

our eating plan

Lord, you know how I long for my health once more. You hear my every sigh. Psalm 38:9

Plan on eating 6 times a day. Below are guidelines– this diet works. Aim at 1,600 to 2,000 positive calories per day. Think high protein/low fat. More fresh/less processed. **Eat less. Move more. Take your vitamins!**

Breakfast Options:

1. Egg Beaters, unbuttered toast & jam.
2. Oatmeal, dry toast & jam.
3. Kashi crunch or other cereal & non-fat milk

Think low-calorie creative! Add a banana, veggies, berries, chili, etc...

morning snack:

1. Fresh fruit or veggies - anytime as much as you like
2. yogurt– toss in some fruit or cottage cheese
3. nutrition bar: go for low calorie/high protein
4. an occasional handful of nuts– HIGH calorie... but good
5. nutrition shake: try the EAS brand– high protein/low cal

Lunch Options:

1. Salad with non-fat (lite) dressing
2. yogurt mixed with cottage cheese
3. cold cut sandwich - no mayo - pick “good” bread
4. If eating out - go with dinner choices

afternoon snack: Same as morning options - mix it up

Dinner Options:

1. grilled fish & vegetable
2. steak & vegetable (if baked potato - careful the butter/sour cream!)
3. chicken breast & vegetable (getting picture? Vegetables!)

A Few Dinner Tips: If eating out, don't browse the menu, order what you should eat– they have it.

Ask for the “Heart Healthy” version. Avoids grease, butter, calories. **Say “NO!” to cheese.** We're allergic to it. It's a diet killer. **If you're going to “break” your diet**– do it while out with friends, not home alone. **Have fun!**

evening snack: See morning options. Add plain popcorn.

Drink plenty of water! Tea & Coffee have next to no calories also. Eat fruit and vegetables to your hearts delight. **Juice is PACKED** with calories & sugar. **NO Soda:** all carbonated drinks: diet, beer, bubbling water– expand the stomach –drink at risk of failure.

-No More Sugar... USE Splenda - it's inexpensive & without aftertaste-

NO FAST FOOD! NO CANDY! NO ICE CREAM! NO COOKIES! NO CAKE!

Amazon.com is the best place online to order inexpensively - use “subscribe and save”

You CAN feel good about wearing a bathing suit again!

Fit For Today

week two

...He who began a good work in you will carry it on to completion... *Philippians 1:6*

Sunday - Church? Pick two days for a group workout. Mine are Tuesday & Thursday Spin Class.

Monday: Record your actions and daily weight. Circle a happy, lost or sad face. Did you ask for help?

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :- / :- (Help? _____

Tuesday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :- / :- (Help? _____

Wednesday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :- / :- (Help? _____

Thursday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :- / :- (Help? _____

Friday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :- / :- (Help? _____

Saturday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :- / :- (Help? _____

Starting Over... *it's easy to feel like we've failed, just because we've gained weight. It's important to remember that we're working forward not dwelling in what we might perceive as our personal failures. We can take hope in the knowledge that if we can gain weight - we can lose weight. It's how the body works. God has not abandoned us. He loves us fat, thin or in between. We have the opportunity to be our best for Him. Let's do it this week!*