

MAINTENANCE PLAN

THE **21 DAY CHALLENGE DIET**
CHALLENGE YOURSELF LEAN IN JUST 21 DAYS



SHAWNA KAMINSKI CTT, CPT, BKIN, BED
SHAWNA KAMINSKI CTT, CPT, BKIN, BED

Table of Contents

Maintenance phase	5
Carbohydrate Choices.....	6
Protein.....	6
Fat Sources.....	6
Vegetables.....	7
In Conclusion.....	7
Maintenance plan women	8
Breakfast choices	8
Eggs On Toast.....	8
Yoghurt Parfait.....	8
Toast + P.B., Yoghurt W/ Fruit And Flax.....	8
Oatmeal Topped with Nuts, Fruit (add dash of cinnamon)	9
Toast W/ Peanut Butter, Grapefruit, Egg.....	9
Mixed Berry Smoothie	9
Blueberry Smoothie	10
Lunch Choices	10
Tuna, Mayo, Veggies And Dressing.....	10
Lettuce Tuna Wrap.....	10
Salad with Chicken& Balsamic Vinegar	10
Chicken, Avocado, Coleslaw & Seeds.....	11
Tuna Salad, Chia Seeds with Oil & Balsamic	11
Lettuce Wrap with Turkey.....	11
Fish Wraps with Lettuce Leave	12
Dinner Choices	12
Chicken With Kale, Onion & Sweet Potato	12
Halibut, Broc And Caul W/ Oil, Rice	12

Broil Or Grill Fish, Top Potato W/Salsa	12
Chicken, Veg And Sweet Potato.....	13
Chicken With Sweet Pot.Add Your Own Spices	13
Faux Spaghetti & Meat Sauce with Kale & Olives.....	13
Sausage, Yam & Coleslaw.....	14
Snack Choices.....	15
Snack	15
Kiwi And Almonds	15
Yogurt With Flax And Cinnamon.....	15
Hard boiled egg with peppers.....	16
Apple And Cottage Cheese	16
Guacamole With Celery	16
Greek Yoghurt, Peaches And Cinnamon	16
Blackberries and cottage cheese	16
Hummus, Crackers And Celery.....	16
Apple with Nuts.....	17
Use Chia Seeds To Mix In Yogurt.....	17
Tuna salad on crackers.....	17
Maintenance plan men	18
Breakfast choices	18
Toast W/ Peanut Butter, Grapefruit, Egg.....	18
Steel Cut Oats Cooked, Berries, Chia And Yoghurt	18
Eggs On Toast.....	19
Oatmeal Top W/ Cin, Nuts, Fruit.....	19
Blueberry Smoothie	19
Eggs Scrambled, Fruit.....	19
Yogurt with Strawberries, Chia & Cinnamon	20
Lunch Choices	20
Turkey sandwich	20
Salad with Chicken& Dressing.....	20
Tasty Tuna Salad (see recipe).....	21
Chicken, Avocado, Coleslaw & Seeds.....	21

Tuna Salad	21
Salmon& Veggies	22
Chicken with Mushrooms & Cauliflower	22
Dinner Choices	23
Steak, Mushrooms & Spinach Salad with Oil & Balsamic	23
Fish & Green Beans	23
Steak, Broccoli & Seeds	24
Steak & Veggies.....	24
Lamb & Spaghetti Squash	24
Sausage, Yam & Coleslaw.....	24
Chicken With Kale, Onion & Sweet Potato	25
Snacks Choices	26
Yogurt n Fruit	26
Hummus, Crackers And Celery.....	26
Apple Topped With Peanut Butter	26
Apple And Cottage Cheese	27
Yogurt With Flax And Cinnamon.....	27
Fruit And Nuts and Cottage Cheese	27
Greek Yoghurt, Peaches And Cinnamon	27
Apple And Cottage Cheese	27
Hard Boiled Egg With Peppers	27
Apple With Nuts.....	28
Snack - Tuna Salad On Crackers	28
Guacamole With Celery	28

Maintenance phase

After the 21-day jump-start, it's time to apply the 'rules' of eating that you've just learned. I hope you've paid attention to the food types and timing that we used. You'll continue this in the maintenance phase.

Continue to eat as you did in the jumpstart phase. That is, three meals but now add THREE snacks. You can use the NEW mix and match meal plans that are included as well as refer to the Challenge Diet original plan for meal and snack ideas for this second phase. The additional snack will increase your calories.

You'll continue to have a cheat meal, but you can have it once every **5 days** (as opposed to every 7 days). Remember it's still a cheat MEAL and not a cheat DAY.

You can also start to do more meal planning in this phase. You can take the basic guideline choices (listed below, as well as the foods that you were eating in the Challenge Diet Jump Start) and start to create some of your own meals.

You'll notice that the maintenance plan continues to be 'paleo – style'. It's not STRICT paleo since you'll see the introduction of some things like cottage cheese and some whole grains. It's mostly gluten free and definitely free of most sugars and all processed foods.

If you've noticed that you feel best with NO gluten or dairy based on the first 21 days, then by all means continue to eat completely gluten and dairy free. The fact is, not everyone has intolerance to these foods. Many people can tolerate them in small quantities.

Ensure that you stick with fresh foods as much as you can; add lots of spices, use your imagination. Refer to the recipes in the Challenge Diet plan.

Refer to the new **Maintenance Mix and Match Meals** provided. Again you'll have a variety of breakfasts, lunches, dinners and snacks to choose from. If you have favorites from the initial 21 days, by all means use those too. Since you have an extra snack/day, your calorie count will be higher. As well, the addition of the cheat day every fifth versus seventh day will make a big difference to you.

Of course your results will be more dramatic when you include challenging fat burning and muscle toning workouts like those that you'll find in [Challenge Fat Loss](#). Let me coach you through all your workouts with these short video follow along workouts that you can do in your own home with a minimal amount of equipment in 20 minutes or less.

The maintenance plan should be extremely doable for you. Start to meal plan and use or adjust some of your own recipes.

Here are some basic guidelines for ingredients:

Carbohydrate Choices

Fruits are best AFTER your training session:

Fruit: apples, oranges, bananas, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries

Plain Greek Yogurt (this is not strictly Paleo, but this is a good nutritional choice for those that can eat dairy)

Sprouted grain bread (Ezekiel bread, rice bread, spelt bread)

Other Grains: barley, basmati, quinoa, sprouted grain tortilla wraps (Ezekiel wraps), Oatmeal, oat bran, Wild rice, brown rice, Pasta – Spelt pasta, rice pasta, or sprouted grain pasta (Ezekiel brand)

Protein

Eat these through the day for any meal:

Beef (steak, ground beef, jerky, etc), Plain Greek Yogurt (this is not strictly Paleo, but this is a good nutritional choice for those that can eat dairy), Deer/Venison, Eggs (whole or whites), Fish (salmon, tilapia, haddock, mackerel, tuna, bluefish, herring), Ham, Lamb, Pork (tenderloin, chop, etc), Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc), Skinless Chicken (breast, thigh, wing, etc), Turkey breast

[Protein powder](#) (Click the link for my favorite brand.)

Fat Sources

Oils: Coconut Oil, Extra Virgin Olive oil, Flax-seed oil, Marine/Fish oils, Udo's Choice Oil Blend, Hemp Oil

Raw Nuts: Almonds, Brazil Nuts, Hazelnuts, Pecans, Walnuts, Peanuts (in moderation)

Other: All Natural Peanut Butter (in moderation), Almond Butter, Avocado/Guacamole, Flax seeds (ground)

Vegetables

This is not an exhaustive list. Do NOT overthink your vegetable choices. If you're eating veggies, you're doing something right! Keep the variety as high as possible, prepare with the healthy fats listed, include in as many meals as possible. All vegetables have carbohydrates, but they are typically low carb options.

Asparagus, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cucumber, Eggplant, Fennel, Green Onion, Leek, Lettuce – any type, Okra, Onion, Pepper, Bell, Radish, Snow Peas, Spinach, Tomato, Zucchini

In Conclusion

This nutrition plan is not over the top crazy or rocket science. Use common sense in your food choices. If it's real fresh food that doesn't come from a box with a list of ingredients you can't pronounce, chances are it's a healthier choice.

The key to lasting fat loss and maintenance is learning to listen to your body. This Paleo-style eating plan will help you make healthy choices to increase the nutritional density of your food.

You wouldn't expect a high performance car to run on faulty fuel, your body is no different. Eating healthy food to fuel your body will increase your performance in your challenging workouts.

I know you're not the kind of person that looking for a 'magic bullet' nutritionally. I hope the changes you make with this Challenge Diet are ones that you can maintain long term. This is where the real magic happens. When you make these healthy nutritional choices over time, your body will transform and you'll continue to feel and look better.

Maintenance plan women

Breakfast choices

Eggs On Toast

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
2	Large	Egg, whole, scrambled	12	0	10	140
1	Cup	Spinach, boiled, drained, no salt	5.35	6.75	0	41.40
1	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:			22.835	27.2	10.9	287.4

Yoghurt Parfait

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	cup	Fiber One cereal	2.40	24.30	0.81	59.10
½	ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
1	cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			23.63	49.19	5.62	277.20

Toast + P.B., Yoghurt W/ Fruit And Flax

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	Slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
½	tablespoon	Peanut Butter - all natural smooth style	2.00	1.50	4.00	52.50

1	tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
3	ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:			18.83	36.73	9.42	297.82

Oatmeal Topped with Nuts, Fruit (add dash of cinnamon)						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	cup, cooked	Cereals,oats,slow cooked	4.07	16.83	1.60	96.53
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
½	ounce	Nuts, walnuts,	2.13	1.92	9.13	91.56
1	cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:			24.71	31.59	10.96	312.41

Toast W/ Peanut Butter, Grapefruit, Egg						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Slice	Bread, Ezekiel Sprouted Grain	5	15	0.5	80.00
1	large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½	large (approx4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
½	tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:			12.06	28.65	10.75	247.37

Mixed Berry Smoothie						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, unthawed	Blackberries, frozen, unsweetened	1.78	23.66	0.65	96.64
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
2	tablespoons	Hemp seeds	6.00	2.00	8.00	112.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1	cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
1	Cup	UnsweetenedAlmond Milk	1.00	2.00	4.00	40.00

		Totals:	10.90	44.20	13.36	317.66
--	--	----------------	--------------	--------------	--------------	---------------

Blueberry Smoothie

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	Scoops	Protein powder	24.00	8.00	3.00	150.00
1	Cup	UnsweetenedAlmond Milk	1.00	2.00	4.00	40.00
		Totals:	26.07	31.01	21.08	389.65

Lunch Choices

Tuna, Mayo, Veggies And Dressing

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Slice	Bread, Ezekiel Sprouted Grain	5.00	15	0.5	80.00
1	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
4	large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
2	tablespoons	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
2	leaves	Spinach, raw	0.57	0.73	0.08	4.60
4	ounce(s)	Tuna, light in water	20.00	0.00	1.33	120.00
½	Cup	Tomato, diced	0.00	2.00	0.00	9.50
		Totals:	25.8	24.71	10.39	315.34

Lettuce Tuna Wrap

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
3	leaves, outer	Lettuce, cos or romaine, raw	1.03	2.76	0.25	14.28
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
4	ounce(s)	Tuna, in water	20.00	0.00	1.33	120.00
		Totals:	29.14	22.00	19.41	374.80

Salad with Chicken& Balsamic Vinegar

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	cup, sliced	Avocados	1.46	6.23	10.70	116.80
8	medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
3	ounce(s)	Chicken breast / white meat	18.00	0.00	0.00	93.00
1	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
1	small	Tomato, sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			23.60	23.59	25.56	413.83

Chicken, Avocado, Coleslaw & Seeds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	ounce	Seeds, pumpkin, raw	9.35	3.81	11.94	147.99
Totals:			37.19	27.20	32.68	539.79

Tuna Salad, Chia Seeds with Oil & Balsamic

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
½	ounce	Chia seeds, ground	2.21	6.22	4.36	69.46
3	ounce(s)	Tuna solid white, in water sm. Can	22.50	1.50	1.50	105.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
1	1 slice	Bread, Ezekiel Sprouted Grain	5.00	15.00	0.50	80.00
Totals:			32.36	43.53	21.16	481.79

Lettuce Wrap with Turkey

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	leaf, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1/2	ounce	Walnuts, raw	2.13	1.92	9.13	91.56
3	ounce(s)	Turkey breast slices, nitrate free	21.00	0.00	0.00	75.00

		Totals:	26.81	14.09	27.07	370.60
--	--	----------------	--------------	--------------	--------------	---------------

Fish Wraps with Lettuce Leave

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Brussels sprouts, baked	2.97	7.88	0.26	37.84
3	ounce(s)	Halibut, broiled	22.50	0.00	3.00	120.00
4	leaf, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	tablespoon	Salsa, medium, no sugar added	0.00	0.00	0.00	2.00
1	cup, cubes	Squash, butternut, baked, no salt	1.84	21.50	0.18	82.00
		Totals:	31.00	41.55	21.38	445.88

Dinner Choices

Chicken With Kale, Onion & Sweet Potato

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
4	ounce(s)	Chicken breast, white meat	26.00	0.00	1.60	124.00
1	cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	Cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
		Totals:	30.79	46.73	13.83	428.14

Halibut, Broc And Caul W/ Oil, Rice

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
½	cup (1" pieces)	Cauliflower, boiled, drained, no salt	1.14	2.55	0.28	14.26
3	ounces	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
½	tablespoon	Olive oil – pure	0.00	0.00	7.00	65.00
½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
		Totals:	28.20	30.53	10.98	333.78

Broil Or Grill Fish, Top Potato W/Salsa

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
3	ounce(s)	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70

2	ounce(s)	Green beans - string boiled & drained	1.04	4.44	0.14	20.00
½	Cup	Potato - white medium	2.10	20.55	0.09	90.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
3	tablespoon	Salsa – Garden Fresh	0.00	0.00	0.00	6.00
1	Tbsp	Oil & Vinegar	0.10	1.90	0.90	16.00
		Totals:	26.16	36.39	8.44	335.7

Chicken, Veg And Sweet Potato

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, chopped	Broccoli, boiled, drained, no salt	3.71	11.20	0.64	54.60
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
½	table spoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
½	Cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
½	Cup	Sweet potato, baked in skin, no salt	2.01	20.71	0.15	90.00
½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
		Totals:	28.34	58.9	6.47	394.82

Chicken With Sweet Pot.Add Your Own Spices

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
4	ounce(s)	Chicken breast, organic	24.00	0.00	0.00	124.00
1	Tbsp	Oil & Vinegar	0.10	1.90	0.90	16.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
½	Cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
		Totals:	28.26	35.8	1.72	295.3

Faux Spaghetti & Meat Sauce with Kale & Olives

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	serving (3 oz)	Beef,ground,95%leanmeat/5%fat,crumbles,pan-browned	24.79	0.00	6.44	164.05
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40

1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
4	large	Olives, ripe, canned (small-extra large)	0.13	1.00	1.71	18.40
3	ounce(s)	Shiritaki Noodles	0.00	1.00	0.00	0.00
½	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
Totals:			28.98	18.36	22.92	393.99

Sausage, Yam & Coleslaw

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Brussels sprouts, baked	5.64	12.90	0.60	65.10
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
½	Cup	Coleslaw, home-prepared	0.77	7.45	1.57	41.40
3	links	Pork and beef sausage, fresh, cooked	5.38	1.05	14.14	154.44
½	cup, cubes	Yam, baked	1.01	18.75	0.10	78.88
Totals:			12.81	40.15	30.00	456.82

Snack Choices

Snack						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
6	ounce(s)	Yogurt, Greek, non-fat, plain, sweetened with vanilla and touch of stevia	16.50	6.42	0.00	91.67
Totals:			16.50	6.42	0.00	91.67

Kiwi And Almonds						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36
10	almond	Nuts, almonds	1.70	1.58	4.05	46.24
Totals:			2.57	12.72	4.45	92.60

Yogurt With Flax And Cinnamon						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/3	teaspoon	Cinnamon	0.09	1.62	0.06	5.40
1	tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
3	ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:			10.37	7.14	3.01	92.78

Hard boiled egg with peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
1	whole	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
Totals:			7.20	9.20	5.20	108.00

Apple And Cottage Cheese

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½	Cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:			14.14	10.42	1.24	109.56

Guacamole With Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
¼	Cup	Avocado – pureed	1.15	4.25	8.80	92.50
3	each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
Totals:			1.15	10.25	8.80	122.50

Greek Yoghurt, Peaches And Cinnamon

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	small	Peaches, raw	0.72	7.54	0.20	30.81
5	ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
Totals:			15.87	16.07	0.30	123.14

Blackberries and cottage cheese

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blackberries, raw	2.00	13.84	0.71	61.92
½	Cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:			16.00	16.94	1.86	143.92

Hummus, Crackers And Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
4	stalks	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
3	tablespoons	Hummus, home prepared	2.19	9.05	3.87	79.65

1	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:			5.19	24.05	3.87	149.65

Apple with Nuts						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Each	Apple - medium with peel	0.30	21.00	0.50	81.00
½	ounce	Nuts, walnuts,	2.13	1.92	9.13	91.56
Totals:			2.43	22.92	9.63	172.56

Use Chia Seeds To Mix In Yogurt						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	Cup	Raspberries, raw	0.74	7.34	0.40	31.98
½	Ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			20.95	20.56	4.76	201.44

Tuna salad on crackers						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Cucumber – slices	0.80	2.80	0.00	14.00
1	Tablespoon	Mayonnaise, fat free	0.00	3.00	0.00	8.00
1	Tablespoon	Relish	0.10	5.30	0.10	20.00
3	ounce(s)	Tuna, light in water	22.50	1.50	1.50	105.00
2	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			25.40	26.60	1.60	207.00

Maintenance plan men

Breakfast choices

Toast W/ Peanut Butter, Grapefruit, Egg

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Slice	Bread, whole-grain or sprouted grain	2.73	12.93	1.20	69.25
2	large	Egg, whole, hard-boiled or scrambled	12	0.	10	140
½	large	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
1	tablespoon	Peanut Butter, natural	4.00	3.50	8.15	95.00
Totals:			19.78	29.84	19.52	357.37

Steel Cut Oats Cooked, Berries, Chia And Yoghurt

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1/2	ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
6	ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
1	Cup	Cereal, oats, steel cut, cooked	5.00	27.00	2.00	150.00
Totals:			23.29	60.06	6.84	385.44

Eggs On Toast

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Slice	Bread, Ezekiel Sprouted Grain, Low Sodium	4.00	15.00	0.50	80.00
1	Cup	Egg, white, raw	26.49	1.77	0.41	126.36
2	large	Egg, whole, scrambled	12	0	10	140
1	Cup	Spinach, boiled, drained, no salt	5.35	6.75	0.47	41.40
1	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:			48.84	29.22	11.78	413.76

Oatmeal Top W/ Cin, Nuts, Fruit

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, cooked	Cereals, oats, steel cut	5.43	22.44	2.13	128.70
½	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	ounce (14 halves)	Nuts, walnuts,	4.26	3.84	18.26	183.12
1	ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
½	cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:			12.57	41.03	25.08	414.60

Blueberry Smoothie

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	Scoops	Protein powder	36.00	12.00	4.50	225.00
1	Cup	UnsweetenedAlmond Milk	1.00	2.00	4.00	40.00
Totals:			38.07	35.01	22.58	464.65

Eggs Scrambled, Fruit

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	slices	Bread, whole-grain or sprouted grain	5.45	25.85	2.40	138.50
1	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84

1	large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½	large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
Totals:			42.91	41.43	16.18	479.96

Yogurt with Strawberries, Chia & Cinnamon

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blackberries, raw	2.00	13.84	0.71	61.92
2	slices	Bread, Ezekiel Sprouted Grain, Low Sodium	8.00	30.00	1.00	160.00
1	tablespoon	Peanut Butter - all natural smooth style	4.00	3.00	8.00	105.00
1	tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			33.83	56.73	13.92	480.32

Lunch Choices

Turkey sandwich

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	leaves, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
6	ounce(s)	Turkey breast slices, nitrate free	42.00	0.00	0.00	150.00
2	Slice	Bread, Ezekiel Sprouted Grain	10.00	30.00	1.00	160.00
Totals:			59.94	46.01	37.2	697.16

Salad with Chicken& Dressing

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	cup, sliced	Avocado	1.46	6.23	10.70	116.80
8	medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
6	ounce(s)	Chicken breast / white meat	36.00	0.00	0.00	186.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
1	small	Tomato, sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			41.60	23.59	25.56	506.83

Tasty Tuna Salad (see recipe)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
8	spears	Asparagus	3.54	2.30	0.50	21.60
6	ounce(s)	Tuna, canned in water	45.00	0.00	2.00	240.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			55.40	25.28	25.56	545.87

Chicken, Avocado, Coleslaw & Seeds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
5	ounce(s)	Chicken breast / white meat	30.00	0.00	0.00	155.00
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	ounce	Seeds, pumpkin, raw	9.35	3.81	11.94	147.99
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			45.79	46.34	40.48	731.94

Tuna Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
2	tablespoons	Mayonnaise, low fat	0.00	8.00	2.00	50.00
1	tablespoons	Onion, chopped	0.10	0.90	0.00	4.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1/2	ounce	Seeds,pumpkinraw	4.67	1.90	5.97	73.99
1	Cup	Tuna solid white, in water, reg. can	60.00	4.00	4.00	280.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
2	Slice	Bread, Ezekiel Sprouted Grain	10.00	30.00	1.00	160.00
Totals:			78.37	67.94	13.77	689.14

Salmon& Veggies

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
3/4	ounce(s)	Almonds, raw	4.50	4.57	10.50	122.25
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
5	ounce(s)	Salmon, broiled	31.35	0.00	17.50	290.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:			44.68	57.3	30.32	676.22

Chicken with Mushrooms & Cauliflower

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, (1" pieces)	Cauliflower	2.28	5.10	0.56	28.52
6	ounce(s)	Chicken breast, organic	36.00	0.00	0.00	186.00
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, cider	0.00	0.14	0.00	3.15
½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:			47.27	50.99	16.2	568.97

Dinner Choices

Steak, Mushrooms & Spinach Salad with Oil & Balsamic

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
6	ounce(s)	Beef, top sirloin, lean only, 1/4" trim, choice, broiled	51.63	0.00	13.60	343.40
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1/2	cup, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
2	tablespoons	Olive oil, pure	0.00	0.00	28.00	260.00
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
1	small	Tomato, sm. sliced	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			57.13	14.66	42.41	680.57

Fish & Green Beans

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Green beans, steamed	2.01	8.71	0.23	37.80
6	ounce(s)	Halibut, broiled	45.00	0.00	6.00	240.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
8	large	Olives, ripe, (small-extra large)	0.27	2.00	3.42	36.80
1	cup, sliced	Zucchini, baked	1.15	7.07	0.09	28.80

½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
1	cup, (1" pieces)	Cauliflower	2.28	5.10	0.56	28.52
Totals:			53.23	45.27	25.18	600.14

Steak, Broccoli & Seeds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	1 serving (3 oz)	Beef,shortloin,porterhousesteak,leanandfat,0" trim	20.07	0.00	17.13	240.55
1	Cup	Broccoli, steamed	5.70	9.84	0.20	51.52
1	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	tablespoon	Sesame seeds, whole, raw	1.60	2.11	4.47	51.57
Totals:			29.04	26.86	36.44	528.18

Steak & Veggies

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
4	ounce(s)	Beef,OrganicFlank,separableleanonly,trimmed ,cooked	30.67	0.00	9.33	219.87
1	Cup	Bok Choy, boiled, drained	2.00	2.00	0.00	20.00
1	1/2tablespoon	Coconut oil	0.00	0.00	20.40	175.50
½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
1	cup, (1" pieces)	Cauliflower	2.28	5.10	0.56	28.52
Totals:			41.01	31.79	31.67	573.71

Lamb & Spaghetti Squash

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
5	ounce(s)	Lamb,leg,shankhalf,leanandfat,1/4"trim,raw	26.34	0.00	19.12	284.92
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
1	Cup	Vegetables, mixed, steamed	5.20	23.80	0.20	108.00
Totals:			34.15	42.85	33.97	609.91

Sausage, Yam & Coleslaw

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Brussels sprouts, baked	5.64	12.90	0.60	65.10
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1/2	tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
3	links	Pork and beef sausage, fresh, cooked	5.38	1.05	14.14	154.44
½	cup, cubes	Yam, baked	1.01	18.75	0.10	78.88
½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
		Totals:	16.1	69.98	39.45	671.44

Chicken With Kale, Onion & Sweet Potato

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
6	ounce(s)	Chicken breast, white meat	39.00	0.00	2.40	186.00
2	cups, chopped	Kale, boiled, drained, no salt	4.94	14.64	1.04	72.80
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	Cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
½	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
		Totals:	48.78	76.44	16.03	634.76

Snacks Choices

Yogurt n Fruit

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
5	Almond	Nuts, almonds	1.06	0.99	2.53	28.90
½	tablespoon	Seeds, flaxseed (mix in yogurt)	1.10	1.73	2.53	32.04
1	container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:			15.70	30.66	5.71	229.38

Hummus, Crackers And Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
4	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
3	tablespoon	Hummus, home prepared	2.19	9.05	3.87	79.65
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			6.19	31.05	3.87	179.65

Apple Topped With Peanut Butter

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	small	Apple - medium with peel	0.15	10.50	0.25	40.50
1	tablespoon	Peanut Butter, natural	4.00	3.50	8.15	95.00

		Totals:	4.15	14.00	8.40	135.50
--	--	----------------	-------------	--------------	-------------	---------------

Apple And Cottage Cheese

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
½	Cup	Cheese, cottage, lowfat, 1%	14.01	3.05	1.13	81.36
		Totals:	14.31	24.05	1.63	162.36

Yogurt With Flax And Cinnamon

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/3	teaspoon	Cinnamon	0.09	1.62	0.06	5.40
1	tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
		Totals:	19.37	10.64	3.01	142.78

Fruit And Nuts and Cottage Cheese

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blackberries, raw	2.00	13.84	0.71	61.92
½	Cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
12	almond	Nuts, almonds, raw	2.55	2.37	6.08	69.36
		Totals:	18.55	19.31	7.93	213.28

Greek Yoghurt, Peaches And Cinnamon

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	small	Peaches, raw	0.72	7.54	0.20	30.81
5	ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
		Totals:	15.87	16.07	0.30	123.14

Apple And Cottage Cheese

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	small	Apples, raw, with skin	0.14	7.32	0.09	27.56
1	Cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
		Totals:	28.14	13.52	2.39	191.56

Hard Boiled Egg With Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
1	Cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
Totals:			7.20	9.20	5.20	108.00

Apple With Nuts

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	ounce (14 halves)	Nuts, walnuts,	4.26	3.84	18.26	183.12
Totals:			4.56	24.84	18.76	264.12

Snack - Tuna Salad On Crackers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
1	tablespoon	Relish – pickle	0.10	5.30	0.10	20.00
4	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			32.90	27.10	2.10	242.00

Guacamole With Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
½	Cup	Avocado – pureed	2.30	8.50	17.60	185.00
3	each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
Totals:			2.30	14.50	17.60	215.00