

Typical day meals phase 4/ Maintenance

Day 1

Breakfast:



1 English muffin (multi-grain light)

½ cup egg whites

1 cup black berries

½ cup pineapple

Reduced fat cheddar cheese ½ oz.

Ham steak (1 ¾ oz.)

Snack:

1 cheese stick, 1 oz. of nuts, 1 fruit or IP protein bar, pudding or drink (only one of these)

Lunch:



Tuna Fish

1 tsp. of reduced fat mayo and 1 tbsp. of feta cheese

Roasted: Broccoli, asparagus, Brussels sprouts

Garden salad

Dinner:

Chicken Soup

Swordfish 7oz (broiled with seasoning)

Roasted veggies, butternut squash, turnips, rutabagas, parsnips

Garden Salad with 2 tsps. Olive Oil and garlic salt

Snack:

IP Chocolate Drink mix

Day 2

Breakfast:

1/2 cup of Fiber One cereal

½ cup skim milk

4 oz. of cottage cheese (2%)

1-cup blueberries

2 scrambled or hard boiled eggs

Snack:



1 cheese stick, 1 oz. of nuts, 1 fruit or IP protein bar, pudding or drink (only one of these)

Lunch:

Vegetable meatballs (6 meatballs-7 oz.) or Rotisserie chicken breast w/o skin (7-8 oz.)

Zucchini, Onions, Mushrooms sautéed with ½ cup organic tomato sauce

Parmesan cheese (1 Tbsp.)

Garden Salad—easy on the dressing, best olive oil, vinegar and salt

Dinner:



Salmon 7 oz. (grilled, sautéed or broiled)

Baby broccoli

½ cup brown rice

Garden salad + Olive oil, vinegar and garlic salt

Snack:

1 cheese stick, 1 oz. of nuts, 1 fruit or IP protein bar, pudding or drink (only one of these)





Day 3

Breakfast:

1 whole-wheat tortilla

1 scrambled egg & 3 slices of Canadian bacon

1 slice cheddar cheese

6 oz. of plain Greek yogurt

1 medium banana

Snack:

1 cheese stick, 1 oz. of nuts, 1 fruit or IP protein bar, pudding or drink (only one of these)

Lunch:

Hardboiled egg (from salad bar i.e.: GIANT) ham chunks, chicken strips with spinach, mushrooms, onions peppers, cucumbers, cabbage, some feta or blue cheese and sprinkle of carrots and dressing is vinegar, olive oil & salt.

Dinner:

Chicken Breast 8oz (grilled with seasonings and brushed with a little bit of Olive Oil)

Asparagus roasted with garlic

Tossed salad with your preferred veggies (mushrooms, peppers, carrots, hearts of palm or artichoke)

Quinoa ½ cup cooked in chicken broth and you can add veggies if you would like for flavor.

Additional Dinner Samples:

Dinner:

Shrimp and scallops 8 oz. (broiled with seasonings and you can use I can't believe it's not butter in the SPRAY)

Green beans & broccoli

Tossed salad

Whole-wheat couscous cooked in chicken broth

Dinner:

Steak (8oz) Grilled or broiled

Grilled Portobello mushroom marinated in balsamic

Tossed salad

1 cup or 1 medium potato baked with a tsp. of butter (preferably I can't believe it is not butter in spray)

Dinner:

8 oz. of pork tenderloin

1 glass of wine

2 cups of steamed broccoli or green beans (mixed veggies of your choice)

Garden salad

Remember: Alcohol is considered a carbohydrate so if you are going to have a beer, glass of wine or else then no complex carbohydrate at dinner.

These are only suggestions of meal plans , you may substitute with the veggies and lean protein you like best.

