

# HEALTHY MEAL PLAN



# MEASUREMENT (MAXINESCORNER)

◆ This is the calorie measurement to use as a guide to help you with your weight loss. Please check the youtube channel for healthy meal ideas as well. Please subscribe to the youtube channel to help aid in your weight loss. Each person will receive a 10 minute phone call which will explain how to use the chart below.

◆ PLEASE BE SURE TO DRINK LEMON WATER HOT OR COLD THROUGHOUT. DRINK AS MUCH AS YOU CAN.

◆ PRIMARY VEGETABLES (MAXINESCORNER)

The list has leafy greens along with veggies which should be the most important part of any nutritious diet. They're low in calories and dense with fiber, vitamins, and minerals. Vegetables are a source of phytonutrients—powerful compounds that give produce its color and give you great health.



## ◆ SECONDARY VEGETABLES AND GRAINS (MAXINESCORNER)

**These veggies and grains are a great sources of fiber and other nutrients. These are not always as nutritious as Primary Veggies, but are a good source of protein and these will help to make your meals a more satisfying.**

## ◆ FRESH FRUIT (MAXINESCORNER)

**A rich source of phytonutrients, vitamins, minerals, and fiber, fruit tends to be higher in sugar than veggies. It's good, healthy sugar some fruits that are high in sugar should not be eaten for the maxinescorner.**

## ◆ LEAN PROTEIN

**Protein is comprised of amino acids, your body's building blocks. That's why protein is super-important. Lean protein can also be a source of other important nutrients, like heart-healthy omega-3 fatty acids, as well as bone healthy calcium and vitamin D.**

## ◆ HEALTHY FATS (MAXINESCORNER)

**Dietary fat is another important source of energy—and it helps you stay full longer. You may have heard about the controversy over**



**"good" and "bad" fats. This list tries to strike a balance between all those opinions**

◆ **FREE FOODS (MAXINESCORNER)**

**● Eat or drink as much as you'd like from this list. Use them to add excitement to your diet.**

- Lemon and lime juice
- Vinegars
- Mustard
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Hot sauce
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Black coffee, unsweetened
- Tea, unsweetened





## ◆ **TIPS**

**Space out your meals. Several smaller meals allow you to better absorb nutrients in your blood sugar steady. Try to eat three meals a day, with two or three snacks in between. Stay hydrated water keep keeps all of systems lubricated and running smoothly, we recommends that you drink half your weight in ounces every day.**

**◆ EXAMPLE: IF YOU WEIGHT 140 POUNDS, DRINK 70 oz water.**

**◆ IF YOUR CALORIE TARGET FALLS BETWEEN 1,200-1,399 (MAXINESCORNER)**

**4 Servings Primary Vegetables**

**2 Servings Secondary Vegetable & Grains**

**2 Servings Fresh Fruit**

**4 Lean Protein**

### **3 Healthy Fats**

**◆ IF YOUR CALORIE TARGET FALLS  
BETWEEN 1,600-1,799 (MAXINESCORNER)**

**6 Serving primary veggies**

**2 Serving secondary veg & grain**

**3 Serving fresh fruit**

**6 Lean protein**

**4 Healthy Fats**

**◆ IF YOUR CALORIE TARGET IS 1,800 OR MORE  
(MAXINESCORNER)**

**6 Servings primary veggies**

**3 Secondary veggies & grains**

**3 Servings fresh fruits**

**7 Servings lean protein**

**4 Servings healthy fats.**



## CHOOSE FOODS YOU WANT TO EAT FROM THE LISTS.

◆ **PRIMARY VEGGIES 1 SERVING EQUALS 40 CALORIES**  
**(MAXINESCORNER)**

- \* Kale 1 cup cooked or unlimited, raw
- \* Collard greens 1 cup chopped, cooked or unlimited, raw
- \* Spinach 1 cup cooked or unlimited, raw
- \* Brussels sprouts 5 medium
- \* Broccoli 1 cup chopped
- \* Asparagus 10 large spears
- \* Bok choy unlimited
- Tomatoes 2 medium or 1 cup cherry
- Squash (summer) 1 cup sliced
- String beans 2 cups cooked
- Snow peas 2 cups chopped, raw
- Cabbage 3½ cups chopped, raw



- Peppers, sweet 1 cup sliced, raw
- Carrots 1 cup sliced, raw or 10 medium baby
- Winter squash (all varieties) 1 cup cubed
- Cauliflower 1 cup chopped, raw
- Artichokes ½ large
- Eggplant ½ medium, unpeeled
- Okra 1 cup
- Beets 2 medium
- Celery unlimited
- Cucumbers unlimited
- Lettuce (NOT iceberg) unlimited
- Mushrooms unlimited
- Radishes unlimited
- Onions 1 cup chopped, raw
- Sprouts unlimited
- Jicama 1 cup sliced



## CHOOSE FOODS YOU WANT TO EAT FROM LISTS

### ◆ SECONDARY VEGGIES & GRAINS 1 SERVING EQUAL CALORIES (MAXINESCORNER)

\*Sweet potato  $\frac{1}{2}$  cup or 4 oz.

- Yams  $\frac{1}{2}$  cup or 4 oz.
- Quinoa  $\frac{1}{2}$  cup cooked
- Beans (kidney, black, garbanzo, white, lima, etc.)  $\frac{1}{2}$  cup cooked or canned (drained)
- Lentils  $\frac{1}{2}$  cup cooked (drained)
- Edamame  $\frac{1}{2}$  cup shelled
- Peas  $\frac{1}{2}$  cup cooked
- Refried beans, nonfat  $\frac{1}{2}$  cup
  - Brown rice  $\frac{1}{2}$  cup cooked
  - Wild rice  $\frac{1}{2}$  cup cooked
  - Corn on the cob 1 ear
  - Amaranth  $\frac{1}{2}$  cup cooked



- **Millet ½ cup cooked**
- **Buckwheat ½ cup cooked**
- **Barley ½ cup cooked**
- **Bulgur ½ cup cooked**
- **Oatmeal, steel-cut ¼ cup cooked**
- **Oatmeal, rolled ½ cup cooked**
- **Potato ½ medium or 4 oz.**
- **Bread, whole-grain 1 slice**
- **Pasta, whole-grain ½ cup cooked**
- **Couscous, whole wheat ½ cup cooked**
- **Crackers, whole-grain 8 small**
- **Cereal, whole-grain, low-sugar ½ cup**
- **Tortilla, corn 2 small (6-inch)**
- **Almond milk, unsweetened 2 cups**
- **Coconut milk beverage, unsweetened 1 cup**
- **Rice milk ¾ cup**



## CHOOSE FOODS YOU WANT TO EAT FROM THE LISTS

◆ FRUITS ONE SERVING EQUALS 70 CALORIES  
(MAXINESCORNER)

- \* **Blueberries  $\frac{3}{4}$  cup**
- **Raspberries 1 cup**
- **Blackberries 1 cup**
- **Strawberries 1 cup**
- **Watermelon 1 cup diced**
- **Cantaloupe 1 cup diced**
- **Orange 1 medium**
- **Orange sections  $\frac{3}{4}$  cup**
- **Tangerine 2 small**
- **Apple 1 small or 1 cup sliced**
- **Apricots 4 small**
- **Grapefruit  $\frac{1}{2}$  large**
- **Grapefruit sections  $\frac{3}{4}$  cup**



- **Cherries ¾ cup**
- **Grapes 1 cup**
- **Kiwifruit 2 medium**
- **Mango ¾ cup sliced**
- **Peach 1 large or 1 cup sliced**
- **Nectarine 1 large or 1 cup sliced**
- **Pear 1 small or ¾ cup sliced**
- **Pineapple 1 cup diced**
- **Banana ½ large**
- **Papaya 1 cup diced**
- **Figs 2 small**
- **Honeydew melon 1 cup**



## CHOOSE FOODS YOU WANT TO EAT FROM THE LIST

◆ LEAN PROTEIN ONE SERVING EQUALS 140 CALORIES  
(MAXINESCORNER)

- Yogurt 1 cup vegan
- Protein powder (hemp, rice, pea) 1 scoop (3 Tbsp./21 g, depending on variety)
- Tempeh 3 oz.
- Tofu, firm 6 oz.
- Veggie burger 1 medium patty
- . Beyond meat patty 1
- . Garden meatballs 3
- . Field Roast 1 sausage



## CHOOSE FOODS YOU WANT TO EAT FROM THE LIST

◆ **HEALTHY FATS ONE SERVING EQUALS 50 CALORIES**  
**(MAXINESCORNER)**

\* Avocado small 1/2 50 calories

- Raw nuts 1 Tbsp. chopped
- Whole raw nuts 6 almonds, 4 cashews, 7 peanuts, 10 pistachios, 5 pecan halves, or 4 walnut halves
- Raw seeds (pumpkin, sunflower, sesame) 1 Tbsp.
- Flaxseed, ground 1 Tbsp
- Chia seeds
- Extra-virgin olive oil 1 tsp.
- Olives 5 medium
- Flaxseed oil 1 tsp.
- Peanuts 1 Tbsp.
- Nut butters (peanut, almond, cashew, etc.) 1½ tsp.
- Seed butters (pumpkin, sunflower, sesame) 1½ tsp.



- **Pumpkin seed oil 1 tsp.**
- **Walnut oil 1 tsp.**
- **Coconut oil 1 tsp.**
- **Hummus 1 Tbsp.**
- **Coconut (unsweetened) 1 Tbsp. shredded**
- **Coconut milk, canned 2 Tbsp**
- **Vegan cheese 2 Tbsp**



# 28 DAYS

<b>1</b> 10 J. Jacks 10 Lunges 15 Squats	<b>2</b> 15 J. Jacks 15 Lunges 20 Squats	<b>3</b> 20 J. Jacks 20 Lunges 25 Squats	<b>4</b> 25 J. Jacks 25 Lunges 30 Squats	<b>5</b> 30 J. Jacks 30 Lunges 35 Squats
<b>6</b> 35 J. Jacks 35 Lunges 40 Squats	<b>7</b> <b>TAKE REST</b>	<b>8</b> 30 J. Jacks 30 Lunges 35 Squats	<b>9</b> 35 J. Jacks 35 Lunges 40 Squats	<b>10</b> 40 J. Jacks 40 Lunges 45 Squats
<b>11</b> 45 J. Jacks 45 Lunges 50 Squats	<b>12</b> 50 J. Jacks 50 Lunges 55 Squats	<b>13</b> 55 J. Jacks 55 Lunges 60 Squats	<b>14</b> <b>TAKE REST</b>	<b>15</b> 50 J. Jacks 50 Lunges 55 Squats
<b>16</b> 55 J. Jacks 55 Lunges 60 Squats	<b>17</b> 60 J. Jacks 60 Lunges 65 Squats	<b>18</b> 65 J. Jacks 65 Lunges 70 Squats	<b>19</b> 70 J. Jacks 70 Lunges 75 Squats	<b>20</b> 75 J. Jacks 75 Lunges 80 Squats
<b>21</b> <b>TAKE REST</b>	<b>22</b> 70 J. Jacks 70 Lunges 75 Squats	<b>23</b> 75 J. Jacks 75 Lunges 80 Squats	<b>24</b> 80 J. Jacks 80 Lunges 85 Squats	<b>25</b> 85 J. Jacks 85 Lunges 90 Squats
<b>26</b> 90 J. Jacks 90 Lunges 95 Squats	<b>27</b> 95 J. Jacks 95 Lunges 100 Squats	<b>28</b> <b>END</b>	<b>29</b>	<b>30</b>



