



## Lose the Covid-19 Weight Loss Program

This weight loss program is a “take-off” from the Freshman-15 weight gain. It’s not uncommon for first year college freshmen to gain 15 pounds. So with our first year of Covid-19, some of us have gained 19 pounds (more or less) during Covid-19. Let’s ban together to create new habits to shed those unwanted pounds during this 12-week weight loss program. **Weigh-out the week of April 6-13.** Follow this simple weight loss plan and weigh your food choices.

### Weight-Loss Food Plan

- Morning Meal:** 1 protein  
1 breakfast grain  
1 fruit
- Midday Meal:** 1 protein  
6 ounces vegetables  
1 fruit  
1 fat
- Evening Meal:** 1 protein  
6 ounces vegetables  
8 ounces salad  
1 fat

**\*Purchasing a food scale is required for this program. Wellness will have a limited supply of food scales for those in need.**

### Condiments (Add Freely)

- Vinegar (including balsamic)
- Mustard
- Salsa (2 ounce per meal)
- Marinara sauce (2 ounces per meal)
- Capers (2 ounces per meal)
- Lemon or Lime juice
- Soy sauce (preferably lower sodium content)
- Hot sauce
- Nutritional yeast (no more than .5 ounce)
- Spices & Herbs
- Pinch of salt for seasoning per dish
- Black pepper

**Alcohol is not encouraged but if you imbibe remove 1 fruit and 1 fat from daily meal plan and limit to 1 serving daily.** Below is 1 serving:

2/3c. wine or 1 oz. hard liquor or 12 oz. light beer

### Morning Grains

- |  |   |
|--|---|
| Pre-Cooked Hot (weigh 4 oz. after cooking) |  |
| Dry—Cold or Hot (weigh 1 oz dry then cook) |   |
| Potato (4 oz cooked)                       | Oatmeal (1 oz dry)  |
| Sweet potato (4 oz. cooked)                | Oat bran (1 oz dry)   |
| Yam (4 oz cooked)                          | Cream of rice (1 oz dry)  |
| Rice (4 oz cooked)                         | Grits (1 oz dry)  |
| Quinoa (4 oz cooked)                       | Shredded Wheat (1 oz)   |
| Millet (4 oz cooked)                       | Fiber One (1 oz)  |

### Vegetables—6 ounces (weigh portion after cooking)

- |                  |             |                  |   |
|------------------|-------------|------------------|---|
| Lettuce          | Broccoli    | Green beans      | Mushrooms   |
| Brussels sprouts | Tomatoes    | Broccoli rabe    | Bok choy  |
| Eggplant         | Asparagus   | Carrots          | Turnip greens   |
| Peppers          | Zucchini    | Yellow squash    | Spinach   |
| Cabbage          | Cauliflower | Beet greens      | Snow peas   |
| Onions           | Radishes    | Tomatillo        | Cucumber  |
| Radicchio        | Beets       | Collard greens   | Celery  |
| Kale             | Swiss chard | Leeks            | Garlic  |
| Dandelion greens |             | Sugar snap peas  |  |
| Spaghetti squash |             | Artichoke hearts |   |
| Bean sprouts     |             | Watercress       | Jicama  |

### Starchy Vegetables—6 oz (Acceptable but use sparingly)

- |               |                                       |          |         |
|---------------|---------------------------------------|----------|---------|
| Peas          | Corn                                  | Parsnips | Turnips |
| Winter squash | (butternut, pattypan, acorn, pumpkin) |          |         |

### Fruit



- |                      |                       |                        |
|----------------------|-----------------------|------------------------|
| <b>Have 1 piece:</b> | <b>Have 2 pieces:</b> | <b>Weigh 6 ounces:</b> |
| Apple-medium         | Plum                  | Berries (all kinds)    |
| Pear-medium          | Kiwi                  | Grapes                 |
| Orange-medium        | Persimmon             | Pineapple              |
| Grapefruit-½         |                       | Mango                  |
| Banana-medium        | <b>Have 3 pieces:</b> | Papaya                 |
| Peach-medium         | Apricot               | Melon (all kinds)      |
| Nectarine-large      |                       | Fresh figs             |

### Fat

- |                        |                                  |   |
|------------------------|----------------------------------|---|
| Margarine-1 Tbsp.      | Butter-1 Tbsp.                   | Mayonnaise - 1 Tbsp.  |
| Salad dressing-1 Tbsp. | Tahini—1 Tbsp.                   | Nuts—0.5 ounce  |
| Nut butter - 1 Tbsp.   | Seeds—0.5 oz.                    | Olives—2 oz.  |
| Avocado—2 ounces       | Oil- 1 Tbsp. (avoid coconut oil) |  |

**Morning Protein—Women****Animal-based options:**

- 8 oz. plain yogurt
- 8 oz. milk (preferably low fat)
- 2 eggs
- 2 oz. cheese
- 4 oz cottage cheese
- 4 oz ricotta cheese
- ½ c egg substitute

**Plant-based options:**

- 8 oz unsweetened soy milk
- 8 oz unsweetened almond milk
- 8 oz unsweetened other non-dairy milk (hemp, flax, etc)
- 4 oz tofu
- 4 oz hummus
- 2 oz soya granules
- 2 oz nuts (or nut butters)
- 2 oz seeds

**Midday/Evening Protein-Women****\*Animal-based options:**

- 4 oz chicken -not breaded; no skin
- 4 oz turkey—no skin
- 4 oz pork-no bacon, no ham cured in sugar
- 4 oz beef-ground beef (93/7), sirloin steak, or “loin” cuts, etc.)
- 4 oz lamb
- 4 oz fish-not breaded; not fried
- 4 oz shrimp or other shellfish-not breaded; not fried

**\* weigh cooked portion****Plant-based options:**

- 4 oz tofu
- 4 oz tempeh
- 6 oz beans (or 2 oz roasted beans, like roasted chick peas)
- 6 oz lentils
- 6 oz hummus
- 4 oz shelled edamame
- 4 oz veggie burger
- 2 oz soy nuts (or dry roasted edamame)

**Morning Protein—Men****Animal-based options:**

- 8 oz. plain yogurt
- 8 oz. milk (preferably low fat)
- 3 eggs
- 3 oz. cheese
- 6 oz cottage cheese
- 6 oz ricotta cheese
- ¾ c egg substitute

**Plant-based options:**

- 8 oz unsweetened soy milk
- 8 oz unsweetened almond milk
- 8 oz unsweetened other non-dairy milk (hemp, flax, etc)
- 6 oz tofu
- 6 oz hummus
- 3 oz soya granules
- 2 oz nuts (or nut butters)
- 2 oz seeds

**Midday/Evening Protein-Men****\*Animal-based options:**

- 6 oz chicken -not breaded; no skin
- 6 oz turkey—no skin
- 6 oz pork-no bacon, no ham cured in sugar
- 6 oz beef-ground beef (93/7), sirloin steak, or “loin” cuts, etc.)
- 6 oz lamb
- 6 oz fish –not braded, not fried
- 6 oz shrimp or other shellfish-not breaded; not fried

**\*weigh cooked portion****Plant-based options:**

- 6 oz tofu
- 6 oz tempeh
- 8 oz beans (or 2 oz roasted beans, like roasted chick peas)
- 6 oz lentils
- 6 oz hummus
- 6 oz shelled edamame
- 6 oz veggie burger
- 3 oz soy nuts (or dry roasted edamame)

*Certain medical conditions may not tolerate this meal plan. Check with your medical provider or dietitian before proceeding. Natural and artificial forms of sweeteners (honey, agave, sugar, sugar substitutes, Splenda, Truvia) are discouraged. Water is the best fluid at mealtime. Black coffee, clear teas, and soda water are allowed. Diet beverages are discouraged. You may need a general multi-vitamin during this program. Call Wellness at 239-252-6092 for Nutrition concerns or Allison Wroblewski at 239-238-6230 for fitness. Meal plan partially adapted from the Bright Line Eating meal plan.*

**Exercise:**

While losing weight, an exercise plan is essential. Remember, for every 1 pound lost on the scale equates to a ½ pound fat plus a ½ pound of muscle lost. Remember, muscle mass will be needed when you attain your goal weight in order to keep your weight off. Muscle burns more calories than fat. It is essential you do both cardio and strength-training exercises. Pictured are some good conditioning exercises for building muscle. Strive for 30 mins. cardio every day (fast paced walking or biking).

**Wellness Fitness Center-Main CCG Campus**

**Non-member** Wellness Fitness Center participants will be able to exercise at the Main Campus Fitness Center for 3-months during program participation at **No Charge** (does not included group programs).

**1 MINUTE WALL SIT**

**10 PUSH-UPS**

Turn on the music and  
**DANCE**  
3 minutes

**TOUCH YOUR TOES**  
And reach for the sky 10 times

**3 SUN SALUTATIONS**

**30 SECOND PLANK**

**Push-ups:**

**Wall sits:**

**Plank:**

**Sun salutations**