



MAE DIETARY PLAN

Just as important as eating the right foods, it's important to eat at the right times and to eat the right proportion sizes. We don't need to just eat...we need to nourish our bodies and take care of them. Eating has become confusing with so many diet programs, magic pills, and conflicting labels.

Unfortunately you can work out like crazy, but if you don't fuel your body properly you will never achieve the results you are looking for. And with the right nutrition you will feel good to keep working out to keep gaining strength and stamina and keep working towards your goals. It's disheartening to work so hard and not see results or to always feel sluggish and tired. But a few simple ideas to keep your motors turning and squeaky free and you are on your way to not just a great body but also a lifetime of health and energy. It doesn't mean give up all the foods you love and eat a rabbit's diet but focusing on the foods that make your body feel good and taking those foods you can't live without and saving them for times when you can actually appreciate them.

Now that it seems everyone is living in the fast paced life, fast food has become affordable and even claims to be healthy. We have lost the time to feed our bodies properly with full time jobs, careers, traffic congestions, kid's sports, house cleaning, laundry, bills, and vehicle and house maintenance. So we have to take some time now and be selfish and think of ourselves. It doesn't come without some work, and yes, it takes some time but in the long wrong I think we are worth it .Our bodies +our health = our futures. So take a bit of time once a week and prepare some meals and snacks and invest in your body.

Tips For A Healthier Diet

Plan meals and make a grocery list.

Shop for a week's worth of meals at a time, on a full stomach.

Always eat breakfast, use shakes if needed.

Space meals to eat about every 2-3 hours (3 meals with 1-3 snacks per day).

Drink at least one gallon of water a day, throughout the day.

Cheat meal: eat anything you want for one meal a week.

Limit alcohol to 2-3 drinks per week.

Be mindful of sugars...it's hidden in everything.

Take a good quality multi-vitamin every day.



Add a tsp. of good quality polyunsaturated fat (omega-3's and 6's): fish oils and flaxseed.

Drink green and herbal teas, limit black teas and coffee (and avoid high fat creamers).

Foods to avoid for a stronger, healthier body:

Fatty cuts of red meat

Whole-milk dairy products

Margarine

Fried foods

Partially hydrogenated oil

Processed foods

Sodas, high sugary juices, juices from concentrate

Refined baked goods

Salt and high sodium foods (soya sauces, deli meats)

Creamy, high fat salad dressings

Commercial breakfast cereals

Remember portion size is as important as what we eat. Our stomachs are not that large and food has a long way to

Go through the digestion system. We are conditioned to eating way more at one sitting than our bodies actually

Need. Counting calories can be effective but is very time consuming. An easy way to control portion size is to use

Smaller plates.

A Good Rule Of Thumb Is:

Protein = Size of palm of your hand

Carbohydrates = Size of clenched fist

Veggies = A handful but more is encouraged.

Weekly Plan:

Monday

8:00 am Breakfast: Bowl of oatmeal, small scoop walnuts 1/2 apple

10:30 am Snack: Protein shake

12:30 pm Lunch: Green salad (2 cups of greens with 1/2 chopped cucumber. 5 Grape tomatoes, 5 Kalamata Olives, 1 Tbsp. feta cheese chopped with 1/2 tbsp. olive oil 1/2 tbsp. balsamic vinegar) 1 small grilled chicken breast.

3:30 pm Snack: 1/2 apple and cheese string

6:00 pm Dinner: Grilled fish tacos (pg.5)

8:30 pm 1/2 cantaloupe filled with 1 cup low-fat cottage cheese



Tuesday

- 8:00 am Breakfast: Breakfast burrito (3 scrambled egg whites plus 1 whole egg, topped with 1 tbsp. grated low fat cheese, 1 tsp. salsa, 1 tsp. sour cream in a lettuce leaf in a whole wheat tortilla shell)
- 10:00 am Snack: Protein green smoothie
- 12:30 am Lunch: Tuna sandwich (can of tuna with 2 tbsp. miracle whip light, 1 tsp. mustard, chopped celery stick, chopped dill picked on whole grain bread.)
- 3:30 pm Snack: 1 apple, handful of whole raw almonds
- 6:00 pm Dinner: Geek chicken pitas

Wednesday

- 8:00 am Breakfast: Oatmeal with raisins, walnuts. 1 cup fresh berries
- 10:00 am Snack: 6 dried apricots, handful whole raw almonds
- 12:30 pm lunch: chicken pita pizza (whole wheat pita topped with pizza sauce, small shredded or cubed chicken breast, 1/4 chopped red pepper, 2 sliced mushrooms, 1/2 cup chopped pineapple, 1/4 cup shredded low fat mozzarella cheese, bake 425 f until cheese is melted.
- 3:30 pm Snack: 2 celery stalks topped with 1 tbsp. natural peanut butter or almond butter and handful of grapes
- 6:00 pm Dinner: Grilled chicken breast with couscous and steamed broccoli.
- 8:00 pm Snack: Low fat Greek yogurt, 1 tsp. honey, 1/2 cup fresh berries.

Thursday

- 8:00 am Breakfast: Egg scramble (4 egg whites, 1 whole egg, handful chopped spinach, 2 chopped green onions, 4 chopped mushrooms, 1/4 chopped red pepper) 1-2 pc whole grain toast.
- 10:30 pm Snack: 1 whole wheat pita with hummus and tatziki
- 12:30 pm Lunch: Greek pinwheels (mix 1/4 fat free cream cheese, 1/4 tsp. oregano, 1/4 cup feta cheese, 4 pitted black or kalamata olives, spread onto two whole wheat tortillas with 4 oz. thinly sliced turkey breast, 1 cup spinach leaves, roll and slice)
- 3:00 pm Snack: Protein shake or bar
- 6:00 pm dinner: Grilled salmon served with brown rice and asparagus
- 8:00 pm Snack: Sliced apple sprinkled with cinnamon and 2 slices low fat cheese



Friday

8:00 am Breakfast: Homemade granola (pg. 5) with 1 cup skim milk
10:30 pm Snack: Protein shake
12:30 pm Lunch: BLT Roll (1 whole wheat tortilla with 1 tsp. Fat free mayo, 2 slices turkey bacon, 2 oz. Roasted turkey breast, 2 slices tomato, 2 leaves lettuce)
3:00 pm Snack: Baby carrots and 3 sliced celery stalks with tbsp. Shelled sunflower seeds
6:00 pm Dinner: Peppered steak stir-fry served over brown rice
8:00 pm Snack: Low fat chocolate pudding mixed with why protein

Saturday

8:30 am Breakfast: Protein pancakes topped with berries
10:30 pm Snack: Green shake
1:00 pm Lunch: Chicken salad (2 oz. Grilled chicken cubed, 1 cup romaine lettuce, 1 chopped tomato, 1 small yellow bell pepper chopped, 1 small medium carrot chopped, 1 tbsp. Parmesan cheese, 1 tbsp. Ground flaxseed, topped with 1 tbsp. Olive oil, squeeze / lemon)
3:30 pm Snack: 1 oz. Almonds, 14 cantaloupes and 14 small watermelons
6:00 pm Dinner: Eat whatever the heck you want!!!
8:30 pm Snack: 1 cup low fat ice cream with 1 tbsp. Honey and roasted almonds

Sunday

8:00 am Breakfast: Oatmeal and 1/2 cup berries
10:00 am Snack: 1 can low sodium v8 juice, 1 cheese string
12:30 pm Lunch: Turkey burger on whole-wheat buns
3:00 pm Snack: Protein shake or bar
6:00 pm Dinner: Chicken Caesar wraps (small grilled chicken breast, 1 cup romaine lettuce, 1 tbsp. Low fat Caesar dressing, 1 tbsp. Parmesan cheese in a large tortilla shell)
8:00 pm Snack: 1/2 cup strawberries and yogurt

Juicing

Many people don't get enough nutrients from their daily intake of food, vegetables and fruits are full of Mineral, Vitamins and Antioxidants. Juicing is a process that extracts juice from fresh vegetable and Fruits. Some of the benefits from juicing are weight loss, increase in your energy level, the best way to heal and detoxify your body, boost your immune system etc. Juicing is a healthy option for meeting your daily vegetable requirement; you can juice a wide variety vegetable that you may not be able to consume in a day and that you may not normally enjoy eating.

Below are some vegetables and fruit drinks that you may want to try but there are many more vegetable and fruit drinks

Simple drinks:

3 ripe tomatoes,
Pint of strawberries,
6 oranges,
Few basil leaves,

2 cups pineapple,
2 cups cantaloupe
1/4 lemon
1 inch piece of ginger,

3 apples,
1 lemon,
1 pear,
3 cucumbers
1/4 cup of water with ice,

2 cups strawberries,
/14 large watermelon,
1/4 lime or lemon (optional)
1/2 lemon,
1/4 cup of water with ice,

4 celery sticks,
1/4 inch ginger,
1/2 lime
1 apple,

4 oranges,
Pinch of mint leaves
1/2 cucumber,
Pinch of ginger,
2 sticks of celery,

Handful of spinach
2 apples

