

Grocery List & Serving Sizes

Use the grocery list in this meal plan when shopping at the grocery store. If there is an item not listed within the category, talk to your coach about which food group they belong to and verify what is the appropriate portion size.

The key codes below will be used throughout Fit Bodies 4 Life Meal Plans and Recipes. These are to help you with food swaps and identify which recipes fit into the meal plan.



Protein



Vegetables



Complex Carbohydrates



Fruits



Fats

Use these guidelines if keeping track of serving sizes per meal:

Carbohydrates: 15 - 30 grams per meal

Protein: 18 - 28 grams per meal (aim for 20 - 28 grams minimum at lunch and dinner)

****After workout 12 - 25 grams recovery shake****

Fat: 5-10 grams per meal



Tips from the Dietitian

TIPS FROM THE DIETITIAN

Be prepared to eat healthy. Give your refrigerator and pantry a makeover and get rid of any unhealthy foods or triggering foods.

When grocery shopping, watch for processed foods, refined sugars, and sodium. Opt for fresh or frozen fruits and vegetables - avoid canned. Choose meats that are fresh, never frozen.

Take time to plan out and prepare every week's meals in order to ensure adequate nutritional intake during the week and avoid deviating from meal plan.

Don't be afraid to use herbs and spices to flavor your meals. Cook/saute your meats with your veggies or flavor with fresh onions and garlic.

Cook several chicken breasts in the crockpot at the same time in low sodium chicken broth. Next, weigh and package into 4 oz. servings. When ready to eat, a meal can be made quickly. Weigh and measure all your foods after they are cooked, except oatmeal, which should be measured dry.

To make hot cereal or protein smoothies slightly creamier, may add 1 to 2 cups unsweetened almond/cashew milk or skim milk.

When purchasing starches, such as cereals, breads, and oatmeal, purchase items with sugar that is 20% or less of total carbohydrates.

Drink at least 80 oz. of water per day. Aim for 16 oz. of water w/each meal and 16 oz. in between meals. Unsweetened Coconut Water is an all-natural electrolyte replacer and can be drank post workout.

Smoothies can be a great way to combine protein powder, fruit, nut butter or seeds, and/or oats for meal or snack on the go.

TREAT MEALS: An occasional treat meal can be added. Just remember to limit them as they will slow your progress.

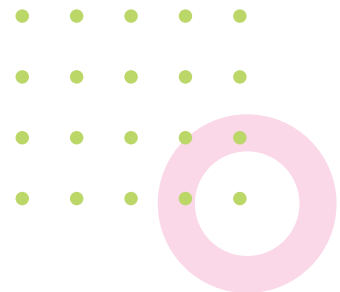
If traveling, still take the time to plan out your meals. If you are commuting via car, you can still meal prep and take your meals with you in a cooler and eat on the go. All gas stations and rest stops have microwave you can use.

If traveling via plane and do not want to take extra weight in your luggage with full prepped meals, take nutrition bars and shake mixes that will satisfy you until you can get to your next meal.

When going out to eat, utilize your meal plan to order from the menu. If the meals appear to be high fat, high in carbohydrates, or not to your liking, order from the appetizer menu or side dish portions.

After completing your program, remember that the key to long-term weight maintenance is an 80/20 lifestyle. Focus on proper nourishment and adequate activity 80% of your week and enjoy the foods you love and rest days 20% of the week. Continue to take your recommended supplements daily to help keep your body lean and always packed full of its necessary vitamins and minerals.

Preparation is key. Food is 70%, workouts are 20% and supplements are 10% to fill in the gaps. It takes 100% dedication to all three to be successful.



Suggested Serving & Food Categories

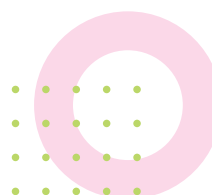
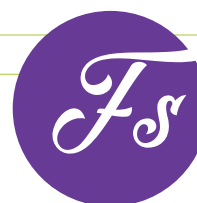
PROTEIN

☐ Protein Powder (aim for ≥ 25 g per serving)	Varies per brand
☐ Muscle Egg	1 cup
☐ Eggs and/or Liquid Egg Whites	2 eggs, 4 egg white, or 1/2 cup liquid egg whites
☐ Lean Turkey (93-99% - ground or whole breast)	4 oz.
☐ Chicken Breasts (skinless)	4 oz.
☐ Lean Ground Chicken (90%)	4 oz.
☐ Lean Ground Beef (90%)	4 oz.
☐ Flank Steak (lean)	4 oz.
☐ Pork Loin or Lean Bison or Venison	4 oz.
☐ Turkey or Chicken Bacon	Slices
☐ Canned Tuna (in water, low sodium preferable)	4 oz.
☐ Salmon and/or Other Fish	4 oz.
☐ Scallops, Shrimp, or Other Seafood	4 oz.
☐ Tofu	8 oz.
☐ All Natural, Low Sodium Deli Meats (Nitrate Free)	4 oz.
☐ Tempeh	3 oz.
☐ Quorn	5 oz.
☐ Greek yogurt (plain flavor, fat free)	5 oz.
☐ Triple Zero Yogurt	6 oz.
☐ Cheese (low fat)	1 oz.
☐ Cheese Stick (low fat)	1 cheese stick



HEALTHY FATS

☐ Coconut Oil (unrefined, virgin preferred)	2 tsp.
☐ Extra Virgin Olive and/or Macadamia Nut Oil	2 tsp. (use for salads or light cooking)
☐ Nut/Seed Butter: Peanut, Almond, Cashew, Sunflower (Fat w/ Protein)	1 tbsp.
☐ Nuts: Almonds, Walnuts, Cashews, Tiger Nuts, Pistachios	1 oz.
☐ Avocado	1/3 Hass avocado or 2 oz. Florida avocado
☐ Chia Seeds and/or Seeds	1 tbsp.
☐ Hummus (Fat w/ Protein)	2 tbsp.
☐ Ghee	2 tsp.



Suggested Serving & Food Categories

VEGETABLES

☐ Mixed and/or Salad Greens	2 cup
☐ Kale	1 cup
☐ Spinach	1 cup
☐ Bok Choy	1 cup
☐ Romaine Lettuce (or any other large leafed lettuce)	2 cup
☐ Celery	1 cup
☐ Asparagus	8 -12 spears depending on size
☐ Eggplant	3/4 cup
☐ Butternut Squash/Spaghetti Squash/Acorn Squash/Pumpkin	3/4 cup
☐ Broccoli	1 cup
☐ Cauliflower	1 cup
☐ Green Beans	1 cup
☐ Carrots	1 cup
☐ Onion	1 cup
☐ Bell Peppers	1 cup
☐ Cucumbers	1 cup
☐ Beets	1 cup
☐ Tomatoes	1 cup
☐ Mushrooms	1 cup
☐ Brussel Sprouts	1 cup



STARCHY VEGETABLES - IF ADDING TO MEAL, RECOMMEND TO NOT ADD ADDITIONAL COMPLEX CARBOHYDRATES. CONSIDER STARCHY VEGETABLE YOUR CARBOHYDRATE PORTION.

☐ Butternut Squash/Acorn Squash	3/4 cup
☐ Peas	2/3 cup
☐ Lima Beans	2/3 cup
☐ Corn	2/3 cup
☐ Beets	3/4 cup
☐ Parsnips	1/2 cup



Suggested Serving & Food Categories

COMPLEX CARBOHYDRATES

☐ Old Fashioned Oats or Steel Cut Oats	1/3 cup (dry)
☐ Puffed Quinoa	1/2 cup (dry)
☐ Ezekiel and/or Whole Grain Bread (or Wrap) or P28 Bread	2 sliced for main meal, 1 slice for snack
☐ Wild Rice, Brown Rice, Quinoa, Faro, Barley	1/3 cup
☐ Jicama	1 cup
☐ Cassava	3 oz.
☐ Sweet, Red, Purple, Japanese Potatoes	4 oz.
☐ Black Beans, Red Beans, Lentils, Black Eyed Peas, Chick Peas	1/2 cup
☐ Pasta (Whole Grain, Quinoa, Gluten Free)	1/2 cup
☐ Whole Wheat Couscous	1/3 cup
☐ Corn	2/3 cup
☐ Peas	2/3 cup
☐ Lima Beans	2/3 cup
☐ Popcorn (low salt, no butter)	3 tbsp. unpopped
☐ Rice Cakes	2 Rice Cakes
☐ Cereal (Cheerios, Kashi Go Lean - 20% Rule)	1 Suggested Serving.



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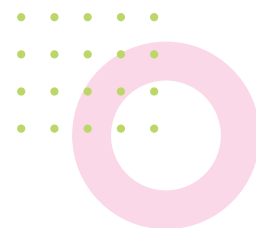
FRUIT

☐ Grapefruit	1/2 large grapefruit
☐ Berries	1 cup
☐ Banana (small size)	1 whole
☐ Apple (small size)	1 whole
☐ Cantaloupe	1 cup cubed
☐ Honeydew	1 cup cubed
☐ Grapes	1/2 cup
☐ Orange (medium size)	1 whole
☐ Tangerine	1-2 whole depending on size
☐ Peach (medium size)	1 whole
☐ Nectarine (medium size)	1 whole
☐ Plum	1 whole
☐ Pear	1 whole
☐ Pomegranate	1 whole
☐ Kiwi	1 whole
☐ Cherries	1/2 cup
☐ Star Fruit	1 whole
☐ Watermelon	1 cup cubed



SOUPS

☐ Minestrone Soup	8 oz.
☐ Chicken Noodle Soup	8 oz.
☐ Vegetable or Vegetable and Rice Soup	8 oz.
☐ Tomato Soup (non-cream based)	8 oz.
☐ Miso Soup	8 oz.
☐ Beef and Barley	8 oz.



Suggested Serving & Food Categories

ALTERNATIVE PROTEIN SOURCES

PROTEIN SOURCE	PORTION	GRAMS OF PROTEIN
☐ Eggs	1 large egg	7 g
☐ Milk	8 oz.	8 g
☐ Yogurt (preferably plain)	6 oz.	9 g
☐ Whey Protein Powder	2 scoops	20 - 35 g (depending on brand)
☐ Tofu	4 oz.	10 g
☐ Tempeh	4 oz.	20 g
☐ Quorn	5 oz.	20 g
☐ Nuts (Almonds, Walnuts, Pistachios, Pecans, Tiger Nuts, Brazil Nuts, etc.)	1 oz.	2.5 - 6 g (varies on nut type)
☐ Legumes (Black Beans, Red Beans, Lentils, Chickpeas, etc.)	1/2 cup	7 - 10 g (varies on legume)
☐ Peas	1 cup	8 g
☐ Edamame	1/2 cup	8 g
☐ Chia Seeds	1 oz.	4 g
☐ Hemp Seeds	1 oz.	9 g
☐ Sunflower Seeds	1 oz.	1 g
☐ Nut Butter	2 tbsp.	6 g
☐ Quinoa	1 cup	8 g



Suggested Serving & Food Categories

VEGAN SPECIFIC PROTEIN SOURCES

PROTEIN SOURCE	PORTION	GRAMS OF PROTEIN
☐ Plant Protein Powder	2 scoops	15 - 30 g (depending on brand)
☐ Tofu	4 oz.	10 g
☐ Tempeh	4 oz.	20 g
☐ Quorn	5 oz.	20 g
☐ Nuts (almonds, Walnuts, Pistachios, Pecans, Tiger Nuts, Brazil Nuts, etc.)	1 oz.	2.5 - 6 g (varies on nut type)
☐ Legumes (Black Beans, Red Beans, Lentils, Chickpeas, etc.)	1/2 cup	7 - 10 g (varies on legume)
☐ Peas	1 cup	8 g
☐ Edamame	1/2 cup	8 g
☐ Chia Seeds	1 oz.	4 g
☐ Hemp Seeds	1 oz.	9 g
☐ Sunflower Seeds	1 oz.	1 g
☐ Nut Butter	2 tbsp.	6 g
☐ Quinoa	1 cup	8 g



Gluten Free Options

Whether you have Celiac Disease, gluten intolerance, or simply prefer to limit gluten in your diet, you may follow a gluten-free diet along with your T12 Jumpstart Meal Plan.

Please see below recommendations:

Grain Foods Allowed

- ◆ OATS
- ◆ QUINOA
- ◆ BEANS
- ◆ CORN
- ◆ RICE
- ◆ AMARANTH
- ◆ BUCKWHEAT
- ◆ MILLET
- ◆ SORGHUM
- ◆ TEFF
- ◆ TAPIOCA

Grain Foods to Avoid

- ◆ WHEAT
- ◆ CREAM OF WHEAT
- ◆ WHEAT GERM
- ◆ FARRO
- ◆ BARLEY
- ◆ RYE
- ◆ SPELT
- ◆ EINKORN
- ◆ TRITICALE
- ◆ EMMER

Gluten Free Tips

- ✓ If purchasing pre-packaged items, read the nutritional ingredients and do not purchase if the product contains any of the above foods to avoid mentioned.
- ✓ If possible, look for the certified gluten-free seal.
- ✓ Read any precautionary information on a label. Some foods may not naturally contain gluten. However, cross-contamination may occur in manufacturing companies (i.e. oats).
- ✓ If following a gluten-free diet out of preference, possible cross-contamination may not be an issue. This is specific to those with allergies and/or intolerance.
- ✓ If any cookbook recipes contain gluten-containing ingredients, simply swap them out for gluten-free options.



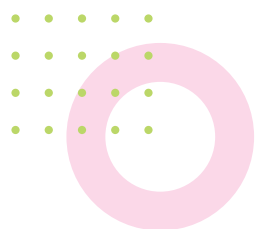
Plan Friendly Beverages & Condiments

WHAT BEVERAGES ARE PLAN FRIENDLY?

- ☐ Water
- ☐ Greens Supplement
- ☐ Unsweetened Coconut Water
- ☐ Unsweetened Almond/Cashew Milk or Skim Milk (to add to hot cereals or protein smoothies)
- ☐ Coffee (Low calorie sweetener and creamer)
- ☐ Unsweetened Tea
- ☐ B Vitamin - Amino Energy Drink

WHAT CAN I TOP MY FOODS WITH? OTHER PLAN FRIENDLY CONDIMENTS.

- | | |
|--|---|
| ☐ Stevia | ☐ Tomato Sauce (low sodium, no sugar added) |
| ☐ Splenda | ☐ Pepper |
| ☐ Monk Fruit | ☐ Garlic Powder |
| ☐ Sugar Free Syrup (i.e. Walden Farms) | ☐ Salt-Free Seasonings (i.e. Mrs. Dash, Flavor Gods) |
| ☐ Torani Sugar Free Syrup | ☐ Salsa |
| ☐ Raw Honey (in moderation) | ☐ Tobasco Sauce |
| ☐ Cinnamon | ☐ Worcestershire Sauce |
| ☐ Nutmeg | ☐ Fresh/Dried Herbs (Oregano, Rosemary, Parsley, etc.) |
| ☐ No Added Sugar Vanilla Extract | ☐ Teriyaki Sauce - Low Sodium (i.e. Coconut Aminos) |
| ☐ Balsamic Vinegar | ☐ Low-Sodium Broth |
| ☐ Apple Cider Vinegar | ☐ Bone Broth |
| ☐ Red Wine Vinegar | ☐ Fat-Free Cooking Spray |
| ☐ Rice Wine Vinegar | ☐ Sugar Free Cool Whip |
| ☐ Lemon Juice | ☐ Approved Plan Dressings (i.e. Simple Girl, Bolthouse, Skinny Girl) |
| ☐ Sugar Free Dressings, Sauces, & Jelly (i.e. Walden Farms) | ☐ Bone Suckin' BBQ Sauces & Mustard |
| ☐ Mustard | |
| ☐ Ketchup (no sugar or low sugar) | |



Food to Avoid and Limit

- ☐ Sugars (read food labels and avoid: table sugar, corn syrup, dextrose, sucrose, fructose, maltose, lactose, cane juice)
- ☐ Refined carbohydrates (white bread, white pasta, cold cereals, etc.)
- ☐ Juices, sodas, alcohol, milk, sweetened almond/cashew milk
- ☐ Sports drinks with added sugars
- ☐ Cream/milk based and/or high sodium soups
- ☐ High sodium deli meats (aim for <400mg sodium per serving)
- ☐ Fried foods
- ☐ Regular/high fat meats and cheeses
- ☐ Commercial salad dressings - specifically creamy, high-fat dressings
- ☐ Pre-packaged food items

