 melba toast whole-wheat crackers

6pm | Dinner
4oz baked chicken, 1 cup veggie of choice, ¾ cup quinoa

8pm | Snack
6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:
1792 KCALS, 51% CARBS, 25% PROTEIN, 24% FAT

2000 Kcals Plan

DAY 1

7am | Breakfast
¾ cup oats, ½ cup blueberries, 2 eggs (any style)

10am | Snack
1 apple, 2 tbsp. nut butter

12pm | Lunch
2x Turkey Pitas (3oz turkey breast, lettuce, tomato, 2 pita breads), side of 1 cup baby carrots

3pm | Snack
2 pieces string cheese, 1 fruit of choice, 6 melba toast whole-wheat crackers

6pm | Dinner
4oz fish, ½ cup brown rice, 1 cup veggies, 1/4 cup black beans

8pm | Snack
6 oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2021 KCALS, 52% CARBS, 24% PROTEIN, 24% FAT



DAY 2

7am | Breakfast
2 cups milk, 1 ½ cup whole-grain cereal

10am | Snack
¾ cup grapes, ½ oz nuts, 1 granola bar (100 kcals)

12pm | Lunch
Salad (3 cups mixed salad greens, 3oz roasted chicken, 3 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar), 2 whole-wheat dinner rolls

3pm | Snack
1 hard-cooked eggs, 4 melba toast whole-wheat crackers, 1 fruit of choice

6pm | Dinner
4oz flank steak (broiled or grilled), 1 ½ cup veggie of choice, 6oz sweet potato

8pm | Snack
¾ cup cottage cheese 2%, 1 cup fruit of choice

NUTRITION INFO:
1994 KCALS, 53% CARBS, 25% PROTEIN, 22% FAT

DAY 3

7am | Breakfast
1 english muffin 100% whole-wheat, 1 cup milk, 1 ½ tbsp. nut butter

10am | Snack
1 hard-cooked egg, 1 fruit of choice, 1 granola bar (100 kcals)

12pm | Lunch
Tuna Sandwich (4oz tuna, 2 tsp mayo, lettuce, tomato, 2 slices 100% whole-wheat bread), 1 fruit of choice

3pm | Snack
1 cup baby carrots, 1 piece string cheese, 4 melba toast whole-wheat crackers

6pm | Dinner
4oz baked chicken, 1 cup veggie of choice, ¾ cup quinoa

8pm | Snack
6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:
2002 KCALS, 51% CARBS, 25% PROTEIN, 24% FAT

2200 Kcals Plan

DAY 1

7am | Breakfast
1 cup oats, $\frac{3}{4}$ cup blueberries, 2 eggs (any style)

10am | Snack
1 apple, 2 tbsp. nut butter

12pm | Lunch
2x Turkey Pitas (4oz turkey breast, lettuce, tomato, 2 pita breads), side of 1 cup baby carrots

3pm | Snack
1 pieces string cheese, 1 fruit of choice, 8 melba toast whole-wheat crackers

6pm | Dinner
4oz fish, $\frac{3}{4}$ cup brown rice, $1\frac{1}{2}$ cup veggies, $\frac{1}{3}$ cup black beans

8pm | Snack
6 oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2221 KCALS, 53% CARBS, 24% PROTEIN, 23% FAT

DAY 2

7am | Breakfast
2 cups milk, 1 ½ cup whole-grain cereal

10am | Snack
¾ cup grapes, ½ oz nuts, 1 granola bar (100 kcals)

12pm | Lunch
Salad (3 cups mixed salad greens, 3oz roasted chicken, 3 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar), 2 whole-wheat dinner rolls

3pm | Snack
1 hard-cooked eggs, 8 melba toast whole-wheat crackers, 1 fruit of choice

6pm | Dinner
4oz flank steak (broiled or grilled), 1 ½ cup veggie of choice, 8oz sweet potato

8pm | Snack
1 cup cottage cheese 2%, 1 cup fruit of choice

NUTRITION INFO:
2225 KCALS, 52% CARBS, 26% PROTEIN, 22% FAT

DAY 3

7am | Breakfast
1 english muffin 100% whole-wheat, 1 cup milk, 2 tbsp. nut butter

10am | Snack
1 hard-cooked egg, 1 fruit of choice, 1 granola bar (100 kcals)

12pm | Lunch
Tuna Sandwich (5oz tuna, 2 tsp mayo, lettuce, tomato, 2 slices 100% whole-wheat bread), 1 fruit of choice

3pm | Snack
1 cup baby carrots, 1 piece string cheese, 8 melba toast whole-wheat crackers

6pm | Dinner
4oz baked chicken, 1 cup veggie of choice, ¾ cup quinoa

8pm | Snack
6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:
2212 KCALS, 49% CARBS, 25% PROTEIN, 26% FAT

2500 Kcals Plan

DAY 1

7am | Breakfast
1 cup oats, $\frac{3}{4}$ cup blueberries, 2 eggs (any style)

10am | Snack
1 apple, 2 tbsp. nut butter

12pm | Lunch
2x Turkey Pitas (4oz turkey breast, lettuce, tomato, 2 pita breads), side of 1 cup baby carrots, 10 wheat thin crackers

3pm | Snack
1 pieces string cheese, 1 fruit of choice, 8 melba toast whole-wheat crackers

6pm | Dinner
4oz fish, $\frac{3}{4}$ cup brown rice, 1 cup veggies, $\frac{1}{2}$ cup black beans

8pm | Snack
6oz low-fat fruit yogurt, 1 fruit of choice, 1 granola bar (100 kcals)

NUTRITION INFO:

2514 KCALS, 53% CARBS, 24% PROTEIN, 23% FAT



DAY 2

7am | Breakfast
2 cups milk, 2 cups whole-grain cereal

10am | Snack
¾ cup grapes, ½ oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch
Salad (3 cups mixed salad greens, 4oz roasted chicken, 3 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar), 2 whole-wheat dinner rolls

3pm | Snack
1 hard-cooked egg, 8 melba toast whole-wheat crackers, 1 fruit of choice

6pm | Dinner
4oz flank steak (broiled or grilled), 1 ½ cup veggie of choice, 8oz sweet potato, 1 whole-wheat pita bread

8pm | Snack
1 cup cottage cheese 2%, 1 cup fruit of choice

NUTRITION INFO:
2498 KCALS, 52% CARBS, 25% PRO, 23% FAT

DAY 3

7am | Breakfast
1 english muffin 100% whole-wheat, 1 cup milk, 2 tbsp. nut butter, 1 fruit of choice

10am | Snack
1 hard-cooked egg, 1 fruit of choice, 2 granola bars (100 kcals each)

12pm | Lunch
2x Tuna Sandwiches (4oz tuna, 2 tsp mayo, lettuce, tomato, 4 slices 100% whole-wheat bread), 1 fruit of choice

3pm | Snack
1 cup baby carrots, 1 piece string cheese, 8 melba toast whole-wheat crackers

6pm | Dinner
4oz baked chicken, 1 cup veggie of choice, ¾ cup quinoa

8pm | Snack
6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:
2491 KCALS, 52% CARBS, 25% PROTEIN, 23% FAT

2800 Kcals Plan

DAY 1

7am | Breakfast
1 cup oats, 1 cup blueberries, 2 eggs (any style)

10am | Snack
1 apple, 2 tbsp. nut butter, $\frac{3}{4}$ cup milk

12pm | Lunch
2x turkey pitas (5oz turkey breast, lettuce, tomato, 2 pita breads), side of 1 cup baby carrots, 10 wheat thin crackers

3pm | Snack
1 pieces string cheese, 1 fruit of choice, 8 melba toast whole-wheat crackers

6pm | Dinner
4oz fish, $\frac{3}{4}$ cup brown rice, 1 cup veggies, $\frac{3}{4}$ cup black beans

8pm | Snack
6oz low-fat fruit yogurt, 1 fruit of choice, 1 granola bar (100 kcals)

NUTRITION INFO:

2786 KCALS, 53% CARBS, 24% PROTEIN, 23% FAT

DAY 2

7am | Breakfast
2 cups milk, 2 $\frac{1}{4}$ cups whole-grain cereal

10am | Snack
 $\frac{3}{4}$ cup grapes, 1/3 oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch
Salad (3 cups mixed salad greens, 5oz roasted chicken, 4 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar), 2 whole-wheat dinner rolls

3pm | Snack

2 hard-cooked eggs, 8 melba toast whole-wheat crackers, 1 fruit of choice

6pm | Dinner

4oz flank steak (broiled or grilled), 1 cup veggie of choice, 10oz sweet potato, 1 whole-wheat pita bread

8pm | Snack

1 cup cottage cheese 2%, 1 cup fruit of choice, 1/2 oz nuts

NUTRITION INFO:

2785 KCALS, 54% CARBS, 25% PROTEIN, 21% FAT

3**7am | Breakfast**

2 english muffins 100% whole-wheat, 1 cup milk, 1 1/3 tbsp. nut butter, 1 fruit of choice

DAY**10am | Snack**

1 hard-cooked egg, 1 fruit of choice, 2 granola bars (100 kcals each)

12pm | Lunch

2x Tuna Sandwiches (4oz tuna, 2 tsp mayo, lettuce, tomato, 4 slices 100% whole-wheat bread), 1 fruit of choice

3pm | Snack

2/3 cup baby carrots, 2 pieces string cheese, 8 melba toast whole-wheat crackers

6pm | Dinner

6oz baked chicken, 1 cup veggie of choice – add 1 1/2 tsp olive oil, 3/4 cup quinoa

8pm | Snack

8oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2802 KCALS, 50% CARBS, 25% PROTEIN, 25% FAT

3000 Kcals Plan

DAY 1

7am | Breakfast
1 cup oats, 1 cup blueberries, 2 eggs (any style), 1 english muffin whole-wheat, 1 tsp butter

10am | Snack
1 apple, 2 tbsp. nut butter, $\frac{3}{4}$ cup milk

12pm | Lunch
2x Turkey Pitas (5oz turkey breast, lettuce, tomato, 2 pita breads), side of 1 cup baby carrots, 20 wheat thin crackers

3pm | Snack
1 piece string cheese, 1 fruit of choice, 10 melba toast whole-wheat crackers

6pm | Dinner
4oz fish, $\frac{3}{4}$ cup brown rice, 1 cup veggies, $\frac{3}{4}$ cup black beans

8pm | Snack
6oz low-fat fruit yogurt, 1 fruit of choice, 1 granola bar (100 kcals)

NUTRITION INFO:
3026 KCALS, 53% CARBS, 24% PRO, 23% FAT

DAY 2

7am | Breakfast
2 cups milk, 2 cups whole-grain cereal, 2 large eggs (any style)

10am | Snack
 $\frac{3}{4}$ cup grapes, $\frac{3}{4}$ oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch
Salad (3 cups mixed salad greens, 5oz roasted chicken, 4 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar), 2 whole-wheat dinner rolls

3pm | Snack

1 piece string cheese, 10 melba toast whole-wheat crackers, 1 fruit of choice

6pm | Dinner

4oz flank steak (broiled or grilled), 1 cup veggie of choice, 8oz sweet potato, 2 whole-wheat pita breads

8pm | Snack

1 cup cottage cheese 2%, 1 cup fruit of choice, 1 oz nuts

NUTRITION INFO:

3020 KCALS, 50% CARBS, 25% PRO, 25% FAT

3 DAY**7am | Breakfast**

2 english muffins 100% whole-wheat, 1 cup milk, 2 tbsp. nut butter, 1 fruit of choice

10am | Snack

1 hard-cooked egg, 1 fruit of choice, 2 granola bars (100 kcals each)

12pm | Lunch

2x Tuna Sandwiches (4oz tuna, 2 tsp mayo, lettuce, tomato, 4 slices 100% whole-wheat bread), 1 fruit of choice, 20 wheat thins crackers

3pm | Snack

1 cup baby carrots, 1 piece string cheese, 10 melba toast whole-wheat crackers

6pm | Dinner

6oz baked chicken, 1 cup veggie of choice – add 1 tsp olive oil, 1 cup quinoa

8pm | Snack

8oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2991 KCALS, 52% CARBS, 24% PRO, 24% FAT

3500 Kcals Plan

DAY 1

7am | Breakfast
1 cup oats, 1 cup blueberries, 2 eggs (any style), 1 english muffin whole-wheat, 1 tsp butter

10am | Snack
1 apple, 2 tbsp. nut butter, 1 ½ cup milk

12pm | Lunch
2x Turkey Pitas (6oz turkey breast, lettuce, tomato, 2 pita breads), side of 1 cup baby carrots, 20 wheat thin crackers

3pm | Snack
2 pieces string cheese, 1 fruit of choice, 10 melba toast whole-wheat crackers

6pm | Dinner
4oz fish, 1 cup brown rice, 1 cup veggies, 1 cup black beans

8pm | Snack
7oz low-fat fruit yogurt, 1 fruit of choice, 2 granola bars (100 kcals each)

NUTRITION INFO:

3492 KCALS, 52% CARBS, 25% PRO, 23% FAT

DAY 2

7am | Breakfast
2 cups milk, 2 cups whole-grain cereal, 2 large eggs (any style), 1 fruit of choice

10am | Snack
¾ cup grapes, ¾ oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch
Salad (3 cups mixed salad greens, 7oz roasted chicken, 4 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar), 2 whole-wheat dinner rolls

3pm | Snack

2 pieces string cheese, 12 melba toast toast whole-wheat crackers, 1 fruit of choice

6pm | Dinner

5oz flank steak (broiled or grilled), 1 cup veggie of choice, 8oz sweet potato, 2 whole-wheat pita breads, 2 tsp butter

8pm | Snack

1 cup cottage cheese 2%, 1 cup fruit of choice, $\frac{3}{4}$ oz nuts, 8 graham crackers

NUTRITION INFO:

3516 KCALS, 49% CARBS, 26% PRO, 25% FAT

3 DAY**7am | Breakfast**

2 english muffins 100% whole-wheat, 2 cups milk, 2 tbsp. nut butter, 1 fruit of choice

10am | Snack

1 hard-cooked egg, 1 fruit of choice, 2 granola bars (100 kcals each)

12pm | Lunch

2x Tuna Sandwiches (5oz tuna, 2 tsp mayo, lettuce, tomato, 4 slices 100% whole-wheat bread), 1 fruit of choice, 20 wheat thins crackers

3pm | Snack

1 cup baby carrots, 2 pieces string cheese, 10 melba toast whole-wheat crackers

6pm | Dinner

8oz baked chicken, 1 $\frac{1}{2}$ cup veggie of choice – add 1 tsp olive oil, 1 cup quinoa

8pm | Snack

8oz low-fat fruit yogurt, 1 fruit of choice, 8 graham crackers

NUTRITION INFO:

3489 KCALS, 50% CARBS, 25% PRO, 25% FAT

Alternative Food List

Use the above meal plans as a guideline and change them up by altering the food choices based on your personal and dietary preferences, macronutrient needs and what you have on hand. As long as you meet your target energy needs, any of the foods in the sample plans can be interchanged with the foods listed below. Choosing foods that you actually enjoy eating will not only make your diet much more enjoyable, but will be very valuable for consistent, long-term, results! As you get familiar with creating a well-balanced meal plan, these swaps will become more and more intuitive, and eating right will become a habit.

When it comes to reaching your protein intake on a Plant-Based Diet, a few of the items on the carbs and fats list have enough protein to supplement your daily needs, so you may use these to add to your meal planning. Even though there are plenty of 'meat replacements' made of vegetable proteins on the market which can mimic the flavor and texture of meat, seafood, or poultry, they may be higher in salt, sugar, or saturated fats. It's best to use these foods occasionally, and not as your main source of nutrients. As with any diet, it's better to learn to read labels and use a variety of whole, unrefined foods often, and rely less on commercially prepared foods.

PROTEIN OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
BEEF GROUND LEAN	1 oz	146	7g	0g	2g
BISON	1 oz	48	8g	0g	2g
CATFISH	1 oz	29	5g	0g	1g
CHICKEN, SKINLESS	1 oz	46	9g	0g	1g
COD	1 oz	29	6g	0g	0g
CRAB, BLUE	1 oz	29	6g	0g	0g
DUCK, SKINLESS	1 oz	56	7g	0g	3g

PROTEIN OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
EGG, OMEGA 3	1 large (50g)	77	6g	1g	5g
EGG WHITES	1 large (33g)	16	4g	0g	0g
FAGE GREEK YOGURT	1oz	16	2g	2g	0g
FILET MIGNON	1oz	65	8g	0g	3g
FLANK STEAK	1oz	57	7g	0g	3g
FLOUNDER	1oz	33	7g	0g	0g
HADDOCK	1oz	31	7g	0g	0g
HALIBUT	1oz	39	7g	0g	1g
NY STRIP	1oz	79	6g	0g	6g
ORANGE ROUGHY	1oz	29	7g	0g	0g
PERCH	1oz	34	7g	0g	1g
RED SNAPPER	1oz	36	7g	0g	0g
SALMON	1oz	51	6g	0g	2g
SCALLOPS	1oz	31	7g	0g	0g
SEA BASS	1oz	35	6g	0g	1g
SHRIMP	1oz	28	4g	0g	0g
SURIMI	1oz	28	5g	2g	0g
TEMPEH	1oz	54	7g	3g	3g
TILAPIA	1oz	36	2.5	0g	1g
TOFU	1oz	20	g	0.5g	1g
TUNA	1oz	32	7g	0g	0g
GROUND TURKEY	1oz	66	8g	0g	4g
VENISON	1oz	42	8g	0	1g

CARB OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
BLACK BEANS	1 oz	37	2g	7g	0g
BEANS (OTHER)	1 oz	38	3g	7g	0g
BREAD, MULTI GRAIN	1 slice	69	3g	11g	1g
BROWN RICE	1 oz	31	1g	7g	0g
BUCKWHEAT	1 oz	98	3.8g	20g	1g
CHICKPEAS	1 oz	46	2.5g	7.7g	0.7g
COUSCOUS	1 oz	31	1g	7g	0g
GRANOLA	1 oz	137	4g	15g	7g
GRITS	1 oz	17	0g	4g	0g
LENTILS	1 oz	32	3g	6g	0g
OATMEAL	1 oz	20	1g	4g	0g
OATS STEEL CUT	1 oz	109	5g	19g	2g
PEAS (GREEN SPLIT)	1 oz	23	2g	4g	0g
POTATOES	1 oz	26	1g	6g	0g
QUINOA	1 oz	34	1g	6g	1g
WHOLE WHEAT WRAP	1 medium	104	3g	18g	2g
YAMS	1 oz	32	0g	8g	0g

VEGETABLE OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
ALFALFA SPROUTS	1 oz	37	2g	7g	0g
ASPARAGUS	1 oz	38	3g	7g	0g
BOK-CHOY	1 slice	69	3g	11g	1g
BROCCOLI	1 oz	31	1g	7g	0g
CABBAGE	1 oz	31	1g	7g	0g
CARROTS	1 oz	137	4g	15g	7g
CAULIFLOWER	1 oz	17	0g	4g	0g
CELERY	1 oz	32	3g	6g	0g
CUCUMBER	1 oz	20	1g	4g	0g
EDAMAME	1 oz	109	5g	19g	2g
EGGPLANT	1 oz	23	2g	4g	0g
GREEN BEANS	1 oz	26	1g	6g	0g
ICEBERG LETTUCE	1 oz	34	1g	6g	1g
KALE	1 medium	104	3g	18g	2g
MUSHROOMS	1 oz	32	0g	8g	0g
ONIONS	1 oz	11	0g	3g	0g
PEPPERS, GREEN	1 oz	6	10g	1g	0g
PEPPERS, RED	1 oz	9	0g	2g	0g
PEPPERS, (CENTO)	1 oz	10	0g	1g	0g

VEGETABLE OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
PEPERONCINI	1 oz	11	1g	3g	0g
PICKLES	1 oz	3	0g	1g	0g
ROMAINE LETTUCE	1 oz	5	0g	1g	0g
SPINACH	1 oz	6	1g	1g	0g
SQUASH, BUTTERNUT	1 oz	13	0g	3g	0g
TOMATOES	1 oz	5	0g	1g	0g
ZUCCHINI	1 oz	4	0g	1g	0g

FAT OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
ALMONDS	1 oz	162	6g	6g	14g
ALMOND BUTTER	1 tbsp	101	2g	3g	9g
ALMOND MEAL	1 oz	162	6g	6g	14g
AVOCADO	1 oz	45	1g	2g	4g
BRAZIL NUTS	6 pcs	186	4.3	3.7	19g
CASHEWS	1 oz	155	5g	9g	12g
CASHEW BUTTER	1 tbsp	94	3g	4g	8g
CHIA SEEDS	1 tbsp	69	2	6	4
FLAX SEED	1 tbsp	55	2g	3g	4g
FLAX, OLIVE OIL	1 tbsp	119	0g	0g	14g
HEMP SEEDS	1 tbsp	60	3.5g	0.7g	4.7g
MACADAMIA	1 oz	201	2g	4g	21g
PMCT OIL	1 tbsp	126	0g	0g	14g
PEANUTS	1 oz	159	7g	5g	14g
PEANUT BUTTER	1 oz	165	7g	6g	14g
PISTACHIO	1 oz	156	6g	8g	12g
PUMPKIN SEEDS	1 oz	163	8.5g	4.2g	14g
SUNFLOWER SEED	1 oz	164	6g	6g	14g
WALNUTS	1 oz	183	4g	4g	18g

Healthy Snacking Ideas

Snacks can be a good in-between mini meal that will help keep both your energy levels up and blood sugar steady throughout the day. Well-balanced snacks should be planned and consist of carbs, protein, and healthy fats. While snacks are meant to fill the gaps between meals, indulgences such as cake and cookies should be kept for special occasions.

Some macros, such as carbs, are best eaten pre-workout, while a mix of both carbs and protein make for a good post-workout snack with a 4:1 ratio (carbs to protein). This list gives some great snack ideas to help fill the gaps between meals and should be part of a regular diet.

Mix and match items based on your personal preferences and energy needs:



- Fresh Fruits and Veggies
(Bananas, Apples, Pears, Plums,
Sugar Snap Peas, Carrots, Cherry
Tomatoes, etc)
- Fruit Cups (In Juice)
- Hummus
- Cottage Cheese
- Yogurt
- Whole Wheat Pretzels/
Crackers/Rice Cakes
(Pre-W/O)
- Nut Butter (Single
Serving)
- Freeze Dried Fruits and
Veggies (Mango, Banana, Apple,
Kale, Seaweed, Broccoli)
- Applesauce (Cups or
Pouches)
- Flavored WATER
- V8/Tomato Juice
- Coconut Water
- Matcha/Tea/Latte
- Protein Shakes
- Trail Mixes
- Dry Cereal/Granola
- Instant Oatmeal
- Nuts And Seeds (1oz)
- Roasted Chickpeas
- Soy Nuts
- Wasabi Peas
- Popcorn (Air Popped)
- Energy Bars
- Jerky
- Tuna/Salmon Pouches
- String Cheese
- Frozen Fruit Bars
- Chocolate Milk
- Hard-Cooked Eggs
- Broth-Based Soups
- Half A Sandwich

Tips When Eating Out or Ordering in

Eating out is one of life's great joys — a wonderful way to socialize with friends or celebrate a special occasion. Ordering in is not much different either — rewarding yourself at the end of a hard week, having something to eat when you don't have time to cook or enjoying your favourite cheat meal on the weekend. While it's ideal to make all of your meals at home, realistically, that's probably not the case for most of us. Here are some great tips to consider when eating at a restaurant or ordering takeout food when you are trying to be mindful of your healthy eating plan. Luckily, almost every restaurant serves healthy options if you know what to look for.

DON'T SHOW UP STARVING

When you let yourself get too hungry, poor food choices usually follow. You end up devouring the bread basket or chip bowl before you even place your order, or you end up ordering too much. Try having a healthy snack an hour or so before you hit the restaurant or order. This way, you'll be in better control of your food choices and not derail your healthy eating plan.

PLAN AHEAD

If you know the restaurant you'll be going to or ordering from, look at the menu online ahead of time. Look for healthy options, and plan what you'll have before you go. Be the first to order so that you're not tempted to order what your friends are having. Items that are grilled, baked, boiled, steamed, poached, broiled, or roasted are usually good options. Lean proteins, along with veggies, complex carbs, and a salad make for a healthy entrée. Never be afraid to ask the staff to prepare your dish the way you want it. After all, you are the one consuming it and paying for it.



KEEP AN EYE ON PORTION SIZES

Studies have shown time and time again that when we are presented with larger portion sizes, we tend to eat more. The portion sizes at most restaurants or takeout places are typically much greater than your energy needs. Sometimes the portion size is enough to feed an entire family! This is especially true when it comes to carbs and protein sizes. A few ways to conquer this challenge include sharing an entrée, ordering an appetizer as your meal, having the server box-up half of your entrée for you to take home prior to serving it, or asking for a smaller portion.

DRINKS COUNT TOO!

Sorry, but liquids still count towards your food consumption! They contain 7 calories per gram. Keep that in mind next time you order a typical frozen margarita that can rack up a whopping 300-500 calories, as well as a ton of added sugar! Ask yourself if it's really worth it if you'd be satisfied with a margarita on the rocks or a glass of wine? Swapping out foods and drinks for better choices takes practice. However, you may find that you're completely satisfied with the healthier choices! The same holds true for those sweetened lattes and cappuccinos. Perhaps a plain coffee or tea will do the trick. Find what works for you and never lose sight of your nutritional goals.

To take some of the guilt out of it, let us tell you that:

- Drinking alcohol doesn't always have to be unhealthy.
- Drinking certain types of alcohol in moderation can actually have some surprising health benefits.
- There are multiple healthy drink options, from champagne to whiskey.

As we all know, too much of anything is almost always bad for you. The same goes for binge drinking, as it's most certainly bad for you and can be considered dangerous. However, as you will find here, drinking in moderation can actually have some benefits. It's normal for people attempting to live a healthier lifestyle or looking to lose weight to cut down on the alcohol. When looking to live that healthier lifestyle, but still have the ability to enjoy alcoholic beverages occasionally, below are the healthiest types of alcohols you can choose from.

TEQUILA :

Tequila has a variety of health benefits (and is typically lower in calories than vodka). There is a natural sugar found in tequila called Agavins. Agavins are non-digestible (meaning they act like fibre) and won't raise your blood sugar levels. This type of sugar has also shown to help lower cholesterol. So yes, if enjoyed in moderation, Tequila can fit in perfectly with a healthy lifestyle and/or weight loss plan.

RED WINE :

Unfortunately, all wine converts into sugar, which of course is not good for you. However, when it comes to red wine, there are some particular health benefits that can make it a healthier option. The active compounds in red wine (polyphenols, resveratrol, and quercetin) have been proven to improve overall heart health. Furthermore, research done at the University of Massachusetts Amherst found that red wine helps slow down the process of glucose hitting the blood-stream, which helps to stop spikes of insulin.

CHOOSE A MOJITO OVER A RUM & COKE:

You might be thinking that a mojito sounds like the wrong pick over a simple one-two punch of rum and coke, but think again: "Rum drinkers [should] choose a mojito over a rum and Coke," advises Erin Palinski-Wade, RD, CDE, author of [Belly Fat Diet for Dummies](#). "The shots of seltzer mixed with fresh lime, mint, and a splash of simple syrup contain less added sugar than a soda mixer such as a cola. Also, the fresh mint and lime pack in a source of antioxidants to add to the nutritional value of your beverage." Just make sure they go easy on the simple syrup. Request the bartender only use a smidge of sweetener, or even leave it out altogether and ask for extra mint.

ORDER A VODKA SODA OVER A VODKA TONIC:

There is a huge misconception that seltzer and tonic are the same. But vodka tonic drinkers, listen up: "Mixed with soda [seltzer] and a lime, a vodka soda is the much slimmed-down version of a vodka tonic in which the tonic mix adds 80 calories from sugar per eight ounces," says Palinski-Wade. "Replacing any sugary mixer with seltzer is a great way to slim down a mixed drink and remove much of the added sugar."

SKIP THE GIN & TONIC AND GET A GIN & SODA:

Swap your gin and tonics for a gin and soda to save on a bunch of calories and sugar. Unfortunately tonic has almost as many calories and sugar as sodas such as Coke and Sprite. Soda water, on the other hand, better known as seltzer, is just carbonated water and contains no calories or sugar.

Finally - Enjoy The Experience!

Food is a treat that's meant to be enjoyed. Don't get too caught up in labelling foods as 'good' or 'bad'. This only causes us to feel guilty about our choices and ends up damaging our relationship with food. While making healthy choices can be a challenge, you can succeed by planning ahead. By recognizing and being aware of where you can get derailed from your goals, and having a plan to overcome them, you will indeed succeed!

Remember: don't be too hard on yourself and enjoy the process! At the end of the day, diet is just one contributing factor that influences one's overall health status. Equally important lifestyle factors include: not smoking; alcohol consumption in moderation; regular physical activity; good sleep habits; reducing emotional stress; and the importance of seeking medical attention and having an annual physical. Establishing healthy habits early on in life seems to be the most important step to maintaining a good quality of life over time.

Looking for more meal planning inspo? Need help developing a meal plan that's tailored to you? Our certified nutritionist, Silvia Carli, can help. Silvia is a skilled sports and clinical dietitian who has experience developing custom meal plans for world-class athletes. You can connect with her on the 1AND1 LIFE Facebook group. [Click here to join.](#)



ABOUT THE AUTHORS



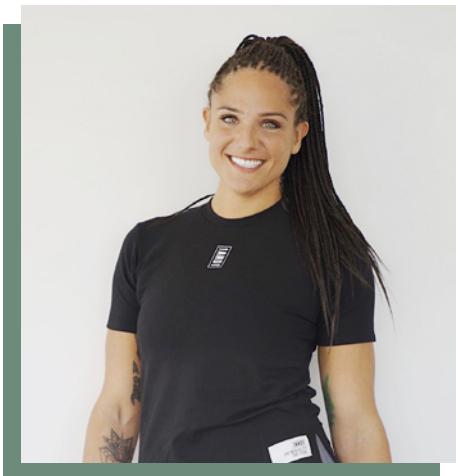
Soji James

Certified personal trainer
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I grew up as an overweight kid who used video games and food as a crutch-to help find some measure of "control" within my chaotic childhood. Needless to say, my relationship with food spiraled out of control-and I developed a deep lack of self-confidence. But when I picked up a basketball for the first time, everything changed.

I played basketball at SUNY New Paltz, where I discovered the profound benefits of the weight room. Through my fitness studies, I met a network of truly powerful human beings, and helped everyone from celebrity chefs to soccer moms to high school athletes live their best lives. I realize fitness goals vary from person to person-but that's no barrier; I'm passionate about helping all people learn to master their minds and bodies.

ABOUT THE AUTHORS



Silvia Carli

MS, RD, CSCS

I started my career as a clinical dietitian in the acute care setting. After almost two years, my chance to enter the sports nutrition world presented itself and led me to move to New York, where I recently created and managed the sports nutrition program at Wagner College in Staten Island. At Wagner, I have been a resource for all twenty-two varsity teams. There, I provided them with individual nutrition education, pre- and post-workout snacks and shakes, and counseling. I helped athletes with eating disorders, using a multidisciplinary approach to recovery. I also worked with the food service company on campus to help optimally fuel our student-athletes, and served as a strength coach.

With my experience as a professional and collegiate volleyball player and my diverse professional and academic background, I believe in a holistic approach to fitness, wellness and nutrition. I value science-based nutrition education as a precious tool to empower clients in finding their own way to reach performance and health goals.



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