

DAY	7:00am	10:00am	1:00pm	4:00pm	7:00pm	10:00pm
1	Six egg-white omelet, 1/2 cup (dry measure) oatmeal, prepared with water	Nutrition Shake	Grilled fresh tuna with broccoli and roasted new potatoes	Nutrition bar	Eye of round steak with sweet potato and green beans	Cottage cheese with blueberries
2	Breakfast wrap (low-fat sausage, scrambled egg whites, low-fat cheese, salsa, whole wheat tortilla)	Ready-to-Drink	Teriyaki salmon with cooked spinach and brown rice	Nutrition Shake	Pork tenderloin with asparagus and baked potato	Cottage cheese with strawberries
3	Egg-white pancakes (six egg whites, 1/2 cup oatmeal, 1/2 T pancake mix, mix in blender), serve with sugarless fruit spread	Nutrition Shake	Chicken fajita wraps (grilled chicken breast, grilled vegetables and a whole wheat wrap)	Ready-to-Drink	Sushi made with brown rice, seaweed salad	Green salad with cottage cheese
4	Scrambled egg whites, one slice whole wheat toast	Ready-to-Drink	Southwest chicken salad (chicken, lettuce, brown rice, black beans, tomatoes, onions, avocado)	Nutrition bar	Tofu-vegetable stir fry with brown rice	Cottage cheese and grapes
5	Six egg-white omelet, oatmeal	Nutrition Bar	Turkey burger on whole wheat bun with lettuce and tomato	Ready-to-Drink	Grilled salmon with cucumber-dill dressing, green salad and baked potato	Cottage cheese with an apple
6	Egg-white pancakes (see Day 3); sugarless fruit spread	Nutrition Shake	Chili (made with lean ground turkey, kidney beans, salsa), green salad	Nutrition Bar	Rosemary chicken with mushroom gravy, snap peas and whole wheat pasta	Cottage cheese and yogurt
7	FREE DAY	FREE DAY	FREE DAY	FREE DAY	FREE DAY	FREE DAY

Replace this...	with this
whole milk	skim (0%), low-fat (1%), reduced fat (2%)
ice cream	low-fat/fat-free yogurt or ice milk or sorbet
cheese	reduced fat cheese
pasta with white (cheese) sauce	pasta with marinara (vegetable) sauce
bacon or sausage	Canadian bacon or lean ham
eggs	egg whites or egg substitutes
croissants, brioches	hard French rolls or soft "brown-n-serve"
white bread	whole-wheat
cake (pound, chocolate, yellow)	angel food or gingerbread
cookies	reduced fat, ginger snaps, fig bars
mayonnaise	reduce calorie, fat-free or mustard
regular salad dressings	reduced fat/calorie dressings
guacamole	salsa
creamed soups	broth-based soups
butter, oil or shortening	non-stick cooking spray, applesauce or prune puree

Monday

Breakfast:

Breakfast Burrito
Glass of water
Coffee

Snack:

Myoplex® nutrition bar
Glass of water

Lunch:

Turkey sandwich
1 apple
Glass of water

Snack:

Myoplex® shake
Glass of water

Dinner:

Grilled Steak
1 portion steamed mixed vegetables
1 small sweet potato
Glass of water

Snack:

Rice pudding
Glass of water

Tuesday

Breakfast:

Pancakes
Coffee
Glass of water

Snack:

Myoplex® ready-to-drink shake

Lunch:

Grilled Chicken Burrito
Glass of water

Snack:

Myoplex® nutrition bar
Glass of water

Dinner:

Turkey Burger
1 portion steamed broccoli
Glass of water

Snack:

Pudding

Wednesday

Breakfast:

Eggs and Oatmeal
Glass of water

Snack:

Myoplex® ready-to-drink shake

Lunch:

Tuna Salad
Glass of water

Snack:

Myoplex® nutrition bar
Glass of water

Dinner:

1 portion New York choice lean sirloin steak, grilled
1 portion steamed asparagus
1 small baked potato
Glass of water

Snack:

1 small apple sliced top of one portion low-fat cottage cheese and ½ teaspoon cinnamon.

Thursday**Breakfast:**

Omelette
Glass of water
Coffee

Snack:

Myoplex® nutrition bar

Lunch:

Chicken Salad
1 portion raspberries
Glass of water

Snack:

Myoplex® ready-to-drink shake

Dinner:

Grilled Salmon
1 serving of spinach or broccoli
1 small sweet potato
Glass of water

Snack:

Fat Free Nachos
Glass of water

Friday**Breakfast:**

Egg and Avocado Sandwich
Glass of water

Snack:

Myoplex® ready-to-drink shake

Lunch:

Chicken Pita Pizza
Glass of water

Snack:

Myoplex® ready-to-drink shake
Glass of water

Dinner:

Lean n' Mean Chili

Brown 1 pound turkey in a large pot, add ½ cup onion and cook until onion slices are clear, add 1 large can whole tomatoes, 2 cans kidney beans; simmer for an hour and add chili powder and cumin to taste. Salad topped with fresh vegetables and low-fat balsamic vinaigrette

Glass of water

Snack:

1 portion cottage cheese
1 medium apple
1 tablespoon natural peanut butter
Glass of water

Saturday

Breakfast:

Cinnamon French Toast
Glass of water

Snack:

Myoplex® ready-to-drink shake

Lunch:

Tuna Melt
1 portion almonds
Glass of water

Snack:

Spinach Dip
Glass of water

Dinner:

Chicken Pasta Primavera
Glass of water

Snack:

1 portion low-fat yogurt mixed with 1 portion low-fat cottage cheese
Glass of water

Sunday FREE DAY!

After six days of eating well, you deserve a break. With Body-*for*-LIFE, you can enjoy one day of "free" eating a week where you can eat whatever you want; just be sure to get back to the Body-*for*-LIFE way of eating the next week.

Here is just an example of food you can eat on Body-for-LIFE.

Proteins



Chicken breast
Turkey breast
Lean ground turkey
Swordfish
Orange roughy
Haddock
Salmon
Tuna
Crab
Lobster
Shrimp
Top round steak
Top sirloin steak
Lean ground beef
Buffalo
Lean ham
Egg whites or substitutes
Trout
Low-fat cottage cheese
Wild-game meat

Vegetables



Broccoli
Asparagus
Lettuce
Carrots
Cauliflower
Green beans
Green peppers
Mushrooms
Spinach
Tomato
Peas
Brussels sprouts
Artichoke
Cabbage
Celery
Zucchini
Cucumber
Onion

Carbohydrates



Baked potato
Sweet potato
Yams
Squash
Pumpkin
Steamed brown rice
Steamed wild rice
Pasta
Oatmeal
Barley
Beans
Kidney beans
Corn
Strawberries
Melon
Apple
Orange
Fat-free yogurt
Whole-wheat bread
High-fiber cereal
Whole-wheat Tortilla
Whole grains

Vegetarian Proteins



Tempeh
Seitan
Tofu
Texturized vegetable protein
Soy foods
Veggie burgers

Fats to Avoid



Butter
Fried foods
Mayonnaise
Sweets
Whole-fat dairy products

Fats



Avocado
Sunflower seeds
Pumpkin seeds
Cold-water fish
Natural peanut butter
Low-sodium nuts
Olives and olive oil
Safflower oil
Canola oil
Sunflower oil
Flax seed oil

Nutrition for optimal performance.

Just because you may exercise regularly doesn't mean you can eat whatever you want. By following these 10 basic guidelines, you'll not only get great muscle-building and fat-burning results from your training, but you'll enjoy a higher level of energy throughout the day.



Tip 1: Eat six meals a day

If you've been following the typical nutritional advice of cutting back on calories and consuming no more than "three square meals" a day in the hope of shifting your fat-burning efforts into high gear, you may actually be throwing the whole process into reverse. According to scientists at Georgia State University, active folks who skimp on calories and eat infrequently (only three times a day) may be training their bodies to get by on less energy and therefore more readily storing unburned calories as bodyfat. Instead, these researchers and many others advise active people to eat frequently (about every three hours) to accelerate metabolism and maintain steady energy levels throughout the day. We have provided you with a sample seven day meal plan for you to look at.

Tip 2: Combine carbohydrates and protein at every meal

The simple fact is, our bodies work better with a balance of carbohydrates and protein. Not only is protein essential for building healthy muscle and maintaining a strong immune system, it stabilizes insulin levels, which leads to steady energy throughout the day. One more benefit: eating protein has been shown to reduce your appetite. So, avoid high-carbohydrate nutrition plans and instead balance your protein and carbohydrate intake.

Tip 3: Choose "appropriate" portion sizes

USDA statistics show that because of increased portion sizes, the average total daily calorie intake has risen from 1,854 calories to 2,002 calories over the last 20 years. That increase—148 calories per day— theoretically works out to an extra 15 lbs. every year. Portion size is important to weight management. Employ a common sense approach, such as using the palm of your hand or your clenched fist for gauging the portion sizes of food.

Tip 4: Plan meals ahead of time

You may even want to try different recipes and decide what works for you before you begin your training program. Experiment with different seasonings, try a variety of vegetables, and find which microwave settings work best for preheating food. By the time you're ready to start, you'll have the supplies you need and the confidence that you know what you're doing. Then, fix your meals in advance and freeze them. It's important to shop at least once a week. If you forget, you'll run out of good food and be tempted to cheat on your diet.

Tip 5: Get containers to store your food

Purchase plastic storage containers, sports bottles, a water jug and a cooler to store and carry your food. Having nutritious meals within reach during a hectic day can keep you on track.

Tip 6: Drink 10 glasses of water every day

It's especially important to stay well hydrated when following a comprehensive training, nutrition, and supplementation program. Drink at least one glass of water with each of your six meals, and four more throughout the day. If you have an occasional diet soda, coffee or tea, you'll need to drink an additional glass to compensate for the diuretic effect of these beverages.

Tip 7: Consume Myoplex® within 30 minutes of exercise

Your muscles are primed for nutrients immediately after an intense workout, but within two hours, your body's ability to refuel decreases. Taken within 30 minutes of your workout, the high-quality protein in Myoplex® helps you refuel and build muscle.

Tip 8: Use high-quality supplements

Supplements can help make up for any nutritional deficiencies and enhance performance. When purchasing supplements, look for companies that invest heavily in research to maximize the effectiveness of their products.

Tip 9: Find your “emotional reason” for staying on track

Researchers at George Washington University discovered that people who successfully transform their bodies are set in action by some sort of “emotional trigger” that helps to clarify their reasons for deciding to make change. In the study, researchers found that any event which elicited strong emotions such as alarm, embarrassment, shame and/or fear actually inspired people to transform their bodies for the better. Take a moment to consider your “emotional trigger” and use it to stay committed to your nutrition program.

Tip 10: Strive for consistency, not perfection

You can be sure there will be the occasional meal or snack that's not on the recommended food list. When you get off track in this way, don't allow it to slow you down. Enjoy the divergence, recommit to your goal, and get back on track with your next meal.