

STAGE 5 DAIRY MEAL PLAN

Women Goals: 1200-1400 calories • 33-39 g fat • 0-2 servings Low Fat or Non Fat Yogurt/Milk per day
Men Goals: 1300-1700 calories • 42-47 g fat • 0-2 servings Low Fat or Non Fat Yogurt/Milk 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	0
	<hr/> <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 	40-60	0
SUBTOTAL		100	8
SUBTOTAL		320	8
LUNCH		CALORIES	FAT
	<ul style="list-style-type: none"> • 3-4 ounces* (cooked weight) very lean or lean protein • 1 fat serving** (add to very lean protein only) • 3 servings non-starchy vegetables • 1 oz cheese (optional) 	105-220	3-12
	CHOICE OF:		
	<ul style="list-style-type: none"> • 1 cup fruit • 5-6 oz non fat or low fat yogurt 	80-120	0
	*MEN: 6 ounces (cooked weight) very lean or lean protein	110-140	0
SUBTOTAL WOMEN		210-330	6-18
SUBTOTAL MEN		275-405	8-14
SUBTOTAL MEN		380-605	11-23
SNACK		CALORIES	FAT
	CHOICE OF:		
	• 5-6 oz non fat or low fat yogurt + 1 string cheese	170-200	0-6
	• ½ cup non fat cottage cheese + 6-8 oz non fat or low fat yogurt	190-220	0-4
	• 5-6 ounces non fat or low fat Greek yogurt (plain) + ½ cup fruit	180-200	0
	• 5-6 ounces non fat or low fat fruit-flavored yogurt	110-140	0
	• 20/20 Bar	210-220	7-8
• 1 packet Meal Replacement shake + ½ cup berries	220	0	
MEN: 1-2 snacks per day if calories allow			
SUBTOTAL		170-220	0-8
DINNER		CALORIES	FAT
	<ul style="list-style-type: none"> • 4 ounces* (cooked weight) very lean protein • 1 fat serving** (add to very lean protein only) • 3 servings non-starchy vegetables • 1 oz cheese (optional) 	140-220	4-12
	CHOICE OF:		
	• 1 packet Meal Replacement shake + ½ cup berries	220	0
	• 5-6 oz non fat or low fat yogurt (or 8 oz milk)	110-140	0
	• 1 cup fruit	80-120	0
*MEN: 6 ounces (cooked weight) very lean or lean protein	210-330	6-18	
SUBTOTAL WOMEN		310-485	9-17
SUBTOTAL MEN		380-605	11-23
SUBTOTAL MEN		1075-1450	25-48
GRAND TOTAL WOMEN		1420-1700	38-50
GRAND TOTAL MEN			

**** 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 |