



WEIGHT LOSS PROGRAM

If you want to loose weight, get enough protein in your diet. In this case about 25 percent of calories. Protein makes you feel full and helps you build muscle (which increases metabolism, thereby making it easier to lose weight). Get enough fat. About 30 percent of your calories. Fat helps you feel fuller longer between meals. It provides essential fatty acids needed for optimal health.

If you get enough protein and fat, your total calorie intake should take care of itself.

The meals shown here are guides that you can vary any number of ways to please your taste buds and avoid eating the same thing every day. Don't worry about hitting the numbers on the nose every time. If you exceed your fat quota during lunch, just cut back a little during dinner.

Breakfast

Whole grain cereal or oatmeal (1 ¼ c)
Fat free milk (2 c) Whole grain bread (2 slices)
Almonds or other nuts (4 Tbsp) Peanut butter (2 Tbsp)
Raisins (2 Tbsp) Fat free milk (2 c)

Total: 591 calories, 29 g protein, 78 g carbohydrates, 18 g fat

Lunch

Sandwich made with whole grain bread (2 slices)
Lunchmeat or canned tuna (5 oz)
Reduced fat cheese (1 slice)
Tomato (2 slices)
Mayonnaise (1 Tbsp)
Carrot (1)
Orange juice (1 cup)

Total: 666 calories, 41 g protein, 71 g carbohydrates, 25 g fat

Dinner

Meat (pork, chicken, or turkey breast, lean beef, seafood) (5 oz)
Salad (1 c)
Dressing (2 Tbsp)
Dark green vegetable (1 c)
Starch (brad, potato, pasta, rice) (1 slice or 1 cup)
Fruit (3/4 c)

Total: 379-953 calories, 23-53 g protein, 33-109 g carbohydrates, 12-43 g fat

Snacks may be split into two

Whole grain bread, 2 slices
Peanut butter, 2 Tbs
Fat free milk , 2 cups
Apple, 1 med.