



WEEK \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACK	WATER	FITNESS
S						
M						
T						
W						
T						
F						
S						



## Feel Great Weight Menu Plan

### MONDAY

**Breakfast:** Coat 1 medium barely-ripe banana with 1 Tbsp natural-style peanut butter; roll into 1 whole-wheat tortilla. (277 cal, 5.6gm fiber, 9gm fat)

**Snack:** Dip 1 cup cucumber slices or celery sticks into a mixture of ½ cup plain low-fat yogurt, 1 tsp honey, 1 tsp lemon zest, 1 squeeze fresh lemon juice, and dash each salt and curry powder. (115 cal, 1.4gm fiber, 2gm fat)

**Lunch:** Fill 1 whole-wheat pita with a mixture of 4 oz solid white tuna in water (drained), 1 Tbsp light mayonnaise, and 2 Tbsp dried cranberries. (375 cal, 4.4gm fiber, 9.6gm fat)

**Snack:** Have ¾ cup plain low-fat yogurt with 1 cup cubed peeled cantaloupe. (177 cal, 1.5gm fiber, 3gm fat)

**Dinner:** Combine ½ cup cooked chilled orzo, ¼ cup chopped baby spinach, 1 Tbsp chopped red onion, 1 tsp crumbled feta, 1 tsp pine nuts, and dash each dried basil and black pepper; serve cold with grilled asparagus and 5 oz boneless skinless chicken breast sautéed in 2 tsp olive oil. (470 cal, 2.6gm fiber, 17gm fat)

**Snack:** Top 1½ cups sliced strawberries with ½ oz mascarpone and 1 tsp brown sugar. (149 cal, 5.7gm fiber, 7.5gm fat)

### TUESDAY

**Breakfast:** Layer 1 cup plain fat-free yogurt with 1 cup blueberries, 2 Tbsp sliced almonds, and 1 Tbsp ground flaxseed. (288 cal, 7gm fiber, 10gm fat)

**Snack:** Nosh on a high-fiber granola bar. (130 cal, 5gm fiber, 3gm fat)

**Lunch:** Spread 1 Tbsp natural-style peanut butter onto 2 slices whole-grain bread, and top with ½ medium sliced barely ripe banana; have 10 each carrot and celery sticks. (394 cal, 14gm fiber, 11.6gm fat)

**Snack:** Eat 1 cup non-cream-based tomato soup sprinkled with 1 oz shredded part-skim mozzarella. (180 cal, 1gm fiber, 7gm fat)

**Dinner:** Combine ½ cup cooked chilled quinoa with ½ cup mixture of chopped tomato, cucumbers, and onion; 1 garlic clove, minced; 1 Tbsp lemon juice; 1 tsp olive oil; and salt and pepper to taste. Serve with 5 oz roasted pork loin topped with 2 Tbsp low-calorie (50 calories or less) marinade. (470 cal, 2.7gm fiber, 15.5gm fat)

**Snack:** Enjoy ¾ oz dark chocolate (70 percent or more cacao content). (115 cal, 2gm fiber, 7gm fat)

### WEDNESDAY

**Breakfast:** Eat 1 cup high-fiber, whole-grain cereal, 1 cup skim milk, and 1 cup strawberries. (106 cal, .3gm fiber, 7gm fat)

**Snack:** Layer 1 large tomato slice with 1 oz part-skim mozzarella and 2 basil leaves; drizzle with olive oil and balsamic vinegar to taste, and sprinkle with dash of salt. (106 cal, .3gm fiber, 7gm fat)

**Lunch:** Stir-fry 5 oz grilled firm tofu with 1 cup mixed vegetables and 2 tsp peanut oil; serve over ½ cup brown rice. (382 cal, 10gm fiber, 15gm fat)

**Snack:** Make ahead by tossing ¼ cup drained canned chickpeas with 1 tsp each canola oil and sugar; spread on ungreased baking sheet, and roast at 350° 45 minutes or until crunchy, stirring occasionally. Toss beans with dash each of cinnamon and salt. (124 cal, 3gm fiber, 5.7gm fat)

**Dinner:** Heat 1½ Tbsp olive oil and 1 garlic clove, minced; add 1 squeeze fresh lemon juice. Pour over 1 cup cooked whole-wheat spaghetti, 6 oz cooked peeled shrimp, and 1 cup chopped tomato; top with 1 Tbsp Parmesan. (492 cal, 4.6gm fiber, 25 gm fat)

**Snack:** Squeeze juice of 1 lime wedge over 1 broiled mango. (134 cal, 3.7gm fiber, .5gm fat)

### THURSDAY

**Breakfast:** Blend 1 cup mixed berries, 1 cup plain fat-free yogurt, 1 Tbsp agave nectar, 2 Tbsp wheat germ, and 1 cup ice. (357 cal, 6gm fiber, 1.8gm fat)

**Snack:** Sprinkle 5 cups low-fat microwave popcorn with Cheddar-flavored salt. (120 cal, 4gm fiber, 2.75gm fat)

**Lunch:** Place 3 oz turkey breast, lettuce, tomato, one-fourth of a peeled sliced avocado, and 1 Tbsp hummus on 2 slices whole-wheat bread; serve with ½ cup grapes. (394 cal, 8gm fiber, 13gm fat)

**Snack:** Have ¾ cup shelled edamame. (150 cal, 1.5gm fiber, 3.75gm fat)

**Dinner:** Top 1 whole-wheat pita with ¼ cup marinara sauce, 2 oz shredded mozzarella, ¼ cup chopped broccoli, ¼ cup sliced tomato, ¼ cup sliced mushrooms, 2 oz low-fat turkey Italian sausage; bake at 350° until cheese melts. (440 cal, 6.8gm fiber, 11.6gm fat)

**Snack:** Enjoy 1 low-fat ice-cream sandwich. (140 cal, 3gm fiber, 2gm fat)

### FRIDAY

**Breakfast:** Mix 2 Tbsp chopped walnuts and 8 diced dried apricots into ½ cup cooked plain oatmeal. (285 cal, 6.5gm fiber, 12gm fat)

**Snack:** Nosh on 1 small pear and 1 Tbsp

almonds. (133 cal, 4.5gm fiber, 5gm fat)

**Lunch:** Combine ½ cup beans (any kind), ½ cup reduced-fat shredded cheese, 2 Tbsp salsa, 2 Tbsp guacamole; roll into 1 whole-wheat tortilla. (390 cal, 13gm fiber, 12gm fat)

**Snack:** Spread 1 Tbsp almond butter onto mini-whole-wheat pita. (177 cal, 3gm fiber, 9gm fat)

**Dinner:** Have 1 cup miso soup, ½ cup edamame, and 1 non-tempura sushi roll. (490 cal, 15gm fiber, 18gm fat)

**Snack:** Microwave 1 chocolate kiss candy and 1 marshmallow between 2 graham cracker halves. (106 cal, 0.5gm fiber, 2.88gm fat)

### SATURDAY

**Breakfast:** Spread 1 Tbsp cashew butter onto 1 frozen multigrain waffle; serve with 1 cup fat-free yogurt. (300 cal, 2gm fiber, 12.5gm fat)

**Snack:** Dip 1 cup baby carrots into 2 Tbsp hummus. (100 cal, 4gm fiber, 2.5gm fat)

**Lunch:** Serve 2 cups bean or lentil soup with 1 cup mixed-greens salad, ½ oz chopped nuts, and 1 Tbsp light vinaigrette. (392 cal, 20gm fiber, 20gm fat)

**Snack:** Wrap ¼ cup arugula, 1 oz prosciutto, and ½ oz Parmesan in a mini-tortilla. (170 cal, 1gm fiber, 8gm fat)

**Dinner:** Top a veggie burger with 1 oz light cheese, 1 Tbsp ketchup, one-eighth of an avocado, lettuce, tomato, onion, and sprouts; serve on whole-wheat bun with 1 ear corn. (488 cal, 15gm fiber, 15gm fat)

**Snack:** Microwave ¾ cup pitted frozen cherries until warm; top with 2 Tbsp part-skim ricotta and 2 tsp slivered almond. (155 cal, 3gm fiber, 6gm fat)

### SUNDAY

**Breakfast:** Scramble 1 egg and 2 egg whites with 1 cup vegetables; serve with 1 whole-wheat English muffin. (276 cal, 7gm fiber, 7gm fat)

**Snack:** Top 1 cup raspberries with 2 Tbsp plain low-fat yogurt, and 1 tsp honey. (100 cal, 8gm fiber, 1 gm fat)

**Lunch:** Combine 4 oz cooked cooled unpeeled cubed potato, 1 hard-boiled egg, 2 hard-boiled egg whites, ¼ cup corn, ¼ cup chopped green bell pepper, ¼ cup chopped onion, 2 Tbsp light mayonnaise, and cracked black pepper and sea salt to taste; serve over arugula. (382 cal, 5gm fiber, 15gm fat)

**Snack:** Crunch on 1 oz baked tortilla chips with 3 Tbsp black bean dip. (155 cal, 3.5gm fiber, 1gm fat)

**Dinner:** Top 6 oz halibut with 2 Tbsp light mayonnaise and 2 Tbsp Parmesan; bake at 350° 15–18 minutes or until fish flakes easily. Serve with ½ cup wild rice and 1 cup mixed greens with 2 Tbsp light vinaigrette. (498 cal, 2.6gm fiber, 15.7gm fat)

**Snack:** Have ½ cup sorbet. (100 cal, 0gm fiber, 0gm)

## 2009 Feel Great Weight Shopping list

# Health

Fruits	Vegetables	Dairy	Meat & Fish	Bread & Grains	Condiments & Spices	Nuts & Legumes	Misc.
avocado	arugula	eggs	cooked peeled shrimp	brown rice	agave nectar	almond butter	baked tortilla chips
bananas (2)	asparagus	fat-free yogurt	halibut	cooked plain oatmeal	balsamic vinegar	beans (3 cups)	black bean dip
blueberries	baby spinach	feta cheese	low-fat turkey sausage	high-fiber cereal	basil leaves	canned chickpeas	chocolate kisses
cantaloupe	broccoli	light cheese	prosciutto	multigrain waffle	canola oil	cashew butter	dark chocolate
dried apricots	carrots	low-fat yogurt	roasted pork loin	orzo	cinnamon	chopped nuts	edamame
dried cranberries	celery	mascarpone	skinless chicken breast	quinoa	curry powder	chopped walnuts	graham cracker
grapes	corn (2 ears)	Parmesan	turkey breast	whole-grain bread	flaxseed	hummus	high-fiber granola bar
lime	cucumber	part-skim mozzarella (shredded)	white tuna in water	whole-wheat bread	garlic clove	natural peanut butter	ice cream sandwich
mango	green bell pepper	part-skim ricotta		whole-wheat bun	honey	pine nuts	ketchup
pear	guacamole	skim milk		whole-wheat English muffin	lemon juice	sliced almonds	marshmallow
pitted frozen cherry	mixed greens			whole-wheat pita	lemon zest		microwave popcorn
raspberries	mushrooms			whole-wheat spaghetti	light mayo		miso soup
strawberries	potato			whole-wheat tortilla	light vinaigrette		sorbet
	red onion			wild rice	low-cal marinade		sushi roll
	salsa			marinara sauce	olive oil		tofu
	sprouts			olive oil	peanut oil		tomato soup
	tomatoes			peanut oil	pepper		veggie burger
				pepper	salt		wheat germ
				sugar			

**Your strength plan** Do this 20-minute routine 2–3 times per week on nonconsecutive days, keeping these tips in mind

- Warm up by doing arm swings, shoulder circles, marches, squats, jumping jacks (leave these out if you're postpartum), etc. for 5–10 minutes.
- When a move calls for dumbbells, select a weight (5–15 pounds) that's heavy enough to tire your muscles within 8–15 reps.
- Cool down by stretching your quads, butt, hamstrings, lower back, chest, and shoulders.

Once you're good with these moves, try them in a circuit format: Do 1 set of each with no rest in between, then jump rope or do other cardio for 2–5 minutes; repeat for a second or even third set. The intervals will up your calorie burn even more.

**1 Alternating Overhead Squat** (for legs, core, shoulders)  
Stand with feet shoulder-width apart, toes slightly turned out, and hold a dumbbell in each hand. Keeping your spine lengthened and core engaged, squat down, pressing hips back. At the same time, press a dumbbell overhead and reach the other toward the floor. Return to starting position. Repeat squat with opposite arm; that's 1 rep. Do 2–3 sets of 8–15 reps.



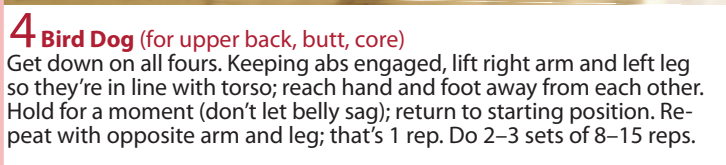
**2 Side Plank With Rear Dumbbell Fly** (for core, shoulders)  
Position body with left (bottom) leg bent, right (top) leg extended, left hand under left shoulder. Body should be in a straight line with hips lifted and shoulder pressing away from your ear. Hold a dumbbell in right hand, arm hanging straight down from shoulder. Holding body still, arc weight out and up until right hand is directly above shoulder. Squeeze backs of shoulder muscles for 1 count, then slowly lower arm to starting position. Do 8–12 reps, then switch sides and repeat. Do 2–3 sets.



**3 Lunge Row and Press** (for legs, core, back, shoulders)  
Stand with feet together. Hold weight in right hand by shoulder, elbow bent. Lunge forward with left leg, bending knees while rotating torso and lowering weight down toward left ankle. Push off left foot to return to start position while pulling hand back to shoulder height. Push dumbbell straight up. Return to starting position. Do 8–12 reps, then switch sides and repeat. Do 2–3 sets.



**4 Bird Dog** (for upper back, butt, core)  
Get down on all fours. Keeping abs engaged, lift right arm and left leg so they're in line with torso; reach hand and foot away from each other. Hold for a moment (don't let belly sag); return to starting position. Repeat with opposite arm and leg; that's 1 rep. Do 2–3 sets of 8–15 reps.



**5 Alternating Dumbbell Fly** (for chest, core)  
Lie on back with legs lifted, knees bent to 90 degrees. Hold a dumbbell in each hand directly over chest with palms facing each other, elbows slightly rounded (as if hugging a tree). Without moving your torso, slowly lower the left dumbbell to the side; at the same time, exhale and brace your abs to prevent the opposite shoulder from lifting. Keeping the elbow soft, bring the hand back to starting position. Repeat with opposite side arm; that's 1 rep. Do 2–3 sets of 12 reps.



**6 Curtsy Lunge and Press Back** (for legs, hips, thighs, core)  
Stand with feet hip-distance apart, weight in each hand, arms hanging by sides with palms facing in. Step right foot diagonally behind left, bending knees to squat down while keeping hips facing front. Keeping abs tight, hinge body forward, pressing hands back and up, rotating palms toward ceiling and pulling shoulders open. Return to starting position, and repeat on opposite side; that's 1 rep. Do 2–3 sets of 12–15 reps.



Photos: Tom Rafalovich

# Melt Pounds With Mix-and-Match Cardio Routines **Health**

Mix and match the workouts below for a total of five to six cardio sessions a week. The mix of routines will help your body burn fat more efficiently and build endurance. Combined with our strength workout, you'll see pounds melt away!

In each cardio workout, you want to move among four zones that represent how much effort you're putting in. Here's how to tell which zone you're in.

**Zone 1** = Easy

**Zone 2** = Challenging but comfortable (you're breathing hard but could still hold a conversation)

**Zone 3** = Challenging and uncomfortable (you're breathing hard, difficult to hold a conversation)

**Zone 4** = Breathless, really hard!

## **New-mom modification:**

If you're a new mom (or are very out of shape), keep your intensity easy to moderate. Avoid Zone 4 until you're three to four months postpartum.

## **Intense Interval Bursts** (30 minutes)

Do this while walking outside on a long, steep hill or on the stairs, treadmill, or elliptical trainer.

1. Warm up with 2 minutes in Zone 1, then 3 minutes in Zone 2
2. Uphill, 1 minute in Zone 4
3. Downhill, 1 minute in Zone 2
4. Repeat steps 2 and 3 nine more times
5. Cool down with 5 minutes in Zone 1

## **Middle-Ground Mix-It-Up** (40 minutes)

Do it as a walk or run outdoors or on the treadmill, bike, stairs, or elliptical trainer.

1. Warm up for 5 minutes in Zone 1
2. Spend 8 minutes in Zone 3
3. Do 2 minutes in Zone 2
4. Repeat steps 2 and 3 two more times
5. Cool down with 5 minutes in Zone 1

## **Long, Strong, and Steady** (60 minutes)

Bike, hike, walk, or skate outside, or mix it up at the gym by choosing three cardio machines and doing 20 minutes on each.

1. Warm up for 5 minutes in Zone 1
2. Work out 45–50 minutes in Zone 2
3. Cool down for 5 minutes in Zone 1