

Personal Food & Fitness Diary: Sugar Solution Food Plan

<p>My Personal Fitness Goals:</p> <p>_____ minutes of activity per day. (Suggested 15-40 min/day)</p>	Date:	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<p>Daily Servings:</p> <p>Fruit: ½ cup, 1 to 2 times per day.</p> <p>Vegetables: 5 or more cups of a non-starchy vegetable, ½ cup beans or ½ cup sweet potato (starchy vegetable) 1 time per day.</p> <p>Protein: 3-6 oz. per meal. Palm-sized meat/fish/poultry, 1-2 eggs, 1 oz. nuts or ½ cup beans.</p> <p>Fiber: 25-40gm per day.</p> <p>Carb load: Less than 45-50gm per day.</p> <p>Can have: Coconut/almond/rice/hemp/flax milk (avoid carrageenan).</p>	<p>Breakfast</p> <ul style="list-style-type: none"> • 7-10gm fiber • Water and lemon when first wake up • 1 cup non-starchy vegetables • 3-6 oz. of protein 							
	<p>Lunch</p> <ul style="list-style-type: none"> • 7-10gm fiber • Water (16 oz.) an hour before meal • 2+ cups non-starchy vegetables • 3-6 oz. of protein 							
	<p>Dinner</p> <ul style="list-style-type: none"> • 7-10gm fiber • Water (16 oz.) an hour before meal • 2+ cups non-starchy vegetables • 3-6 oz. of protein 							
	<p>4pm Snack</p> <ul style="list-style-type: none"> • 5gm fiber • Water (16 oz.) • Fiber+protein+fat 							
	<p>Water (16 oz.)</p>	□ □ □ □	□ □ □ □	□ □ □ □	□ □ □ □	□ □ □ □	□ □ □ □	□ □ □ □
<p>Avoid: White sugar, white flour, white rice, white pasta & white potato.</p>	<p>Daily Totals</p> <p>Carb – Fiber = Carb Load: 10-15gm/meal and <45gm/day</p>	<p>Carb Load:</p>						
<p>Drink: 80-100 oz. of water daily.</p>	<p>To identify your weight loss SET POINT: Weigh yourself. Then, for one week add your daily carb load and divide by 7 to learn your average carb load. Weigh again 1 week later. Did you gain/lose/maintain? Adjust carb load accordingly. Do not go below 30-35gm carb load a day.</p> <p>On the Advanced Plan: Make your plate 75% non-starchy vegetables and 25% lean protein; have ½ cup of berries/day. Skip grains and starchy vegetables for 6 weeks.</p>							