



MEAL PATTERN GUIDE

“DESIGNED WITH YOU IN MIND”

Write in Your Basal Metabolic Rate: _____



FACT OR FICTION (circle one):

WEIGHT LOSS SUCCESS IS IMPROVED WITH DIETARY CHANGES, PHYSICAL ACTIVITY, AND BEHAVIOR THERAPY.

Changing the way you eat is one thing, but increasing physical fitness in conjunction with behavior therapy yields higher weight loss success.

FACT OR FICTION (circle one):

A 5-10% REDUCTION IN INITIAL WEIGHT IS ONLY ASSOCIATED WITH SIGNIFICANT IMPROVEMENTS IN SYSTOLIC AND DIASTOLIC BLOOD PRESSURE.

Significant improvements can also be found in cholesterol, plasma lipids, blood glucose, and improve risk factor clustering for vascular diseases.

FACT OR FICTION (circle one):

YOU CAN LOSE 4 TO 8 POUNDS PER MONTH, WHICH IS 1-2LBS PER WEEK.

Try your best by setting realistic expectations and you just might surprise yourself and lose more than you think.

FACT OR FICTION (circle one):

FIBER RICH FOODS CAN HELP AVOID OVEREATING.

Fiber is your best friend and can help you achieve satiety without all the carbs and calories.

FACT OR FICTION (circle one):

MANY PRODUCTS AVAILABLE IN THE MARKETPLACE ARE SOMETIMES AS MUCH AS 2 TO 8 TIMES THE RECOMMENDED STANDARD SERVING SIZE.

Basically, what you are being served is probably way more than what you should be eating, this includes the serving sizes you see on food labels.

4 GENERAL PRINCIPLES:

MEASURE IT, WEIGH IT, COUNT IT (MWC APPROACH)

WE PROVIDE YOU WITH A SCALE SO YOU CAN SCALE BACK, AND MEASURING CUPS SO YOUR DIET MEASURES UP!



PLATING PRINCIPLES:

1/2 OF YOUR PLATE SHOULD BE NON-STARCHY VEGGIES

1/4 OF YOUR PLATE SHOULD BE HEALTHIER PROTEINS

1/4 OF YOUR PLATE SHOULD BE STARCHES/GRAINS

NON-STARCHY VEGGIES: ASPARAGUS, BEETS, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, CELERY, CUCUMBER, GREENS, GREEN BEANS, MUSHROOMS, OKRA, ONIONS, PEPPERS, SQUASH, SPINACH, SPROUTS, TOMATOES, ETC

STARCHES/GRAINS: BREAD, CORN, NOODLES, QUINOA, PASTA, PEAS, PITA, POTATOES, SWEET POTATOES, OATS, ROTI, TACOS, TORTILLAS, RICE, ETC

HEALTHIER PROTEINS: BEEF, BEANS, CHICKEN, COOTAGE CHEESE, EGGS, FISH, LAMB, NUTS, PEANUT BUTTER, PORK, SHRIMP, TOFU, TUNA, TURKEY

STANDARD SERVING SIZES:

LEAN MEAT & FISH: 3OZ

BEANS, LEGUMES, & GRAINS: 1/2 CUP

NUT BUTTERS: 2 TABLESPOONS

YOGURT/MILK: 1 CUP

NUTS & SEEDS: 1OZ

FRUIT: 1 CUP (GO FOR THE SMALLER FRUIT)

VEGGIES: 1/2 CUP

FAT: 1 TEASPOON OF BUTTER, MAYO, OIL

AVOCADO: 1/8

BACON: 1 SLICE

STARCHES: 1 SLICE OF BREAD, 1/4 OF A BAGEL

GO LEAN ON PROTEIN:



25-35% CAL FROM PROTEIN

BAKE IT! BROIL IT! BOIL IT! ROAST IT!

AVOID SKIN, VISIBLE FAT, CHOOSE LEAN CUTS & WHITE MEAT, HAVE FISH/SEAFOOD TWICE PER WEEK, GO MEATLESS (LENTILS, BEANS, NUTS, CHICKPEAS, TOFU, & SEEDS)

AIM FOR 15-20 GRAMS PER MEAL FOR OPTIMAL MUSCLE GROWTH & MAINTENANCE

VARY YOUR VEGGIE(S):



RED! WHITE! PURPLE! ORANGE! GREEN!

YOU CAN REAP ALL THE GOOD BENEFITS OF VEGETABLES WHEN YOU EAT FROM ALL THE DIFFERENT COLORS THEY COME IN. PLUS, YOU CAN BAKE, BOIL, STEAM, AND ROAST THEM TOO. VEGGIES HAVE CARBS

AIM FOR HALF OF YOUR PLATE TO HAVE NON-STARCHY VEGETABLES FOR OPTIMAL WEIGHT LOSS

STARCHES & GRAINS DON'T GO INSANE:



35-50% CAL FROM CARBS

PORTION CONTROL! WHOLE GRAIN! SKIN IS GOOD!

LOOK FOR 100% WHOLE GRAIN ON THE LABEL, PICK A DAY TO GO WHOLE GRAIN, MAKE HALF YOU GRAINS WHOLE GRAIN, TRY A NEW STARCH OR WHOLE GRAIN. STARCHES AND GRAINS HAVE CARBS

AIM FOR 15-30 CARBS PER MEAL IF YOU ARE A WOMAN AND 30-45 CARBS PER MEAL FOR MEN. AIM FOR ONLY 1/4 OF YOUR PLATE TO HAVE CARBS OR STARCHY VEGETABLES FOR WEIGHT LOSS

FRUITS & FATS GET THE FACTS:



25-35% CAL FROM FAT

MAKE IT A SNACK! PAIR IT WITH PROTEIN! HEALTHY FATS!

FRUITS HAVE CARBS. SKIN GIVES YOU FIBER. EAT A VARIETY OF FRUITS. COOK WITH A VAIRETY OF HEALTHY FATS (VEGETABLE FAT, NUT AND SEED OILS). AVOID SATURATED FATS (MOST OF THESE FATS COME FROM ANIMALS AND ANIMAL PRODUCTS) AND TRANS FAT (HYDROGENATED OILS).

AIM TO INCLUDE HEALTHY FATS THAT COME FROM, NUTS, SEEDS, FRUITS, AND FISH



QUESTIONS & ANSWERS

- 1) **Q:** HOW DO I KNOW HOW MANY CALORIES I SHOULD BE EATING DAILY?
A: WRITE IN YOUR BASAL METABOLIC RATE (BMR) _____
- 2) **Q:** HOW DO I KNOW HOW MANY CALORIES I SHOULD BE EATING PER MEAL/SNACK? HOW MANY TIMES PER DAY DO I EAT NOW? _____
A: DIVIDE BMR BY THE NUMBER OF MEALS AND SNACKS YOU PLAN ON EATING PER DAY. _____
- 3) **Q:** HOW DO I KNOW AND TRACK HOW MANY CALORIES I AM EATING PER MEAL AND PER DAY?
A: READING LABELS FOR SERVING SIZES AND CALORIES PER SERVING, MEASURING WHAT YOU EAT TO BE EXACT, AND LOGGING IT INTO MYFITNESS PAL. QUICK GOOGLE SEARCHES WILL HELP YOU MAKE BETTER DECISIONS ABOUT WHETHER YOU SHOULD EAT THAT OR HOW MUCH OF THAT YOU CAN EAT.
- 4) **Q:** CAN I DRINK ALCOHOL?
A: YES. HOWEVER, DRINKING TOO MUCH CAN SLOW DOWN WEIGHT LOSS. ALCOHOL CONSUMPTION CAN LEAD TO EXCESS BELLY FAT AND CAN SLOW DOWN YOUR METABOLISM. LOGGING ALCOHOL CONSUMPTION IN FOOD DIARY IS A MUST.
- 5) **Q:** WHAT ABOUT DESSERTS, SUGARY BEVERAGES & SNACKS, AND THE “UNHEALTHY” STUFF?
A: SURE, YOU CAN EAT AND DRINK THOSE BUT REMEMBER THE COST IN YOUR OVERALL CALORIC INTAKE AND YOUR HEALTH. THE QUALITY OF WHAT YOU ARE EATING MATTERS AND THE RESULTS WILL REFLECT THAT IN YOUR LABS AND ON THE SCALE.
- 6) **Q:** WHAT FOODS SHOULD I REALLY AVOID?
A: FRIED FOODS, FATTY FOODS, CREAM SAUCES AND GRAVY, SUGARY BEVERAGES, CANDY, DESSERTS, AND MANY MORE.
- 7) **Q:** CAN YOU TELL ME MORE?
A: SURE!
CHOOSE LOW FAT OR FAT-FREE ALTERNATIVES. IF YOU GO OUT TO EAT, ASK THE SERVER HOW IS THE FOOD PREPARED. ASK FOR SALAD DRESSINGS AND CONDIMENTS TO BE PLACED ON THE SIDE. ASK FOR A TO GO BOX WITH YOUR MEALS SO YOU CAN SPLIT IT AND SAVE THE REST.

YOU CAN LOG PHYSICAL ACTIVITY IN MYFITNESS PAL