

STAGE 4 FRUIT MEAL PLAN

Women Goals: 1200-1400 calories • 33-39 g fat • 2-4 servings Fruit per day
Men Goals: 1300-1700 calories • 42-47 g fat • 2-4 servings Fruit per day

BREAKFAST		CALORIES	FAT
	<ul style="list-style-type: none"> • 1 packet Meal Replacement shake • ½ cup fruit (no syrup added) • 1 tablespoon peanut butter 	180 40-60 100	0 0 8
	<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 		
SUBTOTAL		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 • ½-1 cup fruit • 1 oz cheese (optional) 	140-275 45 45 40-120 100	4-15 5 0 0 5
	<ul style="list-style-type: none"> • *MEN: 6 ounces (cooked weight) very lean or lean protein 	210-330	6-18
SUBTOTAL WOMEN		270-440	9-15
SUBTOTAL MEN		340-510	11-25
SNACK		CALORIES	FAT
	<p>SAME AS PREVIOUS WEEK OR A CHOICE OF:</p> <ul style="list-style-type: none"> • 2 Light string cheese + 4 oz (weight) apple • 3 Light Laughing Cow + 1 serving of fruit • 20/20 Bar 	180-200 145-165 210-220	6-12 6 7-8
	<ul style="list-style-type: none"> • *MEN: 1-2 snacks per day if calories allow 		
SUBTOTAL		145-220	6-12
DINNER		CALORIES	FAT
	<ul style="list-style-type: none"> • 4 ounces* (cooked weight) very lean or lean protein • 1 fat serving** (add to very lean protein only) • 3 servings non-starchy vegetables 	140-220 45 45	5-15 5 0
	<p>OPTIONAL CHOICE OF:</p> <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) 	220 160-200 100	0 0-2 5
<ul style="list-style-type: none"> • *MEN: 6 ounces (cooked weight) very lean or lean protein 		210-330	6-18
SUBTOTAL WOMEN		390-485	9-14
SUBTOTAL MEN		340-510	11-25
GRAND TOTAL WOMEN		1125-1485	32-49
GRAND TOTAL MEN		1290-1705	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 |