

# Leisa Hart



## FAT BURN LIFESTYLE GUIDE



*Leisa Hart*

28 DAY MEAL PLAN

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## Welcome

Life is an adventure that is best enjoyed when you feel great about yourself and live, not just endure. In my opinion, most people are very good about surviving and very few are good at living. Why is that? Why wouldn't we want to be the best we can be, every day, not just of body, but of spirit as well?

That's our goal starting from this point on, my friend. This diet is not just about weight loss. It's about change, the positive kind that will impact every facet of your life. Your health, your body, your outlook, your spirit.

Most people disconnect when thinking about the impact food has on their body. Your body is a precious gift that should be fed and taken care of, not loaded up with high-fat, sugary processed foods. Start thinking of food as the fuel that takes care of your most precious possession and you'll start looking at life in a whole new way.

## The Holy Grail of Diets

The perfect diet is achieved by eating the proper blend of calories, protein, carbohydrates, fat and fiber. Remember, weight loss is not something that happens from one day to the next. A loss of one to two pounds per week is optimal, as it will allow you to maintain lean muscle as you shed unwanted body fat. Common "extreme" diets deprive the body of calories that can lead to improper weight loss. Very low-calorie diets trick your body into thinking that a time of famine has come. Your body reacts by slowing down its metabolism, the exact opposite of what you're trying to accomplish. These diets can also result in the loss of muscle mass or lean body tissue. Muscle is a very active tissue and burns lots of calories. The loss of muscle contributes to the decline of your resting metabolic rate.

Stimulants (whether "natural" or pharmaceutical) only mask your hunger by sending the rest of your system into overload, thereby not only depriving your body of the fuel it needs but also damaging the rest of your system by introducing a negative chemical reaction.

So, you start a diet, you suffer through it, thrilled at the weight loss, only to eventually resume your normal routine and ta da - it all comes back - every pound, often with a few more for good measure. Every time you put your system into "starvation" mode, your metabolism remembers and burns a little slower in anticipation of the next hunger strike.

Essentially, what you have to remember is that weight gain is the imbalance of what you take in as fuel (food) and what you expend in energy (physical activity). Easy enough in theory, but in reality, it can be a little tough when working a desk job and eating fast food all day.

That's what needs to change - the bad eating habits and habitual lack of activity.

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## Survival Tips

Next time you reach for a "no-no" food, ask yourself - am I really hungry? Many people eat for reasons that have nothing to do with physical hunger. Depression, anxiety, elation, even boredom can trigger a raid on the refrigerator. Remember that the next time you're ready to sabotage all your hard efforts on that piece of chocolate cake. Is that what you're really hungering for?

It's hard to kick some, or the conditional responses we have formed to food. It can often be your only comfort in bad times. You, however, are not on that track anymore. You have learned that healthy eating and consistent exercise are the true paths to happiness, not the binges that only leave you more depressed and lethargic. Here are some ways to help ease the beast that lurks within us all:

### 1. Make Every Bite Count

How fast you eat can be as important as what you eat when it comes to reducing the amount of high-fat food in your diet. Studies show that the human brain requires 20 minutes to register satiety, no matter what or how much you eat that means the slower you eat, the less food you require to feel full. Fill up first on foods that require time to sip or chew and you'll not only be pleasantly full but also less likely to over indulge on subsequent, more-fattening courses.

### 2. Weight the Damage

Whether that chicken breast weighs three ounces or four is something that only your food scale knows for sure. Invest in a scale and you could help prevent unmeasured portions from turning into unwanted pounds. Use it for a month or two until you get into the smaller-portion habit.

### 3. A Taste'll Do Ya

One famous cookie baker doesn't let her vocation take a toll on her health. Instead of letting the chips weigh her down (not to mention the butter), she takes a nibble or two and that's it. Try a bite or two; it will keep the cookie monster (or whatever high-fat demon you're fighting) at bay.

### 4. Avoid Midnight Snack Attacks

Studies show that late-hour calories tend to hang around longer than those you consume earlier in the day because you don't have a chance to work them off through exercise. If you're a night owl, unless you sleepwalk or work the night shift, don't eat too much after about 8:00 pm.

### 5. Don't Skip Breakfast

Too busy to grab a bite for breakfast? This is the age of the commuter mug, remember? Grab a bagel and some peanut butter or make a yogurt & fresh fruit smoothies to go. You know the alternatives.

### 6. Think Before You Bite

How quickly we forget about the chips and dip we wolf down in front of the tube or the battered popcorn we crunch at the movies. Unfortunately, your body never forgets. In fact, you might as well sit in fat because that's where it sticks. Bring popcorn rice cakes to the movies like I do.

### 7. Brush Your Teeth or Gargle

If the urge to snack attacks, before you reach the kitchen, brush your teeth or gargle.

It'll temporarily postpone the craving and who wants to ruin a fresh, clean mouth with mom food?

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## 8. Sabotage Cravings

You're absolutely dying for a piece of cake. If you don't have one right now, you' ll... die?  
I don't think so. Try taking a brisk jog; aerobic exercise has a way of dulling your appetite (especially if you don't really have one, to begin with).

## 9. Don't Skip Meals

Eat something every three hours: a handful of nuts, some natural peanut butter, yogurt, anything healthy to keep the edge off.

## 10. Never Shop or Party Hungry

You're likely to load the cart with junk food and snack on it all the way to the checkout counter or chow down on hors d'oeuvres way before dinner. Always have a snack before heading out to shop or to an event - nothing will betray you faster than an empty stomach in a place full of temptations.

## Dining Out Without Doing Yourself In

They're tricky, those menus. Read between the lines and you'll find that many otherwise low-fat foods are pushed overboard into the high-calorie danger zone by the way they're prepared.

A virgin baked potato is a low-fat feast at 150 calories and zero fat. Unfortunately, it's often served swimming in butter and sour cream (as if just one wasn't bad enough). Watch out for stuffed vegetables, too - if they're stuffed with filling, you're back to square one.

What could be more low-fat and healthful than fish? Seems like a conspiracy. By the time the grinning waiter gets it to your table, it's so heavily breaded and deep-fried that the fish seems like an afterthought - you might as well be eating French fries.

In fact, a typical restaurant meal consisting of deep-fried mushrooms, a ten-ounce steak, large baked potato with sour cream, plus buttered peas and cheesecake contains about 2,000 calories - more than many women's daily caloric intake and more than enough fat for an entire week!

Substitute a salad for the fried mushrooms, broiled, skinless chicken breast for steak, steamed vegetables for buttered corn, and a slice of angel food cake for the cheesecake, and you've cut the damage by more than 1,200 calories - or the number of calories in breakfast and lunch - and nearly eliminated the larger evil: fat.

## Low Fat Buzzwords

When you open a menu, look for the low-fat buzzwords that signal that food has been prepared without added fat. These include such words as broiled, steamed, poached, garden-fresh, cooked in its own juice, tomato sauce, roasted, marinated in juice or wine, charbroiled, boiled, barbecued, stir-fried, or mesquite-grilled.

If it's fried, crispy, buttery, creamed, in its own gravy, cream sauce, au gratin, in cheese sauce or stuffed with cheese, marinated in oil or butter, served "scampi" style, breaded, stuffed, or served with meat or cheese sauce, sautéed, or Alfredo sauce, you can bet it's swimming in fat. Steer clear or at least tread lightly

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## **The Customer is Always Right**

Don't be shy! Ask the chef to prepare the food your way. As a paying customer, it's your right, and most chefs will be delighted to do it for you. You might want to call in advance. Just to make sure that the chef has the time to accommodate your order.

## **Order the Low-Fat Way**

Of course, there are times it's impossible to order the low-fat way. Some diners deserve to be called "greasy spoons" because the cook prepares food only one way his way. But fast food eateries aren't the only high fat culprits. Many a hoity-toity Chef a la Grease charge big bucks for a plateful of fat. Both ends of the dining spectrum call for creative ordering and close scrutiny of the menu at hand.

Even greasy-spoon joints usually have some low-fat items amid the fried, breaded, and creamed offerings. If not, cut corners where possible. When dining out, forget what mother said about cleaning your plate. Most restaurants serve enough food for you and mom. Avoid the bread basket! If you have some allotted carb space left for this meal, ask the waiter to bring the bread with the meal. Otherwise, you may be tempted to eat a loaf or two before the meal comes.

## **Let's Get Started**

Ok, so now that I've overloaded you with tons of great tips and daily diet guidelines, let's take a moment to recap.

### **Variety**

Remember, variety is the spice of life. Eat a variety of nutritious foods that you enjoy. Eating a variety of different foods ensures that you get all of the nutrients your body needs without boring your taste buds.

### **Snack**

Knowing when you need to give your body a break by eating a healthy snack in between meals is the key to maintaining this diet. Remember to keep healthy snacks close to the areas where you are most vulnerable. Keeping healthy snacks handy helps avoid those unexpected urges to visit the vending machine.

### **Plan**

Don't let your meals come up as a surprise! Plan ahead! If you know you are going to work late on a certain day, pack dinner along with your lunch. Proper planning will help keep you from putting yourself in a situation that compromises your healthy new diet.

### **Don't Skip Meals**

Following this simple rule alone can help avoid overeating or worse yet, eating processed foods high in calories. The simple fact is that when we skip a meal we put ourselves in situations that can lead to eating the first thing that crosses our paths, which is usually not nutritious.

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Now that we've covered all of the rules, let's get to the yummy part! Be sure to consult your physician for approval prior to beginning this meal plan. There are two grocery lists included helping you stock up on all of the essential foods you need to get started.

**Follow this diet plan for fourteen days and then repeat.** After you've completed the 28-day diet plan, don't stop there! Look for healthy lifestyle recipe books at the local library or bookstore to help you continue down the healthy new lifestyle you've selected.

And remember, food is the fuel that powers your most precious possession, your body.

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## RECIPE

### Speedy Black Bean Burritos

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8 oz. chicken breast meat (uncooked)  
15-oz.can black beans, drained  
1/2 cup salsa  
3Tbsp. uncooked bulgur wheat Leaf lettuce  
1 tomato  
4 flour tortillas

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Slice chicken thinly and sauté in a lightly oiled pan until thoroughly cooked. Remove from pan and set aside. Combine black beans,salsa and bulgur in a saucepan; simmer gently five minutes, stirring occasionally. Add chicken and heat 1-2 minutes. Remove from heat, cover and let stand five minutes. Meanwhile, shred 1 cup lettuce and dice tomatoes. Heat a tortilla in a ungreased skillet until warm and soft, then spread a line of the bean mixture down center of tortilla. Top with lettuce, tomato and additional salsa, if desired. Roll tortilla around filling,then repeat with remaining tortillas. Makes 4 burritos.

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#### Per Burrito :

*236 calories, 75 g protein,  
27 g carbohydrate,8 g fat, 6 g fiber.*

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### Low-fat Carrot Muffins

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2 cups whole-wheat flour  
2/3 cup ready-to-eat bran flakes  
2 tsp.baking powder  
1 tsp. ground cinnamon  
1/2 tsp. grated nutmeg  
1 1/2 cups skim milk  
1 1/2cups shredded carrots  
1/2 cup raisins 1/2 cup egg substitute  
1/2 cup honey  
2 Tbsp. canola oil 2 Tbsp. molasses

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Preheat oven to 375 degrees F. In a large bowl, combine flour, bran flakes, baking powder, cinnamon and nutmeg. In a separate bowl, combine milk, carrots,raisins,egg substitute, honey,oil and molasses. Stir liquid ingredients into dry ingredients until just blended. Be careful not to overmix. Spray muffin tins with non stick spray or use paper muffin cups. Fill cups about three-quarters full. Bake for 20-25 minutes or until a toothpick inserted into the center of the muffins comes out clean. Makes 12-14 muffins.

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#### Per Muffin :

*130 calories, 5 g protein,  
26 g carbohydrate,5 g fat, 5 g fiber.*

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### Made-from-scratch Applesauce

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3 lbs. appleslike Galas or McIntosh  
1 cinnamon stick or 1 tsp. ground cinnamon  
2-inch vanilla bean, halved lengthwise  
2 strips lemon zest  
1 1/2 Tbsp. fresh lemon juice, or to taste  
1/2 cup sugar, or to taste  
2 Tbsp. dry white wine  
2 1/2 cups water, or as needed

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Wash apples and cut in half; remove stems and cores,but leave skins intact. Place in a large pot. Add cinnamon, vanilla, lemon zest, juice, sugar,wine and water. Bring to a boil. Reduce heat and simmer, covered, until apples are soft. Remove from heat and let cool slightly. Remove and discard cinnamon stick and vanilla bean. Puree apples and pan juices in a blender for a smoother sauce, or process for a chunky texture. Makes eight servings.

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#### Per Serving :

*144 calories, 0.5 g protein  
37 g carbohydrate, 0.4 g fat, 6 g fiber.*

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### Tarragon Turkey Dijon

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2 Tbsp low fat cottage cheese  
1 tsp. Dijon mustard  
1/2 tsp. tarragon  
1 large Romaine lettuce leaf  
2 slices thin multigrain bread  
2 oz. thinly sliced cooked turkey  
Dash of salt  
Dash of pepper  
4 thin strips red bell pepper

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In a small bowl, blend cottage cheese, mustard and tarragon. Place lettuce leaf on slice of bread and spread cottage cheese mixture over lettuce. Place turkey on top; season lightly with salt and pepper. Top with bell pepper strips and remaining slice of bread. Make one serving.

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#### Per Serving :

*244 calories, 17 g protein,  
27 g carbohydrate, 5 g fat, 4 g fiber.*

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## Grocery List - WEEK 1

### Meat/poultry

Chicken breast, 1 (for 3 oz. portion cooked)  
Ground turkey breast patty, 3 oz.  
Cooked turkey breast 2-5 oz.  
Lean meat or poultry for chef salad, 3 oz.

### Fish/seafood

Scallops, 3 oz.  
Swordfish, 3 oz.  
Tuna, canned in water, 2 oz.

### Milk/eggs/cheeses

1/2 gallon plus 1 quart 1% milk  
Low-fat yogurt, six 8 oz. cups, including lemon peach and raspberry  
Low-fat cheese, 3 oz.  
Low-fat pineapple cottage cheese, 8 oz.  
Low-fat cottage cheese, small container

### Produce

Asparagus, 1 cup  
Bananas, 2 medium, 1 small  
Apples, 1 medium plus those for applesauce (see below right)  
Orange, 1 medium  
Fruit cup, 1/2 cup  
Cantaloupe, 1/2 small  
Peach, 1 large  
Strawberries, 1 cup  
Grapefruit juice, 8 oz.  
Prunes or other dried fruit, 3 medium  
Broccoli florets, 1 cup  
Bagged tossed salad, 3 bags (enough for 10 1/2 cups)  
Romaine lettuce  
Red bell pepper, 1 small  
Baby carrots, 1/2 cup  
Celery, 2 stalks  
Potato, 1 small  
Stir-fry vegetables, 1/2 cup

### Staples

Reduce-fat peanut butter, small jar  
Fruit preserves, small jar  
Cooking oil spray  
Vegetable oil (need only a tiny amount)

### Convenience foods (or take -out or homemade)

Vegetable egg roll, 1 small  
Vegetable lo mien, 1 cup  
Pizza, thin crust, light cheese, 2 small slices  
Light vegetable quiche, 1 slice  
Baked French fries, light, frozen, 3 oz.

### Salad dressings

Depending on what you already have at home, you may substitute similar light dressings.  
You're not expected to buy all those listed in the meal plan .  
Low-calorie Italian  
Balsamic vinaigrette  
Low-fat creamy Italian  
Other reduced-or low-fat dressings

### Grains/grain products

Rice pilaf mix, 1 package  
Couscous, small box  
Low-fat, low-salt crackers, small box  
Low-fat onion-flavored crackers, small box

### Cereals

Oatmeal, small box  
Variety of different  
High-fiber cereals (suggested: 4 different types)

### Breads

Whole-wheat bread  
Rye bread  
Multi-grain bread  
Whole-wheat dinner roll 1  
Whole-wheat pita, 1 small  
High-fiber English muffin

### Snacks/desserts

Light microwave popcorn  
Granola bar  
Animal crackers

### Condiments/ spices

Fat-free mayonnaise  
Dijon mustard

### SHOPPING LIST FOR : Made-from-scratch applesauce (8 servings)

3 lbs. apples  
(like Galas or McIntosh)  
Cinnamon (stick or ground)  
Vanilla bean  
Lemon  
Sugar  
Dry white wine



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## Grocery List - WEEK 2

### Meat/poultry

Chicken breast, 1 (for 3 oz. portion cooked)  
90% lean ground beef patty, 3 oz.  
Cooked turkey breast slices, 2 oz.  
Cooked chicken, 2 oz.  
Pork loin chop, 3 oz.

### Fish/seafood

Shrimp, 4 oz.  
Swordfish, 3 oz.  
Tuna, canned in water, 2 oz.

### Deli Section

Hummus, small, container

### Milk/eggs/cheeses

1 gallon 1% milk  
Low-fat yogurt, 6 8-oz. cups, including lemon  
cherry and blueberry  
1 large egg  
Low-fat American cheese  
Small package Low-fat cottage cheese,  
Small container Feta cheese

### Produce

Bananas 1 large, 1 medium  
Orange, 1 medium  
Blueberries, 1 cup (fresh or frozen)  
Peach, 1 medium  
Strawberries, 1cup  
Orange juice, fresh, 8 oz.  
Dried apricots, 8 medium  
Broccoli florets, 1 cup  
Bagged tossed salad, 3 bags (enough for 10 1/2  
cups)  
Greek salad, 1 1/2 cups  
Baby carrots, 2 cups  
Eggplant, 1 small  
Summer squash, 1 small  
Seedless raisins, 6 Tbsp  
Raspberries, 1/2 cup  
Pear, 1 medium  
Diced pineapple, 1 cup  
Potato, 1 medium  
Peas, 1 cup

### Staples/canned goods

Reduce-fat peanut butter, small jar  
(or use remaining from Week 1)  
Vegetarian lentil soup, 8 oz. can  
Beans, black or pinto, small can  
Tomato sauce with green peppers, onions and  
mushrooms, 16-oz. can  
Whole-wheat pancake mix, small package  
Light syrup

### Convenience foods

Baked French fries, light, frozen, 3 oz.  
Vegetarian lasagna with low-fat cheese, small package

### Salad dressings

Low-calorie Italian  
Low-fat creamy Italian  
Low-fat French  
Dijon vinaigrette

### Grains/grain products

Long-grain brown rice, small package  
Linguini, small package

### Cereals

Oatmeal, small box (or use remaining from Week 1)  
Variety of different high-fiber cereals  
(suggested: 4 different types)

### Breads

Whole-wheat bread Hamburger bun  
1/2 Pumpnickel  
Whole-wheat dinner roll, 1  
Whole-wheat pita, 6-inch, 1  
High-fiber English muffin, 1/2  
High-fiber raisin English muffin, 1/2  
Flour tortillas, 9-inch, 2

### Snacks/desserts

Light microwave popcorn  
Granola bar  
Dutch pretzels, small package  
Chocolate pudding mix, light  
Baked tortilla chips  
Low-fat oatmeal cookie, 1 medium  
Cinnamon graham crackers  
Light ice cream, small package

### Condiments/spices

Fat-free mayonnaise  
Mustard

## THE GUIDELINES

Numbers are based on a moderately active women who weighs about 140 pounds.

She weight trains 2-3 times a week and does cardio three times a week

Strive for these daily totals:

	Recommendation	Basis
<b>Calories</b>	Approx. 1,600 calories	Suggestion for weight loss of 1-2 pounds per week (range of 1,500-1,700 calories daily)
<b>Carbs</b>	200-260 grams	Based on 50%-65% of calories
<b>Protein</b>	75-95 grams	Based on 0.55-0.68 gram per pound ( 1.2-1.5 grams per kg) of body weight
<b>Fat</b>	35-55 grams	20%-30% of calories
<b>Fiber</b>	25-35 grams	General recommendations for health

*Be sure to consult your physician for approval prior to being this meal plan.*

*Daily Calorie totals from this plan range from approximately 1,400 to 1,650 calories, therefore; weight loss will vary.*

*One to two pound weight loss per week is optimal.*

### DAY ONE

#### Breakfast

1 1/2 oz. oatmeal (from half-cup dry) w/ 1cup 1% milk  
1 small banana

#### Snack

1 serving Made-From-Scratch Applesauce

#### Lunch

2 slices whole-wheat bread  
2 Tbsp. reduced-fat peanut butter  
1 1/2 cups tossed salad w/1 Tbsp.  
low-cal Italian dressing 1 cup 1% milk

#### Snack

3 cups light microwave popcorn

#### Dinner

3 oz. broiled swordfish  
1 cup cooked broccoli florets 1 cup rice pilaf

#### Snack

1 cup fat-free lemon yogurt

*DAILY TOTALS : 1,575 calories, 83 g protein,  
243 g carbohydrate, 41 g fat, 28 g fiber.*

### DAY TWO

#### Breakfast

2 oz. high-fiber cereal w/ 1 cup 1% milk  
1 medium banana

#### Snack

1 1/2 low-salt crackers (or 1 1/2 servings)

#### Lunch

5 oz. turkey  
2 slices rye bread  
1 tsp. fat-free mayonnaise (see Tarragon Turkey Dijon  
recipe for sandwich variation)  
1 1/2 cups tossed salad w/1 Tbsp. low-cal Italian  
dressing

#### Snack

1 medium orange

#### Dinner

3 oz. baked chicken breast  
1 small potato, baked with skin  
1 1/2 cups tossed salad w/ 1 Tbsp. balsamic vinaigrette

#### Snack

1 cup 1% milk

*DAILY TOTALS : 1,581 calories, 97 g protein,  
230 g carbohydrate, 33 g fat , 20 g fiber.*

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## DAY THREE

### Breakfast

1 1/2 oz. high-fiber cereal w/ 1 cup 1% milk  
1 cup blueberries

### Snack

1 medium apple

### Lunch

Speedy Black-Bean Burrito (see recipe)  
1 1/2 cups tossed salad w/ 2 Tbsp.  
reduced-fat dressing 1 cup 1% milk

### Snack

1 cup low-fat fruit yogurt

### Dinner

3 oz. ground turkey breast patty, grilled 1 medium  
whole-wheat roll  
3 oz. baked French fries

### Snack

1 granola bar

*DAILY TOTALS : 1,535 calories, 74 g protein,  
222 g carbohydrate, 43 g fat, 22 g fiber.*

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## DAY FIVE

### Breakfast

1 small or 1/2 large whole-wheat bagel  
1 tsp. fruit preserves or jam  
1/2 cup fresh fruit cup 1 cup 1% milk  
1 cup 1% milk

### Snack

1/2 small cantaloupe

### Lunch

2 oz. tuna canned in water, drained  
2 slices seven-or nine-grain bread  
1 tsp. fat-free mayonnaise

### Snack

1 oz. high-fiber cereal

### Dinner

1 slice light vegetable quiche (frozen entree)  
1 1/2 cups tossed salad  
1 Tbsp. low-cal Italian dressing

### Snack

1 cup low-fat raspberry yogurt

*DAILY TOTALS : 1,492 calories, 65 g protein,  
207 g carbohydrate, 44 g fat, 20 g fiber.*

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## DAY FOUR

### Breakfast

1 1/4 oz. high-fiber cereal w/ 1 cup 1% milk  
8 oz. grapefruit juice

### Snack

3 medium prunes or other dried fruit

### Lunch

2 slices multi-grain bread  
2 1/2 Tbsp. reduced-fat peanut butter 1 cup 1% milk

### Snack

15 animal crackers

### Dinner

2 small slices thin-crust pizza with light cheese  
1 1/2 cups tossed salad w/1 Tbsp. low-fat creamy  
Italian dressing

### Snack

1 cup low-fat peach yogurt

*DAILY TOTALS : 1,549 calories, 63 g protein,  
228 g carbohydrate, 47 g fat, 29 g fiber.*

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## DAY SIX

### Breakfast

1 Low-fat Carrot Muffin (see recipe)  
1 cup 1% milk  
1 large peach

### Snack

1 cup strawberries

### Lunch

1 1/2 cups chef's salad (with 3 oz. lean poultry or meat  
and 1 oz. grated low-fat cheese)  
1 Tbsp. reduced-fat dressing  
1 small (4-inch-round) whole-wheat pita

### Snack

3 cups light microwave popcorn

### Dinner

3 oz broiled scallops  
1/2 cup couscous  
1 cup cooked asparagus

### Snack

1 cup low-fat fruit yogurt

*DAILY TOTALS : 1,589 calories, 95 g protein,  
236 g carbohydrate, 36 g fat, 23 g fiber.*

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## DAY SEVEN

### Breakfast

1 1/2 oz. oatmeal (from half-cup dry)  
1 cup 1% milk  
1 medium banana

### Snack

1 1/2 oz. low-fat onion-flavored crackers

### Lunch

2 oz. low-fat cheese  
1/2 cup baby carrots  
4 half-stalks celery  
1 high-fiber English muffin  
1 cup low-fat pineapple-flavored cottage cheese

### Snack

1 cup low-fat mixed-fruit yogurt

### Dinner

1 small vegetable egg roll  
1 cup vegetable lo mien  
1/2 cup stir-fry vegetables (prepared with minimum oil)

### Snack

1 oz Cheerios or other high-fiber cereal  
*DAILY TOTALS : 1,684 calories, 73 g protein,  
285 g carbohydrate, 35 g fat, 26 g fiber.*

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## DAY NINE

### Breakfast

1/2 high-fiber English muffin  
1 Tbsp. reduce-fat peanut butter  
1 cup 1% milk  
4 oz. fresh orange juice

### Snack

8 cinnamon graham crackers

### Lunch

1 1/2 cups Greek salad with 1 oz feta cheese  
1 Tbsp. low-fat creamy Italian dressing  
1 6-inch whole-wheat pita  
1 cup 1 % milk

### Snack

4 Tbsp. seedless raisins

### Dinner

3 oz. chicken breast, simmered in 4 oz. tomato sauce with green peppers, onions and mushrooms  
1 1/2 cups tossed salad w/ 1 Tbsp. low-fat French dressing

### Snack

1 cup low-fat raspberry yogurt  
*DAILY TOTALS : 1,599 calories, 75 g protein,  
218 g carbohydrate, 50 g fat, 20 g fiber.*

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## DAY EIGHT

### Breakfast

2 oz. high-fiber cereal w/ 1 cup 1% milk  
1/2 large banana  
1 cup low-fat fruit yogurt

### Snack

1 medium orange

### Lunch

1 cup vegetarian lentil soup (canned)  
1 whole-wheat dinner roll  
1 1/2 cups tossed salad w/1 Tbsp. low-cal Italian dressing 1 cup 1% milk

### Snack

3 Dutch pretzels

### Dinner

1 serving low-fat vegetarian lasagna (frozen entree)  
1 1/2 cups tossed salad w/1 Tbsp. low-cal Italian dressing

### Snack

1 cup low-fat peach yogurt  
*DAILY TOTALS : 1,558 calories, 66 g protein,  
239 g carbohydrate, 30 g fat , 36 g fiber.*

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## DAY TEN

### Breakfast

1 1/2 oz. high-fiber cereal w/1 cup 1% milk  
1 medium pear

### Snack

1 cup diced pineapple

### Lunch

1/2 cup hummus (garbanzo bean spread)  
1 9-inch flour tortilla  
1/4 cup cooked eggplant 1/4 cup cooked zucchini  
1/4 cup cooked summer squash 1 cup 1% milk

### Snack

1 granola bar

### Dinner

1 cup cooked linguini pasta  
4 oz. broiled shrimp, topped with lemon and pepper  
1 cup cooked broccoli florets

### Snack

1/2 cup light chocolate pudding made with 1% milk  
*DAILY TOTALS : 1,437 calories, 75 g protein,  
251 g carbohydrate, 36 g fat , 25 g fiber.*

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## DAY ELEVEN

### Breakfast

1 1/2 oz. oatmeal w/1 cup 1% milk  
2 Tbsp . seedless raisins

### Snack

1 medium peach and 1/2 cup raspberries

### Lunch

2 oz. tuna, canned in water, drained  
2 slices whole-wheat bread  
1 tsp. fat-free mayonnaise  
1 cup baby carrots  
3/4 cup low-fat cottage cheese  
1 cup 1% milk

### Snack

1 cup low-fat fruit yogurt

### Dinner

3 oz. pork loin chop  
1 cup long-grain brown rice  
1 1/2 cups tossed salad w/ 1Tbsp. low-cal  
Italian dressing

### Snack

1/2 oz baked tortilla chips

*DAILY TOTALS : 1,630 calories, 90 g protein,  
228 g carbohydrate, 47 g fat, 26 g fiber.*

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## DAY THIRTEEN

### Breakfast

1 large egg, scramble  
1/2 high-fiber raisin English muffin  
1 cup 1% milk  
4 oz. fresh orange juice

### Snack

8 medium dried apricots

### Lunch

2 slices low-fat deli turkey breast  
2 slices pumpernickel bread  
1 tsp . mustard  
1 1/2 cups tossed salad w/ 1 Tbsp. Dijon vinaigrette

### Snack

1 cup low-fat lemon yogurt

### Dinner

3 oz. broiled swordfish  
1 medium potato, baked with skin  
1 cup cooked peas  
1 cup 1% milk

### Snack

1 medium low-fat oatmeal cookie

*DAILY TOTALS : 1,457 calories, 82 g protein,  
202 g carbohydrate, 36 g fat, 25 g fiber.*

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## DAY TWELVE

### Breakfast

2 medium whole-wheat pancakes w/ 2 Tbsp. light syrup  
1 cup strawberries  
1 cup 1% milk

### Snack

1 medium banana

### Lunch

1cup chunky vegetable soup (canned)  
2 slices whole-wheat bread  
2 Tbsp. reduced-fat peanut butter  
1 cup 1% milk

### Snack

1 oz. high-fiber cereal

### Dinner

1 chicken wrap with beans (9-inch flour tortilla,  
2 oz. cooked chicken, 1/2 cup black beans)  
1 1/2 cups tossed salad, added to wrap 1 Tbsp. low-fat  
French dressing

### Snack

1 cup low-fat cherry yogurt

*DAILY TOTALS : 1,558 calories, 70 g protein,  
257 g carbohydrate, 43 g fat , 24 g fiber.*

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## DAY FOURTEEN

### Breakfast

1 1/2 oz Fruit & cereal w/ 1 cup 1% milk  
1/2 large banana

### Snack

1 cup low-fat blueberry yogurt

### Lunch

2slices whole-wheat bread  
2 slices low-fat American cheese  
1 tsp. mustard  
1 cup baby carrots  
1 cup 1% milk

### Snack

3 cups light microwave popcorn

### Dinner

3 oz. 90% lean ground beef party, grilled, served on 1/2  
hamburger bun  
3 oz baked French fries  
1 1/2 cups tossed salad w/ 1 Tsp. low-cal Italian dressing

### Snack

1 cup blueberries

*DAILY TOTALS : 1,633 calories, 84 g protein,  
250 g carbohydrate, 47 g fat , 24 g fiber.*

**REPEAT DIET TO COMPLETE 28 DAYS**

*Lisa Hart*

FAT BURN  
LIFESTYLE  
GUIDE