

STAGE 3 LOW-FAT CHEESE MEAL PLAN

Women Goals: 1200-1400 calories • 33-39 g fat • 0-2 oz cheese per day
Men Goals: 1300-1700 calories • 42-47 g fat • 0-2 oz cheese per day

BREAKFAST		CALORIES	FAT
	<ul style="list-style-type: none"> • 1 packet Meal Replacement shake • ½ cup berries (no syrup added) • 1 tablespoon peanut butter 	180	0
	<ul style="list-style-type: none"> • 2 - 20/20 Multiple Vitamins (take supplements with food to avoid stomach upset) • 2 - 20/20 Omega 3 Capsules (store Omega 3 capsules in freezer to prevent fish burps) • 1 - 20/20 Calcium 	40	0
SUBTOTAL		100	8
		320	8
LUNCH		CALORIES	FAT
	<ul style="list-style-type: none"> • 4-5 ounces* (cooked weight) very lean or lean protein • 1 fat serving** (add to very lean protein only) • 3 servings non-starchy vegetables • ½ cup berries • 1 oz cheese (optional) 	140-275	4-15
	<ul style="list-style-type: none"> • 1 oz cheese (optional) • 1 oz cheese (optional) 	45	5
*MEN: 6 ounces (cooked weight) very lean or lean protein		45	0
		40	0
		100	5
		210-330	6-18
SUBTOTAL WOMEN		270-405	9-15
SUBTOTAL MEN		340-535	11-23
SNACK		CALORIES	FAT
	CHOICE OF:	220	0
	<ul style="list-style-type: none"> • 1 packet Meal Replacement shake + ½ cup berries • ½ cup non fat or low fat cottage cheese + 1 cup berries • 5-6 ounces non fat or low fat Greek yogurt + ½ cup berries • 20/20 Bar • Ready to Drink Shake + 1 cup berries • 2 light string cheese + 1 cup berries 	160-180	0-2
		140-170	0-4
		210-220	7-8
		180	6
		180	5
SUBTOTAL		140-220	0-8
DINNER		CALORIES	FAT
	<ul style="list-style-type: none"> • 4-5 ounces* (cooked weight) very lean or lean protein • 1 fat serving** (add to very lean protein only) • 3 servings non-starchy vegetables 	140-275	4-5
	CHOICE OF:	45	5
<ul style="list-style-type: none"> • 1 packet Meal Replacement shake + ½ cup berries • ½ cup non fat or low fat Cottage Cheese + 1 cup berries • 1 oz cheese (optional) 		45	0
*MEN: 6 ounces (cooked weight) very lean or lean protein		220	0
		160-180	0-2
SUBTOTAL WOMEN		390-540	9-17
SUBTOTAL MEN		340-535	11-23
GRAND TOTAL WOMEN		1120-1440	26-48
GRAND TOTAL MEN		1490-1730	38-50

**** ONE FAT SERVING = 45 calories, 5 grams fat**

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| • 1 tsp oil | • 10 peanuts | • 6 almonds |
| • 1 Tbsp sesame seeds | • 1 Tbsp sunflower seeds | • 1 Tbsp pumpkin seeds |
| • 2 tsp peanut butter | • ½ avocado | • 1 tsp regular mayonnaise |
| • 1 Tbsp low-fat mayonnaise | • 1 Tbsp regular salad dressing | • 2 Tbsp low-fat salad dressing |