

# Menu Days

A Review of Rules:

## **3 meals + unlimited recommended snacks**

(fruit & veggies are not snacks, XS and water are not snacks)

**Never be hungry!** (Water is for thirst; food is for hunger.)

**Drink 80 oz of water a day.**

**Take your vitamins and drink XS to maintain healthy energy levels.**

**Get 7 or 8 hours of sleep a night.**

The meals below are in line with the rules for meals during Menu Days.

**What I eat: (You don't have to eat this way, but many clients like to get ideas from what I actually eat, so I'm sharing.)**

**Breakfast:** There's plenty of choices, if you like variety, but I like the same breakfast almost every single day! For one thing, I like my bread, and on Menu Days, breakfast is the only meal I get to have some, so toast & egg is my choice! vitamins & water

1 egg (over easy)

1 slice whole grain toast (I found a small loaf of Pepperidge Farm 100% Whole Wheat Cinnamon Raisin Swirl 80 calories, 14 carb grams) – there are others.

1 Cran-grape XS (because juice is not on the list and I like a juicy-tasting cold drink)

1 cup coffee (a drop of Stevia, a Nutrilite Fiber for regularity, and I use Nestle's **sugar-free**, non-dairy, **non-fat** creamer.)

## **Morning Snacks:**

> Sweet Lemon Crunch Protein + Fiber bar with an XS Recovery Drink

> ½ Blueberry & Yogurt Meal Bar with a tall drink of Muscle Multiplier

## **Lunch:**

BIG SALAD: 2+ cups variety of lettuces

1 cup salad veggies (tomatoes, onion, peppers, celery, carrots, etc.)

or for Taco Salad (tomatoes, onion, jalapenos, etc.)

**\*\*all the veggies above are combined to 1 cup, except lettuce**

4 oz turkey breast, OR white abalone tuna in water,

OR chicken breast strips, OR 4 large grilled shrimp

OR 4 oz taco seasoned ground beef for Taco Salad

Ken's Lite Northern Italian on my regular salads, but salsa on Taco Salad

Fruit Serving: a HALO orange

OR 1/2 small banana

OR small "lunchbox" apple

OR watermelon cubes in summer

OR 10 dark cherries (in season)

Can put fruit serving in salad (mandarin orange slices, cranberries, apple slices, etc)

16oz or more of artificially sweetened Tea OR just water

### **Afternoon Snacks:**

- > hard-boiled egg (salt & pepper & mustard dollop) w/XS drink & rhodiola
- > turkey-breast roll-up with mustard w/water
- > lemon crunch protein + fiber bar w/XS Lemon Blast
- > ½ bag XS BBQ Protein Crisps w/XS Black Cherry Cola

### **Dinner:**

Dinner salad: small serving of variety of lettuces &

Ken's Lite Northern Italian dressing

Entree: 4 oz steak, marinated OR 4 oz. burger patty, seasoned -- grilled

OR 4 oz shrimp seasoned w/Tony's and sauteed -- Scampi!

w/1 cup steamed veggies on the side

OR 4 oz Cod filet seasoned w/Tony's and sauteed w/zucchini and onion

OR 4 oz chicken Fajita breast strips w/onion & pepper strips,

stir-fried in Pam spray Olive oil

OR 4 oz chicken Asian-seasoned & stir-fried w/broccoli, peppers, onions

OR 4 oz ground beef cooked w/green peppers, onions, tomatoes, and Italian seasonings -- I call it inside out stuffed peppers.

OR 2-egg omelet w/peppers, onions, tomatoes

**\*\*all the veggies above are combined to 1 cup, except lettuce**

As you can see, I fix a lot of one-skillet meals or grill out doors & microwave-steam frozen veggies. Anything quick & easy. Chopping up veggies and fruit is the most work I do.

Fruit Serving: cup of mixed berries

OR watermelon cubes

OR small apple or peach

you pick from the fruit servings list

Vitamins and 16oz or more of artificially sweetened Tea or just water

8:00 **Snack:** ½ chocolate peanut butter sports protein bar w/water

9:30 **Snack:** ½ chocolate peanut butter sports protein bar w/water

OR ½ mixed berry crisp meal bar w/muscle multiplier drink

**Bedtime Snack:** XS Chocolate Protein Shake w/water chaser

One more thing is unlike other programs, this one says that unless your doctor has advised salt reduction, you may need to **increase** your salt, so I go crazy with seasons! Lots of heart-healthy garlic!

Remember, avoid deprivation; lose weight and get healthy while you enjoy great tasting choices - there are so many food choices on the food list - pick your favorites, don't force yourself to eat "diet food" - when you say I'm bored, I know you haven't looked at the food list lately and thought, "What would I really enjoy?"