

smaller size

**BIGGER** *Life*

Heather K. Jones, RD

# Smaller size. Bigger life.

Three Paths to the Life and Body You've Always Dreamed Of

Hi there! If you're looking for a fast fix or the latest fad diet, I can't help you. But if you want lasting weight loss, a healthy life that works for you, and freedom from your food demons, you're in the right place.



I'm Heather K. Jones. I'm a registered dietitian, Certified MBTI® (a nationally renowned personality assessment) Administrator, health journalist, published author, and a nutrition consultant for TheBestLife.com, based on the best-selling The Best Life Diet by Bob Greene (Oprah Winfrey's personal trainer).

I'm also the founder of [www.heatherkjones.com](http://www.heatherkjones.com), a weight loss site about healing and hope, instead of diets (ugh) and deprivation (no thank you!).

I empower women to not only lose weight and get healthy, but to live more fulfilling and less fearful lives. Women who are healthy and happy are better partners, mothers and friends, and they influence and empower other women to lead healthier lives.

Have I always had a joyful life full of kale, self-love and positivity? Heck no! I've struggled big time. But my journey (read my story [here](#)) has changed the way I live. And now it can change yours, too.

I replaced my self-loathing with acceptance, my deep-rooted fears with love, my guilt with forgiveness, and my self-destructive behaviors with serious self-care. And I would be honored to help you do the same.

This is the get-slim secret sauce – it’s the magical solution you’ve been dreaming about. And it is, truly, the only way to rid yourself of your weight issues forever.

*Smaller size. Bigger life.*

LOVE YOURSELF.

LOVE OTHERS.

BE AUTHENTIC.

BE POSITIVE.

LIVE HEALTHY.

LIVE HAPPY.

Here are the three paths to the life – and body – you’ve always dreamed of, and (bonus!) a jumpstart [Skinnytaste](#) weight loss meal plan.

Are you ready to create a life you love in a body you love? Let’s go! Your BIGGER life is waiting for you.

*Heather*

# 1. Love Yourself

*“Love yourself for who you are now. Believe in yourself for who you have the power to become.”  
—Karen Salmansohn*

Self-love does not mean arrogance or vanity—it means having a deep respect for your life and your body. Without it, you’ll spend many frustrating years dieting and fighting the fat, but never finding the lasting results you’re longing (and hoping and praying!) for. And you’ll loathe yourself for failing. Sound familiar?

Loving and accepting yourself the way you are right now (yes, extra pounds and all!) is the most important component of long-term weight loss. Self-love is the stepping-stone to serious self-care, and if you want to finally achieve the body and life you’ve always dreamed of, getting off the crazy hate train is an absolute must.

Don’t believe me? Take it from Louise Hay—she is the grand dame (she is 86!) of self-love and she will knock your socks off. I think of Louise as the wise and hip grandmother I never had. Her best-selling book *You Can Heal Your Life* has sold over 50 million copies, and it is a weight-loss must-read.

Keep in mind that weight is never, ever the *real* problem. If you dig deep and deal with the underlying emotions surrounding your weight, you’ll free yourself from your food fears and addictions. And you’ll lose weight—guaranteed.

Take Action Now

To kick-start your (self-)love life pronto (as in yesterday!), check out [this fun video](#) now.

## 2. Know Yourself

*“Knowing yourself is the beginning of wisdom”*  
—Aristotle

A big part of loving yourself is *knowing* yourself, especially when it comes to weight loss. Are you a diet perfectionist, never cutting yourself slack for the occasional slip up, or an emotional eater? Or maybe you study and ponder diets like mad, but you never actually *do* anything about it.

Although each one of us is unique, women who share the same personality temperament (or what I call Diet Type) have a remarkable amount in common. Knowing about your Diet Type provides you with the “why” behind what you do (and don’t do), and it helps you identify not only what motivates you, but also what stresses you out. In fact, my absolute favorite personal growth tool is personality typing. It’s fun, it’s insightful, and it’s so incredibly useful.

So the question I have to ask you is: What’s Your Diet Type? Are you an organized and responsible Diet Planner, a passionate and idealistic Diet Feeler (like me!), an adventurous and adaptable Diet Player, or an intellectual and independent Diet Thinker?

Personality typing helped me harness my own personal power, and it can help you do the same. I used to believe that my Diet Feeler emotions made me weak and vulnerable. Boy, was I wrong! Now I know that my deep compassion, my emotional depth and my desire to guide others to healing are my absolute best assets.

### Take Action Now

Take this short, simple quiz based on the Myers-Briggs Type Indicator (MBTI®)—a nationally renowned personality typing test—and you’ll find your Diet Type instantly. Plus, you’ll receive a FREE personality and weight loss guide.

## 3. Feed Yourself

*“You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”  
—Julia Child*

Nourishment is the center of your self-care, and once you’re walking a path paved with love and fun, you’ll be driven to care for your body with respect.

But what about the overwhelming amount of nutrition information out there and seemingly limitless number of diets available, you might be wondering.

I say, forget about all of it and focus on a few key principles:

- ▶ Nourish your body with a clean diet based largely on nutrient-packed, energy-boosting vegetables, fruits, beans, whole grains and healthy fats.
- ▶ Eat fish and only modest amounts (if you choose to eat them) of fat-free or low-fat meat and dairy products.
- ▶ Cut back on salt, refined sugars, white flour and partially hydrogenated oils (basically processed foods).
- ▶ Reduce portions, keep calories in check, and move your body (walk, run, dance, whatever).

*Voila—a healthy lifestyle!*

I’m a foodie at heart, so I’m thrilled that it’s finally trendy to eat REAL food, ha! Balancing a healthy life with a foodie life is so much easier with whole foods. That’s why I am so excited to be teaming up with the award-winning (and oh-so-fabulous) recipe website, [www.skinnytaste.com](http://www.skinnytaste.com). It’s a nutrition match made in heaven: The Skinnytaste philosophy is much like my own—it centers on in-season and whole foods, those in their unprocessed, natural state.

The following Skinnytaste Jumpstart meal plan, which will help familiarize you with proper portions, balanced meals, clean eating, and calorie control, is just a starting point—swap in recipes and foods you love, and make it your own. Cooking cultivates patience, and it is the ultimate act of self-care. But eating out, enjoying your life, and

living free is also uber-important. You want to find a balance in your food life one that centers on YOU.

## Take Action Now

Search for yummy recipes on [Skinnytaste](#) and watch [Hungry For Change](#). This inspiring film has the power to transform your life, your health and your weight loss journey.

# Skinnytaste Jumpstart 4-Week Weight Loss Meal Plan

Amp up your energy, love every bite, and *still* lose around two pounds a week! Before you dig into the following four-week Jumpstart meal plan, I recommend using the guidance from the Diet Type eBook series. That way, you're sure to create a healthy-eating plan that works for YOU.

Each meal below features a satisfying mix of protein, carbs and good fat to curb cravings and keep you satisfied.

Choose one power-packed meal from each category each day to build the 1,450-calorie base of your 1,600-calorie-per-day menu. This leaves you with about 150 free calories (or your Weight Watchers PointsPlus Allowance), a day to use on whatever you want. See Treats box below for some ideas.

Each breakfast (350 calories), snack (200 calories), lunch and dinner (450 calories each) have similar calorie counts, so you can mix and match, and you can repeat meals using leftovers. Weight Watchers PointsPlus are also provided for each meal, so you can pick and choose meals according to your PointsPlus needs. (See sample week and meal planning worksheets here.)

After a while of following the meal plan, you'll get a feel for portions, nutrient combinations and calories, and you'll be able to more easily create healthy, balanced, calorie-appropriate dishes on your own. Plus, you'll have a healthy supply of delicious and nutritious dishes you can always fall back on.

Ok, let's get started! I believe in YOU and I am holding space for your bigger and happier life!



## Calories Count

While exact calorie needs depend upon a variety of factors, including height, weight and activity levels, an intake of around 1,500 to 1,600 calories per day will lead to a healthy weight loss of about two pounds per week for most women.

## Listen to Your Body

Your body is communicating with you all the time. It lets you know when you are tired, hot, cold, thirsty and hungry. Plowing through your day ignoring your body's signals, and getting by on caffeine or quick fixes, sets you up for binge eating later in the day when you'll be starving, tired, and drained. The solution, of course, is to slow down (and when you're hungry—really and truly hungry), sit down, and enjoy a nutrient-rich meal or snack.

## Treats

What about chocolate, cookies, wine, and other indulgences?

In addition to the 1,450 daily calories your basic meal plan delivers, you can also play with another 150 “free” calories. Eat or drink what you love in about that calorie quantity.

However, try to keep your free choices as natural and good-for-you as possible. Go for nutrient-rich dark chocolate and [Skinnytaste Healthy Cookies](#), for example. It’s always best to fuel your body with what it needs to operate at its best.

Spend the 150 free calories on what you want each day, or save up a few days’ worth of free calories for bigger indulgences (300, 450, or 600 calories). (Limit your rollovers to four days, or 600 calories.)

# Breakfast

Around 350 calories each

## **Whole Wheat Pancakes**

2 Whole Wheat Pancakes topped with 1 tbsp real maple syrup and 1/2 cup sliced bananas.

(Calories: 340 / PointsPlus: 5)

## **Skinny Pumpkin Granola**

1 serving of Skinny Pumpkin Granola topped with 1 1/2 cups chopped pears and apples and 1/2 cup unsweetened almond milk.

(Calories: 360 / PointsPlus: 5)



### **Baked Oatmeal with Blueberries**

1 serving of Baked Oatmeal with Blueberries with 1 banana and 1 tbsp almonds.  
(Calories: 335 / PointsPlus: 6)



### **Light Swiss Chard Frittata**

1 serving of Light Swiss Chard Frittata  
with 1 piece crusty whole-wheat bread,  
2 sliced tomatoes, and 1 orange.  
(Calories: 335 / PointsPlus: 6)

### **Pumpkin Nut Muffin**

1 Pumpkin Nut Muffin served with 1 apple, sliced and dipped in 1/4 cup low-fat ricotta sprinkled with cinnamon.  
(Calories: 340 / PointsPlus: 6)

### **Baked Eggs with Wilted Baby Spinach**

1 serving of Baked Eggs with Wilted Baby Spinach served with 1 piece of crusty whole-wheat bread, 1/4cup low-fat cottage cheese, and 1 grapefruit.

(Calories: 350 / PointsPlus: 7)



### **Insanely Good Blueberry- Oatmeal Muffin**

1 Insanely Good Blueberry- Oatmeal Muffin served with 1/4 cup nonfat Greek yogurt topped with 3/4 cup pomegranate seeds, 2 tbsp slivered almonds, and 1/2 tbsp honey.

(Calories: 340 / PointsPlus: 9)

### **Huevos Rancheros**

1 serving of Huevos Rancheros served with 1/4 of an avocado, sliced, and 1 tomato, sliced.

(Calories: 325 / PointsPlus: 7)

## Eggs with Scallions and Tomatoes

1 serving of Eggs with Scallions and Tomatoes served with 1 piece crusty whole- wheat bread, 1 peach, and 1 tbsp pecans.

(Calories: 355 / PointsPlus: 7)

## Apples and Cinnamon Breakfast Quinoa

1 serving of Apples and Cinnamon  
Breakfast Quinoa drizzled with 1/2  
tbsp honey.

(Calories: 345 / PointsPlus: 9)



# Fast and Fresh Breakfast

## **PB and A**

On a toasted whole-grain English muffin, spread 1 tbsp peanut butter. Top with thin slices from 1/2 an apple and drizzle with 1/2 tbsp honey; add a sprinkle of cinnamon. Serve with remaining 1/2 apple, sliced.

(Calories: 350/ PointsPlus: 7)

## **Eggs, Fruit and Nuts**

1 hard-boiled egg; 1 orange; 3 tbsp peanuts.

(Calories: 365 / PointsPlus: 5)

## **Loaded Yogurt**

Layer 1 cup nonfat Greek yogurt with 1/4 cup pomegranate seeds, 1/4 cup strawberries, 1/4 cup blueberries, 2 tbsp chopped walnuts and 1 tbsp of honey.

(Calories: 365 / PointsPlus: 7)

## **Almond-Honey Waffles**

Spread 2 tsp almond butter and 2 tsp honey on 2 frozen whole-grain waffles.

(Look for whole-wheat flour as the first ingredient.) Top with 1 banana, sliced.

(Calories: 360 / PointsPlus: 7)

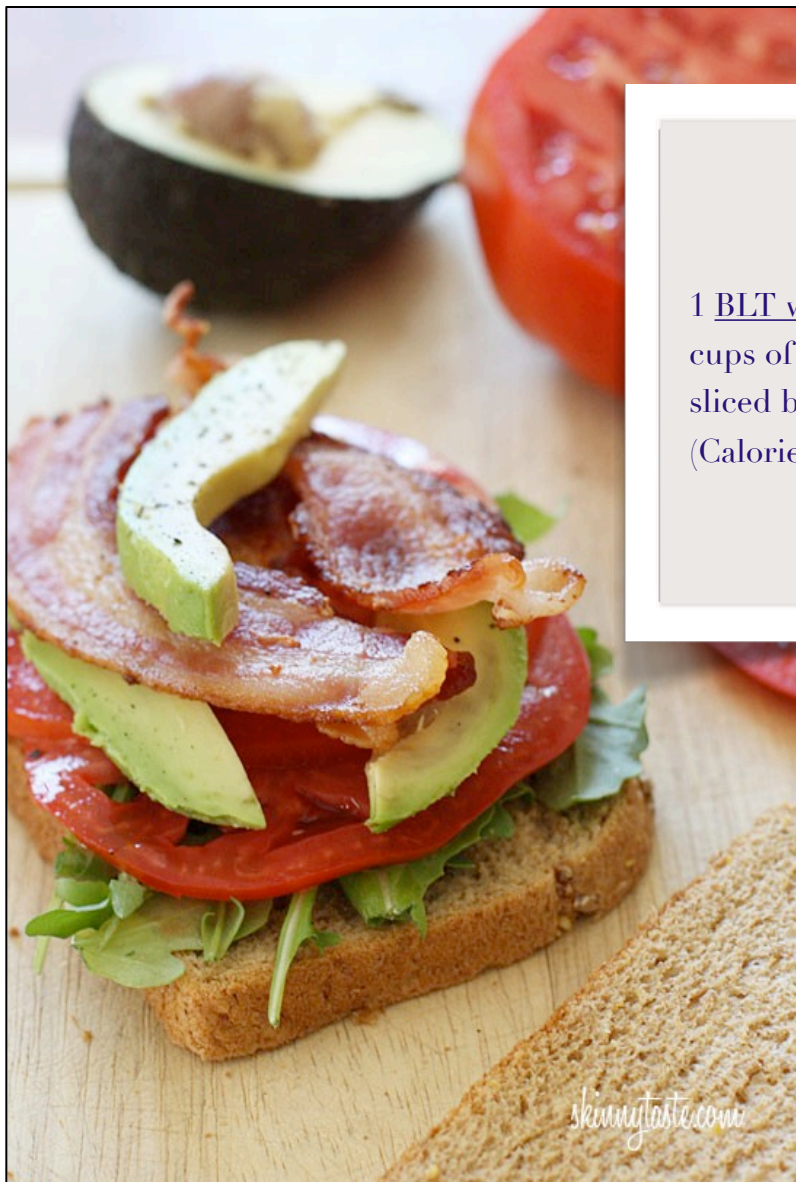
# Lunch

Around 450 calories each

## **Arugula Salmon Salad with Capers and Parmesan**

1 serving of Arugula Salmon Salad with Capers and Parmesan with 1 slice of crusty whole-wheat bread and 2 tangerines.

(Calories: 435 / PointsPlus: 10)



### **BLT with Avocado**

1 BLT with Avocado served with 2 cups of sliced strawberries and sliced bananas.

(Calories: 440 / PointsPlus: 8)



### **Turkey Burgers with Zucchini**

1 Turkey Burger with Zucchini served on a 100% whole wheat bun with sliced tomato, romaine lettuce, red onion slices, pickles, 1 tbsp ketchup and 1 tsp mustard. Serve with 1/2 cup Alexia Sweet Potato Julienne Fries.

(Calories: 455 / PointsPlus: 12)

### **Skinny Tuna Melt**

1 Skinny Tuna Melt served with 1 apple and 2 cups of mixed baby greens topped with 1/2 cup grape tomatoes, 2 tsp olive oil and a splash of balsamic vinegar.

(Calories: 435 / PointsPlus: 8)

### **Grilled Chicken Spinach Salad**

1 1/2 servings of Grilled Chicken Spinach Salad with 1 piece of crusty whole-wheat bread and 2 fresh figs.

(Calories: 445 / PointsPlus: 10)



### **Tomato Fresh Mozzarella Roasted Pepper Panini**

1 Tomato Fresh Mozzarella Roasted Pepper Panini served with 1 pear.

(Calories: 440 / PointsPlus: 9)



### **Egg, Tomato and Scallion Sandwich**

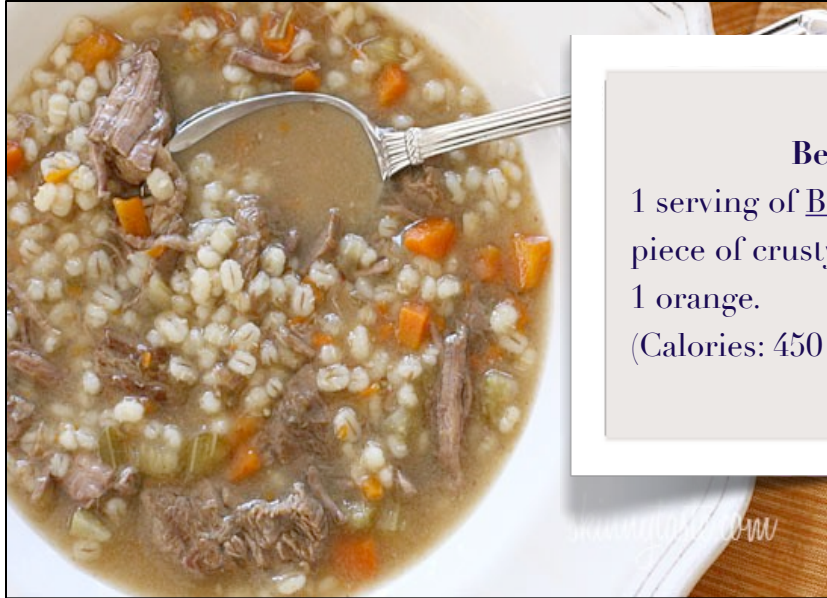
1 Egg, Tomato and Scallion Sandwich with 2 cups of arugula topped with one chopped tomato, 1 tbsp shaved Parmesan cheese, 2 tsp olive oil and a splash of white-wine vinegar or fresh lemon juice. Serve with 2 kiwi fruit.

(Calories: 440 / PointsPlus: 9)

### **Edamame Hummus**

1/2 cup Edamame Hummus served with 1/2 cup carrot sticks, 1/2 cup celery sticks, 1/2 cup sliced red and yellow peppers, and 1 piece of whole-wheat pita bread.

(Calories: 435 / PointsPlus: 8)



### **Beef Barley Soup**

1 serving of Beef Barley Soup with 1 piece of crusty whole- wheat bread and 1 orange.

(Calories: 450 / PointsPlus: 10)

### **Avocado Egg Salad**

1 serving of Avocado Egg Salad in a Healthy Grain Harvest Wheat Flat-Out wrap with romaine lettuce and sliced tomatoes. Serve with 1 cup grapes.

(Calories: 430 / PointsPlus: 7)



# Snacks

Around 200 calories each

## **Creamy Parmesan Spinach Dip**

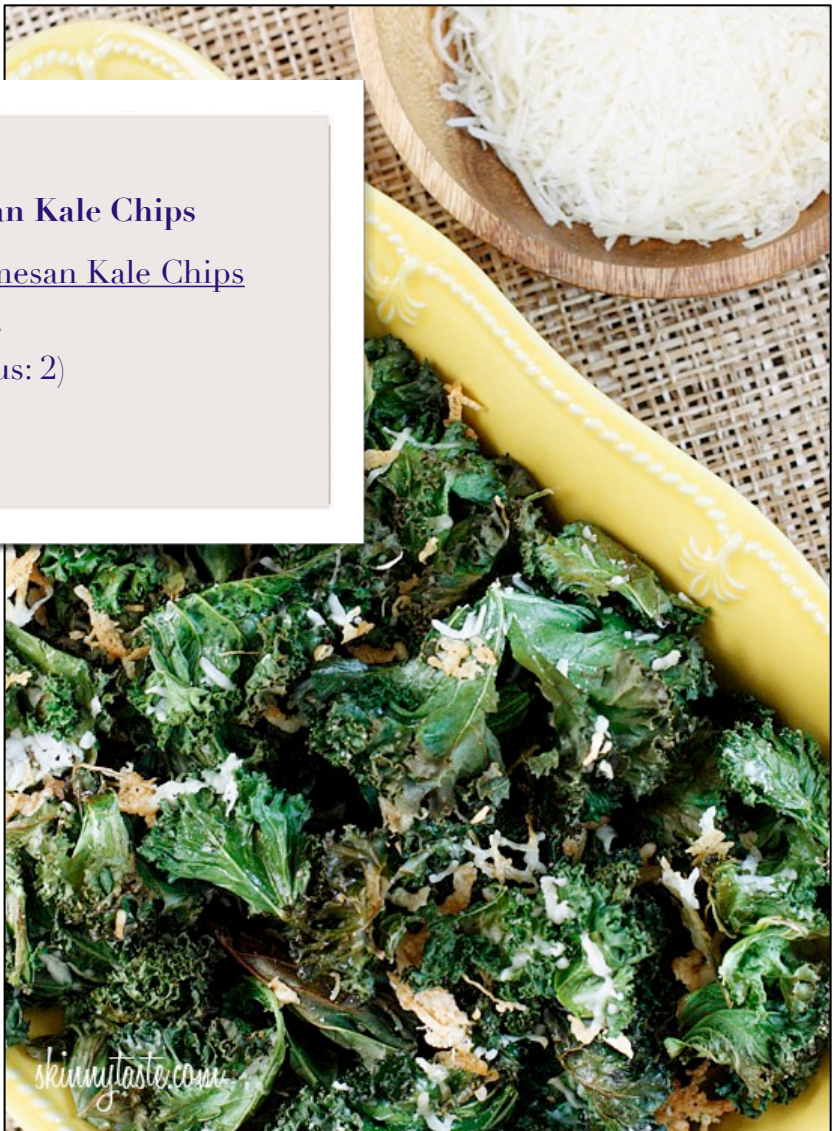
1/2 cup Creamy Parmesan Spinach Dip served with 1/2 cup carrot sticks, 1/2 cup celery sticks, and 1/2 cup pepper strips.

(Calories: 200 / PointsPlus: 4)

## **Baked Parmesan Kale Chips**

2 servings of Baked Parmesan Kale Chips served with 1 1/2 apples.

(Calories: 190 / PointsPlus: 2)





### **Apples and Pumpkin Pie Dip**

1/4 cup Apples and Pumpkin Pie Dip served with 1 1/2 apples, sliced.

(Calories: 190 / PointsPlus: 3)

## *Fast and Fresh Snacks*

### **Blue and Pears**

1 oz crumbled blue cheese served with 1 pear, sliced.

(Calories: 190 / PointsPlus: 3)

### **Goat Cheese and Figs**

Trim the stems off 4 fresh figs, slice them in half, and spread with 1 oz soft goat cheese. Sprinkle with freshly ground black pepper.

(Calories: 190 / PointsPlus: 2)

### **Ricotta and Apples**

1 1/2 sliced apples dipped in 1/2 cup nonfat ricotta sprinkled with cinnamon.

(Calories: 190 / PointsPlus: 3)

## Fast and Fresh Snacks (cont.)

### **Cherries and Pistachios**

2 tbsp pistachios with 2 cups of cherries (or 3 tbsp no-sugar-added dried cherries).

(Calories: 200 / PointsPlus: 2)

### **Berries and Almonds**

2 tbsp almonds with 1 cup of blueberries (or 2 tbsp no-sugar-added dried blueberries).

(Calories: 185 / PointsPlus: 2)

### **Nut Butter and Apples**

1 tbsp peanut butter spread on 1 apple, sliced.

(Calories: 170 / PointsPlus: 3)

### **Cheesy Popcorn**

150 calories of popcorn topped with 2 tbsp shredded Parmesan cheese.

(Calories: 190 / PointsPlus: 4)

### **Yogurt Quickie**

1/2 cup nonfat Greek yogurt mixed with 1/2 cup chopped fruit and 2 tbsp crushed nuts.

(Calories: 190 / PointsPlus: 4)

# Dinner

Around 450 calories each

## **Chicken and Mushroom in Garlic White Wine Sauce**

1 serving of Chicken and Mushroom in Garlic White Wine Sauce served with 1 1/2 servings of Roasted Broccoli with Smashed Garlic and 1 slice of crusty whole- wheat bread.

(Calories: 435 / PointsPlus: 13)



## **Cilantro Lime Tilapia Tacos**

2 Cilantro Lime Tilapia Tacos served with 1/2 cup Cuban Style Black Beans.

(Calories: 435 / PointsPlus: 11)

### **Santa Fe Turkey Stuffed Peppers and Cilantro Lime Rice**

1 1/2 serving of Santa Fe Turkey Stuffed Peppers served with 3/4 cup of Cilantro Lime Rice.

(Calories: 440 / PointsPlus: 11)

### **Smokey Spiced Rubbed Grilled Salmon**

1 serving of Smokey Spiced Rubbed Grilled Salmon (serve with an extra 1 cup of vegetables).

(Calories: 450 / PointsPlus: 10)

### **Flounder Piccata**

1 serving of Flounder Piccata with 3 cups arugula topped with 1 chopped tomato, 2 tbsp shaved Parmesan, 2 tsp olive oil and splash of white-wine vinegar or fresh lemon juice.

(Calories: 440 / PointsPlus: 11)



### **Cajun Chicken Pasta on the Lighter Side**

2 cups of Cajun Chicken Pasta on the Lighter Side.

(Calories: 430 / PointsPlus: 11)



### **Thai Coconut Shrimp**

1 serving of Thai Coconut Shrimp over with 1 cup brown rice. Serve with 1 1/2 cups steamed snow peas sprinkled with black sesame seeds.

(Calories: 445 / PointsPlus: 8)



### **Southwestern Black Bean Quinoa and Mango Medley**

1 serving of Southwestern Black Bean Quinoa and Mango Medley served in 2 corn tortillas with 1/2 of an avocado, chopped.

(Calories: 450 / PointsPlus: 10)

### **Chicken Rollatini with Spinach**

1 serving of Chicken Rollatini with Spinach served with 2 cups mixed baby greens topped with 1/2 cup chopped tomatoes, 1/2 of an avocado chopped, 1 tbsp shaved Parmesan, 1 tsp olive oil and a splash of vinegar.

(Calories: 430 / PointsPlus: 11)

### **Skinny Baked Broccoli Macaroni and Cheese**

1 serving of Skinny Baked Broccoli Macaroni and Cheese with 2 cups mixed baby greens mixed with 1 cup shredded carrots, 1 cup chopped tomatoes, 1 tsp olive oil and a splash of vinegar.

(Calories: 450 / PointsPlus: 9)

# Time-Saving & Slow-Cooking Dinners

## **Crockpot Asian Pork with Mushrooms**

1 serving of [Crockpot Asian Pork with Mushrooms](#) served over 3/4 cup rice noodles and topped with 1/2 cup shredded carrots and chopped scallions and cilantro. Serve with 1/2 cup steamed edamame in pods sprinkled with sea salt.

(Calories: 440 / PointsPlus: 9)



## **Crockpot Minestrone Soup**

2 cups of [Crockpot Minestrone Soup](#) topped with 2 tbsp shredded Parmesan and served with 1 piece of crusty whole-wheat bread.

(Calories: 440 / PointsPlus: 9)

## **Crockpot Turkey White Bean Pumpkin Chili**

1 1/2 servings of [Crockpot Turkey White Bean Pumpkin Chili](#) topped with 1 tbsp sour cream, 1/2 of an avocado, chopped. Serve with 10 baked tortilla chips.

(Calories: 455 / PointsPlus: 13)

## **Pollo in Potachhio**

1 serving of [Pollo in Potachhio](#) with 2 cups chopped endive topped with 1 chopped apple, 1 oz crumbled blue cheese, 1 tbsp chopped walnuts, 1 tsp olive oil and a splash of white- wine vinegar.

(Calories: 440 / PointsPlus: 8)

# Sample Week

(Around 1,450 total calories and 26 PointsPlus. Does not include free treat calories.)

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	2 <a href="#">Whole Wheat Pancakes</a> topped with 1 tbsp real maple syrup and 1/2 cup sliced bananas.	1 serving of <a href="#">Arugula Salmon Salad with Capers and Parmesan</a> with 1 slice of crusty whole-wheat bread and 2 tangerines.	1 1/2 sliced apples dipped in 1/2 cup nonfat ricotta sprinkled with cinnamon.	1 serving of <a href="#">Pollo in Potachio</a> with 2 cups chopped endive topped with 1 chopped apple, 1 oz crumbled blue cheese, 1 tbsp chopped walnuts, 1 tsp olive oil and a splash of white-wine vinegar.
MONDAY	1 <a href="#">Pumpkin Nut Muffin</a> served with 1 apple, sliced and dipped in 1/4 cup low-fat ricotta sprinkled with cinnamon.	(Leftovers from Sunday night dinner) 1 serving of <a href="#">Pollo in Potachio</a> with 2 cups chopped endive topped with 1 chopped apple, 1 oz crumbled blue cheese, 1 tbsp chopped walnuts, 1 tsp olive oil and a splash of white-wine vinegar.	Trim the stems off 4 fresh figs, slice them in half, and spread with 1 oz soft goat cheese. Sprinkle with freshly ground black pepper.	1 serving of <a href="#">Flounder Piccata</a> with 3 cups arugula topped with 1 chopped tomato, 2 tbsp shaved Parmesan, 2 tsp olive oil and splash of white-wine vinegar or fresh lemon juice.
TUESDAY	1 <a href="#">Pumpkin Nut Muffin</a> served with 1 apple, sliced and dipped in 1/4 cup low-fat ricotta sprinkled with cinnamon.	1 serving of <a href="#">Avocado Egg Salad</a> in a Healthy Grain Harvest Wheat Flat-Out wrap with romaine lettuce and sliced tomatoes. Serve with 1 cup grapes.	150 calories of popcorn topped with 2 tbsp shredded Parmesan cheese.	1 serving of <a href="#">Crockpot Asian Pork with Mushrooms</a> served over 3/4 cup rice noodles and topped with 1/2 cup shredded carrots and chopped scallions and cilantro. Serve with and 1/2 cup steamed edamame in pods sprinkled with sea salt.
WEDNESDAY	1 hard-boiled egg; 1 orange; 3 tbsp peanuts.	(Leftovers from Tuesday night dinner) 1 serving of <a href="#">Crockpot Asian Pork with Mushrooms</a> served over 3/4 cup rice noodles and topped with 1/2 cup shredded carrots and chopped scallions and cilantro. Serve with and 1/2 cup steamed edamame in pods sprinkled with sea salt.	Trim the stems off 4 fresh figs, slice them in half, and spread with 1 oz soft goat cheese. Sprinkle with freshly ground black pepper.	1 serving of <a href="#">Smokey Spiced Rubbed Grilled Salmon</a> (serve with an extra 1 cup of vegetables).
THURSDAY	1 serving of <a href="#">Apples and Cinnamon Breakfast Quinoa</a> drizzled with 1/2 tbsp honey.	1/2 cup <a href="#">Edamame Hummus</a> served with 1/2 cup carrot sticks, 1/2 cup celery sticks, 1/2 cup sliced red and yellow peppers, and 1 piece of whole-wheat pita bread.	2 tbsp almonds with 1 cup of blueberries (or 2 tbsp no-sugar- added dried blueberries).	1 <a href="#">Skinny Tuna Melt</a> served with 1 apple and 2 cups of mixed baby greens topped with 1/2 cup grape tomatoes, 2 tsp olive oil and a splash of balsamic vinegar.
FRIDAY	1 serving of <a href="#">Light Swiss Chard Frittata</a> with 1 piece crusty whole-wheat bread, 2 sliced tomatoes, and 1 orange.	(Leftovers from Thursday lunch) 1/2 cup <a href="#">Edamame Hummus</a> served with 1/2 cup carrot sticks, 1/2 cup celery sticks, 1/2 cup sliced red and yellow peppers, and 1 piece of whole-wheat pita bread.	2 tbsp almonds with 1 cup of blueberries (or 2 tbsp no-sugar- added dried blueberries).	2 cups of <a href="#">Cajun Chicken Pasta on the Lighter Side</a> .
SATURDAY	1 serving of <a href="#">Baked Oatmeal with Blueberries</a> with 1 banana and 1 tbsp almonds.	1 <a href="#">BLT with Avocado</a> served with 2 cups of sliced strawberries and sliced bananas.	2 servings of <a href="#">Baked Parmesan Kale Chips</a> served with 1 1/2 apples.	1 serving of <a href="#">Thai Coconut Shrimp</a> over with 1 cup brown rice. Serve with 1 1/2 cups steamed snow peas sprinkled with black sesame seeds.

# Create Your Own Week

(Week 1)

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Create Your Own Week

(Week 2)

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Create Your Own Week

(Week 3)

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Create Your Own Week

(Week 4)

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Make a Healthy Trade!

Tired of chicken? Blueberries not in season? Can't find a particular meal ingredient? Not to worry. You can substitute lots of foods with virtually equal nutrients and calories, so you can suit your tastes and still drop pounds. So go ahead, trade for your faves!

## **Fruit Trades**

1 medium orange =

- 2 tbsp dried fruit
- 1/2 grapefruit
- 24 grapes
- 3/4 cup mango
- 1 small banana
- 1 medium apple; pear
- 1 cup berries; cherries
- 1 cup melon pieces
- 2 apricots; kiwifruit
- 3 plums
- 2 fresh figs

## **Veggie Trades**

1 cup raw or 1/2 cup cooked spinach =

- 1/2 cup cherry tomatoes
- 1/2 cup chopped non-starchy vegetables such as bell peppers, broccoli, cauliflower, celery, mushrooms, tomato or zucchini
- 1/2 cup cooked or 1 cup raw leafy greens such as arugula, bok choy, cabbage, collard greens, kale, lettuce or Swiss chard

## **Dairy Trades**

1 cup skim milk =

- 1 oz reduced-fat cheese or 80 calories of any full-fat cheese
- 3/4 cup nonfat plain yogurt



- 1 cup calcium-fortified almond, soy or rice milk
- 1 part-skim string cheese

### **Fat Trades**

1 tsp olive oil =

- 2 tsp trans-fat-free spread; vegetable oil
- 1 tsp butter
- 1 tbsp seeds such as pumpkin or sunflower
- 1 tbsp nuts such as almonds, peanuts or pecans
- 1 1/2 tbsp flaxseed
- 2 tbsp shredded unsweetened coconut
- 10 olives

### **Protein Trades**

3 oz boneless, skinless chicken breast =

- 3/4 cup egg whites
- 3/4 cup cooked or canned beans
- 1 whole egg plus 3 egg whites
- 1 large turkey or chicken sausage
- 3 oz canned crab, salmon or tuna; fresh fish; ground beef; pork; steak; tofu

### **Nut Butter Trades**

1 tsp peanut butter =

- 1 tsp almond butter; soy nut butter; sunflower butter
- 1 tsp tahini

### **Sweet Trades**

1 tsp honey =

- 1 tsp agave nectar; brown sugar; table sugar; maple syrup
- 1 tsp fruit preserves