**Nutrition Intake**

This is used to help you lose weight.

This is a unique way to have a diet plan because it allows you to mix and match each day so you don’t have to eat the same things every day. I call this the mix and match diet plan which will help you lose weight and/or maintain your current health.

**Required Daily**

* 24-32 oz of water within no more than 3 hours after every meal (breakfast, Lunch and Dinner).
* 1 hour of exercise 5 days a week with one of those days being more vigorous and walking for two days a week
* 1 multi-vitamin and 10 minutes of sunlight

**Breakfast**

* 1 cup of honey nut cheerios with 1% milk or soy milk and 1 cup orange juice
* 1 cup of oatmeal with fruit (blueberries, bananas, strawberries, etc.) with 1 cup of 1% milk or soy milk
* 2 egg whites with 2 pieces of whole wheat bread (toasted) lightly buttered (1 tsp), 1 cup natural cranberry juice
* 1 cup equivalent of cantaloupe with 1 natural honey and oats bar with 1 cup 1% milk or soy milk
* 1 cup of yogurt with ½ cup granola and ½ cup of blueberries
* 1 cup raisin bran with 1 cup of 1% milk or soy milk with 1 cup orange juice
* 2 cups of a fruit smoothie (place in ¼ cup x 4 of your favorite fruits) with 8 average sized ice cubes and ½ cup yogurt
* 1 cup of cheerios with one large banana (cut up in slices) with 1 cup of a natural fruit drink

**Lunch**

* Tuna fish sandwich on two pieces of whole wheat bread with light mayo and 1 piece of American cheese
* Tuna fish salad with all the healthy mixings (4 oz tuna fish and 2 cups spinach leaf salad)
* 8 inch margarita pizza on whole wheat dough
* Take a trip to Subway and get a healthy 6 inch sandwich
* Spinach leaf salad (2 cups) with light dressing and chicken (4 oz)
* Protein Smoothie: ½ cup of tofu, ½ cup x 4 of your favorite fruits, 8 average ice cubes, ½ cup yogurt
* Grilled chicken sandwich (1/2 cup lean chicken – about the size of a deck of playing cards) with two pieces whole wheat bread with light dressing (use healthy additions only)
* Mega Salad: ½ cup iceberg lettuce, ½ cup spinach leaf salad, 1/3 cup sliced carrots, 1/3 cup orange and mango slices, tofu and/or lean grilled chicken slices (1/2 cup), 1/3 cup tomatoes with light dressing

**Dinner**

* Eat a healthy breakfast or lunch choice (no smoothies)
* ½ cup lean grilled chicken with a baked potato with a healthy toping such as light butter
* ½ cup fish of your choice (salmon, catfish, tilapia, etc.) with ½ cup wild rice ½ cup spinach leaf salad with light dressing
* ½ cup grilled chicken, ½ cup sweet potatoes, ½ cup of wild rice
* Fish stuffed pepper: ½ cup fish and as many peppers as you want with a healthy rice of your choice (whole wheat, wild rice, gluten free rice, etc.)
* Chicken Taco: ½ cup grilled lean chicken slices, ½ cup whole wheat rice, 1/3 cup of iceberg lettuce, ¼ cup of another vegetable with light dressing in a whole wheat hard or soft shell tortilla
* ½ cup grilled lean chicken with 1 cup mashed potatoes, 1 cup spinach leaf salad with light dressing
* ½ cup salmon with ½ cup brown rice and ½ cup green beans

**Dessert**

* ½ cup sugar free homemade pudding
* 1 medium sized green apple cut up into slices with ½ cup yogurt
* ½ cup fruit smoothie
* ½ cup healthy frozen yogurt

**Snacks** (Try and eat two snacks throughout each day)

* 1 medium sized apple, orange or equivalent piece of fruit
* 1 granola bar
* ½ cup of yogurt
* Small oatmeal cookie
* 1 cup whole wheat popcorn (no butter or salt)

Note: If all of the healthy choices are being followed you can eat one meal a week of whatever you want and still be considered to be healthy. Remember this is not required and if you have any allergies or pre-existing conditions please consult with your medical doctor and/or clinical dietitian if you are uncertain of what you should be eating or what you are able to do physically for exercise.

For more information please direct yourself to:

<http://www.myfridge.info>

Stay healthy! ☺