

## **Glycemic Index Eating Plan**

© January 2008, by Beth-Ellen Colvin

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With this eating plan, don't think "diet" since it really isn't a diet plan. It's a way to eat exactly what you need to keep you from being hungry and to nourish your body just enough. Accept this notion and you'll do better. Don't say to ANYONE that you are on a diet. You aren't.

Most of the days' menus are 1150-1300 calories. There is some variation. If after a week, you'd like to push it along a little faster, simply add a one-mile walk a day. An average fitness walking pace is close to a 15 minute mile. But, a good pace will vary depending on your fitness level, walking technique, and terrain. For general fitness walking you should walk at a pace that increases your heart rate, and you can maintain for 30 to 60 minutes. Use the talk test... if you can't speak without gasping for air you are walking too fast. If you are walking slowly enough that you can carry a tune you are probably walking too slowly. One mile burns from 80 - 100 calories for an average girl of 150 pounds. So walk briskly and burn part of your day's calories off... you will lose faster! And a mile goes very fast, especially if you have a dog to walk with!

This plan is also way less expensive than the JC and NS eating plans. NS works very well but costs less than JC. With either plan, you still have to buy your veggies, dairies, and other items at the store. So since you are there at the store anyway, go ahead and make your list and get everything for a week's breakfast, lunch, and dinner entrees. If you get rid of everything else in your pantry and fridge, you'll do GREAT on this eating plan!

Incidentally, you will eat five times a day.

### **Why does this work?**

It's portion controlled - low fat, controlled carbohydrate, full of protein, and you get to eat all the time, all day! But it IS the honor system... you only have to answer to you. And if you think you'd like to have the WHOLE bag of Hershey's Kisses instead of the allowed four... go answer to yourself! Take off your clothes and stand in front of the mirror. You will set yourself straight fast!

**A word about commitment and food preparation:**

With any of the above-mentioned plans that you purchase, you still have some food preparation. And likewise with this plan, you will have some prep. But that's okay! Think about it like this - "I've just spent 15 minutes carefully preparing my yummy meal and now I'm going to sit down and savor every last bite." You think I'm kidding? No I'm not! When you've taken the time to prepare your meal, plan on enjoying it while you are making it. Think how good it's going to taste. Admittedly, you will be using many prepackaged, convenience items, but the good part is, when you get home from work, you will get to have the biggest and best meal of the day... plus a bedtime snack too! Woo-hooo!

\*This alone will help you stay committed to your new life-style.\*

**Here is the basic plan:**

*Breakfast:*

Breakfast entrée

1 fruit serving

1 dairy or protein serving

*Lunch:*

Lunch entrée

1 dairy or protein serving

Salad vegetables

2 tbsp fat-free dressing

*Snack:*

1 fruit serving

1 dairy or protein

*Dinner:*

Dinner entrée

2 vegetable servings

1 salad or fruit serving

2 tbsp fat-free dressing

*Dessert (or bed-time snack):*

1 snack from snack list

1 cup of decaf coffee or tea

### Serving guide:

*Dinner, lunch, and breakfast entrees are listed by day on the plan charts.*

#### **Dairy and protein serving- "c" equals "calories"**

8 oz fat free milk or light yogurt (buy no-sugar added and low-fat yogurt

\*Kroger has an excellent selection of "Splenda" yogurts with 80 calories)

1 oz (one inch cube) of fat-free or low-fat cheese, 85-120c depends on type

2 tbsp grated parmesan, 122c

1 oz chicken or turkey, no skin, 40-45c

1 egg, 78c

3 egg whites, 51c

$\frac{1}{2}$  cup egg substitute, 60c

1 oz fish, 27-65c depending on type

1 oz sandwich meat (with 2 grams or less of fat per ounce, low sodium)

$\frac{1}{4}$  cup tuna, 60c

2 oz vegetarian protein burger, 70c depending on brand

#### **Fruit serving-**

Apple, small, 80c approx.

Applesauce, no sugar added,  $\frac{1}{2}$  cup, 50c

Apricots,  $\frac{1}{2}$  cup, 52c

Banana,  $\frac{1}{2}$ , 53c approx.

Blueberries,  $\frac{3}{4}$  cup, 60c approx.

Cantaloupe cubes,  $\frac{1}{3}$  cup, 20c approx.

Cherries, 12, 37c approx.

Grapefruit, 1 cup sections, 97c

Grapes, 15, 31c approx.

Honeydew melon cubes,  $\frac{1}{3}$  cup, 32c approx.

Kiwi, 46c, approx.

Mandarin oranges, no sugar added,  $\frac{1}{2}$  cup canned, 43c approx.

Nectarine, medium, 70c approx.

Orange, medium, 37c approx.

Pear, small, 37c approx.

Peach, small, 37c approx.

Pineapple, no sugar added,  $\frac{1}{3}$  cup canned, 36c approx.

Pineapple,  $\frac{3}{4}$  fresh, 25c, approx.

Plums, 2, 60c approx.

Pomegranate,  $\frac{1}{2}$  medium, 52c, approx.

Prunes, 3, 60c, approx.

Raisins, 2 tbsp, 42c, approx.

Raspberries, 1 cup, 64c, approx.

Strawberries, whole,  $1 \frac{1}{4}$  cup, 58c, approx.

Tangerines, 2 small, 62c, approx.

*One can see that you can get a lot of "bang for the buck" by eating blueberries, strawberries or fresh pineapple! Fill that tummy up!*

**You may replace a fruit serving with-**

Apple juice,  $\frac{1}{2}$  cup, 58c, approx.

Cranberry juice cocktail,  $\frac{1}{3}$  cup, 72c, approx.

Grapefruit juice,  $\frac{1}{2}$  cup, 48c, approx.

Grape juice,  $\frac{1}{3}$  cup, 52c, approx.

Orange juice,  $\frac{1}{2}$  cup, 56c, approx.

Pineapple juice,  $\frac{1}{2}$  cup, 60c, approx.

**Salad vegetables-**

*These raw vegetables may be eaten in unlimited amounts as part of your daily salad serving so FILL UP ON THEM!! An added benefit is that it keeps "things" moving with all of that fiber. You do not have to count these calories, if you are counting at all.*

Alfalfa sprouts

Cabbage

Chicory

Cucumbers

Celery

Escarole

Green onions

Hot peppers

Lettuce of any type

Mushrooms

Parsley

Radishes

Spinach

Watercress

Zucchini

**Dinner Vegetables-**

*Serving size is  $\frac{1}{2}$  cup cooked or 1 cup raw, calorie count, not applicable.*

Artichoke,  $\frac{1}{2}$  large

Asparagus

Beets

Bell peppers

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Collard greens

Eggplant

Green beans

Kale

Mushrooms

Mustard greens

Snow pea pods

Spinach

Tomato, 1 medium

Tomato juice

Vegetable juice, like V-8

Zucchini

**Unlimited items-**

Artificial sweeteners, salt-free spices, herbs, vinegar, lemon juice

**Limited to one teaspoon per day (only ONE, not each)-**

Flavoring extracts (add vanilla to your nighttime decaf coffee!), "fancy" mustard, horseradish, relish, low-sodium soy sauce (yummy on your dinner veggies), Worcestershire sauce

**Limited to 1 tablespoon per day (only ONE, not each)-**

Catsup, picante' sauce, salsa, taco sauce

**These beverages may be consumed in unlimited amounts-**

Coffee, tea, diet soda, sodium-free seltzer water (flavored or unflavored), sugar-free tonic water, and water, water, water!

**Snack List for dessert or bedtime:**

Low-fat granola bar, one (under 100 calories \*note there are 2 in a package)

Four Hershey's kisses (freeze the rest, 100 calories)

100-calorie pre-packaged snack bags (these are very expensive and not recommended so make your own and put them away for later)

Hunt's Fat Free Snack Pack pudding (under 100 calories)

One biscotti to dip in your flavored coffee (calories vary)

Rice cakes (remember, only 100 calories - chocolate flavor are the best)

One cup air-popped popcorn (I have an air popper! They still make them!) and shake garlic powder and chili powder over it - mmmmmm!!!

Are you seeing a trend here? Snack is ONLY 100 calories, no more!!

**Helpful hints:**

When you are preparing scrambled egg substitute for your breakfast, use cheese for your breakfast dairy on top and then pour your "allowed" 1 tablespoon of picante' sauce or salsa on top! Yummy! **Lesson:** Be creative!

Take a multiple vitamin, even if you aren't used to having one. You will feel healthier!

When you buy an item and you have to remove the portion that you are allowed to eat, freeze the rest for next time. Buy LOTS of those small sized Glad brand plastic-ware items. They are worth it and will save you money by saving the other portion instead of throwing it away.

Buy small zip lock bags and make your own 100 calorie snack packs. Put them away so you can't see them. Out of sight, out of mind!!

Stay busy! When you sit around and do nothing, you snack. If I get that way, I walk to the corner with the dog and come back. If I'm still "snacky" I clean the bathrooms.

Writing down your calories consumed is not necessary, but it's an educational experience. This small action every day will help you see and learn how portions are very important in this plan. It will also help you see how your body reacts to eating just what it needs and no more than that.

Day One:

Write total calories

Breakfast	1 egg (hard boiled, 78c) or $\frac{1}{2}$ cup Egg Beaters cooked in Pam in non-stick pan, 60c 1 fruit 1 dairy or protein	
Lunch	Chicken noodle soup, 80c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand 5-Cheese Lasagna, 290c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Two:

Write total calories

Breakfast	1 C Special K cereal, 120c 1 fruit 1 dairy or protein	
Lunch	3 oz Premium Chunk Chicken Breast in Water by Swanson's, mix in 1 tsp low fat mayo, 100c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Santa Fe Style rice and beans, 330c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Three:****Write total calories**

Breakfast	1 low fat granola bar, 90c 1 fruit 1 dairy or protein	
Lunch	1 serving Goza brand black bean soup, 105c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Mandarin Chicken, 260c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:**Total calories for day:***Day Four:****Write total calories**

Breakfast	1 egg (hard boiled, 78c) or $\frac{1}{2}$ Egg Beaters cooked in Pam in non-stick pan, 60c 1 fruit 1 dairy or protein	
Lunch	1 Michelina's Lean Gourmet brand Glazed Chicken, 250c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Smart Ones Penne Pollo, 280c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:**Total calories for day:*



Day Five:

Write total calories

Breakfast	South Beach brand breakfast bar, 140c 1 fruit 1 dairy or protein	
Lunch	1 Michelina's Lean Gourmet brand Shrimp Scampi, 290c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Meatloaf and Mashed Potatoes, 180c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Six:

Write total calories

Breakfast	1 low fat granola bar, 90c 1 fruit 1 dairy or protein	
Lunch	3 oz can of tuna in water, mix in 1 tsp low fat mayo, 150c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Beef Pepper Steak and Rice, 270c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Seven:**

**Write total calories**

Breakfast	<p><math>\frac{1}{2}</math> cup raisin bran                  NO fruit (raisins in bran already), 95c                  1 dairy or protein (preferably milk for your cereal)</p>	
Lunch	<p>1 Michelina's Lean Gourmet brand Chicken Alfredo Florentine, 250c                  1 dairy or protein salad, unlimited                  2 tbsp fat-free dressing</p>	
Snack	<p>1 fruit                  1 dairy or protein</p>	
Dinner	<p>1 Michelina's Lean Gourmet brand Five Cheese Pizza, 290c                  2 vegetables                  1 salad or fruit                  2 tbsp fat-free dressing</p>	
Dessert/Bedtime Snack	<p>Pick one item from the snack/dessert list                  Decaf coffee or tea (or other unlimited beverage)</p>	

*Exercise calories spent:*

*Total calories for day:*

**Day Eight:**

**Write total calories**

Breakfast	<p>Quaker Instant Oatmeal, prepare w/water, 100-160c (depends on flavor)                  1 fruit                  1 dairy or protein</p>	
Lunch	<p>1 Michelina's Lean Gourmet brand Pasta with Prosciutto and Sweet Basil, 310c                  1 dairy or protein salad, unlimited                  2 tbsp fat-free dressing</p>	
Snack	<p>1 fruit                  1 dairy or protein</p>	
Dinner	<p>1 serving Hormel chili with beans, 260c                  2 vegetables                  1 salad or fruit                  2 tbsp fat-free dressing</p>	
Dessert/Bedtime Snack	<p>Pick one item from the snack/dessert list                  Decaf coffee or tea (or other unlimited beverage)</p>	

*Exercise calories spent:*

*Total calories for day:*

Day Nine:

Write total calories

Breakfast	South Beach brand breakfast bar, 140c 1 fruit 1 dairy or protein	
Lunch	1 cup Healthy Choice Country Vegetable soup, 55c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Macaroni and Cheese, 270c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Ten:

Write total calories

Breakfast	1 low fat granola bar, 90c 1 fruit 1 dairy or protein	
Lunch	1 Michelina's Roasted Sirloin Supreme, 230c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	Morningstar Farms Spicy Black Bean Veggie Burger, 140c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Eleven:

Write total calories

Breakfast	Slim-fast Optima Blueberry Muffin Bar, 140c 1 fruit 1 dairy or protein	
Lunch	3 oz Premium Chunk Chicken Breast in Water by Swanson's, mix in 1 tsp low fat mayo, 100c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Three Cheese Chicken, 300c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Twelve:

Write total calories

Breakfast	South Beach brand breakfast bar, 140c 1 fruit 1 dairy or protein	
Lunch	1 cup Healthy Choice Fiesta Chicken soup, 130c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Swedish Meatballs, 310c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Thirteen:

Write total calories

Breakfast	1 C Special K cereal, 120c 1 fruit 1 dairy or protein	
Lunch	1 Michelina's Lean Gourmet brand Pepperoni Pizza Snacks, 200c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Smart Ones Grilled Chicken in Garlic Herb Sauce, 180c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Fourteen:

Write total calories

Breakfast	1 low fat granola bar, 90c 1 fruit 1 dairy or protein	
Lunch	1 serving Healthy Choice Zesty Gumbo soup, 100c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Beef Stroganoff, 290c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Fifteen:**

**Write total calories**

Breakfast	Quaker Instant Oatmeal, prepare w/water, 100-160c (depends on flavor) 1 fruit 1 dairy or protein	
Lunch	1 serving Healthy Choice Split Pea and Ham soup, 170c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Smart Ones Sante Fe' Chicken, 140c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Sixteen:**

**Write total calories**

Breakfast	$\frac{1}{2}$ cup raisin bran NO fruit (raisins in bran already), 95c 1 dairy or protein (preferably milk for your cereal)	
Lunch	1 cup Dinty Moore Beef Stew, 210c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Layered Lasagna with Meat Sauce, 310c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Seventeen:**

**Write total calories**

Breakfast	<p><math>\frac{1}{2}</math> cup of Kellogg's Low Fat Granola without Raisins 190c 1 fruit 1 dairy or protein</p>	
Lunch	<p>1 serving Healthy Choice Vegetable Beef soup, 130c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing</p>	
Snack	<p>1 fruit 1 dairy or protein</p>	
Dinner	<p>1 Michelina's Lean Gourmet brand Pepperoni Pizza, 300c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing</p>	
Dessert/Bedtime Snack	<p>Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)</p>	

*Exercise calories spent:*

*Total calories for day:*

**Day Eighteen:**

**Write total calories**

Breakfast	<p>South Beach brand breakfast bar, 140c 1 fruit 1 dairy or protein</p>	
Lunch	<p>1 Slim-Fast Optima Meal Bar in any flavor (Rich Choc. Brownie is good), 220c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing</p>	
Snack	<p>1 fruit 1 dairy or protein</p>	
Dinner	<p>1 Morningstar Farm Veggie burger, prepared without oil, 110-170c depends on variety 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing</p>	
Dessert/Bedtime Snack	<p>Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)</p>	

*Exercise calories spent:*

*Total calories for day:*

**Day Nineteen:**

**Write total calories**

Breakfast	Quaker Instant Oatmeal, prepare w/water, 100-160c (depends on flavor) 1 fruit 1 dairy or protein	
Lunch	1 Smart Ones Three-Cheese Ziti Marinara, 290c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 cup Healthy Request (Chunky brand) New England Clam Chowder soup, 120c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Twenty:**

**Write total calories**

Breakfast	South Beach brand breakfast bar, 140c 1 fruit 1 dairy or protein	
Lunch	1 serving (4 pcs) Morningstar Farms Corn Dog, 150c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Beef Pepper Steak and Rice, 270c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*



Day Twenty-One:

Write total calories

Breakfast	Slim-fast Optima Blueberry Muffin Bar, 140c 1 fruit 1 dairy or protein	
Lunch	1 Michelina's Lean Gourmet brand Buffalo Chicken Snacks, 190c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 serving Healthy Choice Hearty Chicken soup, 110c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Twenty-Two:

Write total calories

Breakfast	Quaker Instant Oatmeal, prepare w/water, 100-160c (depends on flavor) 1 fruit 1 dairy or protein	
Lunch	Morningstar Farms Buffalo Wings, (5 wings) 200 c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Beef Stroganoff, 290c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Twenty-Three:**

**Write total calories**

Breakfast	1 low fat granola bar, 90c 1 fruit 1 dairy or protein	
Lunch	Morningstar Farms Cheddar Burger, prepared without fat/oil, 150c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 serving Hormel chili with beans, 240c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Twenty-Four:**

**Write total calories**

Breakfast	$\frac{1}{2}$ cup of Kellogg's Low Fat Granola without Raisins 1 fruit 1 dairy or protein	
Lunch	1 Michelina's Lean Gourmet brand Rotini with Prosciutto and basil, 310c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	Morningstar Farms Meal Starters Chik'n Strips (12), 130c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Twenty-Five:**

**Write total calories**

Breakfast	1 egg (hard boiled, 78c) or ½ cup Egg Beaters cooked in Pam in non-stick pan, 60c 1 fruit 1 dairy or protein	
Lunch	1 cup Dinty Moore Beef Stew, 210c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Creamy Parmesan Chicken, 250c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Twenty-Six:**

**Write total calories**

Breakfast	Slim-fast Optima Blueberry Muffin Bar, 140c 1 fruit 1 dairy or protein	
Lunch	1 serving Goza brand black bean soup, 105c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	Morningstar Farms Philly Cheese Steak Veggie Burger, prepared without fat/oil, 120c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Twenty-Seven:**

**Write total calories**

Breakfast	Quaker Instant Oatmeal, prepare w/water, 100-160c (depends on flavor) 1 fruit 1 dairy or protein	
Lunch	3 oz can of tuna in water, mix in 1 tsp low fat mayo, 150c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Salisbury Steak, 190c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

**Day Twenty-Eight:**

**Write total calories**

Breakfast	South Beach brand breakfast bar, 140c 1 fruit 1 dairy or protein	
Lunch	1 Slim-Fast Optima Meal Bar in any flavor (Rich Choc. Brownie is good), 220c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 cup Healthy Request (Chunky brand) New England Clam Chowder soup, 120c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Twenty-Nine:

Write total calories

Breakfast	1 C Special K cereal, 120c 1 fruit 1 dairy or protein	
Lunch	1 cup Healthy Choice Fiesta Chicken soup, 130c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Mandarin Chicken, 260c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

Day Thirty:

Write total calories

Breakfast	Slim-fast Optima Blueberry Muffin Bar, 140c 1 fruit 1 dairy or protein	
Lunch	Morningstar Farms Spicy Black Bean Veggie Burger, 140c 1 dairy or protein salad, unlimited 2 tbsp fat-free dressing	
Snack	1 fruit 1 dairy or protein	
Dinner	1 Michelina's Lean Gourmet brand Buffalo Chicken Snacks, 190c 2 vegetables 1 salad or fruit 2 tbsp fat-free dressing	
Dessert/Bedtime Snack	Pick one item from the snack/dessert list Decaf coffee or tea (or other unlimited beverage)	

*Exercise calories spent:*

*Total calories for day:*

### **Questions:**

Why all the dairy and protein? *This keeps you from getting hungry and keeps your bones and muscles from suffering from lack of nutrients while you lose weight.*

Why can I have so many fruits? I thought they were full of sugar and carbohydrates? *They are! But these are the "good" carbs that your body needs. Chocolate chip cookies are not "good" carbs. Trust me. Read on!*

This seems expensive. Is it? *It definitely is less expensive than the various plans that you can buy into. When you buy their prepackaged items, you also have to go out and buy all of the fruits, veggies, salad dressings, yogurts, condiments, etc. If you were to take the cost of just one of their prepackaged items and compare it to a can of Healthy Choice soup or a prepared dinner such as Michelina's, the price savings is huge. Besides, ya gotta eat! You might as well get items that fit well into an eating plan like this. Plus, you'll really like the convenience of just popping into your local grocery store once a week and getting everything at the same time.*

#### **Cost analysis:**

*JC, about \$90 a week plus cost of "store" items*

*NS, about \$75 a week plus cost of "store" items (this is if you have auto-delivery every month)*

*This plan, about \$60-70 a week **INCLUDES** cost of store items.*

*It might be helpful to know that I like to shop one week at a time. One has to go back at least that often to buy fresh fruits, veggies, and salad makings. It helps to cut the cost of your eating plan by the week. Just remember this: Dollars spent do **NOT** equal results. Discipline and determination do. Also, it may be helpful to just shop for **YOUR** items instead of your family's general grocery list. Do I mean go back and shop for your own food items? Yes. It helps you define this as your lifetime eating plan. (But it's a **GREAT** plan for couples to do together!! There are minor adjustments for men on this plan. Please write me. Children should never be on a "diet," unless under the strict care of a physician and/or a nutritionist.)*

Can I save a component of my snack or lunch and have it for dinner later? *Unfortunately, no. This can "upset the apple cart" so to speak. The menus are planned so that you are equally spacing your carbs and proteins*

*throughout the day. It keeps you from getting hungry and keeps your blood sugar even as the day goes by. THIS is the goal. If your blood sugar is leveled out, you don't get hungry. If you don't get hungry, you don't nibble and graze your way through the day.*

*I really don't care for Michelina's brand and I can't find some of the entrees. What can I do? Easy! Look for similar alternatives with another brand. Try to keep the serving proportions the same and definitely look for the same calorie range. Some of the "Smart Ones" by Weight Watchers are very good alternatives!*

*Do you have a hint for following this plan and not deviating? Print this plan out; put it in a metal-tabbed folder. Take it WITH to the store! Mark all over it. Make notes to yourself in the right/left columns. I've done all the legwork for you, but you might want to jot some things down that come to mind. I do recommend writing your total calories because it's part of the exercise and reeducation that you need to change your eating lifestyle. Once you get the hang of this (about one month) you can do it with your "eyes closed" and you'll even know how to order at restaurants! You will even get real good at knowing how to fit eating in at a party or a gathering. And you'll know how to forgive yourself too when you fall off the wagon. Did you cheat? Did you have a bad day? Okay...discipline yourself to adhere strictly to the plan for the next seven days, and then the rest of the month, and here's the key... for the rest of your life.*

*Where did you learn this? Great question! I've done JC (to only lose 10 pounds) to get a feel what a diet plan is like. I didn't like the cost. The entire thing cost me \$2000 total (their food, their fees, plus grocery store items) and lost 15 pounds. Nor do I like to "diet." I bought into NS (also to lose only 10 pounds). Not as pricey but I wasn't terribly fond of the texture and taste of many food items. But one thing I learned along the way is that everything is portion controlled (Americans eat way too much in one sitting) and that the protein and carbs are measured out too. This seemed to be the key to me. So as I was on NS, I paid very close attention to the calories, carbs, and proteins that I was instructed to eat daily. I wrote it all down! Then, as I shopped at my local grocery store, I started looking for tasty and less expensive alternatives so that I could fit this into my everyday life so that I didn't have to depend on "diets" anymore. You can do this!*

### ***What is the theory behind this plan?***

Originally used to manage diabetes, the theory behind the Glycemic Index Eating Plan is simply to reduce insulin-related problems by identifying and monitoring foods that have the greatest effect on your blood sugar. Low-GI foods (less than 55) produce a gradual rise in blood sugar that's easy on the body, keeping blood sugar levels fairly tame. Foods between 55 and 70 are intermediate-GI foods. Foods with high-GI numbers (more than 70) make blood sugar as well as insulin levels quickly surge. Chances are you won't feel as if you're running on empty with this lifestyle, since it's designed to keep you feeling satiated. It is believed that this type of eating plan can reduce the likelihood that you will be afflicted with heart disease, diabetes, stroke, colon cancer and prostate cancer. This eating plan is easy to maintain and equally easy to follow. This is NOT like Atkin's. It's not low-carb. It encourages you to consume good carbohydrates which are nutrient-rich. It is also sure to eliminate your reliance on the junk food that you eat in order to keep you from getting hungry. While the adjustment to this lifestyle plan may be difficult at first, a number of individuals maintain that it is well worth the effort. You may actually be surprised to learn exactly how much weight you can lose following this system.

One more thing...please see a doctor to determine that you are ready to begin. To tell you the truth, he or she may wholeheartedly endorse your decision to make this lifestyle change! My doctor was the one that recommended it in the first place (she said to STOP dieting as a matter of fact). That said, you and you alone are responsible for your health. Not me. Not your significant other. You.

I am not a "diet guru" and I do not have any nutrition education. I wrote this based on my experiences on NS and JC and hope that you can enjoy the rest of your life feeling good and looking fine, based on *your* body's natural size and shape, like I have.

Best wishes for wonderful success!



**Sites:**

<http://www.michelin.com/>

click on their Lean Gourmet link for menu options

<http://www.eatyourbest.com/> Weight Watchers® Smart Ones site

<http://www.calorie-count.com/> calorie counter for EVERYTHING!

<http://www.seeveggiesdifferently.com/> Morningstar Farms

**Notes from Beth:**

**Okay!** Now you've completed one month on the plan. Now what? Well you have many choices. You can go at it alone if you are comfortable. I am. I don't measure anything. I don't write anything down. Monday through Friday I dutifully pack my breakfast, lunch and snack the night before. When I get home, I prepare my dinner since I know what I need to eat and *how much*. Perhaps you can try this. If you aren't comfortable, go back on the written plan but try picking your menus out day to day. You've done the one-month initiation to retrain yourself and now by picking out your choices, you will start to gain confidence in yourself that you have the ability to maintain control over your eating habits.

I've learned from some of the folks that "test-piloted" this plan that after their initial weight loss of 10-14 lbs the first month, they went on to lose about 4-6 lbs the next month and so on, and finally they are at their correct weight for their body type. Remember, this is the goal. There is no need to aspire to be "Twiggy."

If after your first month, you still aren't comfortable on your own then start over with the plan as laid out. And then once you are at your goal, you can try going on the 5/2 plan, which is where I am. Monday through Friday I stick to it like glue. But the weekends I am able to add in a few things that may not normally be in my plan, like a drink or two (choose wisely!) or a bit of dessert. Remember, you don't need a whole side of beef or half of a cake. Control is everything!

I've located some other 100c snacks for dessert/bedtime snack. I think you might like these! It's BEST to select something that is higher in protein but if you just can't (PMS happens), some of these might be a good bet for you.

**Slim-a-Bear 100 Calorie Ice Cream Sandwiches, Vanilla and Chocolate**

*(1 sandwich: 100 calories, 1.5g fat, 65 mg sodium, 21g carbs, 2 - 3g fiber, 8 - 10g sugars, 2g protein)*

**Chex 100 Calorie Snacks, Chocolate-Caramel and Cheddar**

*(1 pouch: 100 calories, 2.5 - 3.5g fat, 190 - 320mg sodium, 17 - 18g carbs, 0 - 1g fiber, 2 - 6g sugars, 1 - 2 g protein)*

**Sport Beans Energizing Jelly Beans**

*(1 package: 100 calories, 0g fat, 80mg sodium, 25g carbs, 0g fiber, 19g sugars, 0g protein)*

**Keebler Right Bites, Fudge Shoppe Grasshopper Fudge Dipped Mini Cookies**

*(1 pouch: 100 calories, 3.5g fat, 70mg sodium, 14g carbs, 1g fiber, 5g sugars, 2g protein)*

**Oberto 100 Calorie Jerky Bites, Teriyaki Turkey Jerky and Original Beef Jerky**

*(1 pouch: 100 calories, 1 - 1.5g fat, 400mg sodium, 9 - 10g carbs, 0g fiber, 5 - 8g sugars, 12 - 13g protein)*

**100 Calorie Packs Lorna Doone**

*(1 pouch: 100 calories, 3g fat, 120 mg sodium, 16g carbs, 0g fiber, 6g sugars, 1g protein)*

**Hostess 100 Calorie Packs, Chocolate Cake/Chocolate Icing**

*(3 cakes: 100 calories, 3g fat, 140mg sodium, 22g carbs, 5g fiber, 10g sugars, 2g protein)*

**Breyer's Double Churned 100 Calorie Cups, Cookies & Cream**

*(1 cup: 100 calories, 2g fat, 65mg sodium, 20g carbs, 3g fiber, 12g sugars, 3g protein)*

**Notes to yourself:**