PERSONAL FITNESS.com

BASIC MEAL PLAN GUIDELINES
AGGRESSIVE WEIGHT LOSS

DAILY SUCCESS STRATEGIES

1. Start Each Meal With an 8-Oz Glass of Water & Lemon

2. Always Eat Your Salad First
When you're hungry, as you should be by the time it's mealtime, you tend to eat more of what you eat FIRST because you're the hungriest. Raw vegetables and greens are not just healthy; they will fill you up and help you "crowd out" more of the other things you would tend to eat.

3. Eat a Wide Variety of Vegetables
The different colors of fruits and vegetables represent different classes of nutrients that provide significant health benefits.

4. Have a BIG Salad with at Least 4-6 Different Raw Vegetables for Lunch/Dinner
Include 1/2-cup to 1-cup beans, some nuts or seeds and an oil-free dressing.

5. Eat at Least Four Different Fresh Fruits Daily
Like vegetables, you can eat as much fruit as you want. Juicing is not allowed. A cup of juice is the same as a cup of sugar, even though it's "healthy." Satisfy your sweet tooth with a mixed fruit salad with a variety of fruits and berries or a blended frozen fruit treat after lunch/dinner.

6. Have a Cup of Beans Daily
Beans help to stabilize your blood sugar, reduce cholesterol and prevent cravings. Try eggplant and beans, mushrooms and beans, greens and beans, and include them in your salad.

7. Eat No More Than 1/4-Cup of Raw Nuts & Seeds Daily
Remember, a handful of nuts are about 200 calories so that's your quota for the day. Instead of just snacking on them, use them in salads, dressings and dips, this way you won't over eat them.

8. Have a Tablespoon (3 Teaspoons) of Ground Flaxseeds Daily
Walnuts and edamame will also do just fine. These are rich sources of omega-3 fats. A vegetable derived DHA nutritional supplement may also be useful because converting plant sources of omega-3 fats (ALA-- alpha-linolenic acid) to EPA and DHA, found in fish, is very inefficient.

9. Eliminate Meats and Dairy
Get rid of ALL meats, cows milk, cheese, yogurt and butter. Try UNSWEETENED almond, hemp or soymilk instead. Also 3-5 oz. wild salmon, wild trout, sole and flounder 1-2x/week are fine. An egg white omelet is also fine a couple times a week.

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