

# Basic Nutrition Guidelines



1.

Focus daily meals on lean protein (white meat chicken and turkey, pork tenderloin, lean beef, fish, eggs) and non-starchy vegetables (all vegetables except corn, peas, potatoes and beans which count as carbohydrates). Aim for 3-5 oz of protein (about the size of your palm) and make half of your plate non-starchy vegetables. Protein and fiber help keep you full with fewer calories. Replace refined grains like white pasta and bread with whole-grain versions whenever possible.

2.

Always include protein with snacks. One easy example would be to combine a handful of grapes with a low-fat cheese stick. The fruit is a carbohydrate and the cheese a protein. This will keep you feeling fuller longer.

3.

Avoid liquid calories like those found in flavored coffee drinks, teas, and energy drinks. These calories add up quickly but don't give you the fullness that you get with food.

4.

Aim for 3 meals and 1-2 snacks each day. Make sure to eat something with protein every 3-4 hours to prevent becoming overly hungry. Skipping meals and snacks is not a good way to cut calories!

5.

Be sure to get enough fluid through calorie-free options like flavored water and carbonated water or tea. Water is always the best hydrator but mix it up for variety. Always read the nutrition label and look for less than 4 grams of sugar.

6.

Portion out your portions. Measure out cooked meats and seafood with a food scale and use measuring cups to portion out carbohydrates at meals. Also measure out fats with measuring spoons. You can also use picnic plates to help with measuring out portions using the biggest well for non-starchy vegetables and the other smaller wells for lean protein and carbohydrates (rice, pasta, bread, etc.).

7.

Watch out for "mushy" foods like cereal, popcorn, pretzels, chips, candy, etc. these foods are broken down quickly in the stomach and increase blood sugar quickly. This will not keep you full and will likely make you more hungry. For an occasional snack combine crackers (portioned out) with a protein like a hard-boiled egg to increase fullness

8.

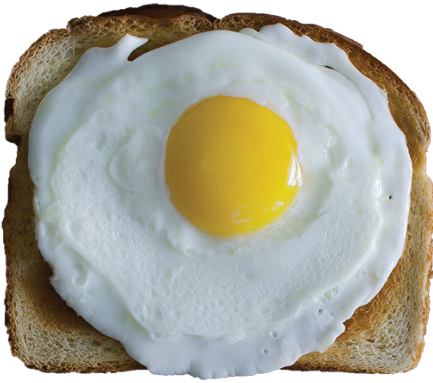
Always track your intake. Making sure to log your foods will help you to be accountable to yourself and give you an idea of how each food impacts your total calorie intake for the day. You and your coach can refer back to the log to assess any concerns.

# Meal Ideas

These meal ideas are based on a ~1200 calorie diet. Add 1-2 snack ideas to meals or increase portions to add calories to meet your specific needs. Discuss these changes with your coach who can help you to meet calorie and nutrient needs within your recommendations. You can always add non-starchy vegetables to any meal to add bulk. Also try using a slightly smaller plate, like a salad plate, at meals so the plate appears more full with less food on it.

## Breakfast

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- 2 Eggs (hard-boiled or another preparation – add vegetables if desired)  
+ 1 Cup of fruit or an English muffin
- Protein shake – look for at least 25 grams of protein and less than 10 grams of carbohydrate (Premier Protein is a good example)
- 1 Slice of toast + 1 egg + 1 slice reduced-fat cheese  
(Add tomato or other vegetables if desired)
- 1 Cup Greek yogurt (look for more grams of protein than grams of sugar)  
+ 1 Cup berries
- 1 Cup cottage cheese + ½ cup fruit  
(For a savory version add chives and pepper)

## Lunch

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- Tuna pack + 2 cups non-starchy vegetables or salad  
+ 1 Tablespoon of vinaigrette dressing
- Tuna or chicken melt  
(1 Tuna or chicken pack + Sandwich Thin + 1 slice reduced-fat cheese)
- Lean lunch-meat sandwich  
(3-4 Oz turkey or chicken lunch-meat + Sandwich Thin or wrap + 1 slice cheese  
Or 1 tablespoon of mayo) – add lettuce and tomato if desired
- 4 Oz lean protein (chicken, turkey, fish) + 2 cups vegetables cooked or raw  
– 4 Oz chicken breast + steamer bag of vegetables
- Greek yogurt + 1 cup fruit

# Dinner

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- Chicken fajitas  
(Chicken breast cooked with salsa, peppers, and onions in a slow cooker)  
+ Whole grain tortilla or 1 cup rice
- Shrimp, chicken or tofu stir fry prepared with 2 cups non-starchy vegetables  
(Snap peas, carrots, onions, mushrooms) + 1 cup rice
- White fish (tilapia, cod, haddock) + 2 cups vegetables
- Lasagna prepared with sliced zucchini in place of noodles  
+ Turkey sausage in place of pork sausage (use hot Italian)
- Mini pizzas prepared with whole-grain tortilla “crusts”  
– Add turkey pepperoni or turkey sausage, vegetables, and reduced-fat  
Mozzarella cheese
- Breakfast for dinner – 2 eggs + vegetables + turkey sausage  
+ 1 Slice toast with 1 teaspoon butter

# Snacks

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- Low-fat string cheese
- Light or Greek yogurt
- 2% Milk fat cottage cheese
- 1 Cup of non-starchy vegetables + ¼ cup hummus or Greek yogurt dip  
(Replace sour cream with Greek yogurt in any dip recipe to reduce calories  
And add protein!)
- 3 Slices of turkey + 3 pickles
- Fruit (4 oz apple or 1 cup berries or 1 cup grapes) + light string cheese
- Sugar-free/no sugar added pudding or jello  
+ 2 Tablespoons or fat-free whipped topping
- Sugar-free/no sugar added ice pop or fudgesicle
- 10 Almonds or 1/8 cup mixed nuts