

THE VENUS FACTOR



12-Week Fat Loss System

BY: JOHN BARBAN

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The information in this book is for educational purposes only. The information in this manual is based on personal experiences and interpretation of the available research at the date of publication. It is not medical advice and its authors are not, nor claim to be, medical doctors.

The information within this book is meant for healthy adult individuals. You should consult with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet. The concepts found within this book are for grown adults only, any anyone under the age of 21 must consult with a healthy care practitioner before following any of the suggestions found within this book.

If you have any health issues or concerns please consult with your physician. Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Be Smart. If it hurts don't do it. If you're unsure about a suggestion in this book ask a qualified health care practitioner, if something doesn't feel right, stop doing it. Common sense is always your best option when you are unsure about something.

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If you're new to the Venus Community there are a few bits of guidance I'd like to give you to get you started fast:

1. SELECT YOUR PASSWORD:

Go into 'My Profile'. Look along the top and find [Change Password](#).

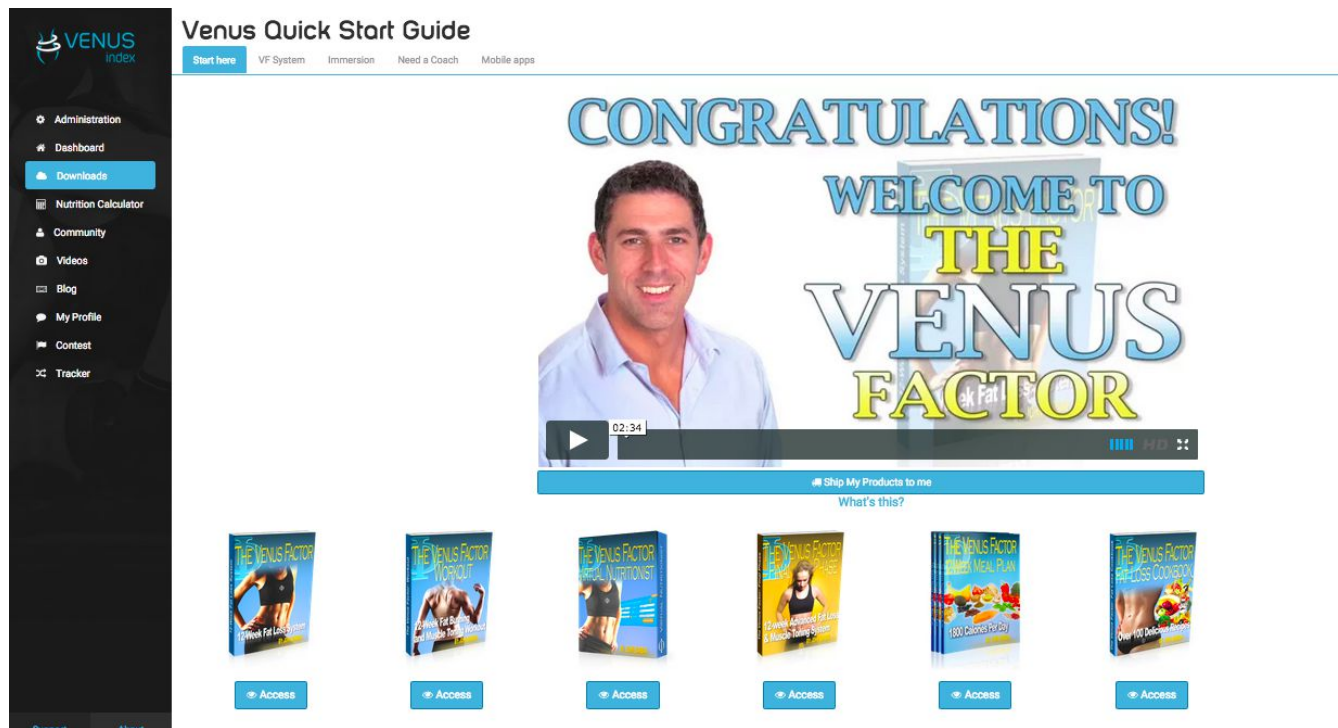
Click that. Choose a new one for yourself. You can even pick what "handle" you want to use as a username as well (as long as it's not taken).

NOTICE: Once you change your password (and username if you wish), you can ignore the email from Venus Index Support that has your temp username and password.

The screenshot shows the 'My Profile' page on the Venus Index website. The page has a dark sidebar on the left with navigation options: Administration, Dashboard, Downloads, Nutrition Calculator, Community, Videos, Blog, My Profile (highlighted), Contest, and Tracker. At the bottom of the sidebar are links for Support and About. The main content area is titled 'My Profile' and includes a breadcrumb trail: Venus Index / My Profile / My profile. In the top right corner, there is a user profile for 'Jenny' with a 'See walkthrough' button. Below the title, there are several tabs: My profile (selected), Edit profile, Change password, Miscellaneous, Edit profile picture, Tracker settings, Payments history, and Newsletters. A red annotation with a yellow arrow points to the 'Change password' tab, stating: 'Once you login with the password that was assigned to you via email, you can change your password to whatever you like here.' The profile information for 'Jenny weaks' is displayed in a table format. A red annotation with a yellow arrow points to the 'Username' field, which contains 'JennyW', stating: 'Here's where you choose your user name.' The 'Basic information' section includes: Username: JennyW, E-mail: jeny313@hotmail.com, and Age: not set. The 'Profile link' section shows the URL: http://clients.venusindex.com/p/JennyW.

2. Go to “Downloads” in the left sidebar on this page (and every page) to find your products.

Click on each of these links to access each item. This is where you'll find everything you need. Along the top if you click on the “Start here” tab you can watch the video that lays out how to get started step by step.



Venus Factor was built from the ground up to be accessible at all times, so it has online software and downloads. You can also use our phone apps. In our experience over the last 7 years, this is the VERY best way to get you the help and results you're looking for. You can access them anywhere in the world by clicking on the “Downloads” tab on the left. **This is also why we can provide FREE updates 1-2 times per year.**

3. Continue reading this Venus Factor 12-week Fat Loss System manual and take your measurements. **Step by Step Instructions on page 176** . This seems self-explanatory but a lot of questions will be answered from reading this.

4. Then, [go here and enter your measurements in the VFVN](#): **Step by Step Instructions on page 61.**

This piece of software is the core tool you will be using to get your calorie and protein totals for each week of the program. Becoming familiar with using this software is essential to this program.

5. **Take some time to browse the [main workout program](#)** and click on each exercise link to see the video of how it's performed before you attempt the workout. Even if you're familiar with most exercises there may be a slight variation in the video or there may be an exercise we use a different name for than you're familiar with. If you want to scan through the videos themselves on your own, just hit the "[Videos](#)" tab.

New to lifting and don't know how much to lift; [just go here for a quick tutorial.](#)

6. **Keep in mind that the videos are examples of how to do each exercise**, not a "do while watching" video workout.

7. **Finally, here's how to GET HELP if you need it:**

[Make sure to introduce yourself in the community.](#) This is a big part of how we provide feedback and ongoing coaching to you while you're embarking on your Venus journey. Keep in mind that everyone in there is or was just like you. Keep it positive. You have a wealth of information at your disposal. It's up to YOU to use it. :)

Bottom line: If you have any questions, don't hesitate to ask! Just choose the method that fits you best.

That's what we're here for! 😊

PART 1 - THE VENUS FACTOR

12 WEEK WEIGHT LOSS

NUTRITION PROGRAM

HOW TO GET STARTED WITH THE VENUS FACTOR

Before we get started on all the nuts-and-bolts of the Venus Factor, let's go over the five ways you can get started with the program.

1. Read the manual. Pretty obvious, right? Wrong. You'd be surprised how much easier it is to work the program after you've read the entire manual as opposed to reading it as you go along.

2. Follow the diet. Pay close attention to the 12-Week Undulating Metabolic Override Program (page 65). This protocol is the diet and nutrition portion of the program. It lists out your daily caloric needs and how to scale your carbs, fats, and protein up and down at strategic points throughout the 12-week period to make your body more efficient at using leptin and burning fat. Read the steps carefully in this section so you understand what pattern you are meant to follow. The patterns change in two-week intervals until you've completed the full twelve weeks. There is a significant amount of freedom within this program for you to choose your own foods and make your own meals. This was done on purpose so you can customize the foods you like to eat into this protocol.

3. Learn what to eat. Not sure what to eat? There are several sample meals in the Introduction to Meal Planning by Roberta Saum (page 71). These sample meals go right along with the 12-Week Undulating Metabolic Override Program and give you examples of what an effective day of eating looks. You can use these sample meal plans as your guide to structuring your diet throughout the Venus Factor program.

4. New to working out? You have a full 12-week workout program within this system. You don't *have* to use the program; however, it's strongly encouraged for you to get at least some sort of physical activity. If you feel the Venus workouts are too much for you in the beginning, start with something you can handle, such as walking. Over time, you can work your way up to the Venus workouts – even if it means doing half a workout one day and the other half the next day. Understand that you can work at your own pace. Take as much time as you need to build up your strength, endurance, and overall fitness level until you can do the full workouts three times per week, as suggested.

5. Already regularly workout? It's likely you can substitute the Venus workouts for the workout program you've previously followed with no major issue. You might even get a daily limit of around one-half to two hours a day, if your fitness level allows. If you workout more than three times a week, you can add other activities and exercises to the three-a-week Venus workouts. Get in as much physical activity as you feel is necessary.

WHAT IS THE VENUS FACTOR

The Venus Factor is a complete weight loss and body re-shaping system. The components that make up the entire system are as follows:

1. **12-week diet and nutrition program**
2. **12-week workout system**
3. **Videos of the workout system exercises**
4. **The Venus Community:** This is a private online community, exclusive for Venus Factor members only. You can meet and learn from other Venus members, start your own personal blog within the community, or just browse other members' blogs and forums for information. Your level of involvement is your choice. Online access only.
5. **The Venus Index Podcasts:** The podcasts allow you to listen to other Venus members tell their weight loss success stories. Every year we host three transformation contests and interview the winners to get the real inside story on how they used the Venus Factor to fit their lives and how they overcame challenges to achieve their weight loss and body shape goals. Online access only.

Theoretically you can lose weight using only the dietary tools you will find here; in other words, if you never want to workout you don't really have to. However, physical activity accelerates and optimizes the results, which is why we've included the 12-week Venus Factor workout system for you.

Getting in shape – changing the size and shape of your body – is best as a two-part process.

During the **first part of this manual**, you'll learn all about **weight loss and fat removal**.

This part is almost entirely dictated by your nutrition and diet. You can lose all the weight and fat you want if you have the right dietary approach. The Venus Factor provides the dietary approach that not only allows you to lose the fat but also keep it off.

This second point about “keeping it off” cannot be stressed enough.

You see, many different diet programs help you achieve temporary weight loss. Generally, these are “crash diets” that throw your hormonal, psychological, and physical systems out of balance. This leads to weight loss stalling and eventual rebound weight gain – which pushes your systems even further out of balance.

We've studied this problem and developed a solution that allows for weight loss without crashing and most importantly without the rebound weight gain. This system should be the last one you ever need as it's designed to produce as close to permanent weight loss as possible.

During the **second part of this manual**, you'll learn about **muscle shaping and toning**.

You have a unique body structure and shape that is largely determined by two factors:

1. The location and amount of body fat on your body.
2. The shape and size of your muscles.

While it's true that much of your natural shape comes from your genetics, much of the way you store fat and build muscle is within your control. The look and shape of your body is entirely within your control to change as you wish. You can take fat off where you want, and you can shape and tone any muscles you want.

Some people will remove the fat from their body and be perfectly happy with the natural shape and tone of their muscles and will not want to, or need to, do any exercising for muscle tone or shape.

Generally, though, most women will find that they want to do more work on certain areas of their bodies. For example many of our past successful Venuses have lost all the body fat they wanted to lose, and then turned their focus to working on specific muscles to complement their new leaner form. Many found that they wanted to work on building their butts; others found that once they lost their weight they needed to work on their shoulders and arms citing that they already had strong, firm legs but

needed their upper body to come into balance. Some of them wanted a whole body workout that provides balance, shape, and muscle tone to their entire figure. All of these cases can easily be done with this program.

Overall, the Venus Factor system is designed to be the simplest approach possible to achieving fat loss while also providing a workout program for developing and shaping muscle in a manner that is specific to a woman's body. We want to simplify the process, not complicate it.

At this time it's worth making a distinction between “simple” and “easy.”

This program – just like any other diet or fitness program – will have some challenges for you. Some aspects won't necessarily feel “easy” but they will be “simple.” For example, a push up is a “simple” movement, but it may not necessarily feel “easy” the first time you try it. Likewise eating a bit less sugar or fat is a 'simple' concept, but it may not feel 'easy' in the moment.

So to be clear, the Venus Factor is as “simple” as possible, but sometimes it won't necessarily feel “easy.”

Up for the challenge? Great! The Venus Factor System is the essential diet and fitness tool you need to get the body you want, while still being able to enjoy your life to its fullest!

Beth Hill – The Venus Mindset



Beth Hill

I do want to offer a huge thank you to YOU! It was discovering YOU through MFP that led me to the Venus Index and I haven't looked back. You have created such a beautiful transformation and I am simply in awe of you! My 12 weeks ends today and I am so thrilled with the changes that have occurred in my life - physically, emotionally, and spiritually!

As a tall woman, my biggest fear was always becoming big and tall. It has now happened twice in the recent years and it feels absolutely horrible. At this point in my life, I truly don't see it ever happening again. I have no reservations and am committed to going forward!

Like everyone else, I have tried it all and struggled to make anything work long term. VI is the answer I have been looking for. It's not prepackaged. It's not a pharmaceutical secret. It's not a list of rules. It's not a temporary fix. It's not a fraud preying on human weakness for financial gain. It is the ease of eating the foods I choose to eat on a smaller scale and simply challenging my muscles more and more. It is not eating when I'm not hungry and budgeting my calories for when I do want to eat. It is not fitness for the physically fit - it is fitness to create fitness. It is a personal commitment with no strings attached.

The biggest surprise for me has been my spiritual and emotional transformation. I am experiencing and enjoying an unfamiliar joy - I can only describe it as being "high on life!" I am not sad, angry, grumpy or tired anymore. My self-esteem, motivation, and optimism have been recharged. I am Beth again and that feels really good. I truly feel that the best years of my life are ahead of me. The added benefit of connecting with and developing friendships with so many likeminded women on VI has been an added bonus and such a blessing.

You led me to an amazing place Roberta and, because of that YOU will always be a part of my story. Thanks so much!

You are loved!

Beth

YOUR NEW VENUS FAMILY

Enter into this program with open, honest eyes about what it is and what you can expect from it. You can have it all: you *can* lose all the weight and fat you've ever hoped for and you *can* change the look and shape of your body however you wish, and one of the best ways to get started is to talk to the Venuses in the community.

You can talk to many of our previous Venus transformation contest winners in the community and learn exactly how they did it. They're more than happy to share. You can also listen to their podcast interviews* and absorb all of their insights on how they managed to overcome their own personal struggles along the way to getting their Venus bodies.

Everyone will have her own personal path to follow and we guarantee there's a Venus who has been there and done that and can help you with your personal challenges.

In short, there is a wealth of experience, information, support, and friendship waiting for you in the Venus community. All you need to do is introduce yourself and join the discussion. If you don't like to use forums, don't worry: you can just poke around and read for a while. There's no need to start chatting if you're not 100% comfortable at first. The community is waiting with open arms for you whenever you're ready to be a part of it. Remember, this is a secure community that is only available to active Venus Factor members. Nobody else can read or access it.

* Most of our past Venus transformation winners have done a podcast interview to reveal exactly how they achieved their weight loss and body shaping goals. There is priceless information in each of these interviews and you can listen to them all for free just by visiting our blog at www.venusindex.com. You can also find the podcasts on iTunes or any podcast aggregator you use by searching for 'venusindex'.

Roberta Saum - The Venus Mindset



Roberta Saum

To me the Venus Mindset is a lifestyle that is about taking ownership and responsibility for my own health. It is a belief that I can be healthy, lean, fit, muscular, and athletic within a mostly sedentary society that contains an overabundance of food. The odds of achieving this are against us in our society so it takes a strong and aggressive mindset to achieve this level of fitness and keep it. It is a lifelong mindset. You need to be an outlier and do things differently from everyone else.

The Venus Ideal goals were mostly part of the weight loss phase and gave me the weight range and shoulder and waist circumference to shoot for. Having a realistic and tangible goal was a key for staying on track and knowing I was headed in the right direction.

It's time to forget about what my scale weight is. It's time to not worry about what my waist measurement is. It's time to enjoy the new me and the new clothes that still fit. It's time to enjoy being physically active and participate more in enjoying life. It's time to listen to what everyone in my family and society is telling me, "Wow you have an amazing physique and are so fit and healthy. How did you do that?"

I'm learning to enjoy life a little more. This is something I can do for the rest of my life. It's my new life. It's the Venus life.

Roberta Saum

BALANCE

This program is also about balance – both internally and externally. We fully expect you to have a balanced life between career and school; family, friendships, and other relationships; hobbies; and getting the body you want. It's not an either/or situation. You should not, and will not, have to put your life on hold to change your body. Any program that teaches you this sort of extreme action is doing something (and likely many things) wrong.

Internal & External Balance



The concept of balance starts with the internal balance of your body from a metabolic and hormonal level, extending to a balance of your body fat levels and muscle, and then to a balance of your upper body and lower body proportions.

Get away from extreme thinking in black-and-white terms. There is already too much of this sort of thinking in the diet and fitness world, and it only leads to significant stress over the process – which can be the root of why so many women experience failure from dieting.

Within the Venus Factor, you won't find many diet industry "rules" about eating because they're simply not necessary and add stress to a process many already find stressful enough. This program presents the essentials – just the tools you need to succeed.

In the following section you'll learn about the major gender differences in metabolism and body composition, and why the Venus Factor is designed for women specifically. You'll see that when the systems of your body are out of balance it leads to difficulty losing weight. From there you'll learn how the program works to correct any imbalance and put you back in an optimal state to both lose your unwanted body fat and also keep it off.

Res from the UK



Res from the UK

As a 30 year old working mother I do not have time to waste. I do not have room in my head or my schedule for a hundred complicated diet and fitness mantras with which to punish myself on a 24/7 basis.

At this point you may well say, “Then you can forget about getting a better body. THAT’S a job in of itself!” Hey, I’m a modern woman and we like to ‘have it all’ right? Luckily with Venus this becomes a realistic possibility.

I joined Venus in January 2013. In 4 short months, I have achieved my best look since pre-pregnancy, all whilst holding down two clinical placements and finishing my graduate studies with a First.

How did I do it? *Clears throat* easily. Yes, truly. I worked out no more than 3 times a week, I did zero cardio. In truth I hung out like the Venus de Milo herself spending weekends in Paris, Rome and London, sampling all the delicious fare these places have to offer. In short I lived my life. The diet travels.

For me the Venus Mindset is one of true adaptability. The Venus solutions become a part of your life, they don’t take over.

Venus is not a one trick pony. I may be high maintenance but the diet and programs are not.

There was no fuss, no nightly planning, and no ‘falling off’ the diet. There was really no diet in the traditional sense to fall off of.

A Venus is adult enough to make her own food choices and mature enough to hold responsibility for them.

A Venus doesn’t sit home sipping water and eating steamed veggies on a Saturday night. She’s out on the town at the best restaurants, in the best dress, enjoying herself.

The Venus lifestyle is one of commitment. But one that is joyfully made given the overwhelming physical returns. For just a little consistency you get a lot of progress.

The flexibility of the lifestyle makes it easy to side-step all the old diet blocks of more restrictive and complicated diet and training regimes.

Res from the UK

GENDER DIFFERENCES IN METABOLISM

Men and women are physically different, but many people don't stop to consider that what makes them different on the outside actually starts on the inside.

SIZE DIFFERENCE

There are some rather obvious differences in men and women from a metabolic standpoint. Generally, men have more lean body mass than women and, as a result, can eat more calories than women can while still maintaining a leaner body.

Need a real world example? Imagine a man and woman having dinner at a restaurant. Now, think of the serving sizes on their plates. The portions are the same, but they seem to be “calibrated” for the man. In other words, the serving sizes seem fine for the man, but way too big for the woman. Doesn't it seem unfair that he can clean his plate while she has to leave some food behind especially given that she's more concerned about her calorie intake?

The alternative would be a portion size “calibrated” for the woman. Here, she could eat everything served and leave the table satisfied without worrying about how many calories she just ate. Obviously, a “woman-specific” portion size isn't on most menus, but this is at least something women can control when cooking for themselves.

BODY COMPOSITION

The next big difference is how the hormones testosterone and estrogen affect our bodies.

Estrogen makes a woman a woman and testosterone makes a man a man; however, women and men alike have a normal, healthy, and important circulating level of both of these hormones. A woman's

estrogen levels are much higher than the small amount a man would have; likewise, a man's testosterone level is much higher than a woman's normal healthy levels. These gender differences in estrogen and testosterone levels are what dictate the differences we see in the normal healthy ranges of body composition between men and women.

The normal body composition range for men is between 10% - 20% body fat and for women is 20% - 30%. Critically low body fat for men is approximately 3%, whereas for women critically low is approximately 13% (as indicated by the appearance of potentially dangerous metabolic abnormalities).

Clearly, there is a difference in the general normal body composition of men vs. women. These body composition differences are due to the effect testosterone and estrogen have on our ability to store and burn fat. This is totally normal and no reason for concern; it's simply why women are shaped like women and men are shaped like men.

A man can be at or below 10% body fat and look healthy and lean. A woman achieving this level of body fat could actually look abnormal, sickly, and – if enough muscle mass is on her body – she could have a more masculine appearance.

Generally, most women don't want to go any lower than 16% - 18% and still maintain a feminine look. Anything below 20% is considered athletic for women (whereas for a man, a body fat percentage of approximately 8% - 10% achieves the athletic appearance).

Keep in mind that the body fat percentage you want to achieve is specific to you. You might want to hit the target healthy range, which is 20% - 30%, or you might want to go lower. Most of our Venus Factor transformation contest winners have anywhere between 18% - 20% body fat. Your body fat percentage will depend on the look you're trying to achieve. Just remember, the goal is not to hit 0% body fat or even hit the percentage that you have decided you want. The goal is to achieve the body that makes you the happiest and proudest.

What have we learned so far?

1. Because women generally have less lean body mass than men, they don't burn as many calories on a daily basis.
2. Women have more estrogen and less testosterone than men, which is what determines their lower healthy body fat range.

Now, let's talk about leptin.

Lisa Barban Etwell – The Venus Mindset



Lisa Barban Etwell

The Venus Mindset and what it means to me.

If I were to put the Venus mindset into one word it would be ***EMPOWERMENT***.

Cutting out the static is critical in being a successful Venus. Having the knowledge that **calories are king for fat loss/maintenance** and that **lifting heavy things builds shape** is like owning a huge set of ear plugs protecting our ears and minds from the constant noise, myths, confusion and untruths being fed to us through the media and diet/fitness communities.

Another form of empowerment is the right to choose. You get to decide whether you want your current shape or the shape of your choice. How? By lifting heavy things.

You get to decide whether you want your current body fat levels or ones that are less/more. How? By deciding how many calories you eat.

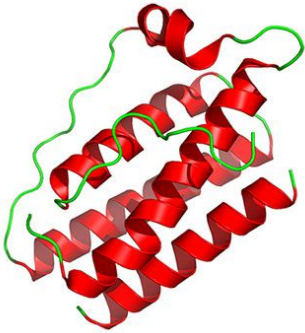
Bottom line - YOU get to decide - and when you take the control and power of your own body back from those that hijack your goals - that is power. That is freedom.

So.. what is the Venus mindset?

Empowerment. Choice. Freedom.

That doesn't mean it's easy. But it does mean that you ultimately have all the power in the world to make ANYTHING happen.

LEPTIN



Leptin is a signaling molecule that's released from your fat cells and typically is described as the master hormone that regulates fat loss. This is because it is – more or less – released in proportion to the amount of fat you have on your body. So, the more fat, the more leptin (Owecki, et al. 2010).

However, this leaves out all the other roles it plays! We can view leptin as a master signaling hormone involved in the regulation and signaling of bone density, metabolic rate, fat mass, cognition and memory, inflammation, taste and sweetness perception, insulin sensitivity, and even the pathogenesis of skin tags (Moran CN, et al. 2011; de Boer TN, et al. 2012; Horio N, et al. 2010; El Safoury, et al. 2010).

As you can see, leptin plays a significant role in many different systems of your body, and it's especially important to fat loss and overall appetite regulation.

Body fat produces and releases leptin and some of its many duties – in addition to those roles described above – are to:

- Signal to your brain the amount of fat on your body.
- Tell your brain how much food you've just ingested.
- Respond to exercise intensity and duration, as well as the amount of chronic inflammation in your body (Suzukawa M, et al. 2011).

In other words, any typical diet intervention and/or exercise routine will stimulate a response in leptin. Because you have at least twice as much leptin as a man, your specific diet approach must be designed to work for you as a woman. This just means you need a different style of nutrition and exercise (if you choose to exercise) to maximize your results.

Again, you have roughly twice as much leptin circulating in your system as a man does. Because leptin is a major metabolic signaling molecule, you might think that means you should burn twice as many calories as a man; however, that's not the case. Typically, when there is more of a hormone circulating in the blood that means it is required to be at that level for some reason, or that the other systems of the body are "resistant" to that hormone. It seems women are somewhat naturally resistant to leptin compared to men.

Actually, "resistant" seems a little harsh, so instead think of it as it takes more leptin to do its job in a woman's body compared to in a man's body. This difference increases with higher body fat levels and is partly why it's difficult for women to start and stay consistent on a diet long enough to get the results they really want. It's also why severe low calorie and very strict dieting ("crash dieting") doesn't work for women but might actually be more useful for men.

In fact, let's talk about genders, leptin, and calorie restriction for a minute. Two research studies by Nicklas, et al. in 1997 showed that leptin falls almost twice as much in women compared to men. This means that women experience higher leptin highs and lower leptin lows when attempting to diet than do men. Men don't have these same dramatic swings in leptin as they have lower natural circulating leptin levels, and when men go on a calorie restrictive diet they don't get as much of a decrease in leptin. In other words, a man's metabolism won't crash on a severely calorie restricted diet as easily as a woman's could. It also means men won't experience the same feelings of hunger and cravings for carbohydrates during a weight loss program. This probably sounds familiar to you if you've ever attempted to diet alongside a male counterpart and noticed how much easier of a time he seemed to have with it.

Simply put:

1. Men seem to have higher natural sensitivity to leptin and therefore lower natural circulating blood levels.
2. When men go on a very low calorie restrictive diet they experience less of a drop in leptin and as such their metabolism doesn't crash as easily and they don't get as severe cravings for carbohydrates.

Recall that one of the main focuses of the Venus Factor program is balance, and men have an easier time balancing leptin when dieting. This is why so many diets that have been written or created and tested on and by men never really work out so well for women. Generally, men can push through a low-calorie diet with brute force without experiencing large drops or swings in leptin that cause cravings and metabolic disturbances.

An effective diet program for women must be designed to limit these dramatic swings in leptin in order to allow them to successfully complete their weight loss program and arrive at their ideal weight.

In order to eliminate these swings in leptin and avoid creating massive food and carbohydrate cravings and metabolic disturbances, you need to increase your sensitivity to leptin.

Leptin Sensitivity

There are four ways you can increase your leptin sensitivity:

1. Get more sleep.
2. Follow a well-designed exercise program.
3. Use a supplement designed to increase leptin sensitivity.
4. Fast.

1. Sleep

Want to really screw up a body process – including leptin sensitivity? Stop getting quality, consistent sleep.

Research shows that a lack of sleep can lead to leptin resistance (Charles LE., et al. 2011). So, a simple but effective strategy for increasing leptin sensitivity is to get enough quality sleep. Many people discount the importance of sleep for a healthy body *but it cannot be stressed enough*. Good quality,

consistent sleep is going to make everything work better and feel better, and that includes your leptin sensitivity.

If you're not getting enough sleep, or not getting *good sleep*, you should definitely put a plan in place to improve your sleep quality.

2. Exercise

Just as sleep has an effect on all systems of your body, so does exercise. Research also shows that a consistent exercise program will improve leptin sensitivity (Guerra B., et al. 2011). Simply put, exercise is an effective tool for improving leptin sensitivity.

This doesn't mean you need to lift huge weights like a bodybuilder, though. Even low intensity, non-resistant training exercise will do it. If you're not getting enough exercise (or any at all) then you're missing out on some major fat burning benefits.

3. Supplements

Until recently there have never been any supplements that work directly with leptin. Drug companies thought that dosing people directly with leptin would be a cure for obesity (as it is in mice) but unfortunately that doesn't happen in people. As it turns out, having too much leptin isn't the answer. Improving your sensitivity to the leptin you already have, however, is extremely powerful for producing a fat-burning effect. There have been a few herbs discovered that can do this and you can find one very useful supplement that can directly increase your leptin sensitivity. This will be one of your most useful diet supplement tools for achieving your fat loss goals.

Until the supplement companies started focusing on leptin, most supplements were focused on getting you wired with no regard to leptin sensitivity. This is a “male” way of thinking; not everyone developing weight loss supplements has considered that there might be differences between men and women and that women might not want to take the same fat burner supplements that men do.

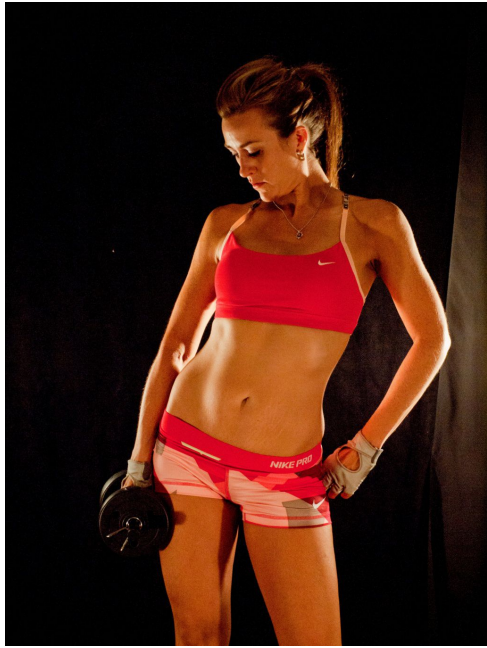
Now there is a tailor-made option for women that provides a natural, smooth-feeling energy boost that also works on improving leptin sensitivity directly. Learn more in the supplements section of the manual (page 157).

4. Fasting

Periods of short term fasting can help improve leptin sensitivity and reduce body fat stores. This doesn't mean you need to go an entire day without eating; rather, practice “strategic meal skipping.”

Throughout this manual and your involvement in the Venus Factor community, you'll find that many of our past Venus transformation winners incorporated some form of fasting into their program with great success.

Liss Graham - Venus Mindset



Liss Graham

At the age of 28 and after 2 kids, I was finally able to achieve the Venus body that I had wanted all my life. My body is better looking and more functional today than it was when I was 17. I credit it all to Venus for teaching me how to change my life, not just diet or workout.

When I started my transformation, I was so unhappy. I knew at the time I did not like the way that I looked, but had no idea how it affected everything that I said and did. There was a black cloud hanging over my outlook and emotions. The body that I dreamed of eluded me even though I beat my brains out 5 days a week at the gym and counted calories. I would get to average and backslide- a never-ending weight roller coaster since the 3rd grade. It was incredibly frustrating. No diet or workout ever taught me a LIFESTYLE like VI has accomplished. I learned

how to just live while keeping up my new amazing body- and not just for 12 weeks or 21 days.

As a whole, my life has improved and climbed to heights that I would have never dreamed of before my transformation. I was promoted at my job shortly after reaching my ideal Venus metrics. The gym asked me to teach a Venus workout class which has been very fulfilling in helping other women achieve their body goals. This has led to guest authoring articles on the Venus website and even creating a blog of my own to help others. It is also worth mentioning that shopping is enjoyable when you look pretty great in everything that you try on too!

People treat me differently, especially men. The compliments flow almost daily from strangers and friends alike. After maintaining for almost 6 months, even the most aloof friends and family are finally asking what my secret is. They WANT to know how I did it and keep my body. Men say out loud that they wish their wives would workout with me. Women say out loud that they wish they had my body.

The Venus Factor has not only transformed my outside, but my inside, too, which I never expected. I feel like there is no unattainable achievement or goal now- I know that my mind or body will not hold me back. If I can dream it, I can do it. Thanks, Venus.

NUTRITION SCIENCE

EAT-UP DAYS VS CHEAT DAYS

Up front, let's get clear on "cheat days" and "eat-up days."

Generally, cheat days have been promoted as days when you can eat massively excessive calories, well above your metabolic needs for the day. As an example, this has become a sort of ritual for fitness competitors and body builders who follow severely restrictive diets. "Cheat days" become a free-for-all on food.

However, this can be an unhealthy practice for a couple of reasons. First, on any given cheat day we can overeat enough to undo weeks of dieting. Clearly, this is just taking a giant step backwards. Second, using the word "cheat" implies you're doing something wrong or dishonest. As we've discussed, dieting and managing food is already psychologically stressful enough; there is no reason to add anything that makes you feel like you're doing something wrong – and on purpose, no less.

There is no way to lose body fat without creating a caloric deficit. In other words, if your body requires 1,800 calories to function in a day, you need to consume less than 1,800 calories in order to force your body to burn up some of its body fat to make up the difference. This is a fundamental law of energy balance and fat loss and it does not change.

When men follow a severely calorie-restricted diet they don't have as severe of a drop in leptin; therefore their metabolic rate seems to remain stable throughout the process. Women on the other hand cannot simply hit it hard, and go super low on calories for extended lengths of time. Your leptin levels will fall dramatically leading to metabolic changes that could slow the fat-burning process, as well as leaving you ravenously hungry and craving carbs.

So, in your case you must add in strategic "eat-up" days to prevent these dramatic drops in leptin and to avoid the carb cravings that will come. Most men can push for weeks without having an eat-up day, but through our research and working with (and listening to) hundreds of women we've found that women need to have these strategic 'eat-up days much more frequently than men. This means you're only going

to be in a deficit for short stretches of time, then you'll need to eat up to maintenance to restore normal leptin functioning and avoid any chance of a crash, cravings, or a rebound.

Throughout the program you will find that your eat-up days can come as frequently as every three days stretching to every fifth or sixth day. The point is that you'll never go an entire week eating in a deficit and you'll always be able to bring your calories back up to maintenance to reset your system.

“Eating Up” Means Eating at Maintenance

Your daily calorie burn is what we call “maintenance.”

When we say “maintenance” calories, we are referring to the number of calories you burn in a day and that eating up to this amount of calories is such that you don't gain or lose weight but rather you “maintain” your weight and maintain your metabolism.

Think about the example we covered before: if your body requires 1,800 calories to function today, and you eat 1,800 calories, you are eating up to maintenance. This is what an eat-up day is: eating up to the total number of calories you burn in a given day.

The way eat-up days function significantly contrasts with how cheat days work. During a cheat day, you're instructed to eat significantly above maintenance, in some cases thousands of calories above maintenance. This can lead to a string of days where you just binge eat and send yourself spiraling backwards both physically and psychologically.

Which brings us to the phenomenon called “disinhibited eating.”

Naomi C – The Venus Mindset



Naomi C

Being a Venus for me is about focusing on being the “fittest” and “shapeliest” that my body can be. I don’t focus on losing weight, I keep track of it but only to know it, like knowing my height. When it comes to the Venus body it is all about inches and how I feel and look in my clothing and in a bikini.

Living the Venus lifestyle for me is not about denying myself what I enjoy eating but finding balance in my diet by eating what I like within my chosen calories and macros. Knowing your number and staying within it sounds so hard at the beginning of the Venus journey but I came to realize quite quickly how freeing it is to know exactly how much I can eat and still achieve my goals. I look at my body as a very complex and beautiful system that needs nourishment and encouragement to flourish at its optimum potential. Food, like money, has no power of its own only what I give it. I choose to give food the power to create my best body.

“Clean eating and heavy lifting” is what I strive for every week. The workouts are set out in such an easy to read and learn format with videos to show proper form. These workouts are the core of what I feel makes Venus and Adonis unique, I lift as heavy as I can for all the exercises and

when I am done I know that my body is evolving into its best shape.

DISINHIBITED EATING – 'GOOD FOOD' VS 'BAD FOOD' THINKING MUST GO

Disinhibited eating comes from the belief that there are “good” foods you should always eat and “bad” foods you should never eat.



Actually, all foods can have their place in a weight loss program. Research shows us a psychological phenomenon happens when a person believes he/she has eaten a forbidden or “bad” food; he/she goes into a state of “disinhibited eating” where one step over the line leads to an all-out feeding frenzy (Lemmens SG, et al. 2010, Stirling and Yeomans, 2004).

You might have experienced this at some point when you have dieted in the past. The scenario goes something like this: you’re on a diet, and you’ve been doing well for almost an entire week, only eating healthy foods like salads, veggies, fruit, lean protein sources – but no grains, no sweets, no processed or “junk foods.” Then one day you’re out with some friends and instead of opting for a salad you indulge and join everyone for a slice of pizza. Well now that you’ve crossed the line into forbidden food territory all bets are off, and that one slice of pizza turns into five slices AND a quart of ice cream for dessert afterward.

You see, after that first slice of pizza your inner voice says, *“Well you’ve done it now. That pizza was in the forbidden bad food zone and since you’ve crossed the line there is no looking back for today... Today is lost so you might as well go all out and eat the rest of the pizza AND the ice cream and we’ll get back on track tomorrow.”*

Sound familiar? Then you’ve experienced disinhibited eating. Yet, the only way to experience an all-out eating frenzy is by having the belief in your mind that there are in fact good and bad foods. I want you to work on eliminating the mindset of “good foods vs. bad foods” and instead view food from a standpoint of total calories. It is the total calories that you consume that will determine your weight loss success and it really doesn’t matter where those calories come from as long as you’re hitting your

calorie targets for your personal weight loss goal.

Keep in mind that for a short while when your goal is weight loss, calories are really all that matter. You've got the rest of your life to determine what exact foods you'd like to have as a part of your diet. Eat any and all foods you desire, even if some of those foods include foods that most people would call "bad." This doesn't mean you should survive solely on potato chips, ice cream, and chocolate, but it does mean that all of these foods can have their place in a balanced diet and within your weight loss program itself.

(Notice that word "balance" again? That is because this program is about balance, which also includes a balance of foods ranging from all forms of vegetables and leafy greens, all forms of fruits, grains of any kind, dairy, meat, poultry, fish and seafood, and yes, even processed foods, fast food, candy, and whatever people would call junk food. All of it can be part of a successful weight loss program if you do it intelligently, and that is exactly what you'll be doing with the Venus Factor program.)

Allowing you to freely choose which foods will fit into your diet program is essential to removing the problems that come with the all-or-nothing, black-and-white mindset of good vs. bad foods. From now on, you need to work on letting go of any belief that there are strictly good or bad foods and instead think of food you enjoy eating vs. foods you'd rather not eat. Most likely, you'll end up with a list of foods from all categories.

Susan Doyle - Venus Mindset



Susan Doyle

I have followed the Venus program and still incorporate the exercises into my regular workouts. I would recommend the program to anyone with the understanding that like any new practice, there is still a component of it that you are solely responsible for – ‘the mindset’ - that pulls it altogether.

The Venus mindset is not only following the exercise plan and eating healthy, it is making yourself accountable for your body, your mind and your health. While having the pleasure to know

the creator and work with him one on one, I can attribute that the amount of professionalism, knowledge and research that went into structuring this program was for the sole purpose of creating a better workout and health regime for us. As a 30 something female, I could have just taken the book and went with it.

However, the mindset that you bring to the program is one that will inevitably determine your success. A true Venus athlete is one that has a mindset of determination, self-respect and appreciation for her true-self, flaws and all. Like most ladies, you don't often start a new workout feeling this way, but rather the opposite. By utilizing the Venus program, it provides you with exercises that not only strengthen your muscles but in turn allows you to strengthen your mind. You'll be proud of your successes and what your body can do. You'll build on thinking positively about yourself as well as truly understand the importance of controlling your health. Since starting with Venus over 3 years ago, it has taken this whole time for me to finally feel the way I do now. The Venus mindset is one of positive thinking, success and self-admiration. A mindset that once you get there, there is no turning back!

HOT BUTTON FOODS



With that said, you likely have a few foods that don't work well with your body. You'd do well to limit your exposure to these “hot-button foods,” but in general I would still never label a food as good or bad.

Wait, what's a hot-button food?

Well, everyone has different (or many different!) hot-button foods, but in general your hot-button food is the troublemaker – the one you can't stop eating. For example, many people list peanut butter as their hot-button food – one bite leads to the whole jar! For others it's pasta, chocolate, or ice cream.

Identify your hot-button foods – the ones you can't seem to exercise control over – and limit your exposure to them.

WHAT SHOULD I EAT?



You can lose weight eating just about any foods you like; in fact, the only way to make this stick might be by allowing yourself to have a little bit of everything.

With that said, there are some foods that can cause a bit of an uphill battle when it comes to getting rid of body fat.

Soy

For starters, you might want to test your tolerance and exposure to soy-based foods as they can have an estrogenic effect that may make it a bit harder to control appetite and the fat loss process. This isn't to suggest soy is a "bad" food; only that you should test to see how it affects how you feel during your weight loss efforts.



Many vegetarian-based protein supplements and food options use soy for their protein source. If you are eating more than one or two servings of soy each day and are having a difficult time losing body fat, you may want to try cutting it back to one serving every day or every other day and see how that affects your ability to burn fat. Test this for approximately two weeks.

Sugar

There's no doubt about it: for many, refined white sugar tastes great, and it's used in all kinds of baked goods, salad dressings, sauces, spreads, and many other kinds of processed foods.



Let's not take the "sugar is evil" route. Instead, let's focus on limiting sugar simply because the calories can pile up FAST. When possible, look for options low in sugar.

Even artificial sweeteners are better than tons of sugar – for the short-term purpose of weight loss. Of course, if you're dead set against artificial sweeteners you can simply have nothing at all – water always works wonders.

Artificial Sweeteners



If you're concerned about consumption of artificial sweeteners while losing weight, try rotating the sweeteners you use. You can cycle between sucralose (Splenda), saccharin, acesulfame k, aspartame, and neotame (NutraSweet), and stevia products. These are the most common ones and each has proven itself as an acceptable alternative for sugar for short-term use. You can either mix a few at the same time if you don't like the taste or aftertaste of any single option, or you can substitute directly with one then change to another the next time you want something sweetened but don't want to consume too much of any single sweetener.

If you find all artificial sweeteners just too artificial tasting and you're really missing the smooth sweetness of sugar you can just cut the sugar content in half and substitute the other half with a sweetener. This way you're still getting some of the taste from sugar but still cutting the calories from sugar in half.

With artificial sweeteners you have to keep in mind that if you don't want to consume them on a regular basis you won't have to once your weight loss is over and you're maintaining your new lighter body. Yet, for the short term they're very useful for adding a bit of sweetness while cutting back on total sugar calories.

Beverages

It's easy to over consume calories through beverages and drinks when they are full of sugar; try to keep these to a minimum. Unfortunately, women just don't have as much wiggle room for drinking calories as a larger man does. You have to make a choice and decide if it is worth it to you to consume some of your calories through beverages.

Also, research shows that we simply don't feel as satisfied or full from the



calories we drink compared to the calories we eat. In other words, you could drink 1,000 calories from various beverages including full sugar soft drinks, full sugar and fat drink items from places like Starbucks and other forms of beverages but you will not feel like you've consumed 1,000 calories.

In contrast, if you sat down to a 1,000 calorie meal of various food items including some sort of lean protein source such as a chicken breast, some vegetables, and perhaps a side of rice and finished your meal with a dessert of mixed berries and yogurt you would certainly FEEL like you really did eat 1,000 calories and be totally content.

The real problem with drinking calories is that not only will you not feel like you've consumed as many calories as you have, you will still have room to eat all the food you can handle for that day.

Coffee: A Special Note

For some, coffee is a MUST in the morning. The Venus Factor isn't so idealistic that anyone expects you to just stop drinking coffee if it's a source of sanity.



However, if you're using milk or cream, then you need to consider that you might break your 12 hours of overnight fasting. (See "Meal Timing and Meal Frequency" below for information about the 12-hour overnight fast.) You can approach this issue in two ways.

The first way is to determine when you want to have your morning coffee and work back 12 hours from there. That is when you will stop eating the night before. For example, if you need a morning coffee at 8 a.m., then in order to have a true 12 hour overnight fast you must stop eating the night before at 8 p.m.

The second way is to push your morning coffee back so you are not consuming it until 12 hours after your last meal the night before. This second strategy is likely not as easy since most of us have a fixed morning routine and much more flexibility and choice about when our last meal before bed will be.

Caffeinated drinks are pretty important to many people, so if you can't quite make the 12-hour overnight fast work while still having your coffee at the appropriate time, then go ahead and have it when you normally would. Just abstain from having any food or a snack with it. Even if you have milk or cream with your coffee, you'll still be better off than if you had a muffin or donut to go with it.

Kimberley Dransfield – The Venus Mindset



Kimberley Dransfield

I think understanding and accepting our genetics is a key. I am more of a less muscled 'Dita' (more like Dita von Teese than JNL). When I see the amazing transformations and the muscles others build, and even pictures of fitness models and competitors (who may or may not be on drugs), I have needed to accept that this is not within my genetic potential. Instead I find that maintaining the VI metrics is something I can do every day. I am fortunate to have a natural hourglass shape. I focus on what I do have.

But my key learning is consistency. Consistency with workouts and diet is a key. When metrics go up a bit, and your diet has a few too many calories, trim a bit. If your metrics and diet are bang on just keep going. Keep pushing with your workouts.

Carbohydrates (4 Calories per Gram)

Carbs are the first of the three major macronutrients.

You can eat any form of carbohydrate that you wish. Some are more calorie dense than others, meaning some can have more calories per ounce. For example the equivalent weight of rice has more calories than cauliflower. The equivalent weight of certain cereals will have more calories than rice and so on. You will find a happy medium between high and low calorie density carbs that suit your taste and fit into your dietary budget.



You'll have to choose between lower calorie density “bulkier” carb sources like vegetables vs. higher calorie density compact foods like pastas, baked goods, and grains. There is nothing wrong with this latter group and you can have them during your diet. The issue is learning to understand how many calories are in the foods you're eating and how to keep yourself from overdoing it. Because veggies are so low in calories, most diets simply restrict all other carb sources and tell people to only eat vegetables. Technically, this will work, but mentally it becomes challenging. At some point you will want to eat some higher calorie density carbs as there is just no way to replace the satisfaction they provide.

The way to think about carbs is to think in general terms of higher or lower calorie density carbs and how much of each that you eat on a regular basis. I recommend a 70/30 split. 70% of your carb sources come from low-calorie density sources (meaning all forms of vegetables and most fruits and berries). Then the other 30% can come from higher density sources like grains, breads, pastas, and other baked goods. This split doesn't need to happen every day; it can be a weekly split. You can choose to go veggies only for your carbs from Monday through Friday, and then add in your higher density options on the weekend. Also within this program you will have specific eat-up days when you can eat more calories and on some of those days eating more carbs and calorie-dense carbs will be the exact recommendation.

In summary, carbs are your choice. Just remember the 70/30 guideline of 70% lower density carbs, and 30% higher density carbs.

Fats (9 Calories per Gram)

Fats are the second of the three major macronutrients.

Fat isn't really something you have to go looking for to include in your diet as a specific food item. It is usually associated with most of your protein sources, sauces, dressings, and toppings on your carb or protein items. It's used for cooking and baking and in most cases we need to find ways to consume less of it instead of more of it.



Fat has nine calories per gram, whereas carbs and protein only have four. That means for every gram of fat you're getting over double the calories. These calories can really add up if you're not paying attention to your fat intake.

Within the 12-week Venus Factor program you'll find specific days and phases when you'll be eating more fat on purpose to teach your body to burn fat. In order to make these higher fat days work we have to keep fat content lower on the days leading up to and after them. If you're choosing fat sources you can opt for a mix of different kinds. Omega-3 fats are good, as are monounsaturated (olive oil being the most common). Avoid trans fats if possible (they appear mostly in processed foods like cookies and potato chips). Fortunately, saturated fats aren't exactly the enemy.

In summary, you don't need to seek out and purposefully eat more specific fat items. Fat will be part of cooking, baking, and many of the food choices you already make. Try to keep fat content low as it is very calorie-dense and the more fat you eat the less room you have for carbs and protein.

Protein (4 Calories per Gram)

Protein is the third of the three major macronutrients.

The best protein sources include red meats, fish and seafood, poultry, pork, dairy, and eggs. Secondary sources include soy, beans, nuts, and legumes.

Vegetarians need to mix their protein sources to get all the necessary amino acids into their diets.

Omnivores (people who eat both plant and animal based foods) don't need to go out of their way to mix protein sources, as they will be eating mostly complete protein sources.



Protein sources are usually where most of the fat in your diet will appear. For example, every form of meat, fish, poultry, or seafood will have some fat along with the protein content. Different forms will have different amounts of fat. Read your labels carefully when choosing protein sources and aim for lower fat options when possible. Dairy protein sources such as milk, cheese, or yogurt will also have an associated fat content. In general the creamier, richer sources are also the highest fat. You can certainly have some of these, but be aware of how fast the calories add up when you opt for these higher fat choices.

In summary, protein is in two general categories: animal based and plant based. Animal based sources are complete with higher protein content. If you eat plant based protein only you must be diligent with mixing them up. Finally, most of the fat in your diet will come as part of your protein sources.

MEAL TIMING AND MEAL FREQUENCY



The number of meals you eat each day is your choice. Some research shows the number of meals you eat each day is irrelevant to weight loss. There is research showing one meal per day worked for weight loss just as well as two meals and three meals, all the way up to nine mini meals per day (Farshchi, et al., Smeets, et al). It really doesn't matter as long as you're staying within your total daily calorie limit.

Considering the number of meals per day doesn't matter, then neither does the timing of those meals. After all, how could meal timing matter if eating six meals per day is just as effective for weight loss as eating two? Right?

Focusing on meal timing or meal frequency misses the point that the total amount of calories you are consuming is the driving factor to losing weight. We've had successful Venus transformations with people eating anywhere from two to five times per day. Some Venuses even started by eliminating breakfast all together. It's a pattern you will need to figure out on your own.

We do know from research that the more you eat at breakfast the more you will likely eat all day. We also know that the longer you delay eating in the morning the easier it is to keep your calories low for the day. Think of it as an “on” or “off” switch. The minute you start eating today it's ON! In other words, your mouth and stomach are open for business as soon as you break the seal with breakfast, whenever that may be. Therefore, the sooner in the day you start eating the more time that day you will spend in the “on” state and available for eating.

On the other hand, if you decide that your first bite of food will not happen until lunchtime (noon), you can avoid all the morning snacking and extra food you might have eaten that you really didn't need in the morning.

There is no metabolic requirement to eat food in the morning, especially when your goal is weight loss. Let's assume you sleep approximately eight hours (or at least went to bed and were there for about

eight hours). Let's also assume you stopped eating perhaps two hours before you went to bed. That would mean you've been without food for 10 hours the moment you wake up.

This is a good thing because during those 10 hours you are forcing your body to start burning more and more of your body fat. Each minute you prolong your overnight fast is one more minute of high fat burning. Extending this overnight fast will also help improve your leptin sensitivity (recall the section on leptin sensitivity and fasting).

The minute you eat breakfast you put a stop to that fat burning process.

Try setting a goal of a 12-hour overnight fast. For example if you stop eating today at 10 p.m., try to make it to 10 a.m. tomorrow before you start eating again. If you can push that out to noon and create a 14-hour overnight fast, even better.

In fact, there is a popular form of intermittent fasting called 16-8. This simply means extending your overnight fast for 16 hours and then allowing yourself to be ON, or available to eat for the remaining eight hours of the day. For most people this means prolonging the overnight fast until about 2 p.m. to 4 p.m. the following day, depending on when the last meal of the day happened. Many people find this to be a simple and effective fasting strategy, which could be due to something called “ego depletion.”

The bottom line is that extending your overnight fast is a simple and easy way to reduce your total amount of calories consumed by removing them from the time of day when:

- You don't really need them.
- You have the highest level of willpower to resist eating.
- You will likely feel better without them.

The times of day you choose to eat will vary based on where you are, the day of the week, and social events. You should be concerned with your total calorie consumption not how many times of day you are eating or when you are eating.

EGO DEPLETION

Delaying the first meal of the day is typically easier than pushing the last meal of the day forward for a reason called “ego depletion.”

Ego depletion is a psychological phenomenon that can be explained as follows: we all start each day with a full gas tank of willpower or mental and emotional energy. This willpower is referred to as “ego.” This is the willpower you use to avoid eating, but it's also the same mental energy you use to deal with the stresses you face at work, family life, exercise, driving in traffic, dealing with people all day, and just your life in general.

Throughout the day this reserve of mental and emotional energy becomes depleted and your ability to resist temptation gets weaker, hence “ego DEPLETION.” I've found that it's easiest to cut back on food and avoid cravings and temptations earlier in the day because your willpower and ego reserve is highest. Toward the end of the day, when your reserve of willpower is drained from the stresses of daily life, you become less capable of resisting temptation. Many Venuses have found it easier to save more of their daily calories for later in the day when it's harder to resist eating. Based on ego depletion, this is an effective approach.

Shannon Connors – The Venus Mindset



Shannon Connors

To me, having a Venus mindset means making me a priority, without guilt. This is not always easy for a busy working mom of two kids, but I have gone through periods in the past where I have not taken time for me and my health and self-confidence suffered. I now take the time I need to train, trading off kid duty with my husband, who also works out. I sometimes feel guilty for it, as there never seems to be enough time in the day, but it is so essential that we take care of ourselves so we can be there for our kids in good health long term.

I used to set nebulous goals to finally "get fit" or "look better", but with a defined set of Venus metrics to shoot for, I now set goals for my future training instead. These are concrete actions I will take to ensure my continued progress. It's not super exciting, the recipe for progress-eat less than I burn, train 3-4x/week, and walk when I can. But these simple

actions, over time, led to a 55 lb. post-baby weight loss that I have maintained for over a year, and continue to support ongoing maintenance and change in body composition.

Having a Venus mindset also means being an example to others and encouraging positive change, whether with family members, friends, or co-workers. While I do most of my encouraging within the Venus community, and with people in my daily life who directly seek my advice, I also keep an eye out for random people I encounter who are actively seeking a way to get fit and are receptive to a common sense perspective on how to do it. To me, the Venus approach is at its core grounded in science and common sense. While the emotional and mental work involved in making and maintaining a huge transformation is substantial, the amount of physical work is very manageable and even enjoyable. Changing perspective from, "I have to work out to punish and change this body I hate," to, "Workouts are a gift I give to this body that I care for,"- this is a huge mental shift that has so many positive results! Sadly, I don't think most women ever end up making this shift.

Above all, being a Venus means being kind to myself when I slip up, always remembering that tomorrow is another day. I am in charge of my own decisions and I accept responsibility for them. I can take action to move towards my goals or sit idle. I choose to have goals and strive towards them, and this is an active choice I make every day. You can make it, too. Trust me, you will not regret it!

CALORIES

As mentioned before, the total number of calories you eat will determine if you are successful at weight loss or not. Total calories are much more important than the specific foods you choose to eat. Total calories are more important than when you eat. Don't allow yourself to get bogged down in worrying about what things to avoid or what the latest super food is. Time spent on that only distracts you from the real issue: CALORIES.



In order to lose body fat you must consume fewer calories than you burn in a day, but you also must do this in a pattern that doesn't eventually crash your system and cause you to be less efficient at fat burning.

As discussed earlier, as a woman your leptin levels will go through more dramatic highs and lows when you change your calorie intake so you cannot eat very low calories for extended periods of time the way a man can. In order to avoid these big swings in leptin (specifically the dramatic drops) the Venus Factor system adds in eat-up days that allow you to eat up to your maintenance calorie levels for the day. On these days you're not going to be in a calorie deficit. The point of your eat-up day is to restore leptin to a normal level and avoid it dropping any further.

DEFICIT VS. MAINTENANCE

Eat-up days are days when you match your daily calorie burn with your calorie intake. As explained before, this is called eating at maintenance, i.e. maintaining your bodyweight.

Deficit days are the days that you will be burning fat by creating a calorie deficit. You will be taking in fewer calories than your body needs to function. This forces your body to make up the difference by burning off some of your body fat. The fat on your body is stored excess energy and by eating below

your daily calorie needs you are using it.

Because it appears leptin levels start to fall off enough that you REALLY want to eat more around the six-day mark, you will not spend more than six days in a deficit until you get to an eat-up day.

Typically, this allows enough days of deficit eating to burn off a significant amount of body fat without pushing you too far and causing any metabolic disruption.

It's about time that we address the one burning question that might be in your head right now. And that is: "So how many calories do I get to eat anyway?"

Your daily calorie burn is determined by your resting metabolic rate and any calories you burn from exercise. Calories burned from exercise are almost impossible to quantify outside of a laboratory, so they are always treated as bonus. In other words, if the treadmill at the gym says you burned 200 calories today, you can make note of it for yourself, but never add those calories back into your day's calories. So let's explore what average metabolic rates are for women.



Rhonda Inabnit

Rhonda Inabnit – The Venus Mindset

In my opinion, today was a perfect example of Venus mindset/maintenance. My plan was to go to the gym and do an upper body weight workout, but when my son asked me if I wanted to play tennis, I was more than willing to be flexible! I rode my bike to the courts while he ran. We not only got in an exhausting workout, but I shared some great quality time with him. I then followed it up with a leisurely bike ride home enjoying beautiful sunshine and just enough breeze to stay cool!

METABOLIC RATES

Your resting metabolic rate (RMR) is determined by your internal organs and the rest of your lean body mass. If you do very little physical activity in a day your resting metabolic rate will account for most of your calorie burn. If you do a significant amount of physical activity a day (say, one to two hours of exercise), then you can end up burning 20% - 40% more calories than your resting metabolic rate.

WOMEN		
Height (feet)	RMR Range	Mean
5'1"	1120 - 1350	1240
5'2"	1135 - 1370	1255
5'3"	1155 - 1390	1275
5'4"	1195 - 1430	1315
5'5"	1235 - 1470	1355
5'6"	1270 - 1500	1390
5'7"	1310 - 1550	1430
5'8"	1350 - 1585	1470
5'9"	1370 - 1600	1490
5'10"	1410 - 1650	1530
5'11"	1450 - 1685	1570

This chart is taken from various scientific journal articles measuring average resting metabolic rates for women.

The chart is an average from data collected on thousands of subjects. There's an "RMR RANGE" section as well as the "MEAN" section because it's highly likely that your specific RMR will fall somewhere within the given RMR RANGE and not exactly on the MEAN. This is where some trial and error has to come in on your part to find what your specific RMR likely is. Also keep in mind that any extra calories you burn from a workout are not

accounted for in these charts. On days when you workout you'll be burning significantly more calories than what the ranges in these charts indicate for your height.

As you can see from the RMR charts, there is a direct correlation between RMR and your height. Shorter people burn fewer calories than taller people. In research done by Amanda C., et al in 2010 her group directly measured the RMR of 47 women and compared it to the popular RMR estimator equations. The average RMR for this group of women was 1,027 calories per day. The average height of the group was 5'5".

Interestingly, the predictive equations all overestimated RMR, and the worst one (Harris Benedict)

overestimated by 700 calories! It's tough to hear it, but we all just need to eat fewer calories than we've been led to believe.

In a review of 11 studies done on RMR in over 500 healthy adults (both men and women) researchers found the highest average RMR to be approximately 1,800 calories per day (the largest men) and the lowest at 1,280 calories per day (Weinsier RL., et al. 1992). This research included men and women of varying heights and groups of lean and obese individuals. The only correlation they found to metabolic rate was Fat Free Mass (FFM). FFM is all the parts of your body that are not fat, this includes internal organs, bones, and muscle mass. In other words, your metabolic rate isn't affected by how much fat you have; it only matters how big or small you are underneath the fat, and that is largely determined by how tall you are.

Also, leaner people didn't have higher metabolic rates than the obese people. Further research done by Ravussin, et al in 1982 showed that the obese people actually had higher resting metabolic rates than the lean control group. The average metabolic rate of the obese people was measured at approximately 1,800 calories per day compared to 1,450 calories per day for the normal weight control group. (The obese group was actually shorter on average than the controls so we would guess based on height that their metabolic rate should have been lower if all other things were equal.) The difference in metabolic rate was because the obese people actually had an average of 30lbs more total FFM than the lean people. This doesn't mean they had 30lbs more muscle; rather more of everything including organ mass, bone mass, and residual tissue mass (of which a small amount might have been muscle tissue). Out of all these tissues the most active ones that contribute the greatest proportion to your metabolic rate are your internal organs.

Research by Muller, et al, in 2011 shows that not only do your internal organs contribute the largest portion to your metabolic rate but that they scale to the height of your body and to the overall size of your body. In other words, the taller you are and the bigger you are the bigger your internal organs are and thus the more calories they burn.

The following is a list of the relative amount of energy each tissue contributes to your daily metabolic rate per pound of each tissue (data from Bosy-Westphal, et al 2009):

- Heart = 200 cal/lbs
- Kidney = 200 cal/lbs
- Brain = 110 cal/lbs
- Liver = 90 cal/lbs
- Muscle = 6 cal/lbs
- Fat = 2 cal/lbs
- Bone = 1 cal/lbs

As you can see from this data, your heart, kidneys, liver, and brain are the most highly metabolically active tissues in your body and as you will find out, they actually contribute the most to your metabolic rate. The amount of energy muscle uses at rest is actually much closer to the amount of energy fat takes. It really doesn't burn many calories when you're not working out.

Research by Heymsfield, et al. in 2001 indicates that approximately 69% of your resting metabolic rate is from your internal organs (specifically the combination of your heart, liver, kidneys, and brain). The other 31% comes from your bones, muscle, and fat tissue.

This research shows that striving to add extra muscle isn't going to increase your resting metabolic enough to change how many calories you can eat to lose weight and your metabolic rate is likely lower than you were lead to believe.

THE THEORY OF FAT AVAILABILITY

To explain the theory of fat availability, we have to start with a little bit of basic physiology. Specifically, we have to look at how our body fat actually works.

The main purpose of our body fat is to serve as an “energy reservoir” for our bodies. In times of caloric excess (overeating) our body fat expands to store energy by one of two processes:

1. **Hypertrophy:** Fat cells get bigger in size.
2. **Hyperplasia:** Fat cells multiply in number.

They expand to store energy in the form of triglycerides, to be used later as energy to supply our metabolic demands when energy from food is limited (caloric restriction or dieting). In other words, our body fat has the unique ability to rapidly expand or contract depending on nutritional status (Energy Surplus or Energy Deficit).

Free fatty acids (FFAs for short) are released from adipose (fat) tissue when we need energy. Notice, this happens throughout the day even if you’re not dieting; however, it’s elevated when we are fasting, exercising, or in a caloric deficit (dieting). This is a good thing as most of us who are dieting and exercising are doing so because we want to decrease the amount of our body fat!

When “fat” is released from your body fat stores, it can end up in a few different places.

1. It can go to the liver and get stored there.
2. It can get burned for fuel by other organs (such as your heart, liver, and kidneys).
3. It can simply get recycled back into your body fat cells to be restored. (Thompson BR Mol Cell Endocrinol. 2010; Ahmadian M Int J Biochem Cell Biol 2010)

The simple reality is that all three of these processes happen throughout the day, every day. When gaining or losing weight, the major difference will be the percentage of fat being recycled back into fat

tissue vs. the amount being burned by other organs.

The movement of fat in and out of your fat cells is an extremely important process **that needs to be tightly regulated**. The FFAs that are not burned, as fuel must quickly be taken up by the liver or recycled and stored back in your fat tissue.

Excess circulating fat that is not either burned or stored can cause an inflammatory response, which when chronically elevated, can lead to a whole host of health issues and metabolic disease states. This is how excess fat and an inability to effectively burn and/or store the fat contributes to metabolic disorders like adult onset diabetes and heart disease.

It gets worse. Should this extra fat remain circulating for too long, it can also cause “ectopic” fat storage, which is basically fat being stored in places it shouldn’t be stored (like your heart and liver). I’m sure you can imagine how this can lead to severe health consequences in the long-term.

As you can see it is extremely important for your body to regulate the amount of fat entering your blood stream.

Simply put, you cannot have every single one of your fat cells empty out all at once into your blood – the results would be catastrophic!

Each of your fat cells is able to release fats into your blood stream **at a predetermined rate**, and the rate at which an adipocyte can do this is relatively fixed for your own protection. It can increase to match the needs created by dieting and exercise, but even during exercise, higher energy needs simply cannot be met by fat (which is why we rely primarily on carbohydrates during high intensity exercise).

So, the amount of energy your fat can provide when you are dieting is dependent on how much body fat you have. The more body fat you have, the larger the calorie deficit you are able to “fill” with the energy stored in your fat.

The word “fill” is actually a good way of describing what your body fat does when you’re dieting.

When you diet, you create an energy deficit – essentially a gap between the amount of energy you take in, and the amount of energy you’re expending on a daily basis. In an ideal world, this gap is filled exclusively by the energy that is stored in your body fat.

However, as you lose body fat, the amount of fat that can be released also decreases. This means most people do dieting wrong, and specifically, they do it backwards. The more body fat you have, the lower you can go with your calories and the longer you can go eating low calories without experiencing any ill effects. Yet, toward the end of a diet, when body fat levels get lower and lower, the calorie deficit needs to be shorter and smaller.

The Time for Rapid Fat Loss

When you are carrying large amounts of excess body fat, you can eat less for longer because your body has plenty of fat to burn as a fuel to “fill in” your calorie deficit. One way to imagine it is like having a full “tank” of reserve energy. As your body fat levels decrease you can no longer handle as large a deficit for as long a period of time. This makes sense; the less fat you have to lose, the slower it comes off. Think of it as having less “taps” to pull from, where each tap has a maximum outflow of fats that can be released in any given time period.

At the extreme low end, when your body fat cannot keep up with the energy deficit you've imposed on your body, the energy MUST come from SOMEWHERE. This is when you are at risk of losing lean body mass during dieting (commonly referred to as “starvation mode”). This happens at extremely low levels of body fat, under 6% in men and 12% in women (Friedl K.E. J Appl Physiol, 1994).

When a large energy deficit is maintained while there is limited body fat available, metabolic disturbances such as altered testosterone, thyroid and cortisol levels begin to take place and negatively affect both your muscle mass and overall muscle strength (Nindl B.C. Med Sci Sports Exerc, 2007; Freidl K.E. J Appl Physiol 2000).

The Theory of Fat Availability Summarized

As body fat levels decrease so does your ability to handle a large energy deficit.

Most trainers or weight loss coaches are not paying attention to (or are completely unaware of) the Theory of Fat Availability when they design a diet. They end up telling their clients to continually decrease the amount of calories they consume as they get leaner; this leads to a whole host of problems, including feeling sluggish, depressed, and moody – not to mention a loss of muscle mass, water retention and bloating, metabolic alterations, and a general feeling of ‘not wanting to diet or exercise anymore’ (Freidl K.E. *J Apple Physiol*, 1994; Keys, A. *Biology of Human Starvation*, 1950; Keys, A. *Science* Washington, 1946; Taylor H.L. *Science*, 1950).

- There is a fixed rate of fat that can be released from a fat cell.
- The more fat you have, the more fat can be used as a fuel when dieting.
- The less fat you have, the less fat can be used as a fuel when dieting.
- Toward the end of a weight loss diet, when body fat is extremely low you may not have enough fat to handle a large caloric deficit anymore.

THE REVERSE TAPER PROTOCOL

Reverse Taper Protocol Science

Calories could be the most confusing part of all health and nutrition. After all, if each of us knew how many calories we should be eating, the health and fitness industry would look a lot different.

But this is where the confusion comes in. We DON'T really know how many calories we should be eating. We don't know what is optimal and what amount is potentially dangerous. In fact, many of us don't even know what a calorie is.

So to start: a calorie is the amount of energy required to warm one gram of air-free water from 3.5 °C to 4.5 °C at standard atmospheric pressure. In other words, it's just a way to measure energy. You can't touch or pick up a calorie and you can't see them. They are a form of measurement, like an inch or a degree. Therefore a **CALORIE IS A CALORIE**. Saying all calories are not equal is like saying an inch of string is longer than an inch of yarn! It's a measurement; it has to be the same by definition.

So what we are dealing with when we talk about calories is really just energy – or more accurately the energy provided through diet. Because your body's total energy needs are made up of the calories (energy) provided by your diet and the calories (energy) provided by your body from its stores (your body fat). A “diet” is simply a way to lower the energy being provided from your food in a way that forces the deficit to be filled in by the energy you have stored in your body.

Based on this premise, it does not take a PhD to realize that someone with 5% body fat (dangerously low internal energy stores) should not be eating an extremely low calorie diet for an extended period of time, if at all. Also, someone with 5% body fat really shouldn't even be fasting for any longer than 24 hours EVER – if AT ALL.

In order for a diet plan to be effective, you should match your degree of energy deficit up with the degree of fat you have left to lose. The more body fat you have to lose, the larger energy deficit you can

work with.

As you start to lose weight, you can start to eat more calories until you've normalized at the end to the number of calories you need to sustain your new bodyweight. In other words, you do the **EXACT** opposite of any other diet. **You start low and end high...or to be more specific you end at “maintenance.”**

This is the main benefit of Reverse Taper Dieting – not only do you match your calorie deficit to your body fat, but you also slowly increase to the amount of calories needed to maintain your new lean body – this is what we call “calorie optimization.” We do **NOT** want you to be on a diet for the rest of your life. We want you to learn how to eat at a level that is “optimized” for your new body.

Now, here is the real kicker, and the reason that the Reverse Taper Protocol is so important: weight loss will always follow an energy deficit. There is no way around this physiological fact. The less you eat the more weight you will lose. Unfortunately this is even true **if the total deficit is more than the energy your body fat can supply.**

Our goal is to achieve and then maintain the maximum rate of **FAT LOSS** while we lose body fat, and not to go over this rate in the false assumption that more **WEIGHT LOSS** somehow means more **FAT LOSS**. This is an important distinction to make. You can still have a deficit larger than what your body fat can fill in; however, this is not what you want to do since the energy must come from somewhere else; **often this means blood sugar and protein sources such as your internal organs and even muscle mass.**

Based on these facts, it's quite obvious the rate that your body fat can meet your deficit is also the **Optimum Rate of Weight Loss (ORWL)**. You can exceed your ORWL, but doing so will only be due to a combination of transient water loss and lean mass loss. This is the result of crash dieting and losing too much size, shape, energy, and mass along the way.

You can't just force fat loss to happen faster than your body can handle (not without powerful drugs). Therefore, your goal should be to optimize it and match your calorie deficit with your

maximum rate of potential FAT LOSS at any given body fat percentage. This maximum rate changes as your body fat percentage changes and for this reason, we suggest a weekly assessment to see what your projected fat loss will be based on your available fat.

Remember, in most cases, you will never be able to eat below your fat availability level until you get noticeably lean. At these higher levels of body fat, it would be nearly impossible to create an energy deficit that exceeds your fat availability.

In fact, this would be nearly impossible, even at what most people would consider a healthy level of body fat; however, once you're really lean this becomes a **DAILY** possibility. If you've ever done a transformation or fitness or bodybuilding contest, or know someone who has, then you know that **the highest risk of muscle loss is in the final weeks of the dieting process.**

With the Reverse Taper Protocol (RTP), you start with your lowest calorie intake when you have the highest body fat percentage. As your body fat percentage decreases, you slowly taper up your calories to the point where you end your diet in contest shape AND eating a maintenance number of calories. In other words, with the RTP, you slowly progress from calorie restriction to calorie optimization and learn how to maintain your new lower level of body fat all while losing the maximum amount of body fat possible. **This is your best defense against rebound weight gain.** Make no mistake about it, MOST competitors and dieters in general experience a rebound weight gain. This is why you hear the statistic that goes something like this: "95% of all dieters gain all the weight back." This is because they're following a standard taper protocol instead of the RTP.

The bottom line is the leaner you get, the slower you will lose fat. This is an extremely important fact you must understand because any crash dieting when you are already extremely lean can result in muscle loss. Slower fat loss does **NOT** mean you've **BROKEN** anything (like your metabolism). The lower your body fat percentage is, the more precise you must be with your calorie intake to avoid lean mass loss.

Actually, many of the bodybuilders and fitness competitors I have worked with will report their bodyweight hardly budging at all in the final two to four weeks of dieting for a competition, even

though they are still getting visibly leaner. These people have managed to get such a low body fat level, they're now experiencing the slowest rate a human body can possibly lose fat regardless of how hard they try to diet or force it.

When fitness competitors and bodybuilders try to continue dieting hard at these lower body fat levels, they start feeling weak, depleted, and exhausted. This is when competitors are also at risk of a rebound binge if they try to push their diet too hard at such low body fat levels. At this time, many attempt to correct the problem with an increased calorie intake day (sometimes called the infamous “cheat day” or a “re-feed day”) or by cycling their calories or carbohydrates. However, this still doesn't prevent the problem from happening again – **it's just a temporary fix.**

Dieting too hard and trying to force fat loss to happen faster than what's possible is what leads people to believe all of the fixes such as cheat days and carb cycling are necessary and somehow play some sort of metabolic trick on your system. In reality, they were simply pushing harder than their body could go at the time and created a need to recover from over-dieting.

This is also why RTP seems to be the most effective for stripping off body fat while teaching people of all shapes and sizes how to maintain their new body size once it's over. By following RTP, you'll start low and end high at your maintenance calorie needs for your new body. This way, you end up slowly learning how to eat for your new size.

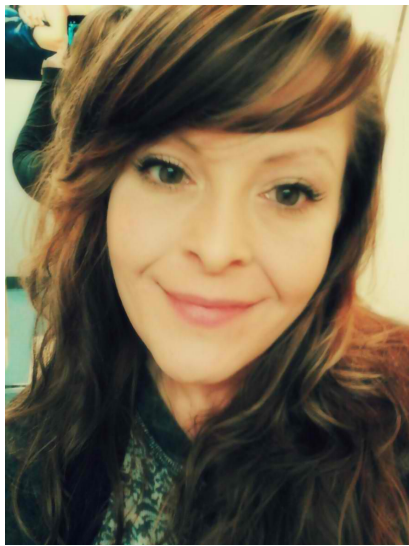
By following the theory of fat availability and using a reverse taper for your diet, you slowly eat up to your new calorie requirement. Instead of crashing at the end of the diet, you will eat your way back up to a healthy normal calorie level for your new leaner lighter body.

The Reverse Taper Protocol Summarized

The Reverse Taper Protocol:

- Matches the size of your calorie deficit to the size of your body fat stores. (The more fat you have to lose, the bigger the deficit you can sustain.)
- Eliminates the tired and lethargic feelings that normally come with crash dieting.
- Eliminates the risk of bingeing and out of control cheat days.
- Ensures that all the weight lost is fat and not muscle.
- Teaches you how to eat to maintain your new, lean body.
- Eliminates the potential for a huge rebound and massive weight regain.

Darcey – The Venus Mindset



Darcey

I haven't been at this very long but I've learned more from Venus than any other means I've tried to use to lose weight. While I still have a little ways to go and a lot to learn, what I've gotten out of it thus far in a few short months is beyond what I thought I would get out of it. My Venus Mindset is being more focused, fit and more accepting. I have rough days, but with the tools I've already gotten from Venus, I feel confident this is a lifestyle I am embracing and love and will do for the rest of my life – I am more focused now on the journey than the goal, I get impatient sometimes because I want the goal too, but this is a process and if done right and I implement the knowledge I have received from this, it works flawlessly... I'm the only one who can stand in the way of that - I beat myself up less, I'm becoming more accepting of myself.

I used to spend hours at a gym with little or no results. The results in my first 12 weeks were amazing and made me a believer. I can eat whatever I want! I just can't eat the quantity I want, which is a good thing, but there is nothing I can't have and learning to take a break from food is very empowering and overall makes me feel better. Even with fat to lose, I am starting to love the shape of my body more than I ever have before, I feel strong! The one thing I didn't expect was the emotional part of the process and how important it is, which I never addressed before when losing weight and I think that's a HUGE difference with Venus, the community and how honest, accepting and open everyone is, digging deep physically and emotionally to accomplish what I want has been life altering.

Not every day is perfect, but I carry Venus with me everywhere. Venus to me is not giving up, loving yourself and finding a balance with the tools we have, which fits you and gives you physical and emotional success.

USING THE VENUS FACTOR VIRTUAL NUTRITIONIST

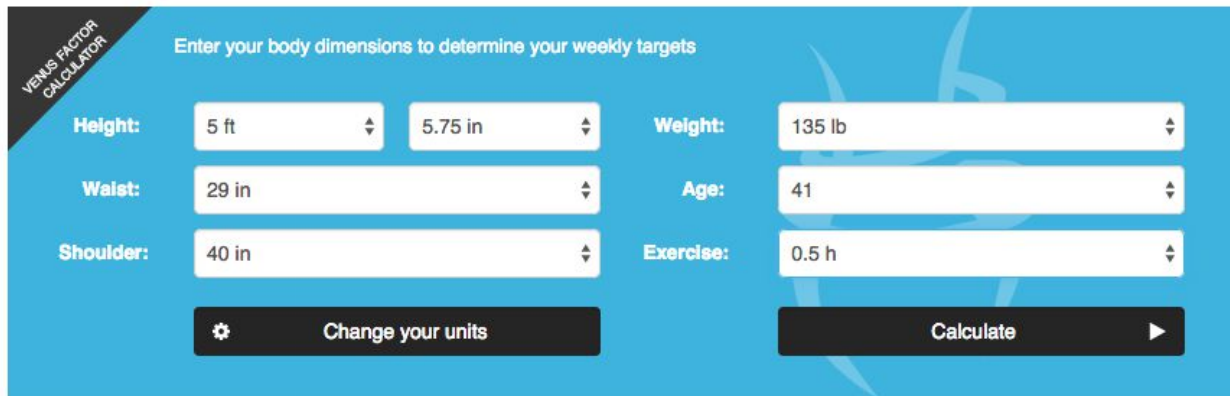
The Virtual Nutritionist will give you recommendations for daily calories and protein intake. It is also the place you will find your ideal Venus Factor metrics. Your specific waist, shoulder and hip measurements are collectively known as your Venus Index. Let's go through each input and output.

Use the calculator once per week to determine your daily calorie needs for deficit and maintenance. Avoid using the day after your eat up day as an official weigh in day. Your weight and measurements will likely be elevated. Don't continue to come back to the calculator every day throughout the week as it will frustrate and confuse you. Your bodyweight can fluctuate by several pounds during a given day just due to the fluids and food you consume.

Weekly Weigh In Checklist:

1. Take your measurements on the same day every week
2. Take them in the morning after you wake up and before you eat anything. Do this after at least a 12 hour overnight fast
3. Follow the calculator's recommendations for the entire week then come back to the calculator on your next weigh in day with your new measurements.

INPUTS



The image shows a web-based calculator interface for determining weekly targets based on body dimensions. The background is blue with a faint silhouette of a person. The title 'VENUS FACTOR CALCULATOR' is in the top left corner. The main heading is 'Enter your body dimensions to determine your weekly targets'. The form includes several input fields: Height (5 ft and 5.75 in), Weight (135 lb), Waist (29 in), Age (41), and Shoulder (40 in). There is also an Exercise field set to 0.5 h. At the bottom, there are two buttons: 'Change your units' with a gear icon and 'Calculate' with a play button icon.

Field	Value
Height	5 ft / 5.75 in
Weight	135 lb
Waist	29 in
Age	41
Shoulder	40 in
Exercise	0.5 h

Shoulder - This is your shoulder circumference taken at its widest point across your upper chest, and around your upper back. The measuring tape should go around your upper chest (above the breasts) so it's a measurement of muscle mass (and not of genetic breast endowment).

Waist - This is your waist circumference measured at your most narrow point just below your rib cage

Exercise - This input is set up as a daily number, but you may not exercise every single day so you need to come up with a daily average. For example - If you exercise for 1 hour every other day then your DAILY average is actually 30 mins per day - therefore in this example you would choose 30 mins per day in the calculator.

I realize that most people don't exercise exactly the same amount every single day so you can simply average your weekly hours of exercise to come up with a daily number

OUTPUTS

VENUS FACTOR CALCULATOR

Enter your body dimensions to determine your weekly targets

Height: 5 ft | 5.75 in | **Weight:** 135 lb

Waist: 29 in | **Age:** 41

Shoulder: 40 in | **Exercise:** 0.5 h

Change your units | **Calculate**

This Week's Results

- ? Your Ideal Waist is: 25.12 in
- ? Your Ideal Shoulder Circumference is: 40.64 in
- ? Your Ideal Weight at the end of your transformation should be between: 117.33 and 142.63 lb
- ? Best estimate 'Target' weight given your body type is: 129.98 lb
- ? Your Ideal Hip Circumference Range is: 35.67 - 38.43 in
- ? Maintenance Calories: 1820 cal
- ? Your suggested daily Calorie intake is: 1000 cal
- ? Your Possible Daily Water Weight Fluctuation is: 3.38 lb
- ? Suggested Daily Protein Intake: 75.00 grams

Maintenance Calories - This is the number of calories you will consume on your 'eat up' days. This is our best estimate at your daily calorie needs to MAINTAIN your current bodyweight without gaining or losing. This is also the daily calories you will be eating to reset your system after eating at your deficit fat loss numbers.

Suggested Daily Protein Intake - This is your suggested protein intake that you will require for proper repair growth and lean muscle maintenance while you lose weight.

Your Possible Daily Water Weight Fluctuation - this is the average amount of weight your body can/will likely fluctuate on a day to day basis given your measurements

Your ideal weight at the end of your transformation - this is the range of bodyweight that you will likely be within when you hit your ideal Venus Index measurements. As you can see this is quite a wide range and it's specific for your height. We cannot know for sure how much you will weigh when you've

got the ideal figure you want but given all the research we have seen almost all women will fall within the ranges our calculator gives.

Best Estimated Target Weight - this is simply the middle point of your ideal bodyweight range. We cannot know for sure how much you will weigh when you arrive at your best shape. This number is just the mid-point of your suggested bodyweight range. Most people of average height will arrive somewhere close to this number. Exceptionally tall or short people tend to land further to the ends of the bodyweight range, as do people with genetically higher or lower muscle mass.

Ideal Hip Circumference Range - This is the range where we would expect your hip measurement to fall within when you're at or near your ideal Venus Index waist. This is a range rather than a specific number because hip structure varies greatly based on genetics. Some women will simply have a bone structure for wider hips than other women and thus we give a range of where most women will likely arrive.

Ideal Shoulders - This is your target shoulder circumference we would expect you to arrive at for your ideal Venus Index measurements.

Ideal Waist - This is your target waist circumference we would expect you to approach for your Ideal Venus Index measurement.

Jenny Weaks – The Venus Mindset

Women come to Venus for the physical transformation, but end up with something far more valuable. The Venus mindset comes from learning about what works for you. It is about building your own toolbox with things like diet, fasting, and exercise and finding out how and when to use each one of them because the tools you need will constantly change. The Venus mindset is persistent and flexible. It is about asking for help and support when you need it and giving it back when you can.



Jenny Weaks

12-WEEK UNDULATING METABOLIC OVERRIDE PROGRAM

Weeks 1-2 : 6 & 1 Protocol

During weeks 1 and 2 you will follow a 6 & 1 protocol. This means 6 days of deficit eating plus 1 day of maintenance eating.

You can choose any foods to eat during your deficit days as well as your maintenance days. I've also provided sample meal plans if you want guidance on how to structure a deficit day.

On your maintenance days you can eat however you would normally eat. Simply monitor and attempt to hit the total daily calorie number suggested.

Use the Venus Factor Virtual Nutritionist to find your deficit and maintenance calories.

Weeks 3-4 : 5 & 2 Protocol – Higher Fat

During weeks 3 and 4 you will follow a 5 & 2 protocol. This means 5 days of deficit per week with two non-consecutive maintenance days where you are aiming to eat higher fat. The higher fat content of your maintenance days is to teach your body to become more efficient at burning fat.

Choose any two days during the week to eat up to your maintenance calories. It's preferred if you chose two non consecutive days for example: Wednesday and Saturday, as opposed to Friday and Saturday. This will help avoid the temptation to lead into a third and fourth maintenance day which will stall weight loss progress.

Use the Venus Factor Virtual Nutritionist to find your deficit and maintenance calories.

Weeks 5-6 : 6 & 1 Protocol

During weeks 5 and 6 you will follow a 6 & 1 protocol. This means 6 days of deficit eating plus 1 day of maintenance eating.

You can choose any foods to eat during your deficit days as well as your maintenance days. I've also provided sample meal plans if you want guidance on how to structure a deficit day.

On your maintenance days you can eat however you would normally eat simply monitor and attempt to hit the total daily calorie number suggested.

Use the Venus Factor Virtual Nutritionist to find your deficit and maintenance calories.

Weeks 7-8 : 5 & 2 Protocol – Higher Protein

During weeks 7 and 8 you will follow a 5 & 2 protocol. This means 5 days of deficit per week with two non-consecutive maintenance days where you are aiming to eat higher protein. The higher protein content of your maintenance days will help your body maintain lean toned muscle while you continue to burn fat.

Choose any two days during the week to eat up to your maintenance calories. It's preferred if you chose two non consecutive days for example: Wednesday and Saturday, as opposed to Friday and Saturday. This will help avoid the temptation to lead into a third and fourth maintenance day which will stall weight loss progress.

Use the Venus Factor Virtual Nutritionist to find your deficit and maintenance calories.

Weeks 9-10 : 6 & 1 Protocol

During weeks 9 and 10 you will follow a 6 & 1 protocol. This means 6 days of deficit eating plus 1 day of maintenance eating.

You can choose any foods to eat during your deficit days as well as your maintenance days. I've also provided sample meal plans if you want guidance on how to structure a deficit day.

On your maintenance days you can eat however you would normally eat simply monitor and attempt to hit the total daily calorie number suggested.

Use the Venus Factor Virtual Nutritionist to find your deficit and maintenance calories.

Weeks 11-12 : 5 & 2 – Higher Carb

During weeks 11 and 12 you will follow a 5 & 2 protocol. This means 5 days of deficit per week with two non-consecutive maintenance days where you are aiming to eat higher carbs. The higher carbs content of your maintenance days will help teach your body to burn carbs more efficiently.

Choose any two days during the week to eat up to your maintenance calories. It's preferred if you chose two non consecutive days for example: Wednesday and Saturday, as opposed to Friday and Saturday. This will help avoid the temptation to lead into a third and fourth maintenance day which will stall weight loss progress.

Use the Venus Factor Virtual Nutritionist to find your deficit and maintenance calories.

Here is how to use 12 week Undulating Metabolic Override Program:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1: 6&1	Deficit	Deficit	Deficit	Deficit	Deficit	Deficit	Maintenance
2: 6&1	Deficit	Deficit	Deficit	Deficit	Deficit	Deficit	Maintenance
3: 5&2	Deficit	Deficit	Maintenance (add fat)	Deficit	Deficit	Deficit	Maintenance (add fat)
4: 5&2	Deficit	Deficit	Maintenance (add fat)	Deficit	Deficit	Deficit	Maintenance (add fat)
5: 6&1	Deficit	Deficit	Deficit	Deficit	Deficit	Deficit	Maintenance
6: 6&1	Deficit	Deficit	Deficit	Deficit	Deficit	Deficit	Maintenance
7: 5&2	Deficit	Deficit	Maintenance (add protein)	Deficit	Deficit	Deficit	Maintenance (add protein)
8: 5&2	Deficit	Deficit	Maintenance (add protein)	Deficit	Deficit	Deficit	Maintenance (add protein)
9: 6&1	Deficit	Deficit	Deficit	Deficit	Deficit	Deficit	Maintenance
10: 6&1	Deficit	Deficit	Deficit	Deficit	Deficit	Deficit	Maintenance
11: 5&2	Deficit	Deficit	Maintenance (add carbs)	Deficit	Deficit	Deficit	Maintenance (add carbs)
12: 5&2	Deficit	Deficit	Maintenance (add carbs)	Deficit	Deficit	Deficit	Maintenance (add carbs)

Permission to be Imperfect

Now that you’ve had a chance to review the program, let’s talk about something that is critically important to your weight loss success – and that is to give yourself permission to be imperfect.

The weight loss process is not a perfectly straight line down. Some weeks you’ll do great and see the scale move two or three pounds within a few days. Other weeks you might not see such a big change. There are always a few bumps in the road.

Think of the process as a “controlled stumble forward.” Some days you’re moving ahead smoothly: the diet feels effortless, the workouts feel great, and you feel unstoppable. Other days you’ll stumble and fall and totally mess up the entire process, you might skip your workout for some reason and completely mess up on your eating. Still other days will be just “OK” with a mediocre workout effort and what I would call getting “half way there” on the diet side of things.

And this is all perfectly NORMAL.

Everybody goes through this including top-level fitness competitors and fitness models.

The weight loss process is inherently bumpy. So give yourself permission to be imperfect. Do your best, and when things don't go as planned forgive yourself for being human and get back on track the next day.

You don't need to follow the program 100% perfectly every day; that's impossible.

Expect to mess up, expect to simply not have the effort to do it just right each day. But always try your best when you can. The quicker you get back on track after a bad day the quicker you will reach your weight loss goals.

If you can get to even 70% or 80% compliance with the guidelines here then you'll be doing GREAT!

Your weight loss success will be largely determined by how well you deal with falling off the wagon and getting back on it rather than how perfectly you can follow the program every single day.

So let me repeat this part: you're going to fall down. We all do. It's how quickly you get back up and get back on the program that determines your success.

Give yourself permission to be imperfect and start your controlled stumble toward weight loss.

Ironically once you accept that you're not going to be perfect at following the program your weight loss will start happening much faster than if you expect to be 100% perfect at it every day!

Jenn C – The Venus Mindset

My Venus Mindset:

- Diet is key for weight/fat loss
- Lifting heavy is key for shape
- If you enjoy cardio, do it. But know that you no longer need to kill yourself with cardio to achieve AMAZING results!

The following in no particular order:

- If you're in the weight loss phase, figure out how many calories you need to lose weight. Eat the foods you love and enjoy in moderation because dieting is hard enough. Being super strict with diet for long periods of time can cause you to binge; prevent this by allowing yourself to indulge every now and then.
- It's "OK" to feel a little hungry every now and then.
- You may not lose fat as fast as you'd like if you're not following the Venus calculator suggestion, but that's okay because it isn't race.
- Losing weight slowly so that you and your mind have time to comprehend the changes is just as important as losing the weight itself.
- Fasting is a tool that you can choose to do but it isn't the end all if you can't or don't want do it. Sometimes you will need breaks from fasting, this okay, again it's only a tool.
- Learn to appreciate your body where it's at right now and be kind to it. Having negative thoughts about yourself or only thinking of the work you have to do can be stressful. Stress can cause weight gain; this is not the goal. When you're appreciative of your body and kind to it you might be surprised at how well it responds the changes you want it to make.
- Have patience; you're transforming your body and it the changes won't happen overnight but it's worth the wait!





Learning that you don't need restricted diet rules and regulations and that you can choose your own food is tremendous freedom.

INTRODUCTION TO MEAL PLANNING, BY ROBERTA SAUM

Learning that you don't need restricted diet rules and regulations and that you can choose your own food is tremendous freedom. This is one of the most important skills you will need in order to successfully lose fat and maintain your fitness and physique.

The following list of meal plans were put together with food choices that were made by many of our successful Venus contest winners. They are merely a starting point for you to use if you need them, so

feel free to substitute your own choices at any time.

Examples of substitutions might be sourdough bread vs. whole wheat bread or rice vs. another grain. You can choose butter vs. olive oil vs. coconut oil. Dairy protein vs. meat vs. fish vs. vegan protein. You can soak and cook your own legumes if you want (I do), or you can go to the fresh food section of the grocery store and buy something packaged up. Obviously, if you have food reactions or allergies that you know of you will need to make some substitutions right away. The point is:

You have the freedom to choose and I encourage you to find foods you love!

The 12-week Undulating Metabolic Override Program that John designed and you just read about was created to help prevent “crashing” and allow your body some recovery from a calorie deficit. It should help your body become more efficient at utilizing protein for muscle repair and recovery, and make it more efficient at burning carbohydrates. He has already told you that when you eat and how often you eat make no difference on your weight loss, so you can arrange the meals and snacks however they fit your lifestyle best. All that matters are the calories at the end of the day. If you use Eat Stop Eat methods or other methods of fasting you can adjust the meal timing accordingly or skip meals as you wish. If you like a meal plan but feel you need to eat lower calories, simply take some items out until the menu matches your needs.

The meal plans start at 1,000 calories and move up in 100-calorie increments. You can use these examples as a complete meal plan or you can plug-and-play any meals or items from any day until you find a menu that suits your macro-nutrient and calorie needs. The goal is that over time you will be able to design your own menu. As you start to do that you will need an online calorie counting and tracking tool to make sure those foods fit into your calories for the day. The calorie estimates in my meal plans were calculated from <http://www.myfitnesspal.com>.

When you are a small female trying to lose weight, especially when you get down to the last 10-20 pounds and begin tapering up your calories (you have less body fat therefore require more calories), there is less room for error. Weighing and tracking can be crucial if you are experiencing plateaus and need to troubleshoot. There are already built in errors in calorie estimates, within the online tools,

packaging labels, and who really knows how much sugar is in that specific carrot or apple, or how many calories are in the specific egg in your hand? What I'm saying is you already only have a close approximation.

Make sure to check multiple sources for calorie amounts in the beginning because not all sites will have the same values for the same amount of food. For example you can find several different values for 1 large egg. If I don't have a package that gives me the calorie amount, I will usually choose the higher value and stick to that amount. Experiment, research, and change your own menu accordingly. If you want to take this a step further, you can buy a digital scale and weigh your food. Many packaged foods contain more than the packaging label says because legally they cannot sell less than what the packaging states; so, often times you may get more than a package states. The only way to know for sure is to weigh it with a digital scale or measure the portions out with measuring cups and measuring spoons.

Remember that your body is the end game, not the numbers on a scale. Your body tells you if you are truly eating at a calorie deficit. The loss of mass is what defines a deficit. You may need to experiment to find the exact calorie level for you; the nutrition calculators are a very close estimate and give you a place to start. Patience and a bit of trial and error are required.

MEAL PLANS

How to Use the Meal Plans

If the VFVN gives you 1,200 calories for your deficit days, you can use any of the meal plans in the 1,200-calorie section (meal plan #1 through meal plan #10) and remember you can substitute anything you don't like or that you can't eat for any reason. If you do make changes, use an online calorie-tracking tool to ensure your total daily calories add up to 1,200.

Use any 1,200-calorie meal plan for any deficit day for the full 12 weeks.

If your maintenance calories are 1,500 pick any menu from that category and use them for any maintenance days for the full 12 weeks; however note that on the days that require more fat, protein, or carbs you will have to choose one of the plans that have more fat, protein, or carbs compared to your deficit days.

1000 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and Half 1 tbsp	20	1	2	0
Sweetleaf English Toffee Stevia	0	0	0	0
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	82	2	3	11
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Sprouted corn tortilla -Food for Life, 1 tortilla	60	12	1	2
Gala Apple, 1 medium	65	16	0	2
Meal Total	271	34	7	22
<i>Notes: Ingredients make a taco, with an apple for dessert.</i>				
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, ½ cup	65	5	0	12
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	12
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 1 stalks	5	1	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	486	58	8	47
<i>Notes: Stir fry first 4 ingredients and add your own spices, top with following 3 ingredients. Make a grilled cheese with the last two ingredients.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Snack Total	105	27	0	1
DailyTotal	Calories	Carbs	Fat	Protein
	1009	126	18	93

1000 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Meal Total	2	0	0	0
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Carrots, raw, chopped or grated,, 5 oz	50	12	0	1
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Roasted Chicken Breast, 2 oz	90	2	1	20
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	356	47	8	30
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 3 oz	151	0	6	22
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Ciabatta Roll, ½ roll, 2.5 oz	125	27	1	4
Butternut squash, cooked, 1 cup	82	22	0	2
Meal Total	448	63	9	31
DailyTotal	Calories	Carbs	Fat	Protein
	999	147	20	76

1000 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Splenda packet, per website	4	1	0	0
Oroweat honey wheat berry toast, 1 slice	80	17	2	2
Egg, 1 large	72	0	5	6
Laughing cow light swiss, 1 wedge	35	1	2	2
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	198	20	9	10
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	355	40	10	29
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	460	70	2	41
DailyTotal	Calories	Carbs	Fat	Protein
	1013	130	21	80

1000 Calorie Meal Plan #4

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	72	0	5	6
Meal Total	74	0	5	6
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Grilled Mahi mahi fish taco, Baja Fresh, 1 taco	230	26	9	12
Goldfish baked cheddar crackers, 10 crackers	50	7	1	1
Meal Total	280	33	10	13
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	145	16	6	9
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, 4 oz	100	12	2	20
Lite Cesar Salad kit, Dole, 1 ½ cups	90	8	6	2
Greek yogurt, blackberry, fruit at bottom, 1 Oikos container	130	20	0	12
Meal Total	320	40	8	34
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
DailyTotal	Calories	Carbs	Fat	Protein
	999	114	34	82

1000 Calorie Meal Plan #5

1000 Calorie Meal Plan #5				
Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Cinnamon raisin bread, Ezekiel, 1 slice	80	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	133	18	6	3
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Laughing cow light, 1 wedge	35	0	1	2
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Meal Total	255	23	9	18
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Mcdonald's fruit and yogurt parfait with granola, 5.2 oz	150	30	2	4
Snack Total	150	30	2	4
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Cucumbers, peeled and chopped, 1 cup	16	3	0	1
Tomato, chopped, 1 ½ cup	48	10	0	4
Onion, chopped, ½ cup	32	7	0	1
Balsamic vinegar, 2 Tbsp	20	6	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Meal Total	458	46	15	40
DailyTotal	Calories	Carbs	Fat	Protein
	996	117	44	65

1000 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Avocado, 1.2 oz	56	3	5	1
Meal Total	126	4	10	7
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	140	23	1	6
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 4 stocks, 4 oz	20	6	0	2
Snack Total	71	7	5	3
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	484	68	8	38
<i>Notes: Place first 5 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 5 slices	100	2	2	18
String cheese stick	80	0	6	7
Snack Total	180	2	8	25
DailyTotal	Calories	Carbs	Fat	Protein
	1001	104	32	87

1000 Calorie Meal Plan #7

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	162	32	2	4
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	190	20	3	4
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Carrots, raw, 3 oz	30	8	0	0
Snack Total	30	8	0	0
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chipole – Chicken fajita burrito bowl, 1 bowl	620	65	20	53
Meal Total	620	65	20	53
DailyTotal	Calories	Carbs	Fat	Protein
	1002	125	25	61

1000 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil ½ Tbsp	62	0	7	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 2 tsp	30	8	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	325	61	9	7
<i>Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling</i>				
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 3 slices	60	1	1	11
Snack Total	60	1	1	11
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6
<i>Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
Meal Total	150	16	6	6
<i>Notes: Saute vegetables in butter, top with Chervil.</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1003	109	33	56

1000 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Vanilla Creme stevia	0	0	0	0
Meal Total	87	10	4	24

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25

Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11

Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.

Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
Carrots, raw, 4 oz	44	12	0	0
Meal Total	281	32	4	30

Notes: Place ingredients in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Snack Total	138	18	1	13

Notes: Place ingredients in a blender with 1 cup of ice water and blend.

DailyTotal	Calories	Carbs	Fat	Protein
	1001	106	27	91

1000 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Creamer, Coffeemate sugar free french vanilla, 1 tbsp	15	2	1	0
Meal Total	17	2	1	0

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 3 oz	30	8	0	1
Potato, chopped and previously roasted, 1/2 cup	55	13	0	2
Onion, chopped and previously roasted, 1/2 cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Chicken breast, 4 oz, skinless and boneless, previously cooked	130	0	5	23
Meal Total	273	33	6	29

NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 small	90	23	0	1
Snack Total	225	41	5	16

Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, 1/4 cup	8	2	0	1
Gala Apple, 1 medium	65	16	0	2
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Meal Total	200	39	0	13

Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Butter, 1/2 Tbsp	51	0	6	0
Snack Total	221	19	10	6

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	9

DailyTotal	Calories	Carbs	Fat	Protein
	1001	139	22	75

1100 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and Half 1 tbsp	20	1	2	0
Sweetleaf English Toffee Stevia	0	0	0	0
Egg, 1 large	92	0	7	6
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	174	2	10	17

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Sprouted corn tortilla -Food for Life, 1 tortilla	60	12	1	2
Gala Apple, 1 medium	65	16	0	2
Meal Total	271	34	7	22

Notes: Ingredients make a taco, with an apple for dessert.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, ½ cup	65	5	0	12
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	12

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 3 stalks	15	3	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	586	64	17	47

Notes: Stir fry first 4 ingredients and add your own spices, top with following 3 ingredients.

Make a grilled cheese with the last two ingredients.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Snack Total	105	27	0	1

DailyTotal	Calories	Carbs	Fat	Protein
	1109	132	34	93

1100 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Canadian Bacon, 5 slices	100	2	2	18
Meal Total	102	2	2	18
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Carrots, raw, chopped or grated,, 5 oz	50	12	0	1
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Roasted Chicken Breast, 2 oz	90	2	1	20
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	355	47	8	30
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 3 oz	151	0	6	22
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Ciabatta Roll, ½ roll, 2.5 oz	125	27	1	4
Butternut squash, cooked, 1 cup	82	22	0	2
Meal Total	448	63	9	31
DailyTotal	Calories	Carbs	Fat	Protein
	1100	149	22	90

1100 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Splenda packet, per website	4	1	0	0
Oroweat honey wheat berry toast, 1 slice	80	17	2	2
Concord grape jelly, 1 Tbsp	50	12	0	0
Egg, 1 large	72	0	5	6
Laughing cow light swiss, 1 wedge	35	1	2	2
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	248	32	9	10
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	355	40	10	29
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Almonds, sliced, 2 Tbsp	40	2	4	2
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	500	72	6	43
DailyTotal	Calories	Carbs	Fat	Protein
	1103	144	25	82

1100 Calorie Meal Plan #4

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	72	0	5	6
Meal Total	74	0	5	6
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Grilled Mahi mahi fish taco, Baja Fresh, 1 taco	230	26	9	12
Goldfish baked cheddar crackers, 30 crackers	150	21	5	5
Meal Total	380	47	14	17
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	145	16	6	9
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, 4 oz	100	12	2	20
Lite Cesar Salad kit, Dole, 1 ½ cups	90	8	6	2
Greek yogurt, blackberry, fruit at bottom, 1 Oikos container	130	20	0	12
Meal Total	320	40	8	34
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
DailyTotal	Calories	Carbs	Fat	Protein
	1099	128	38	86

1100 Calorie Meal Plan #5

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Cinnamon raisin bread, Ezekiel, 1 slice	80	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	133	18	6	3
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Laughing cow light, 1 wedge	35	0	1	2
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Meal Total	255	23	9	18
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Mcdonald's fruit and yogurt parfait with granola, 5.2 oz	150	30	2	4
Snack Total	150	30	2	4
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Cucumbers, peeled and chopped, 1 cup	16	3	0	1
Tomato, chopped, ¾ cup	24	5	0	2
Onion, chopped, ½ cup	32	7	0	1
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Balsamic vinegar, 2 Tbsp	20	6	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Meal Total	559	41	29	38
DailyTotal	Calories	Carbs	Fat	Protein
	1097	112	46	63

1100 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Avocado, 1.2 oz	56	3	5	1
Meal Total	126	4	10	7

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
Ground Beef, Organic grass fed, 2 oz	104	0	8	10
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	244	23	9	16

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 2 stocks, 2 oz	10	3	0	1
Snack Total	61	4	5	2

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	484	68	8	38

Notes: Place first 5 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 5 slices	100	2	2	18
String cheese stick	80	0	6	7
Snack Total	180	2	8	25

DailyTotal	Calories	Carbs	Fat	Protein
	1095	101	40	88

1100 Calorie Meal Plan #7

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	162	32	2	4
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, butterball, sliced, 3 oz	75	9	2	15
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	265	29	5	19
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Carrots, raw, 3 oz	30	8	0	0
Snack Total	30	8	0	0
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chipole – Chicken fajita burrito bowl, 1 bowl	620	65	20	53
Meal Total	620	65	20	53
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Honey maid graham cracker square, Nabisco, 1 square	33	6	1	1
Snack Total	33	6	1	1
DailyTotal	Calories	Carbs	Fat	Protein
	1110	140	28	77

1100 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil ½ Tbsp	62	0	7	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 1 tsp	15	4	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	310	53	9	7

Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Frozen grapes, 1 ½ cups	93	24	0	1
Canadian Bacon, 4 slices	80	1	2	15
Snack Total	173	25	2	16

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6

Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
Meal Total	150	16	6	6

Notes: Sauté vegetables in butter, top with Chervil.

DailyTotal	Calories	Carbs	Fat	Protein
	1101	125	35	61

1100 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and Half 1 tbsp	20	1	2	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Blueberries, fresh, 1 cup	84	21	0	1
Meal Total	191	32	6	26

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25

Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11

Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.

Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
Carrots, raw, 4 oz	44	12	0	0
Meal Total	281	32	4	30

Notes: Place ingredients in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Snack Total	138	18	1	13

Notes: Place ingredients in a blender with 1 cup of ice water and blend.

DailyTotal	Calories	Carbs	Fat	Protein
	1105	120	29	92

1100 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Creamer, Coffeemate sugar free french vanilla, 1 tbsp	15	2	1	0
Meal Total	17	2	1	0

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 5 oz	50	12	0	1
Potato, chopped and previously roasted, 1/2 cup	55	13	0	2
Onion, chopped and previously roasted, 1/2 cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Chicken breast, 4 oz, skinless and boneless, previously cooked	130	0	5	23
Meal Total	293	37	6	29

NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 small	90	23	0	1
Snack Total	225	41	5	16

Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, 1/4 cup	8	2	0	1
Gala Apple, 1 medium	65	16	0	2
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Meal Total	200	39	0	13

Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Butter, 1/2 Tbsp	51	0	6	0
Snack Total	221	19	10	6

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Frozen blueberries, partially thawed, 1 cup	79	19	1	1
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	144	24	1	10

Daily Total	Calories	Carbs	Fat	Protein
	1100	162	23	76

1200 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and Half 1 tbsp	20	1	2	0
Sweetleaf English Toffee Stevia	0	0	0	0
Egg, 1 large	92	0	7	6
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	174	2	10	17

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Sprouted corn tortilla -Food for Life, 1 tortilla	60	12	1	2
Gala Apple, 1 medium	65	16	0	2
Meal Total	271	34	7	22

Notes: Ingredients make a taco, with an apple for dessert.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, ½ cup	65	5	0	12
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	12

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 3 stalks	15	3	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Avocado, 2 oz	100	6	9	0
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	596	66	17	48

Notes: Stir fry first 4 ingredients and add your own spices, top with following 4 ingredients.

Make a grilled cheese with the last two ingredients.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Snack Total	105	27	0	1

DailyTotal	Calories	Carbs	Fat	Protein
	1210	134	34	100

1200 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Maple oat scone, ½ scone	250	34	11	4
Meal Total	252	34	11	4
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Roasted Chicken Breast, 2 oz	90	0	2	20
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	306	35	8	29
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 3 oz	151	0	6	22
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Ciabatta Roll, ½ roll, 2.5 oz	125	27	1	4
Butternut squash, cooked, 1 cup	82	22	0	2
Meal Total	448	63	9	31
DailyTotal	Calories	Carbs	Fat	Protein
	1201	169	31	75

1200 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Splenda packet, per website	4	1	0	0
Oroweat honey wheat berry toast, 1 slice	80	17	2	2
Concord grape jelly, 1 Tbsp	50	12	0	0
Egg, 1 large	72	0	5	6
Laughing cow light swiss, 1 wedge	35	1	2	2
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	248	32	9	10
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Chobani low fat Greek yogurt, honey and ginger, 3.5 oz	100	13	2	8
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	455	53	12	37
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Almonds, sliced, 2 Tbsp	40	2	4	2
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	500	72	6	43
DailyTotal	Calories	Carbs	Fat	Protein
	1203	157	27	90

1200 Calorie Meal Plan #4

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	72	0	5	6
Papaya Mango Salsa, Trader Joes, 2 Tbsp	15	3	0	0
Wholly Guacamole, classic snack pack, 1 pack	100	5	9	1
Meal Total	189	8	14	7
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Grilled Mahi mahi fish taco, Baja Fresh, 1 taco	230	26	9	12
Goldfish baked cheddar crackers, 30 crackers	150	21	5	5
Meal Total	380	47	14	17
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	145	16	6	9
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, 4 oz	100	12	2	20
Lite Cesar Salad kit, Dole, 1 ½ cups	90	8	6	2
Greek yogurt, blackberry, fruit at bottom, 1 Oikos container	130	20	0	12
Meal Total	320	40	8	34
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
DailyTotal	Calories	Carbs	Fat	Protein
	1214	136	47	87

1200 Calorie Meal Plan #5

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Cinnamon raisin bread, Ezekiel, 1 slice	80	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	133	18	6	3
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Laughing cow light, 1 wedge	35	0	1	2
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Meal Total	255	23	9	18
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Mcdonald's fruit and yogurt parfait with granola, 5.2 oz	150	30	2	4
Snack Total	150	30	2	4
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Cucumbers, peeled and chopped, 1 cup	16	3	0	1
Tomato, chopped, ¾ cup	24	5	0	2
Onion, chopped, ½ cup	32	7	0	1
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Balsamic vinegar, 1 Tbsp	10	3	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Butter, 1 Tbsp	110	0	12	0
Meal Total	659	38	41	36
DailyTotal	Calories	Carbs	Fat	Protein
	1197	109	58	61

1200 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Hummus, homemade, 3 Tbsp	108	7	9	2
Avocado, 1.2 oz	56	3	5	1
Meal Total	234	11	19	9
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
Ground Beef, Organic grass fed, 2 oz	104	0	8	10
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	244	23	9	16
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 2 stocks, 2 oz	10	3	0	1
Snack Total	61	4	5	2
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	484	68	8	38
<i>Notes: Place first 5 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 5 slices	100	2	2	18
String cheese stick	80	0	6	7
Snack Total	180	2	8	25
DailyTotal	Calories	Carbs	Fat	Protein
	1203	108	49	90

1200 Calorie Meal Plan #7

Meal 1 Ingredients				
	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	162	32	2	4
Meal 2 Ingredients				
	Calories	Carbs	Fat	Protein
Deli chicken breast, butterball, sliced, 3 oz	75	9	2	15
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	265	29	5	19
Snack 1 Ingredients				
	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Carrots, raw, 5 oz	50	12	0	1
Snack Total	65	5	0	12
Meal 3 Ingredients				
	Calories	Carbs	Fat	Protein
Chipole – Chicken fajita burrito bowl, 1 bowl	620	65	20	53
Meal Total	620	65	20	53
Snack 2 Ingredients				
	Calories	Carbs	Fat	Protein
Honey maid graham cracker square, Nabisco, 1 square	33	6	1	1
Snack Total	33	6	1	1
Daily Total				
	Calories	Carbs	Fat	Protein
	1210	144	34	85

1200 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil ½ Tbsp	62	0	7	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 1 tsp	15	4	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	310	53	9	7

Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Frozen grapes, 1 ½ cups	93	24	0	1
Canadian Bacon, 4 slices	80	1	2	15
Snack Total	173	25	2	16

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6

Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
Meal Total	150	16	6	6

Notes: Saute vegetables in butter, top with Chervil.

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Unsweetened cocoa powder, 2 tsp	7	6	1	2
Non dairy powdered creamer, 2 tsp	25	5	0	0
Liquid stevia, vanilla crème, 5-8 drops	0	0	0	0
Snack Total	100	12	2	14

Notes: Heat 6 oz of water and blend ingredients for Hot Cocoa Protein shake

DailyTotal	Calories	Carbs	Fat	Protein
	1201	137	37	75

1200 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and Half 1 tbsp	20	1	2	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Blueberries, fresh, 1 cup	84	21	0	1
Meal Total	191	32	6	26

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25

Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11

Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.

Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Jell-O snack cup, sugar free, any flavor, 1 cup (89g)	10	0	0	1
Whipped cream from a can, 8 Tbsp	80	0	8	0
Snack Total	90	0	8	1

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
Carrots, raw, 5 oz	55	15	0	0
Meal Total	292	35	4	30

Notes: Place ingredients in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Snack Total	138	18	1	13

Notes: Place ingredients in a blender with 1 cup of ice water and blend.

Daily Total	Calories	Carbs	Fat	Protein
	1206	128	39	106

1200 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Creamer, Coffeemate sugar free french vanilla, 1 tbsp	15	2	1	0
Meal Total	17	2	1	0
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 5 oz	50	12	0	1
Potato, chopped and previously roasted, 1/2 cup	55	13	0	2
Onion, chopped and previously roasted, 1/2 cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Chicken breast, 4 oz, skinless and boneless, previously cooked	130	0	5	23
Meal Total	293	37	6	29
<i>NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.</i>				
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 small	90	23	0	1
Snack Total	225	41	5	16
<i>Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.</i>				
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, 1/4 cup	8	2	0	1
Gala Apple, 1 medium	65	16	0	2
Canadian Bacon, 5 slices, chopped	100	2	2	15
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Meal Total	300	41	2	28
<i>Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Butter, 1/2 Tbsp	51	0	6	0
Snack Total	221	19	10	6
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Frozen blueberries, partially thawed, 1 cup	79	19	1	1
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	144	24	1	10
DailyTotal	Calories	Carbs	Fat	Protein
	1200	164	25	89

1300 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Egg, 1 large	92	0	7	6
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	154	1	8	17

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Cheddar cheese, shredded, 1 ounce	110	0	9	6
Sprouted corn tortilla -Food for Life, 1 tortilla	60	12	1	2
Gala Apple, 1 medium	65	16	0	2
Meal Total	381	34	16	27

Notes: Ingredients make a taco, with an apple for dessert.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, ½ cup	65	5	0	12
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	12

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 3 stalks	15	3	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Avocado, 2 oz	100	6	9	0
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	596	66	17	48

Notes: Stir fry first 4 ingredients and add your own spices, top with following 4 ingredients.

Make a grilled cheese with the last two ingredients.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Snack Total	105	27	0	1

Daily Total	Calories	Carbs	Fat	Protein
	1301	133	41	105

1300 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Maple oat scone, ½ scone	250	34	11	4
Meal Total	252	34	11	4
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Atlantic Salmon, baked, 3 oz	180	0	2	5
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	411	33	9	12
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 3 oz	151	0	6	22
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Sliced sourdough bread, 1 slice	120	24	0	4
Butternut squash, cooked, 1 cup	82	22	0	2
Meal Total	448	63	8	31
DailyTotal	Calories	Carbs	Fat	Protein
	1306	167	31	58

1300 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Splenda packet, per website	4	1	0	0
Orowheat honey wheat berry toast, 1 slice	80	17	2	2
Concord grape jelly, 1 Tbsp	50	12	0	0
Egg, 1 large	72	0	5	6
Laughing cow light swiss, 1 wedge	35	1	2	2
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	248	32	9	10
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Sourdough bread, 1 slice	100	26	1	4
Chobani low fat Greek yogurt, honey and ginger, 3.5 oz	100	13	2	8
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	555	79	13	41
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Almonds, sliced, 2 Tbsp	40	2	4	2
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	500	72	6	43
DailyTotal	Calories	Carbs	Fat	Protein
	1303	183	28	94

1300 Calorie Meal Plan #4

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Mini Moo half and half, 1 creamer	10	0	1	0
Egg, 1 large	72	0	5	6
Papaya Mango Salsa, Trader Joes, 4 Tbsp	30	6	0	0
Wholly Guacamole, classic snack pack, 1 pack	100	5	9	1
Banana, 1 medium (118g)	110	30	0	1
Meal Total	324	41	15	8
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Grilled Mahi mahi fish taco, Baja Fresh, 1 taco	230	26	9	12
Goldfish baked cheddar crackers, 20 crackers	100	14	4	3
Meal Total	330	40	13	15
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	145	16	6	9
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, 4 oz	100	12	2	20
Lite Cesar Salad kit, Dole, 1 ½ cups	90	8	6	2
Greek yogurt, blackberry, fruit at bottom, 1 Oikos container	130	20	0	12
Meal Total	320	40	8	34
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
DailyTotal	Calories	Carbs	Fat	Protein
	1299	162	47	86

1300 Calorie Meal Plan #5

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Cinnamon raisin bread, Ezekiel, 1 slice	80	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	133	18	6	3
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Laughing cow light, 1 wedge	35	0	1	2
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Yogurt, Yoplait Greek 2X protein key lime	100	10	0	13
Meal Total	355	33	9	31
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Mcdonald's fruit and yogurt parfait with granola, 5.2 oz	150	30	2	4
Snack Total	150	30	2	4
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Cucumbers, peeled and chopped, 1 cup	16	3	0	1
Tomato, chopped, ¾ cup	24	5	0	2
Onion, chopped, ½ cup	32	7	0	1
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Balsamic vinegar, 1 Tbsp	10	3	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Butter, 1 Tbsp	110	0	12	0
Meal Total	659	38	41	36
DailyTotal	Calories	Carbs	Fat	Protein
	1297	119	58	74

1300 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Hummus, homemade, 3 Tbsp	108	7	9	2
Avocado, 1 oz	47	2	4	1
Meal Total	225	10	18	9
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
Ground Beef, Organic grass fed, 2 oz	104	0	8	10
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	244	23	9	16
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 2 stocks, 2 oz	10	3	0	1
Snack Total	61	4	5	2
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	547	68	15	38
<i>Notes: Place first 6 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 5 slices	100	2	2	18
String cheese stick	80	0	6	7
Avocado, 1 oz	47	2	4	1
Snack Total	180	2	8	25
DailyTotal	Calories	Carbs	Fat	Protein
	1304	109	59	91

1300 Calorie Meal Plan #7

1300 Calorie Meal Plan #7				
Meal 1 Ingredients				
Coffee brewed from grounds	2	0	0	0
Coffee creamer, hazelnut, International Delight 1 Tbsp	35	6	2	0
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	197	38	4	4
Meal 2 Ingredients				
Deli chicken breast, butterball, sliced, 3 oz	75	9	2	15
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	265	29	5	19
Snack 1 Ingredients				
String cheese stick	80	0	6	7
Carrots, raw, 5 oz	60	14	0	1
Snack Total	140	14	6	8
Meal 3 Ingredients				
Chipole – Chicken fajita burrito bowl, 1 bowl	620	65	20	53
Meal Total	620	65	20	53
Snack 2 Ingredients				
Snickers FUN SIZE chocolate candy bar, 1 bar	80	11	4	2
Snack Total	80	11	4	2
DailyTotal	1302	157	39	86

1300 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and Half 1 tbsp	20	1	2	0
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil ½ Tbsp	62	0	7	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 1 tsp	15	4	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	330	54	11	7
<i>Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling</i>				
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Frozen grapes, 1 ½ cups	93	24	0	1
Canadian Bacon, 4 slices	80	1	2	15
Snack Total	173	25	2	16
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6
<i>Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
String cheese stick	80	0	6	7
Meal Total	230	16	12	13
<i>Notes: Saute vegetables in butter, top with Chervil.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Unsweetened cocoa powder, 2 tsp	7	6	1	2
Non dairy powdered creamer, 2 tsp	25	5	0	0
Liquid stevia, vanilla crème, 5-8 drops	0	0	0	0
Snack Total	100	12	2	14
<i>Notes: Heat 6 oz of water and blend ingredients for Hot Cocoa Protein shake</i>				
DailyTotal	1301	138	45	82

1300 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Blueberries, fresh, 1 cup	84	21	0	1
Meal Total	171	31	4	29

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25

Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11

Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.

Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Jell-O snack cup, sugar free, any flavor, 1 cup (89g)	10	0	0	1
Whipped cream from a can, 8 Tbsp	80	0	8	0
Snack Total	90	0	8	1

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
Carrots, raw, 4 oz	44	12	0	0
Meal Total	292	35	4	30

Notes: Place ingredients in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Coconut oil, Extra virgin, 1 Tbsp	130	0	14	0
Snack Total	268	18	15	13

Notes: Place ingredients in a blender with 1 cup of ice water and blend.

Daily Total	Calories	Carbs	Fat	Protein
	1305	127	47	109

1300 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Meal Total	2	0	0	0
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 6 oz	60	14	0	1
Potato, chopped and previously roasted, 1/2 cup	55	13	0	2
Onion, chopped and previously roasted, 1/2 cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Chicken breast, 4 oz, skinless and boneless, previously cooked	130	0	5	23
Meal Total	303	39	6	29
<i>NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.</i>				
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 small	90	23	0	1
Snack Total	225	41	5	16
<i>Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.</i>				
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, 1/4 cup	8	2	0	1
Gala Apple, 1 medium	65	16	0	2
Canadian Bacon, 4 slices, chopped	80	1	2	15
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Meal Total	405	40	16	25
<i>Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Butter, 1/2 Tbsp	51	0	6	0
Snack Total	221	19	10	6
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Frozen blueberries, partially thawed, 1 cup	79	19	1	1
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	144	24	1	10
Daily Total	Calories	Carbs	Fat	Protein
	1300	163	38	86

1400 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Egg, 1 large	92	0	7	6
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	154	1	8	17

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Cheddar cheese, shredded, 1 ounce	110	0	9	6
Sprouted corn tortilla -Food for Life, 1 tortilla	60	12	1	2
Gala Apple, 1 medium	65	16	0	2
Sugar free chocolate pudding cup, Hunts	70	14	3	0
Meal Total	451	48	19	28

Notes: Ingredients make a taco, with an apple and pudding for dessert.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, 3/4 cup	98	7	0	17
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	98	7	0	17

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 3 stalks	15	3	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Avocado, 2 oz	100	6	9	0
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	596	66	17	48

Notes: Stir fry first 4 ingredients and add your own spices, top with following 4 ingredients.

Make a grilled cheese with the last two ingredients.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Snack Total	105	27	0	1

DailyTotal	Calories	Carbs	Fat	Protein
	1404	149	44	111

1400 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Maple oat scone, ½ scone	250	34	11	4
Meal Total	252	34	11	4
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Extra virgin olive oil, ½ Tbsp	63	0	7	0
Atlantic Salmon, baked, 3 oz	180	0	2	5
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	474	33	16	14
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 3 oz	151	0	6	22
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Shredded Parmesan cheese, 2 Tbsp	25	0	2	2
Sugar snap peas, ½ cup	26	4	0	1
Sliced sourdough bread, 1 slice	120	24	0	4
Butternut squash, cooked, 1 cup	82	22	0	2
Meal Total	469	64	10	34
DailyTotal	Calories	Carbs	Fat	Protein
	1415	168	40	63

1400 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
land O Lakes Mini Moo, 1 creamer	10	0	1	0
Splenda packet, per website	4	1	0	0
Orowheat honey wheat berry toast, 1 slice	80	17	2	2
Concord grape jelly, 1 Tbsp	50	12	0	0
Egg, 1 large	72	0	5	6
Laughing cow light swiss, 1 wedge	35	1	2	2
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	258	32	10	10
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Sourdough bread, 1 slice	100	26	1	4
Butter, 1 Tbsp	102	0	12	0
Chobani low fat Greek yogurt, honey and ginger, 3.5 oz	100	13	2	8
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	657	79	25	41
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Almonds, sliced, 2 Tbsp	40	2	4	2
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	500	72	6	43
DailyTotal	Calories	Carbs	Fat	Protein
	1415	183	41	94

1400 Calorie Meal Plan #4

1400 Calorie Meal Plan #4				
Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Mini Moo half and half, 1 creamer	10	0	1	0
Egg, 1 large	72	0	5	6
Papaya Mango Salsa, Trader Joes, 4 Tbsp	30	6	0	0
Wholly Guacamole, classic snack pack, 1 pack	100	5	9	1
Banana, 1 medium (118g)	110	30	0	1
Meal Total	324	41	15	8
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Grilled Mahi mahi fish taco, Baja Fresh, 1 taco	230	26	9	12
Goldfish baked cheddar crackers, 26 crackers	130	18	5	4
Meal Total	360	44	14	16
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Premiere protein shake, chocolate, 11 oz	160	5	3	30
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	225	21	3	32
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, 4 oz	100	12	2	20
Lite Cesar Salad kit, Dole, 1 ½ cups	90	8	6	2
Greek yogurt, blackberry, fruit at bottom, 1 Oikos container	130	20	0	12
Meal Total	320	40	8	34
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
DailyTotal	Calories	Carbs	Fat	Protein
	1409	141	45	110

1400 Calorie Meal Plan #5

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Cinnamon raisin bread, Ezekiel, 1 slice	80	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	133	18	6	3
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Laughing cow light, 1 wedge	35	0	1	2
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Yogurt, Yoplait Greek 2X protein key lime	100	10	0	13
Meal Total	355	33	9	31
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Carrots, raw, 3 oz	30	7	0	1
Snack Total	30	7	0	1
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Cucumbers, peeled and chopped, 1 cup	16	3	0	1
Tomato, chopped, ¾ cup	24	5	0	2
Onion, chopped, ½ cup	32	7	0	1
Olive oil, extra virgin, ½ Tbsp	630	0	7	0
Balsamic vinegar, 1 Tbsp	10	3	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	668	47	28	58
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Coconut Macaroon Cookies, Trader Joe's, 4 cookies	213	24	13	3
Snack Total	213	24	13	3
DailyTotal	Calories	Carbs	Fat	Protein
	1399	129	56	96

1400 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Hummus, homemade, 3 Tbsp	108	7	9	2
Avocado, 1 oz	47	2	4	1
Meal Total	225	10	18	9

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
Ground Beef, Organic grass fed, 2 oz	104	0	8	10
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	244	23	9	16

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 2 stocks, 2 oz	10	3	0	1
Snack Total	61	4	5	2

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	547	68	15	38

Notes: Place first 6 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 3 slices	100	2	2	18
String cheese stick	80	0	6	7
Avocado, 1 oz	47	2	4	1
Honey whole wheat sliced bread, Great Harvest, 1 slice	100	23	1	3
Snack Total	327	27	13	29

DailyTotal	Calories	Carbs	Fat	Protein
	1404	132	60	94

1400 Calorie Meal Plan #7

1400 Calorie Meal Plan #7				
Meal 1 Ingredients				
Coffee brewed from grounds	Calories	Carbs	Fat	Protein
	2	0	0	0
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	162	32	2	4
Meal 2 Ingredients				
Deli chicken breast, butterball, sliced, 3 oz	Calories	Carbs	Fat	Protein
	75	9	2	15
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	265	29	5	19
Snack 1 Ingredients				
String cheese stick	Calories	Carbs	Fat	Protein
	80	0	6	7
Carrots, raw, 5 oz	60	14	0	1
Snack Total	140	14	6	8
Meal 3 Ingredients				
Chipole – Chicken fajita burrito bowl, 1 bowl	Calories	Carbs	Fat	Protein
	620	65	20	53
Meal Total	620	65	20	53
Snack 2 Ingredients				
Country potato bread, Oroweat, 1 slice	Calories	Carbs	Fat	Protein
	100	20	1	3
Cheddar cheese, 1 ounce	110	0	9	7
Snack Total	210	20	10	10
<i>NOTES: Ingredients make a toasted cheese sandwich.</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1397	160	43	94

1400 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil ½ Tbsp	62	0	7	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 1 tsp	15	4	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	310	53	9	7

Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Frozen grapes, 1 ½ cups	93	24	0	1
Canadian Bacon, 4 slices	80	1	2	15
Snack Total	173	25	2	16

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6

Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
String cheese stick	80	0	6	7
Meal Total	230	16	12	13

Notes: Saute vegetables in butter, top with Chervil.

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Unsweetened cocoa powder, 2 tsp	7	6	1	2
Non dairy powdered creamer, 2 tsp	25	5	0	0
Liquid stevia, vanilla crème, 5-8 drops	0	0	0	0
Coconut oil, unrefined, 1 Tbsp	120	0	14	0
Snack Total	220	12	16	14

Notes: Heat 6 oz of water and blend ingredients for Hot Cocoa Protein shake

DailyTotal	Calories	Carbs	Fat	Protein
	1401	137	57	82

1400 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Blueberries, fresh, 1 cup	84	21	0	1
Meal Total	171	26	4	29
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25
<i>Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.</i>				
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11
<i>Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.</i>				
<i>Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Jell-O snack cup, sugar free, any flavor, 1 cup (89g)	10	0	0	1
Whipped cream from a can, 8 Tbsp	80	0	8	0
Lorna Doone Shortbread cookies, 100 calorie pack	100	16	3	1
Snack Total	190	16	11	2
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
Carrots, raw, 4 oz	44	12	0	0
Meal Total	292	35	4	30
<i>Notes: Place ingredients in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Coconut oil, Extra virgin, 1 Tbsp	130	0	14	0
Snack Total	268	18	15	13
<i>Notes: Place ingredients in a blender with 1 cup of ice water and blend.</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1405	135	52	94

1400 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Half and half, 2 Tbsp	39	1	3	1
Meal Total	41	1	3	1
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 6 oz	60	14	0	1
Potato, chopped and previously roasted, 1 cup	110	26	0	3
Onion, chopped and previously roasted, ½ cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Chicken breast, 4 oz, skinless and boneless, previously cooked	130	0	5	23
Meal Total	358	52	6	30
<i>NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.</i>				
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 small	90	23	0	1
Snack Total	225	41	5	16
<i>Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.</i>				
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, 1/2 cup	16	4	0	1
Gala Apple, 1 medium	65	16	0	2
Canadian Bacon, 4 slices, chopped	80	1	2	15
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Meal Total	413	42	16	25
<i>Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Butter, ½ Tbsp	51	0	6	0
Snack Total	221	19	10	6
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Frozen blueberries, partially thawed, 1 cup	79	19	1	1
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	144	24	25	10
DailyTotal	Calories	Carbs	Fat	Protein
	1402	179	41	88

1500 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Egg, 1 large	92	0	7	6
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	154	1	8	17

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Cheddar cheese, shredded, 1 ounce	110	0	9	6
Sprouted corn tortilla -Food for Life, 2 tortillas	120	23	2	3
Gala Apple, 1 medium	65	16	0	2
Sugar free chocolate pudding cup, Hunts	70	14	3	0
Meal Total	510	59	20	29

Notes: Ingredients make a taco, with an apple for dessert.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, ½ cup	65	5	0	12
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	12

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 4 stalks	20	4	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Avocado, 2 oz	100	6	9	0
Extra virgin olive oil, ½ Tbsp	63	0	7	0
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	664	67	24	48

Notes: Stir fry first 4 ingredients and add your own spices, top with following 5 ingredients. Make a grilled cheese with the last two ingredients.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Snack Total	105	27	0	1

DailyTotal	Calories	Carbs	Fat	Protein
	1498	159	52	107

1500 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	70	2	5	6
Canadian Bacon, 3 slices	60	1	1	11
Maple oat scone, ½ scone	250	34	11	4
Meal Total	382	37	17	21
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Extra virgin olive oil, ½ Tbsp	63	0	7	0
Atlantic Salmon, baked, 3 oz	180	0	2	5
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	474	33	16	14
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 3 oz	151	0	6	22
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Sugar snap peas, ½ cup	26	4	0	1
Sliced sourdough bread, 1 slice	120	24	0	4
Butternut squash, cooked, 1 cup	82	22	0	2
Meal Total	469	64	8	32
DailyTotal	Calories	Carbs	Fat	Protein
	1520	171	44	78

1500 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
land O Lakes Mini Moo, 1 creamer	10	0	1	0
Splenda packet, per website	4	1	0	0
Orowheat honey wheat berry toast, 1 slice	80	17	2	2
Concord grape jelly, 1 Tbsp	50	12	0	0
Egg, 1 large	72	0	5	6
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	223	31	8	8
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Sourdough bread, 1 slice	100	26	1	4
Butter, 1 Tbsp	102	0	12	0
Chobani low fat Greek yogurt, honey and ginger, 3.5 oz	100	13	2	8
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	657	79	25	41
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Almonds, sliced, 2 Tbsp	40	2	4	2
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	625	72	20	43
DailyTotal	Calories	Carbs	Fat	Protein
	1505	182	53	92

1500 Calorie Meal Plan #4

Meal 1 Ingredients				
	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Mini Moo half and half, 1 creamer	10	0	1	0
Egg, 1 large	72	0	5	6
Wholly Guacamole, classic snack pack, 1 pack	100	5	9	1
Banana, 1 medium (118g)	110	30	0	1
Meal Total	294	35	15	8
Meal 2 Ingredients				
	Calories	Carbs	Fat	Protein
Grilled Mahi mahi fish taco, Baja Fresh, 1 taco	230	26	9	12
Starbucks outrageous oatmeal cookie	360	52	15	6
Meal Total	590	78	24	18
Snack 1 Ingredients				
	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	145	16	6	9
Meal 3 Ingredients				
	Calories	Carbs	Fat	Protein
Deli chicken breast, 4 oz	100	12	2	20
Lite Cesar Salad kit, Dole, 1 ½ cups	90	8	6	2
Yogurt, strawberry Yoplait Greek 100 fat free, 5.3 oz	100	14	0	10
Meal Total	290	34	8	32
Snack 2 Ingredients				
	Calories	Carbs	Fat	Protein
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
Daily Total				
	Calories	Carbs	Fat	Protein
	1499	188	58	87

1500 Calorie Meal Plan #5

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Cinnamon raisin bread, Ezekiel, 1 slice	80	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	133	18	6	3

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Laughing cow light, 1 wedge	35	0	1	2
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Yogurt, Yoplait Greek 2X protein key lime	100	10	0	13
Meal Total	355	33	9	31

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	65	16	0	2

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Cucumbers, peeled and chopped, 1 cup	16	3	0	1
Tomato, chopped, ¾ cup	24	5	0	2
Onion, chopped, ½ cup	32	7	0	1
Olive oil, extra virgin, ½ Tbsp	630	0	7	0
Balsamic vinegar, 1 Tbsp	10	3	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	668	47	28	58

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Extra virgin coconut oil, 1 Tbsp	125	1	14	0
Gourmet popping corn, Orville Redenbacher's, 4 Tbsp	160	39	2	5
Snack Total	285	40	16	5

DailyTotal	Calories	Carbs	Fat	Protein
	1399	129	56	96

1500 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Hummus, homemade, 3 Tbsp	108	7	9	2
Avocado, 1.2 oz	56	3	5	1
Meal Total	234	11	19	9

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
Ground Beef, Organic grass fed, 2 oz	104	0	8	10
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	244	23	9	16

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 2 stocks, 2 oz	10	3	0	1
Snack Total	61	4	5	2

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	547	68	15	38

Notes: Place first 6 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 5 slices	100	2	2	18
String cheese stick	80	0	6	7
Avocado, 1.2 oz	56	3	5	1
Snack Total	236	5	13	26

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Ice cream bar, Snickers, 1 bar	180	18	11	3
Snack Total	180	18	11	3

Daily Total	Calories	Carbs	Fat	Protein
	1502	129	72	94

1500 Calorie Meal Plan #7

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and half, Land O Lakes, 2 Tbsp	40	1	3	1
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	202	33	5	5
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, butterball, sliced, 3 oz	75	9	2	15
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	265	29	5	19
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Carrots, raw, 4 oz	40	9	0	1
Snack Total	120	9	6	8
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chipole – Chicken fajita burrito bowl, 1 bowl	620	65	20	53
Meal Total	620	65	20	53
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Country potato bread, Oroweat, 1 slice	100	20	1	3
String cheese stick	80	0	6	7
Olive oil, extra virgin, Trader Joe's Organic premium ,1 Tbsp	120	0	14	0
Snack Total	300	20	21	10
<i>NOTES: Ingredients make a toasted cheese sandwich.</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1507	156	57	95

1500 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
half and half, 1 Tbsp	20	1	2	0
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil ½ Tbsp	62	0	7	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 1 tsp	15	4	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	330	54	11	7
<i>Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling</i>				
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Frozen grapes, 1 ½ cups	93	24	0	1
Canadian Bacon, 4 slices	80	1	2	15
Snack Total	173	25	2	16
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6
<i>Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
String cheese stick	80	0	6	7
Ezekiel 7 sprouted grain bread, 1 slice	80	15	1	4
Meal Total	310	31	13	17
<i>Notes: Saute vegetables in butter, top with Chervil.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Unsweetened cocoa powder, 2 tsp	7	6	1	2
Non dairy powdered creamer, 2 tsp	25	5	0	0
Liquid stevia, vanilla crème, 5-8 drops	0	0	0	0
Coconut oil, unrefined, 1 Tbsp	120	0	14	0
Snack Total	220	12	16	14
<i>Notes: Heat 6 oz of water and blend ingredients for Hot Cocoa Protein shake</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1501	153	60	86

1500 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Blueberries, fresh, 1 cup	84	21	0	1
Meal Total	171	26	2	13
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25
<i>Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.</i>				
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11
<i>Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.</i>				
<i>Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Almonds, 1 oz	164	6	14	6
Snack Total	244	6	20	13
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
M & M Cookie from bakery, 1 cookie	150	23	6	2
Meal Total	387	43	10	32
<i>Notes: Place ingredients (except cookie!) in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Coconut oil, Extra virgin, ½ Tbsp	65	0	7	0
Snack Total	203	18	8	1
Daily Total	1500	136	60	107

1500 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Half and half, 2 Tbsp	39	1	3	1
Meal Total	41	1	3	1

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 6 oz	60	14	0	1
Potato, chopped and previously roasted, 1 cup	110	26	0	3
Onion, chopped and previously roasted, ½ cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Chicken breast, 4 oz, skinless and boneless, previously cooked	130	0	5	23
Meal Total	358	52	6	30

NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 small	90	23	0	1
Snack Total	225	41	5	16

Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, 1/2 cup	16	4	0	1
Gala Apple, 1 medium	65	16	0	2
Canadian Bacon, 4 slices, chopped	80	1	2	15
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Coconut Macaroon cookies, Trader Joe's, 2 cookies	107	12	7	1
Meal Total	520	54	23	26

Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.

With the cookies for dessert.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Butter, ½ Tbsp	51	0	6	0
Snack Total	221	19	10	6

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Frozen blueberries, partially thawed, 1 cup	79	19	1	1
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	144	24	25	10

Daily Total	Calories	Carbs	Fat	Protein
	1509	191	48	89

1600 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and half, 1 Tbsp	20	1	2	0
Sweetleaf English Toffee Stevia	0	0	0	0
Egg, 1 large	92	0	7	6
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	174	2	10	17

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Cheddar cheese, shredded, 1 ounce	110	0	9	6
Sprouted corn tortilla -Food for Life, 2 tortillas	120	23	2	3
Gala Apple, 1 medium	65	16	0	2
Sugar free chocolate pudding cup, Hunts	70	14	3	0
Meal Total	510	59	20	29

Notes: Ingredients make a taco, with an apple for dessert.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, ½ cup	65	5	0	12
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	12

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 4 stalks	20	4	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Avocado, 2 oz	100	6	9	0
Extra virgin olive oil, ½ Tbsp	63	0	7	0
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	664	67	24	48

Notes: Stir fry first 4 ingredients and add your own spices, top with following 5 ingredients.

Make a grilled cheese with the last two ingredients.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Oatmeal raisin cookie, small	85	10	3	2
Snack Total	190	37	3	2

DailyTotal	Calories	Carbs	Fat	Protein
	1603	170	57	108

1600 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	70	2	5	6
Canadian Bacon, 3 slices	60	1	1	11
Maple oat scone, ½ scone	250	34	11	4
Meal Total	382	37	17	21
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Extra virgin olive oil, ½ Tbsp	63	0	7	0
Atlantic Salmon, baked, 3 oz	180	0	2	5
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	474	33	16	14
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 3 oz	151	0	6	22
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Sugar snap peas, ½ cup	26	4	0	1
Sliced sourdough bread, 1 slice	120	24	0	4
Butternut squash, cooked, 1 cup	82	22	0	2
Mini almond biscotti, 2 pieces	90	12	1	1
Meal Total	559	76	9	33
DailyTotal	Calories	Carbs	Fat	Protein
	1610	183	45	79

1600 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
land O Lakes Mini Moo, 2 creamer	20	1	2	0
Splenda packet, per website	4	1	0	0
Orowheat honey wheat berry toast, 1 slice	80	17	2	2
Concord grape jelly, 1 Tbsp	50	12	0	0
Egg, 1 large	72	0	5	6
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	233	32	9	8
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Sourdough bread, 1 slice	100	26	1	4
Chobani low fat Greek yogurt, honey and ginger, 3.5 oz	100	13	2	8
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	555	79	13	41
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Chocolate cake, Costco, 2.5 oz	230	32	15	3
Snack Total	230	32	15	3
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Almonds, sliced, 2 Tbsp	40	2	4	2
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	583	72	15	43
DailyTotal	Calories	Carbs	Fat	Protein
	1601	215	52	95

1600 Calorie Meal Plan #4

1600 Calorie Meal Plan #4				
Meal 1 Ingredients				
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	72	0	5	6
Nature's own double fiber wheat bread, 2 slices	100	26	1	6
Mini Moo, half and half, 1 creamer	10	0	1	0
Meal Total	184	26	7	12
Snack 1 Ingredients				
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
Meal 2 Ingredients				
Wild Alaskan smoked salmon, 5 oz	175	5	4	33
Starbucks outrageous oatmeal cookie	360	52	15	6
Meal Total	535	57	19	39
Snack 2 Ingredients				
String cheese stick	80	0	6	7
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	145	16	6	9
Meal 3 Ingredients				
Chicken strips, Kirkland signature, grilled chicken breast, 3 oz	111	0	0	21
Lettuce, green leaf, 2 cups	11	4	0	1
Tomato, cherry, ½ cup	18	4	0	1
Cucumbers, peeled and chopped, ½ cup	8	1	0	0
Green onion, 2 stalk	10	2	0	1
Mushrooms, raw, ¼ cup	5	1	0	1
Almonds, sliced, 1 oz	170	5	15	6
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Parmesan cheese, 2 Tbsp	42	0	3	4
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Avocado, 2.5 oz	118	6	11	2
Meal Total	527	19	34	35
<i>Notes: Ingredients make a salad</i>				
DailyTotal	1600	145	73	117

1600 Calorie Meal Plan #5

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Cinnamon raisin bread, Ezekiel, 1 slice	80	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	133	18	6	3
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Laughing cow light, 1 wedge	35	0	1	2
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Yogurt, Yoplait Greek 2X protein key lime	100	10	0	13
Meal Total	355	33	9	31
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Apple, Gala, 1 medium apple	65	16	0	2
Cheddar cheese, shredded, 1 ounce	110	0	9	7
Snack Total	175	16	9	9
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Tomato, chopped, ¾ cup	24	5	0	2
Onion, chopped, ½ cup	32	7	0	1
Olive oil, extra virgin, ½ Tbsp	630	0	7	0
Balsamic vinegar, 1 Tbsp	10	3	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	652	44	28	57
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Extra virgin coconut oil, 1 Tbsp	125	1	14	0
Gourmet popping corn, Orville Redenbacher's, 4 Tbsp	160	39	2	5
Snack Total	285	40	16	5
DailyTotal	Calories	Carbs	Fat	Protein
	1600	151	68	105

1600 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Hummus, homemade, 3 Tbsp	108	7	9	2
Avocado, 1 oz	47	2	4	1
Meal Total	225	10	18	9

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
Ground Beef, Organic grass fed, 2 oz	104	0	8	10
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	244	23	9	16

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 2 stocks, 2 oz	10	3	0	1
Snack Total	61	4	5	2

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	547	68	15	38

Notes: Place first 6 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 5 slices	100	2	2	18
String cheese stick	80	0	6	7
Avocado, 1 oz	47	2	4	1
Snack Total	227	4	12	26

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Ben & Jerry's Ice cream, red velvet cake, 101 g	300	36	16	5
Snack Total	300	36	16	5

Daily Total	Calories	Carbs	Fat	Protein
	1604	145	75	96

1600 Calorie Meal Plan #7

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and half, Land O Lakes, 1 Tbsp	20	1	2	1
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	182	33	4	5
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, butterball, sliced, 3 oz	75	9	2	15
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	265	29	5	19
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Carrots, raw, 4 oz	40	9	0	1
Snack Total	120	9	6	8
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chipole – Chicken fajita burrito bowl, 1 bowl	620	65	20	53
Meal Total	620	65	20	53
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Country potato bread, Oroweat, 1 slice	100	20	1	3
String cheese stick	80	0	6	7
Olive oil, extra virgin, Trader Joe's Organic premium ,1 Tbsp	120	0	14	0
Snack Total	300	20	21	10
<i>NOTES: Ingredients make a toasted cheese sandwich.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Mini Chocolate Chip cookie, Panera Bread, 1 cookie	110	13	6	1
Snack Total	110	13	6	1
DailyTotal	Calories	Carbs	Fat	Protein
	1597	169	62	96

1600 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
half and half, 1 Tbsp	20	1	2	0
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil ½ Tbsp	62	0	7	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 1 tsp	15	4	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	330	54	11	7

Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Frozen grapes, 1 ½ cups	93	24	0	1
Canadian Bacon, 4 slices	80	1	2	15
Snack Total	173	25	2	16

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6

Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26

The meal plan continues on the next page...

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
String cheese stick	80	0	6	7
Ezekiel 7 sprouted grain bread, 1 slice	80	15	1	4
Meal Total	310	31	13	17
<i>Notes: Saute vegetables in butter, top with Chervil.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Unsweetened cocoa powder, 2 tsp	7	6	1	2
Non dairy powdered creamer, 2 tsp	25	5	0	0
Liquid stevia, vanilla crème, 5-8 drops	0	0	0	0
Coconut oil, unrefined, 1 Tbsp	120	0	14	0
Larabar, Cashew mini cookie, 1 bar	100	10	6	3
Snack Total	320	22	22	17
<i>Notes: Heat 6 oz of water and blend ingredients (except Larabar) for Hot Cocoa Protein shake</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1601	163	66	89



1600 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Blueberries, fresh, 1 cup	84	21	0	1
Meal Total	171	26	2	13
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25
<i>Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.</i>				
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11
<i>Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.</i>				
<i>Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Country potato bread, Oroweat, 1 slice	100	20	1	3
Almonds, 1 oz	164	6	14	6
Snack Total	344	26	21	16
<i>NOTES: Cheese and bread can make a toasted cheese sandwich.</i>				
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
M & M Cookie from bakery, 1 cookie	150	23	6	2
Meal Total	387	43	10	32
<i>Notes: Place ingredients (except cookie!) in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Coconut oil, Extra virgin, ½ Tbsp	65	0	7	0
Snack Total	203	18	8	13
<i>Notes: Place ingredients in a blender with 1 cup of ice water and blend.</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1600	156	61	110

1600 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Half and half, 2 Tbsp	39	1	3	1
Orange Cranberry Scone	274	0	13	5
Meal Total	315	1	16	6

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 6 oz	60	14	0	1
Potato, chopped and previously roasted, 1 cup	110	26	0	3
Onion, chopped and previously roasted, ½ cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Chicken breast, 4 oz, skinless and boneless, previously cooked	130	0	5	23
Meal Total	358	52	6	30

NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 medium (118g)	105	27	0	1
Snack Total	240	45	5	16

Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, ¼ cup	8	2	0	1
Gala Apple, 1 medium	65	16	0	2
Canadian Bacon, 4 slices, chopped	80	1	2	15
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Slivered almonds, 2 Tbsp (15g)	90	2	7	3
Coconut Macaroon cookies, Trader Joe's, 2 cookies	107	12	7	1
Meal Total	370	42	9	28

Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.

With the cookies for dessert.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Snack Total	170	19	4	6

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Frozen blueberries, partially thawed, 1 cup	79	19	1	1
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	144	24	25	10

Daily Total	Calories	Carbs	Fat	Protein
	1597	183	41	96

1700 Calorie Meal Plan #1

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and half, 2 Tbsp	39	1	3	1
Sweetleaf English Toffee Stevia	0	0	0	0
Egg, 1 large	92	0	7	6
Canadian Bacon, 3 slices	60	1	1	11
Meal Total	174	2	10	17

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Turkey 93/7, 3 oz	120	0	6	17
Red tomato, chopped, ¼ cup	8	2	0	0
Green leaf lettuce, chopped, ¼ cup	1	0	0	0
Salsa, ¼ cup	17	4	0	1
Cheddar cheese, shredded, 1 ounce	110	0	9	6
Sprouted corn tortilla -Food for Life, 2 tortillas	120	23	2	3
Gala Apple, 1 medium	65	16	0	2
Sugar free chocolate pudding cup, Hunts	70	14	3	0
Meal Total	510	59	20	29

Notes: Ingredients make a taco, with an apple for dessert.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Nonfat Greek Strained Yogurt, ½ cup	65	5	0	12
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	65	5	0	12

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	120	0	1	25
Green onion, 4 stalks	20	4	0	1
Yellow squash and Zucchini, 1 cup	40	4	0	1
Kale, chopped, 2 cups	73	7	1	2
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Red tomato, chopped, ½ cup	16	4	0	1
Avocado, 2 oz	100	6	9	0
Extra virgin olive oil, ½ Tbsp	63	0	7	0
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Sliced sourdough bread, 1 slice cut in half	120	24	0	4
String cheese stick	80	0	6	7
Meal Total	664	67	24	48

Notes: Stir fry first 4 ingredients and add your own spices, top with following 5 ingredients.

Make a grilled cheese with the last two ingredients.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Medium banana	105	27	0	1
Oatmeal raisin cookie, 2 small	170	20	6	2
Snack Total	275	47	6	3

DailyTotal	Calories	Carbs	Fat	Protein
	1707	180	61	110

1700 Calorie Meal Plan #2

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	70	2	5	6
Canadian Bacon, 3 slices	60	1	1	11
Maple oat scone, ½ scone	250	34	11	4
Meal Total	382	37	17	21
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Mixed field greens, 2 cups	40	4	0	2
Sweet bell pepper, red, yellow, green, 30g	10	5	0	1
Gala Apple, 1 medium	65	16	0	1
Balsamic vinegar, 1 Tbsp	10	3	0	0
Extra virgin olive oil, ½ Tbsp	63	0	7	0
Atlantic Salmon, baked, 3 oz	180	0	2	5
Slivered almonds, 2 Tbsp	90	2	7	3
Meal Total	474	33	16	14
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Banana, 1 medium (118g)	105	27	0	1
PB2 peanut powder, 4 Tbsp (24g)	90	10	3	10
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	195	37	3	11
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Ground Beef, 95% lean / 5% fat, 4 oz	201	0	8	30
Marinara sauce, Bertolli, ½ cup	90	14	2	3
Parmesan cheese, 2 Tbsp	42	0	3	4
Sugar snap peas, ½ cup	26	4	0	1
Sliced sourdough bread, 1 slice	120	24	0	4
Butternut squash, cooked, 1 cup	82	22	0	2
Mini almond biscotti, 2 pieces	90	12	1	1
Meal Total	651	76	14	45
Daily Total	Calories	Carbs	Fat	Protein
	1702	183	50	91

1700 Calorie Meal Plan #3

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
land O Lakes Mini Moo, 1 creamer	10	0	1	0
Splenda packet, per website	4	1	0	0
Orowheat honey wheat berry toast, 1 slice	80	17	2	2
Concord grape jelly, 1 Tbsp	50	12	0	0
Egg, 1 large	72	0	5	6
Emergenc supplement, 1 packet	5	1	0	0
Meal Total	223	31	8	8
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Hummas, Sabra classic, 2 Tbsp	70	4	6	2
Carrots, raw, 4 oz	40	9	0	1
Snack Total	110	13	6	3
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Chicken Thigh, boneless, skinless, 6 oz	130	0	9	22
Sweet potato, baked, 1 cup	114	27	0	2
Mustard greens, cooked, 1 cup	21	3	0	3
Sourdough bread, 1 slice	100	26	1	4
Chobani low fat Greek yogurt, honey and ginger, 3.5 oz	100	13	2	8
Peach, fresh, 3.5 oz	90	10	1	2
Meal Total	555	79	13	41
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Chocolate cake, Costco, 2.5 oz	230	32	15	3
Snack Total	230	32	15	3
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Swai white fish fillet, 4 oz	100	0	2	21
Olive oil, extra virgin, 1 Tbsp	125	0	14	0
Zucchini, fresh steamed, 2 cups	40	8	0	3
Jasmine long grain rice, cooked, ¼ cup	180	42	0	3
Almonds, sliced, 2 Tbsp	40	2	4	2
Chobani non fat strawberry Greek yogurt, 6 oz	140	20	0	14
Meal Total	583	72	15	43
DailyTotal	Calories	Carbs	Fat	Protein
	1701	227	57	98

1700 Calorie Meal Plan #4

1700 Calorie Meal Plan #4				
Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Egg, 1 large	72	0	5	6
Nature's own double fiber wheat bread, 2 slices	100	26	1	6
Banana, 1 medium (118g)	110	30	0	1
Meal Total	284	56	6	13
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Quest bar, chocolate peanut butter, 1 bar	180	25	5	20
Snack Total	180	25	5	20
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Wild Alaskan smoked salmon, 6 oz	210	6	5	39
Starbucks outrageous oatmeal cookie	360	52	15	6
Meal Total	570	58	20	45
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Apple, Gala, 1 medium apple	65	16	0	2
Snack Total	145	16	6	9
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken strips, Kirkland signature, grilled chicken breast, 3 oz	111	0	0	21
Lettuce, green leaf, 2 cups	11	4	0	1
Tomato, cherry, ½ cup	18	4	0	1
Cucumbers, peeled and chopped, ½ cup	8	1	0	0
Green onion, 1 stalk	5	1	0	0
Mushrooms, raw, ¼ cup	5	1	0	1
Almonds, sliced, 1 oz	170	5	15	6
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Parmesan cheese, 2 Tbsp	42	0	3	4
Apple Cider Vinegar, 2 Tbsp	0	0	0	0
Avocado, 2 oz	94	5	9	1
Meal Total	527	19	34	35
<i>Notes: Ingredients make a salad</i>				
DailyTotal	Calories	Carbs	Fat	Protein
	1706	174	71	122

1700 Calorie Meal Plan #5

1700 Calorie Meal Plan #5				
Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Orange scone, Panera bread, ½ scone	270	41	10	5
Meal Total	272	41	10	5
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Dole Light Caesar salad kit, 1 ½ cups	90	8	6	2
Sprouted grain bread, Ezekiel, 1 slice	80	15	1	4
Tuna, Starkist chunk light, 2 oz	50	0	1	10
Yogurt, Yoplait Greek 2X protein key lime	100	10	0	13
Meal Total	320	33	8	29
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Apple, Gala, 1 medium apple	65	16	0	2
Cheddar cheese, shredded, 1 ounce	110	0	9	7
Snack Total	175	16	9	9
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Pork, loin roasted, 3 oz	211	0	12	23
lettuce, green leaf	11	2	0	1
Tomato, chopped, ¾ cup	24	5	0	2
Onion, chopped, ½ cup	32	7	0	1
Olive oil, extra virgin, ½ Tbsp	60	0	7	0
Balsamic vinegar, 1 Tbsp	10	3	0	1
Parmesan cheese, shredded, 2 Tbsp	42	0	3	4
Potato, baked 3 oz	78	18	0	3
Butter, ½ Tbsp	51	0	6	0
Meal Total	652	44	28	57
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Extra virgin coconut oil, 1 Tbsp	125	1	14	0
Gourmet popping corn, Orville Redenbacher's, 4 Tbsp	160	39	2	5
Snack Total	285	40	16	5
DailyTotal	Calories	Carbs	Fat	Protein
	1704	174	71	105

1700 Calorie Meal Plan #6

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Black tea, Numi, Emperor's Puerh	0	0	0	0
Stevia, liquid, English toffee flavor 5-8 drops	0	0	0	0
Egg, Nature's Promise, fresh brown egg	70	1	5	6
Hummus, homemade, 3 Tbsp	108	7	9	2
Avocado, 1 oz	47	2	4	1
Meal Total	225	10	18	9

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Refried beans, homemade, not fried, mashed, ¼ cup	70	9	0	4
Ground Beef, Organic grass fed, 2 oz	104	0	8	10
lettuce, green leaf, ½ cup	2	0	0	0
Jalapeno pepper hot sauce	0	0	0	0
Tomato, red, chopped, ¼ cup	8	2	0	0
Corn tortilla, sprouted, Food for life, 1 tortilla	60	12	1	2
Meal Total	244	23	9	16

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Macadamia nuts, raw, 7g	51	1	5	1
Celery, 2 stocks, 2 oz	10	3	0	1
Snack Total	61	4	5	2

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	2	25
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Yellow squash, steamed, 2 cups	36	8	0	3
Zucchini, fresh steamed, 2 cups	40	8	0	3
Leeks, 1 leek	38	9	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	5	0
Sourdough bread, Truckee Sourdough company, 1 slice	120	24	0	4
Raw butter, Organic Pastures, ½ tsp	45	1	5	0
Raw honey, ½ tsp	11	4	0	0
Ground cinnamon, ½ Tbsp sprinkled	9	3	0	0
Meal Total	547	68	15	38

Notes: Place first 6 ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice. Last 4 ingredients make cinnamon toast.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Canadian Bacon, 5 slices	100	2	2	18
String cheese stick	80	0	6	7
Avocado, 1 oz	47	2	4	1
Country potato bread, Oroweat, 1 slice	100	20	1	3
Snack Total	327	24	13	29

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Ben & Jerry's Ice cream, red velvet cake, 101 g (.6 cup)	300	36	16	5
Snack Total	300	36	16	5

DailyTotal	Calories	Carbs	Fat	Protein
	1704	165	76	99

1700 Calorie Meal Plan #7

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and half, Land O Lakes, 1 Tbsp	20	1	2	1
Quaker instant oatmeal, maple & brown sugar, 1 packet	160	32	2	4
Meal Total	182	33	4	5

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Deli chicken breast, butterball, sliced, 3 oz	75	9	2	15
Sushi, California roll, Costco deli, 4 sushi rolls	190	20	3	4
Meal Total	265	29	5	19

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Carrots, raw, 4 oz	40	9	0	1
Fage Non fat Greek yogurt, blueberries and honey, 4 oz	105	10	0	12
Snack Total	225	19	6	20

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chipole – Chicken fajita burrito bowl, 1 bowl	620	65	20	53
Meal Total	620	65	20	53

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Country potato bread, Oroweat, 1 slice	100	20	1	3
String cheese stick	80	0	6	7
Olive oil, extra virgin, Trader Joe's Organic premium ,1 Tbsp	120	0	14	0
Snack Total	300	20	21	10

NOTES: Ingredients make a toasted cheese sandwich.

Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Mini Chocolate Chip cookie, Panera Bread, 1 cookie	110	13	6	1
Snack Total	110	13	6	1

DailyTotal	Calories	Carbs	Fat	Protein
	1702	179	62	108

1700 Calorie Meal Plan #8

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Half and half, 2 Tbsp	39	1	3	1
Artisan whole grain bread, Costco, 1 slice (2 oz)	160	32	2	5
Red palm oil 1 Tbsp	130	0	14	0
1 medium apple, cored and sliced	65	16	0	2
Brown sugar, 1 tsp	15	4	0	0
Ground cinnamon, ½ tsp sprinkled	3	1	0	0
Meal Total	414	54	19	8

Notes: Oil bread and toast under broiler, top with last 3 ingredients and broil until sizzling

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Frozen grapes, 1 ½ cups	93	24	0	1
Canadian Bacon, 4 slices	80	1	2	15
Snack Total	173	25	2	16

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Sweet fruity wine, 2 oz	48	1	0	0
Whole grain Dijon mustard, 1 tsp	5	0	1	0
Fresh Garlic clove	4	1	0	0
Fresh chopped tomato, 2 cups	54	12	0	2
Spring onions or scallions, raw, 1 large	8	2	0	0
Stevia, powdered, 1 packet	0	0	0	0
Pine nuts, raw, 1 oz	170	4	13	6
Meal Total	289	20	14	6

Notes: Whisk wine, mustard, garlic, and stevia with basil, oregano, salt and pepper. Drizzle over tomatoes, onion, and nuts.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Cottage cheese, 2% low fat, ½ cup	90	4	3	14
Fresh pineapple, ¼ cup	21	6	0	0
Prograde protein powder, 1 scoop	68	1	1	12
Snack Total	179	11	4	26

The meal plan continues on the next page...

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Mushrooms, raw, chopped, 2 cups	31	5	0	4
Green cabbage, shredded, 2 cups	33	4	0	1
Sweet Onions, raw, ¼ onion chopped	26	6	0	1
Cultured butter, ½ Tbsp	55	0	6	0
Chervil, dried, 1 Tbsp	5	1	0	0
String cheese stick	80	0	6	7
Ezekiel 7 sprouted grain bread, 1 slice	80	15	1	4
Snickerdoodle cookie, Mrs. Fields, 1 cookie	120	28	8	2
Meal Total	430	59	21	19
Notes: Saute vegetables in butter, top with Chervil.				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Unsweetened cocoa powder, 2 tsp	7	6	1	2
Non dairy powdered creamer, 2 tsp	25	5	0	0
Liquid stevia, vanilla crème, 5-8 drops	0	0	0	0
Coconut oil, unrefined, 1 Tbsp	120	0	14	0
Snack Total	220	12	16	14
Notes: Heat 6 oz of water and blend ingredients for Hot Cocoa Protein shake				
DailyTotal	Calories	Carbs	Fat	Protein
	1705	181	76	89



Knowing you can budget in a cookie treat whenever you want is tremendous freedom.

1700 Calorie Meal Plan #9

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Yogurt, Fage, 2% low fat, plain, ½ cup	85	5	2	12
Blueberries, fresh, 1 cup	84	21	0	1
Meal Total	171	26	2	13
Snack 1 Ingredients	Calories	Carbs	Fat	Protein
Yogurt, Chobani, fat free, plain, ½ cup	70	5	0	12
Shrimp, cocktail, cooked and peeled, 2 oz	47	0	1	12
Lemon zest, ½ Tbsp	2	1	0	0
Chili sauce, 1 tsp	5	1	0	0
Worcestershire sauce, ½ tsp	3	1	0	0
Zucchini, raw, sliced, 1 cup	18	4	0	1
Snack Total	145	12	1	25
<i>Notes: Mix first 5 ingredients to us as a dip for the zucchini pieces.</i>				
Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Flour tortilla, Guerrero, small (32g), 1 tortilla	100	15	3	2
Olive oil, extra virgin, ½ Tbsp	63	0	7	0
Garlic clove, fresh, crushed, 1 clove	4	1	0	0
Feta cheese, crumbled, ¼ cup (28g)	70	1	6	5
Artichoke hearts, marinated, quartered, 2 oz	50	4	3	0
Onion, purple, 1 slice	6	1	0	0
Lettuce, Fresh Express, European mix, 4 cups	24	3	0	2
Baby spinach leaves, 2 cups (42g)	20	3	0	2
Fresh squeezed lemon juice, 1 fl oz (30g)	8	3	0	0
White wine vinegar, 1 Tbsp	5	0	0	0
Meal Total	350	31	19	11
<i>Notes: First 6 ingredients make a light Greek pizza, add spices pepper, salt, fresh basil, oregano, and sage as desired.</i>				
<i>Notes: Last 4 ingredients make a simple salad, mix liquid with ½ cup water, stevia, salt, and favorite salad dressing spices.</i>				
Snack 2 Ingredients	Calories	Carbs	Fat	Protein
String cheese stick	80	0	6	7
Country potato bread, Oroweat, 1 slice	100	20	1	3
Almonds, 1 oz	164	6	14	6
Snack Total	344	26	21	16
<i>NOTES: Cheese and bread can make a toasted cheese sandwich.</i>				
Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Chicken breast, 4 oz, skinless and boneless	130	0	3	26
Onions, raw, chopped, ¼ cup	17	4	0	0
Red potato, chopped, 4 oz	101	23	0	3
Quinoa, dry uncooked, 1/8 cup (46g)	90	16	1	4
M & M Cookie from bakery, 1 cookie	150	23	6	2
Meal Total	488	66	10	35
<i>Notes: Place ingredients (except cookie!) in a slow cooker with chili paste, garlic, turmeric, or spices of your choice.</i>				
Snack 3 Ingredients	Calories	Carbs	Fat	Protein
Prograde protein powder, 1 scoop	68	1	1	12
Frozen berries, any mix	70	17	0	1
Coconut oil, Extra virgin, ½ Tbsp	65	0	7	0
Snack Total	203	18	8	13
<i>Notes: Place ingredients in a blender with 1 cup of ice water and blend.</i>				
DailyTotal	1700	179	61	113

1700 Calorie Meal Plan #10

Meal 1 Ingredients	Calories	Carbs	Fat	Protein
Coffee brewed from grounds	2	0	0	0
Sweetleaf English Toffee Stevia	0	0	0	0
Half and half, 2 Tbsp	39	1	3	1
Orange Cranberry Scone	274	0	13	5
Meal Total	315	1	16	6

Meal 2 Ingredients	Calories	Carbs	Fat	Protein
Carrots, chopped and previously roasted, 6 oz	60	14	0	1
Potato, chopped and previously roasted, 1 cup	110	26	0	3
Onion, chopped and previously roasted, ½ cup	34	8	0	1
Better Than Bouillon chicken base broth, 1 tsp	15	2	1	1
Salsa, 2 Tbsp	9	2	0	1
Tri Tip Steak, previously cooked, 5 oz	238	0	16	34
Meal Total	466	52	17	41

NOTE: Place ingredients in 1 cup of water and simmer on stove top with garlic and spices of your choice.

Snack 1 Ingredients	Calories	Carbs	Fat	Protein
PB2 peanut powder, 6 Tbsp (36g)	135	15	5	15
Truvia, Calorie free sweetener, 1 packet	0	3	0	0
Banana, 1 medium (118g)	105	27	0	1
Snack Total	240	45	5	16

Note: Mix water and optional dash of salt with Truvia and PB2 into a thick paste, eat with banana.

Meal 3 Ingredients	Calories	Carbs	Fat	Protein
Spring lettuce mix, Fresh Express, 4 cups	40	4	0	4
Cucumbers, peeled and chopped, 2 cups	32	6	0	2
Tomato, cocktail, chopped, 1 cup	35	7	0	1
Green onion, ¼ cup	8	2	0	1
Gala Apple, 1 medium	65	16	0	2
Canadian Bacon, 4 slices, chopped	80	1	2	15
Golden balsamic vinegar, 2 Tbsp	20	4	0	0
Slivered almonds, 2 Tbsp (15g)	90	2	7	3
Coconut Macaroon cookies, Trader Joe's, 2 cookies	107	12	7	1
Meal Total	370	42	9	28

Note: Ingredients make salad. Mix vinegar with water, garlic, and spices of your choice.

With the cookies for dessert.

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Asiago Cheese bread, 1 slice	170	19	4	6
Snack Total	170	19	4	6

Snack 2 Ingredients	Calories	Carbs	Fat	Protein
Greek yogurt, Fage, fat free plain, 4 oz	65	5	0	9
Frozen blueberries, partially thawed, 1 cup	79	19	1	1
Sweetleaf Vanilla Creme Stevia	0	0	0	0
Snack Total	144	24	25	10

DailyTotal	Calories	Carbs	Fat	Protein
	1705	183	52	107

SUPPLEMENTS

Weight Loss

The process of losing weight requires as much help as you can get and supplements can definitely help the process along. There are hundreds of supplements on the market and it can be overwhelming when attempting to choose one for your weight loss program.

The first thing you need to understand is most supplements are designed by men, for men. Even the ones you see marketed toward women are usually designed by men. I know this because I used to develop weight loss supplements and I worked on many products for women.

The best one I've seen for women so far isn't even marketed specifically for women!

As discussed earlier, a major difference between the way men and women lose weight is rooted in leptin and how your leptin levels fluctuate compared to a man's. Women will have higher highs and lower lows in leptin, which can indicate a general leptin resistance. The highs and lows can end up causing cravings, binges, and crashes. So, anything that can help normalize and increase leptin sensitivity would be a huge advantage in the weight loss process.

Recent research on a standardized extract of the herb *Irvingia Gabonensis* shows that it can increase leptin sensitivity by up to 52%. In a research paper using this herb subjects lost an average of 28lbs in 10 weeks compared to those who took the placebo; they lost an average of only 3lbs. This is the only herbal extract I know of that can affect leptin like this and that also has clinical research proving it can also help with weight loss.

Another specific ingredient called Oleanic Acid (from Olive Leaf Extract) has also been shown to stimulate leptin signaling and binding to the hypothalamus (specific part of the brain). This enhanced binding effect is extremely important for women as the issue with weight loss isn't a lack of leptin, but a lack of sensitivity to it.

Irvingia Gabonensis and Oleanic Acid both increase leptin sensitivity and can reduce the large drops you will normally experience when attempting to diet. I've only found one supplement to date that actually incorporates both of them in a weight loss formula (along with a few other useful fat loss agents). You can find it at this link: [Weight Loss Supplement I recommend for You](#)

Gut Health

Many people overlook is the healthy functioning of their gastrointestinal system (gut). Different foods cause different reactions and even our gut microflora (bacteria that naturally lives in our gut) changes as we age and also as our body fat levels change. Some foods you used to be able to eat with no problem can become less easy to digest, and other foods you never used to digest well suddenly can be easier to digest.

One thing you can do to normalize this and get things moving smoothly is taking a probiotic designed specifically for long term gut and bowel health.

Learn about probiotics here: [Probiotic Benefits](#)

Insulin Sensitivity

Another major category of supplement that could help with your weight loss goals is an insulin sensitizing agent. When you eat carbs, they are absorbed into your blood as glucose. From there your blood glucose can go one of three places:

1. Your liver as stored glycogen to fuel your organs and brain.
2. Your muscles as stored glycogen for exercise activity and movement.
3. Fat cells stored as fat for future use when you don't have enough food.

You don't want it stored as fat for future use! Rather, you want it used to fuel your organs and brain or stored in your muscles for exercise and other movement. These options are dependent on the cells being sensitive to insulin to clear the glucose out of your blood, keep it out of your fat cells, and put it into muscle cells where it's most useful.

Exercising can increase the sensitivity of your muscles to insulin but so can some herbal extracts. Getting any advantage you can is worth it during the weight loss process and this is one of those things that could really help if you think you're sensitive to carbs.

Learn about Insulin Sensitivity here: [Insulin Sensitivity](#)

Fish Oils

In our discussion of fats I mentioned omega-3 fats and that you can get them into your diet by eating more fish or taking a fish oil supplement. Not everyone likes or eats fish; a fish oil supplement is best for these people. A good fish oil supplement can help reduce inflammation, improve skin quality, help with the fat loss process, and improve your overall health. I've had success with fish oils reducing my triglycerides as well as helping my joints heal between workouts. Fish oil supplements are almost universally useful to people in North America because our diets are very low in fish and fatty fish. We just don't get enough omega-3 fats, plain and simple.

I've worked with a supplement company to develop a fish oil supplement and it's also the same one I take. You can find it here: [Omega Blue](#)

The above list of supplements are worth a serious look if you want to do as much as possible to make your weight loss goal a reality. Keep in mind that these are supplements. That means they *supplement* the process, they cannot *replace* the dieting process itself or the workout process; however, they can certainly enhance and accelerate the progress.

The best way to view your weight loss process is as a three pronged approach.

1. **Diet.** This is the most important part and it's the basis of this entire manual.
2. **Exercise.** You have the Venus Factor 12-Week Workout to complement the diet.
3. **Supplements.** The supplements I've mentioned can enhance the effect of the diet and exercise programs.

Intelligent use of all three factors – plus the Venus community and tools like the podcasts – will produce the fastest weight loss. Leaving any of these three components out will slow the process to less than what it could be.

Now it's time for you to take action and start changing your body today, let's get started!

PART 2 - A NEW WAY TO MEASURE PROGRESS

WEIGHT VS SHAPE

There is an ideal shape for your body.

No matter how tall you are, no matter your current body shape, no matter how politically incorrect that might sound – *there is an ideal shape for your body.*

What's even more fascinating is that this shape is based on solid anthropometrics (which includes body proportions), health, and psychology research and is obtainable by almost every woman.

We call this shape the Venus Index (VI).

Your VI is a unique set of proportions based on your height and three ratios:

1. Height-to-Waist Ratio
2. Waist-to-Hip Ratio
3. Waist-to-Shoulder Ratio

Seem familiar? They're similar to the measurements used when determining the proportions of a classic hourglass shape.

However, what might not be so familiar is how they are intricately connected to your height, or the fact that almost any woman can work toward obtaining these ratios.

The shape and size created by these proportions create your “best” shape and is the target that this workout aims to move you toward.

The “best” shape is not model skinny. The level of extreme thinness that is present in most high-level models only looks good in pictures, television, and under the forgiving lighting of the fashion runway. In everyday real life, this look is simply not attractive – nor is it healthy.

The “best” shape isn’t too big or bulky, either. Sure, it includes an amount of muscle that is considered healthy and fit, but it doesn’t require overly masculine levels of muscle.

Actually, I call this shape the “Goldilocks Phenomenon. It’s based on the natural ranges of fat and muscle typically found on a woman at any given height, and achieving it is “just right.”

Erin – The Venus Mindset



Erin

One thing I love about Venus is John's passion about living a normal life. A normal life I have never had. I was always complaining about my look, fat here, and fat there. I was always not appreciating what I have accomplished.

The normal life that I would like to pursue with Venus lifestyle is:

- 1) Enjoy my accomplishments; People take double look at me when I go out and about, I receive nice compliments and service at businesses, even many women smile at me at gym! Now that's good and I'm enjoying life.
- 2) Enjoy complements from my husband, family, and others (Including Venus community support).
- 3) Just enjoy simply that clothes fit!
- 4) You do not have to do endless insane guilt cardio after you know you ate at least a 2000 calorie dessert.
- 5) I will not tell myself "I am fat" anymore.
- 6) Enjoy some treats now and then and I do not have to feel

bad about it.

7) An added plus is I found many Venus sisters, who have been there, working together, support each other, discuss our struggles, weakness, and encourage each other. I love this! This is a true *community*, and thank you to all!

THINNER ISN'T THE ONLY ANSWER

Although it seems like the driving force behind both the fitness and mainstream media is the idea that constantly losing weight and getting thinner is the answer to all your fitness and weight loss goals, they're not.

If you think about it, it's actually pretty ironic. At some point, "getting in shape" became "getting as skinny as possible," without no real consideration as to what *shape* that becomes.

Having a healthy, good-looking body means considering your body fat range and muscle shape and tone, too. Otherwise, you're just "skinny fat" – even if you fall into the healthy ranges of measurements like Body Mass Index (BMI), it's still not nearly as healthy as it could be.

The idea is to be lean, firm, and toned. Weight loss by itself isn't a strong enough goal; **you need a shape goal**. Recent research has clearly illustrated that one of the best ways to measure a person's risk of chronic disease is by looking at the shape of the person's body. For example, the simple ratio of your height and waist can predict your risk of cardiovascular disease, diabetes, and metabolic syndrome. Not coincidentally, these are some of the measurements that are part of the VI and part of the reason why we think it's an ideal all women should be aiming for.

A good VI is not as far off as you might think. **It doesn't matter where you are starting**, you can always improve your shape to move closer to your ideal Venus Index.

WHAT DETERMINES YOUR SHAPE?



Am I the only person that finds it weird that three of the shapes are named after food and the other is a time measuring device?...just an observation...

Your muscle is what provides the real shape of your body, however if you don't have much muscle you're at the mercy of your genetic fat distribution pattern, i.e. one of the four shapes in the previous graphic.

Regardless of which shape your body most closely resembles, you can always move toward a shapely, lean figure if you work on developing your muscles and reducing your body fat. In fact, a lean female body with well-developed muscles will always end up closer to an hourglass shape than any other.

The goal of the Venus Factor program is to help you develop, shape, and refine your muscles and strip away body fat so that you're not at the mercy of your genetic predetermined fat storage pattern and allow your true shape to show.

Your TRUE Shape Comes from Your Muscles

The Venus Factor workout program is designed to work your muscles in the exact ratios needed in order to create an aesthetically pleasing body. You still reap all the health benefits of weight training, but you move toward a specific goal rather than just building muscle and hoping that it turns out looking okay.

Many people fail to consider that the wrong weight training program that increases the size of your muscles in the wrong proportions can actually make you look worse. The goal of the Venus Factor workout program is to move you toward a defined and measurable body shape goal, using the Golden Proportions as a guide.

Why a Special Work Out Program?

The ideal Venus Index is based on the concept of the Golden Ratio, this is also called the Golden Proportion or the “Divine Proportion.”

The Golden Ratio is an irrational mathematical constant called “PHI.”

It’s represented as this symbol: Φ

It is a ratio of **1:1.618**

So what is the significance of this proportion?

This ratio happens to be at the root of how your body is designed and proportioned, and it’s also what many people find most pleasing to look at.

Would you guess this proportion occurs throughout nature, and it’s a guide for the proportions of the human body?

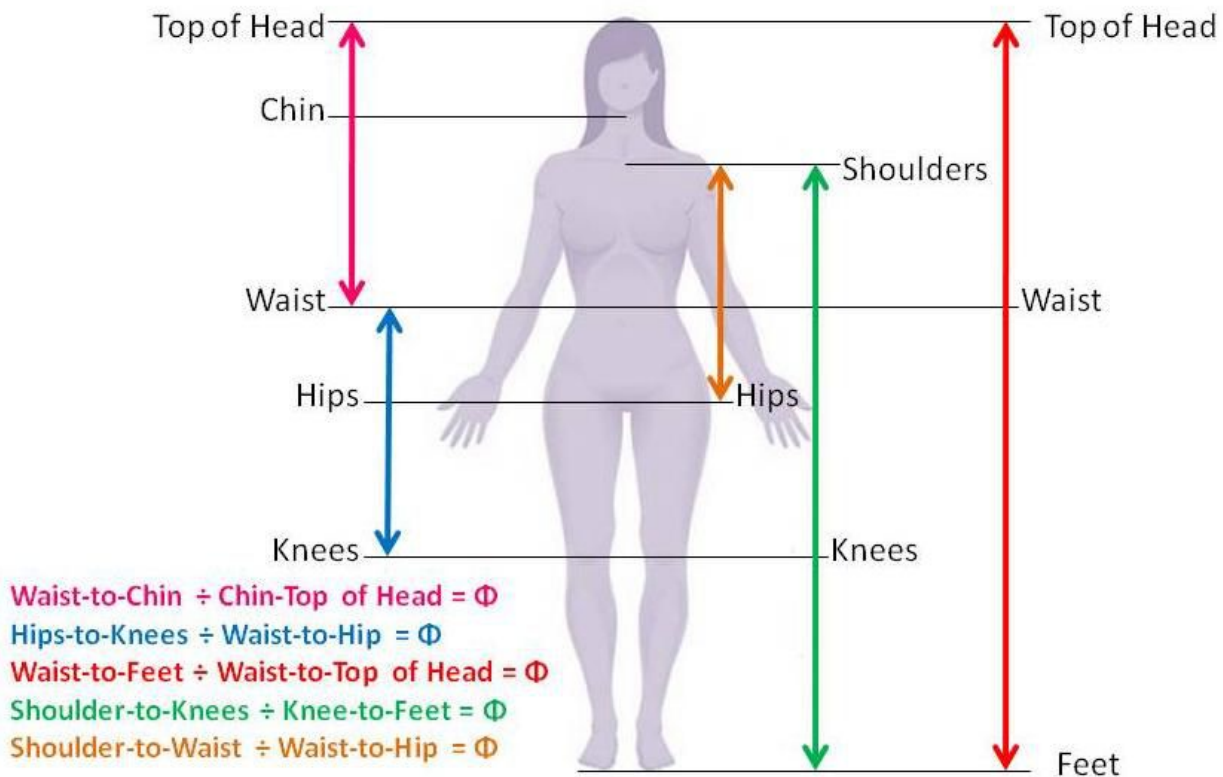
For example, famous sculptors used the Golden Ratio to map out and build statues and sculptures. Artists like Leonardo Da Vinci used it to create some of his greatest works of art. Plastic surgeons use the Golden Ratio to reconstruct and remodel faces on patients who have been in accidents and need reconstructive surgery.

Even magazine artists use the golden ratio as a guide to “touch up” their cover models (part of why being “model skinny” isn’t the answer – artists just move them toward their Venus Index through the

magic of photo editing).

The point is that there are many aspects of your body that are in the golden proportion and as it turns out there is scientific research to support the theory that most people find this ratio very pleasing to look at. The following illustration shows some of the proportions of the ideal body that approximate the Golden Ratio.

Golden Proportions of The Body



These particular ratios are genetically predetermined and most women will fall extremely close to these, if not right on them. Still, these specific ratios are a secondary factor to your body's visual impact – the Venus Index being the primary and most important, and:

It's completely within your control to change.

Barbara Highland – The Venus Mindset



Barbara Highland

After finishing the Venus program the view of my body and self-image has changed. Now I feel strong, I have a defined, toned and healthy body. I always felt sexy (even when I was overweight) but now I feel all my body is firm and toned - something absolutely new for me. I feel my legs firm and strong and now I love to show off my arms. In the past I always tried to avoid tank tops because my arms were flabby skinny. Now tank tops are my favorite piece of clothing and I receive lots of compliments on my arms. I think the key word is POWERFUL. Now I have a powerful body, in all aspects. This is something I never felt before!

I always believed that people who claimed to love the gym were crazy or compulsive liars.

Now I belong to the crazy group of people that can't have a day without hitting the gym.

I think there are two main factors, one is the results of my new body (which I love) and the second is probably an addiction to the hormones my body produces during exercise. They make me feel good!

Other side effect of the program, for good or bad, is that now the guys at the gym stare at my previously nonexistent butt. Usually guys don't stare at 44 year old butts!

My diet during and after Venus program is almost the same as before the program. I usually eat healthy, lots of veggies and no red meat or chicken, just fish and eggs as protein source. But I have to confess I love desserts, especially cheesecake. I love chocolate and I also love Mexican food (the deep fried tortilla unhealthy and greasy type). So my secret is to indulge myself with these foods on the weekends in moderate amounts.

Give yourself the chance to have a new body. For me it was absolutely worth it! Buying the program was the best money invested in my body penny by penny (or peso by peso). I love the new version of me; Barbara Reloaded!

THE VENUS INDEX MEASUREMENTS

We've taken the concept of the Golden Ratio one step further and applied it to three ratios on your body that, together, make up your Venus Index. These three measurements are based around the “inflection points” that attract the human eye to your figure.

The three inflection points are as follows:

1. Shoulder circumference
2. Waist circumference
3. Hip circumference

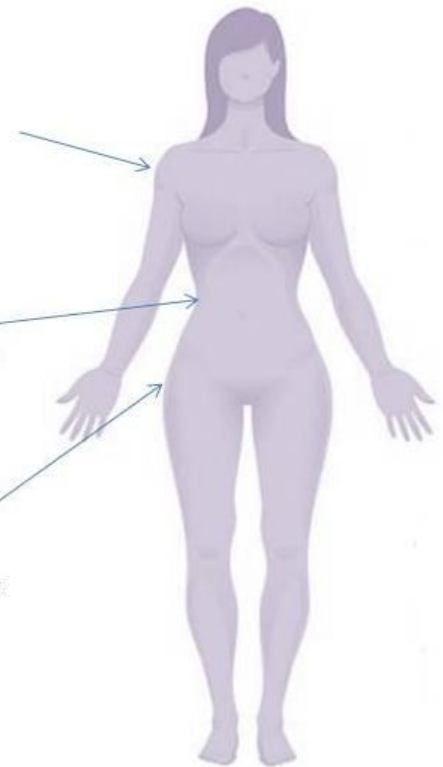
The human eye will track these three points as a curve (think of the classic hourglass shape) which will form the shape and visual image of your body, and you'll notice that these points are circumferences so you can see them from all angles (side, front, or back view). The most critical and starting point for the Venus Index is the ideal waist measurement.

Inflection Points

Inflection Point 1:
Shoulders at widest point.

Inflection Point 2:
Waist at most narrow point just below ribs.

Inflection Point 3:
Hips at widest spot, or at level where butt protrudes the most.



HEIGHT-TO-WAIST RATIO

The ideal waist is identified by the ratio of your height to your waist. This makes sense, as generally, a taller woman is likely to have a larger ideal waist than a shorter woman.

In order to determine your ideal waist we first have to identify the likely upper limit past which health issues become a legitimate concern.

Upper Limit Height-to-Waist Ratio

Research indicates a waist size above 50% of height indicates an increased risk of health issues. So, we can likely safely assume that a waist greater than 50% of height is simply not good for your overall health, but this doesn't mean simply getting a waist below 50% of height is ideal; it's just the cutoff where we can show that your general health status starts to improve as you drop below it.

Some of these researchers and some health organizations suggest the target percentage for improved markers of health is below 46% of height (1). Whatever the specific number ends up being, it's becoming clear in the research that there will soon be recommendations of a standard cut off point for public policy, insurance rates, and as a guide for when medical practitioners advise a patient to lose weight.

At this point we know for the health benefit alone it appears that as your waist drops below 50% of your height your measurements of health become significantly improved, and at least some research indicates it further improves if it drops below 46% of height. This gives us a rough upper limit to work with based on health and the next step is establishing a rough lower limit.

Lower Limit of Height-to-Waist Ratio

In order to gauge a lower limit or extreme on the opposite end we looked into research on the average height-to-waist ratios of various models over the past 50 years. The average waist size for these women

is between 35% and 37% of height (2). This may represent the lower possible end of what looks good and is still healthy but may not be entirely realistic for all women across the population to achieve.

Using this as our cut off on the lower end we end up with an expanded healthy height-to-waist range of 35% to 46%.

Healthy Height-to-Weight Ratio

So far we know:

- **Lower Limit Waist Size = 35% of Height:** Dropping below this number is likely associated with being in an unhealthy low body fat level.
- **Upper Limit Waist Size = 46% of Height:** Going above this number is likely associated with increased risk of certain lifestyle diseases such as CVD and diabetes.

Therefore your “ideal” waist is somewhere between these two limits, and we think the Golden Ratio is what tells us exactly where.

The Golden Proportion and Height-to-Waist Ratio

It’s likely that most women cannot get their waist down to 35% of their height without being genetically smaller in the waist to begin with. It’s also likely that having a waist that is 46% of your height isn’t going to be quite small enough to give you the curves that make up a great looking VI proportion (this doesn’t mean that you’re not in good health with a waist of 46% of height; it just means you’ve still got some room for improvement to get to your best look).

Based on these upper and lower limits of a healthy waist size we propose an ideal size that is closer to the middle of these two numbers.

When we cross-reference the available research on healthy college-aged (average age 21) women in the

late 1800s with data from the proportions used by artists to sculpt female bodies, and with the data on active women with healthy body fat levels we find an average waist size that ends up at approximately 39% of height (3). This number also agrees with the measurements we've made with our own clients who would be considered fit and in shape but not overly skinny and not overly muscular.

Given this information, combined with the prevalence of the divine proportion in the human body, it becomes evident that a realistic target for an ideal waist for most women can be obtained by using the Golden Ratio.

By applying the Golden Ratio to the height-to-waist ratio and then to your shoulder-to-waist ratio we find that your waist and shoulder circumferences are in golden proportion to your height.

In other words, if we take your total height and divide it at the golden section we end up with the following number for your ideal waist: 38.2% of height.

The calculation we used to determine the ideal waist is based on the golden proportion:

$$1 - 1/1.618 = 0.382 \text{ or } 1 - 1/\Phi = 0.382$$

Based on this calculation we determined that the ideal waist proportion is 38.2% of height, which matches closely with the research we've seen that approximates an ideal waist of 39% of height, and the measurements we've taken of our own clients.

A height-to-waist ratio that closes in on this number is clearly within a healthy range and will likely mean you're at a body fat defined as "fitness level" by the American Council on Exercise and other scientific associations. Also, because so many other aspects of the human body are also predicted by this equation, it might not be a coincidence that the ideal waist seems to be dictated by the Golden Proportion.

Note: To be clear, we're not talking about a masculine looking extremely low body fat level, but rather a body fat level that allows your real shape to show through.

In general, as your height-to-waist ratio approaches this number of 38.2% the overall look of your shape will be improving. This doesn't mean you **MUST** hit this number exactly (as any movement toward this number will be an improvement), but instead it's the overall target to shoot for. This also removes the idea that 'lighter' and losing more weight is the only answer to getting in shape. In fact, some women may simply need to work on the proportions of their body to get closer to this number **without losing any weight at all.**

Again, understand this is a ratio based on your height. That means a woman who is five inches taller than you should have a larger waist than you, and a woman that is five inches shorter than you should have a smaller waist than you. (There are always exceptions but this rule will fit for most women.) This is also why you shouldn't compare yourself to anyone else but instead compare yourself to yourself (before and after you start the VI program or any other exercise and/or diet routine).

Now that we've covered the first inflection point, which is the ideal waist, the next inflection point is the hips: Waist-to-Hip Ratio.

WAIST-TO-HIP RATIO

The second inflection point is the hips, and the hip measurement makes up half of the next ratio of the Venus Index: Waist-to-Hip.

The waist-to-hip ratio is a much debated and studied topic and there is yet to be a consensus in the research on an ideal ratio. The number that most research seems to return to is a waist-to-hip ratio of approx 0.7 (4), although some research indicates some men are more attracted to a lower waist-to-hip ratio closer to 0.65 and as far as 0.60, and on the slimmer side of 0.80. Just to get it clear in your mind, the lower the ratio the bigger the difference between hips and waist. In other words, a waist-to-hip ratio of 1 would mean your hips and waist are the same size, if your waist-to-hip ratio was 0.5 it would mean your waist is exactly half the size of your hips (taken as a circumference).

The interesting point here is that ideal waist size had a bigger impact than the waist-to-hip ratio in that the rating of attractiveness of waist-to-hip ratios from 0.65 - 0.75 didn't change much if the waist remained slim (5). In other words, getting to your ideal waist will have a bigger impact than hitting a specific waist-to-hip ratio.

If we use 70% as our basis then the calculation based on ideal waist is as follows:

- Ideal waist x 1.42 = Ideal hips (for a 70% ratio)

Using our calculation for ideal waist you get the following equation for your ideal hip size:

- Your Height x .382 = Your ideal waist size
- Your ideal waist size x 1.42 = Your ideal hip size (at 0.7 waist-to-hip)

For women with a bit more natural hip, the waist-to-hip ratio might converge closer to 0.65. (The calculation for this would be: your ideal waist x 1.53.)

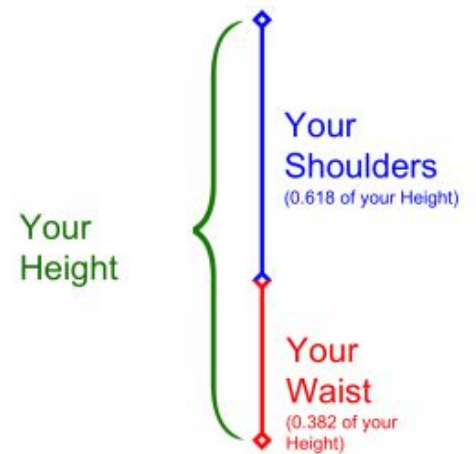
Personal preference likely varies to some degree on this ratio, but not by much. Some people tend to like the look of a slightly slimmer ratio, and others tend to like a slightly larger ratio, but in general we're talking just a few percentage points one way or the other. For this reason we give between 0.7 and 0.65 as the waist-to-hip ratio to shoot for. Obviously as you change shape you can decide what end of this range seems to be most realistic for your body.

In general, moving to a healthy body fat level and having a healthy level of muscle development will move you to the waist-to-hip ratio that is best suited for your body. This is our best estimation of what we think will end up looking best on your body based on all the available research in this field.

The final Venus Index measurement is shoulder circumference and it makes up the third ratio in the Venus Index: Shoulder-to-Waist Ratio.

SHOULDER-TO-WAIST RATIO

The shoulder circumference is the third inflection point that can dramatically affect the look of your body. This doesn't mean that you need to build up large shoulders, but shapely defined shoulders can provide the illusion of a smaller waist that will further enhance the hourglass look, and this is where the golden ratio applies again to your body.

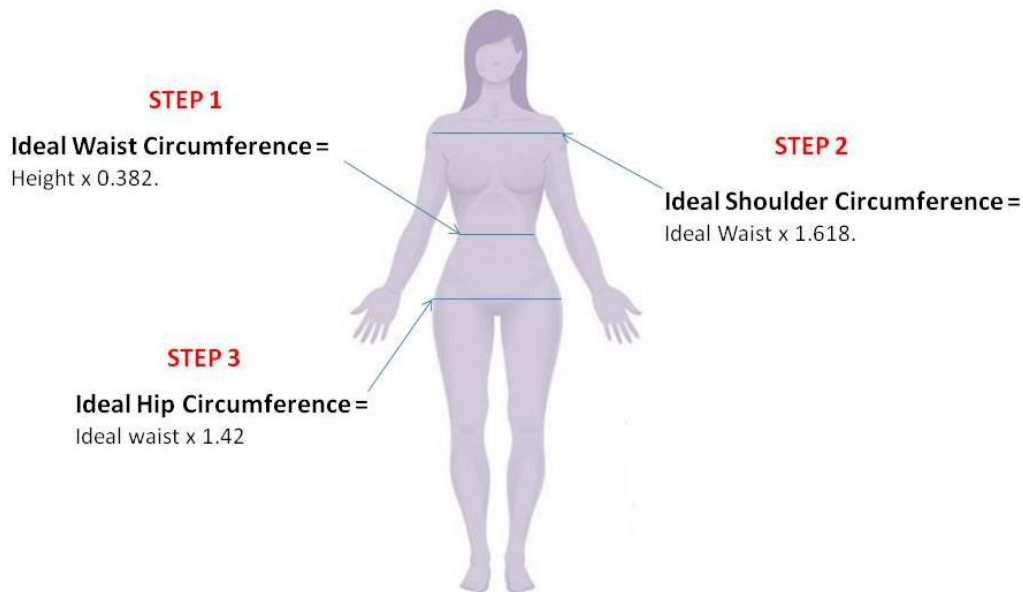


The ideal shoulder size is in golden proportion to your height and your waist, the calculation is as follows:

Ideal shoulders = 0.618 of your height (which is equal to 1.618 x your ideal waist)

Each Measurement Location is one of the 3 Inflection Points and should to be taken as a circumference (like a belt around your waist).

Ideal Venus Index Measurement Calculations



Each Measurement Location is one of the 3 Inflection Points and is meant to be taken as a circumference (like a belt around your waist).

Karen Check – The Venus Mindset



I am one of the original Venus' and I placed 4th in the very first Venus Transformation Contest which ended in April of 2011.

I am 5'7" and, at my heaviest, I had gotten up to 181.6 lbs. and a Size 14 was getting tight. At the end of VT1, I was 139 lbs. and a Size 8!

I have been living this lifestyle now for two full years and it enables me to live life to the fullest. For the last two years I have managed to stay within 7 lbs. of that low and even gotten below it at times. Using the Venus Factor, the Anything Goes philosophy, and Eat Stop Eat, I now have the tools to never be more than a week and a half away from 139 lbs.

To me, that is HUGE since most people (including me) seem to put the weight right back on and then some.

The fact that I can exercise, fast once or twice a week, eat the way I want and live my social life (which includes many sporting events, concerts, weekends up-north, etc.) and STILL look better than 85% of the population is so freeing it is unbelievable!

For the most part, the last two years have been a controlled stumble forward (as John says). There have been better weeks than others... some weeks I have had to take off due to injury, some weeks I have not had the mindset to eat properly, some months I have been dead on with both my diet and exercise and have made further progress towards the Venus Ideal. Even in the "bad" weeks, I do not panic and think I am going to throw all my hard work away because I know that I will dust myself off and get right back to living like a Venus.

Being a Venus has also given me the confidence to do things that I would not have done 40 lbs. ago. I actually just got back from a 3-day golf trip in which I was the only woman with 27 guys. I am pretty sure I would not have attempted that three years ago whether I had the golf ability or not, but Venus has given me the confidence to step outside of my comfort zone and go for it. I had a blast and I am already looking forward to next year's trip. GO TEAM VENUS!!!

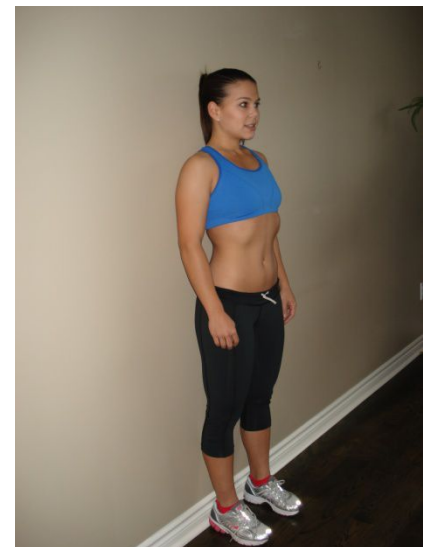
HOW TO TAKE YOUR MEASUREMENTS

Take your measurements first thing in the morning, before you eat or drink. Bloating from water or food that you've eaten throughout the day can skew your measurements if you wait until later in the day. It's not unusual for your waist measurement to be higher during your monthly cycle. Just record the measurements and press on. It is the gradual change over time that matters more than a single week's metrics.

Each measurement is taken as a circumference with a tailor's tape measure. In the examples below, we used a myotape that can be purchased online.

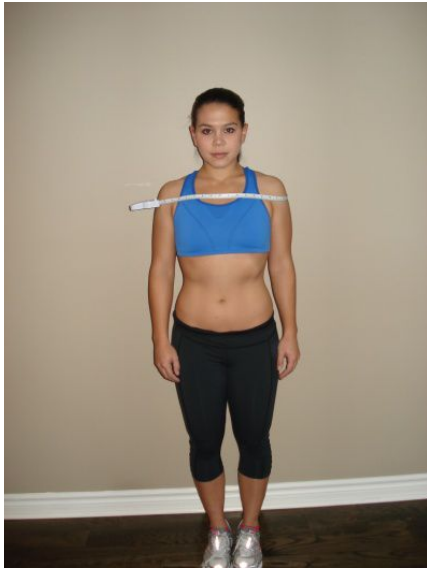
Measurement Posture

In order to keep accurate and comparable data, try to be in the same posture each time you take your measurements. A great way to start each time is standing with your heels, butt, shoulder and head touching a wall.



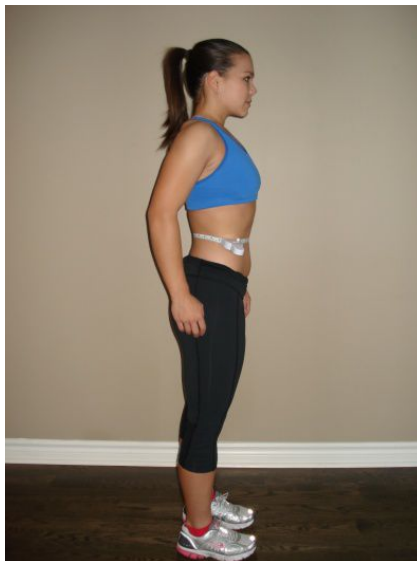
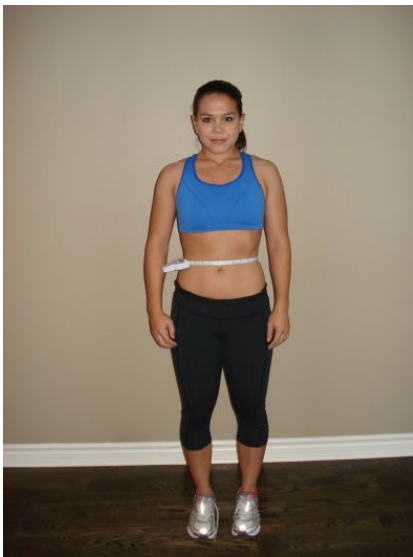
VENUS INDEX MEASUREMENT EXAMPLE GUIDE

Shoulder Measurement



Take the shoulder measurement at the widest part of your shoulder.

Waist Measurement



Take the waist measurement at the smallest point between your chest and your hips. For most women, it is right below the ribs.

Hip Measurement



Take the hip measurement at the widest point and where your butt sticks out the most.

Video Tutorial: How To Take Your Venus Index Measurements

Terry Clauss – The Venus Mindset



Terry Clauss

I LOVE Venus Factor! The workouts are doable for anyone no matter their fitness level. I started with just bodyweight and if it hurt I stopped. I had an awesome transformation in 12 weeks (the fourth Venus Transformation contest) with just 3 workouts per week, no more and no cardio! I have continued with the workouts and am continuing to improve my shape. Also, I have learned that calories do matter and it is ok to feel hungry for a little while sometimes. The Venus community is the MOST supportive community I have ever come across. They are all truly like sisters to me. I am so thankful that I found The Venus Factor!

Things I have learned through The Venus Factor:

- It is simple, but not easy.
- Muscle tone is beautiful, your choice on how much.
- The community is essential. For me posting or just reading helps me on a daily basis. I have learned so much and still have much to learn and teach my family and friends.
- To cut fat cut calories, that simple. No magic foods or combinations of foods. You can't exercise off fat without cutting the calories.
- It is ok to not eat sometimes.
- An important part for me is to be able to go shopping and find clothes that fit. There were styles I have always wanted to wear that now I can. My problem now is I have to ask myself, should I wear that at my age (54). That may sound silly to some but I used to stress about what to wear so I didn't look so fat.

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