

The Healthy Weight Food Plan



This food plan is the one for you if you'd like to lose weight, lower blood sugar, decrease inflammation, improve joint pain, relieve brain fog, or if you don't know what kind of diet to follow and just want to eat the best balance of food possible. Safe for the whole family! Here's the basic outline of the healthy weight food plan:

Diet Concept	This is a macronutrient-focused diet that is low carb, moderate protein and higher in health fats. While calories shouldn't be over-consumed, they're not the absolute focus. See link on next page to learn your ideal calorie intake.
Food Tracking	Option #1: Tracking what you eat daily on paper, see instructions below Option #2: Tracking what you eat daily in an app, instructions next page
Macro Goals	Tracking what you eat is how you'll stay within the food plan goals and see results. You can use option #1 (journal) or option #2 (smartphone app).

The healthy weight food plan teaches you how to balance the types of food you're eating and can be "overlapped" with any type of diet you already follow (vegetarian, paleo, gluten free, dairy free, mediterranean, etc.). Anyone can say they'll follow a healthy diet but if it's eaten in an unbalanced way, you may not see the health benefits you were hoping for and feel like you're failing. You should always apply these two points below to ANY diet style you follow, they will be outlined in the following pages. You should choose:

1. High quality foods 
2. Low carb, moderate protein, higher healthy fat foods 

First, let's decide how you're going to track what you eat. Do you prefer writing it down on paper or would you like to use your smartphone? The following explains how to do both option #1 and option #2.

Option #1: Tracking Meals in a Journal

MONDAY	Carbs (90 g max)	Protein (60-80 g)	Calories (1200)
3 scrambled eggs with sauteed veggies	0 g <small>(don't need to count non-starchy veggies)</small>	18 g (eggs)	240 cal
Chicken salad (3 oz chicken + 1 tbsp avocado mayo) & 10 rice crackers. Salad with 1 tbsp dressing.	15 g (crackers)	23 g (chicken)	250 cal 80 cal 80 cal
Apple & 2 tbsp peanut butter	30 g (apple) 6 g (PB)	10 g (PB)	80 cal 200 cal
4 oz steak, 1 sweet potato + butter, roasted brocolli	20 g (potato)	23 g (steak)	160 cal 86 cal 102 cal

Write down the date and what you ate all day

Look up the foods in a book like Calorie King or www.calorieking.com

Subtract what you eat daily from your goal numbers to be sure you don't go over

Don't worry about tracking fat individually, just add it in with your total calories.

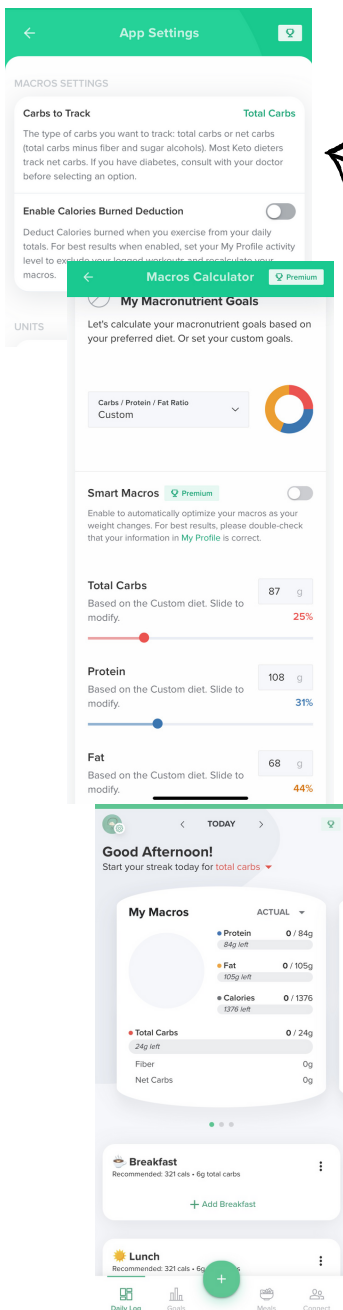
General Tips

- Write down what you eat daily. This will be a great learning tool and keep you accountable! Buy a scale and measuring cups if you don't have them.
- Carbohydrates, protein and calories are the most important things to track.
 - Restricting carbs is where the real magic happens as this macro really determines weight, inflammation, blood glucose, reduces insulin resistance, cravings, etc. This doesn't mean you should eat NO carbs!!!
 - Protein should be eaten adequately to be sure you stay full and don't lose muscle mass during weight loss.
 - Although calories aren't the focus, staying within a range helps you prevent overeating.
- Don't worry too much about tracking fat, it's hard to know exactly how much you're having when you cook with it. Just be sure to include the recommended servings in your day (see below).
- Everyday's numbers will fluctuate a little and that's OK! The main goal is tracking total carbohydrates. After that, being sure you eat adequate protein and fat will be what keeps you satisfied and full. These numbers can fluctuate and it's alright

Finding your target calorie range

<https://caloriecontrol.org/healthy-weight-tool-kit/assessment-calculator/>

Option #2: Tracking in Carb Manager App



1. Download Carb Manager on your smartphone or create an account online.

- Keep calorie goal where the app sets them or per your RD
- Make sure you're tracking "net carbs" under APP SETTINGS

2. Establish macro goals under the MACROS CALCULATOR tab.

- Tap on "Carbs /Protein/Fat Ratio" and set to "CUSTOM", or you can customize your own goals you have in mind.
- The colored dots can shift around so you can set the numbers to something close to 25% carbs, 25% protein and 50% fat. **You may need to upgrade your subscription to do this, ask me if you have questions!**
- Everyone's grams will be different based on calorie goals and that's OK. Set carbs to a number between 60-90 g daily (or per your RD or MD). Ideally, most people should start at 90 g. You will need to play with fat and protein until the app accepts the goals you provide based on calories you want to aim for.
- Click "Apply Macros Goals" to set.

3. Start tracking and have fun!

- Use the "+" sign on the home page to add foods and drinks.
- Personalized recipes can be created for the favorites you eat often.
- Add everything before or just after you eat it to avoid forgetting.
- Track water & exercise if you like (don't eat the calories you burn).
- Don't stress about being perfect with numbers, just aim for the goals you set as best you can.
- Redirect yourself throughout the day based on your macro pie chart to keep yourself on track. If you max on carbs, eat more protein and fat foods.
- Don't stress out about being exact with the numbers, they are targets and meant to help you learn more about your diet.

The Food Lists

PROTEIN

If tracking by hand: eat 3-4 servings daily, each bullet is about 1 serving = 20 g protein

Animal

Grass-fed, free range, pastured, organic, wild-caught, and uncured are labels to look for.

- 3-4 oz. poultry/beef/pork/lamb/buffalo
- 6 slices natural, uncured bacon (not 20g protein)
- 4-6 oz. fish/shellfish
- 5 oz. canned tuna fish (1 weekly)
- 3 whole eggs
- 4 oz. organic lunchmeat (not a health food, but still a protein if you eat it)

Dairy

Organic, grass-fed preferred. Unsweetened.

- 3 oz. hard or soft cheese, any
- ¾ c cottage cheese/ricotta
- 6 oz. Greek yogurt (count carbs too, depends on brand)
- 8oz milk (13 g carbs)
- 8 oz. kefir (count carbs too, depends on brand)

Vegetarian

These are the lowest-carb versions of vegetarian protein available. Non-GMO best option.

- 8 oz. tofu, firm
- 3 oz. tempeh/nato

Protein powder:

vegetarian or vegan, organic and non-GMO preferred

Protein powder: grass-fed collagen, bone broth, whey or beef are all acceptable.

FAT

If tracking by hand: have ~6 servings daily or just make sure fat is included at each meal & snack

Minimally refined, cold-pressed. Avoid corn, cottonseed, canola, peanut, soy, etc.

- | | | |
|---------------------------------------|--|--|
| ½ medium Avocado | 1 tbsp. coconut butter or oil | 2 tbsp. salad dressing (homemade) |
| 1 tbsp. grass-fed butter or ghee | 2 oz. coconut shreds (unsweetened) | 1 oz. nuts/seeds (unsweetened) |
| 1 tbsp. olive oil or extra virgin | 1 tbsp. mayonnaise (avocado or homemade) | 2 tbsp. nut butter (unsweetened) |
| 1 tbsp. avocado oil | 7-10 olives, any | 2 tbs sour cream or cream cheese |
| ½ c coconut milk canned (unsweetened) | 2 tbsp. pesto | 1 oz. dark chocolate, 75% or greater (will have carbs) |

CARBOHYDRATES

Each serving below is about 30 g CARBS!

Daily carb range: 60-90 g or 2-3 servings listed below. Each quantity listed = 1 serving = 30 g carbs

If tracking by hand, read food labels for "total carbs" and subtract from daily total.

You can eat more or less than portions listed, just count it.

Choose clean, whole food carbs mostly (starchy veggies, whole grains, legumes) & as tolerated

GLUTEN FREE GRAINS (GF)

- Amaranth-¾ c
- Buckwheat, kasha- ½ c
- Millet- ¾ c
- Oats (rolled oats, steel-cut oats) - ½ c
- Quinoa- ½ c
- Rice, any type - ½ c
- Rice cakes- 2
- Rice/nut/seed crackers- 8-10

GLUTEN-CONTAINING GRAINS

- Barley- 1/3 c
- Bulgur- 1/2 c
- Couscous- 1/3 c
- Crackers, rye- 4-7
- Whole wheat cereal- ½ c

- 2 slices bread (regular or GF)
- 1/3 c granola (regular or GF)
- 3/4 c pasta (regular or GF)
- 1-6" tortilla (regular or GF)
- 1 hamburger/hotdog bun (regular/GF)
- 15-20 tortilla chips (regular/GF)

LEGUMES

- Bean soups-1 c
- Beans (cooked)- 3/4 c
- Peas (cooked)- 1 ½ c
- Edamame (cooked)- 3/4 c
- Flour, legume- 1/3 c
- Hummus or other bean dips- 1 c
- Refried beans, vegetarian- 3/4 c
- Veggie burger (non-GMO)-1 patty

STARCHY VEGGIES

- Acorn squash-1 1/2 c
- Butternut squash-1 1/2 c cubed
- Corn; 1 c cooked, 4 c popped
- Plantain-½ c cubed
- Potato, any type- 1 med
- Potatoes, mashed- 3/4 c
- Root vegetables: parsnip, turnip, rutabaga- 2 c

FRUIT

- 1 large apple, orange, peach, nectarine, kiwi
- 1 c applesauce, unsweetened
- 1 banana
- 1 ½ c berries
- 2 ½ c strawberries
- 30 grapes
- 24 cherries
- 1 mango
- 2 c melon
- 1 ½ c pineapple
- or any 30 g serving size of other fruits

If you consume any other carb loaded food (desserts, granola bars, etc), you will need to look up their carb content on their package label or in your app.

The Food Lists

NON STARCHY VEGETABLES

Best choices: organic, seasonal vegetables, eat the rainbow

Daily quantity: 6-9 servings ideal (1/2 c cooked, 1 c raw)

Tracking: no need to enter these in your app as they add unnecessary carbs to your day

Organic, seasonal and fresh are always the ideal choice to eat, if possible to find and afford. Frozen is another excellent option.

Artichoke	Cilantro	Kohlrabi	Sea vegetables
Arugula	Cucumbers	Leeks	Shallots
Asparagus	Daikon radishes	Lettuce, all	Snap peas/snow peas
Bamboo shoots	Eggplant	Microgreens	Spinach
Bok Choy	Endive	Mushrooms	Sprouts, all
Broccoli	Escarole	Okra	Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
Brussels sprouts	Fennel	Onions	Tomato, Tomato juice
Cabbage	Garlic	Parsley	Turnips
Carrots	Green beans	Peppers, all	Vegetable juice
Cauliflower	Greens (beet, collard, dandelion, kale, mustard, turnip)	Radicchio	Vegetables, fermented
Celery	Horseradish	Radishes	Water chestnuts
Chard/Swiss chard	Jicama	Salsa	Watercress
Chives		Scallions	

BEVERAGES, SPICES + CONDIMENTS

Unsweetened, no sugar added.

BEVERAGES

Water; filtered, sparkling, or mineral
Bone Broth
Coconut water
Tea; black, green, herbal
Coffee (if caffeine tolerated)
Fresh juiced fruits and vegetables (these will be high in carbs)
Nut/seed milk alternatives

SPICES

All

CONDIMENTS

Lemon, lime, miso, tamari, Dijon mustard, vinegars, homemade unsweetened sauces and spice rubs, are best. ultimately, whatever you use, just count it.

SWEETENERS

Maple syrup, honey, and raw sugar are caloric. Low calorie sweeteners that are best tolerated are erythritol, stevia, and monk fruit.

Avoid sugar, corn syrup, artificial sweeteners and all derivatives. Read all labels for hidden sugars.

A change in diet doesn't have to leave you feeling overwhelmed and hangry!

A balanced plate for any diet should look like this:

¼ PLATE OF CARBS:
Starchy vegetables, grains, legumes, fruit.



HEALTHY FAT:
Should be included in all meals and snacks. Butter, nuts, olive oil, coconut oil, homemade salad dressing, olives, etc. to be moderately applied.

1 PROTEIN SERVING:
4 oz meat, 6 oz fish, 2-3 eggs, 6-8 oz firm tofu, 1 scoop protein powder.

½ PLATE OF VEGETABLES:
Non-starchy vegetables roasted, steamed, sautéed, etc.

This is based on 60 g per day

Healthy Weight Meal Plan

BREAKFAST

LUNCH

DINNER

SNACKS

M

3 eggs scrambled with spinach, 1 pc bread and 1 tbsp. butter on all

5 oz. tuna, 2 tbsp. mayo, celery & carrots & 7 crackers

4 oz. steak, ½ sweet potato, asparagus, 1 tbsp. butter on all

1 oz. almonds with 1 oz. dark chocolate

T

Overnight oats (1/2 c oats, 1/2 c milk, 1oz walnuts, ½ mashed banana, cinnamon)

4 oz. grilled chicken on salad with 1 tbsp. dressing, ¼ avocado, sprinkle parmesan, olives

5 oz. salmon, asparagus with 2 tbsp. butter over all

Small apple & 2 tbsp. peanut butter

W

4 slices pastured bacon & sliced tomato/lettuce on 2 pc toast with 1 tbsp. butter

4 oz. Boar's head lunch meat rolled with avocado slices, ½ oz. cheddar cheese & salad with 2 tbsp. dressing

4 oz. Salisbury steak over mashed cauliflower (made with butter)

2 oz. walnuts & 2 oz. dried banana chips

T

1 pc toast with ½ avocado and 1.5 oz. feta cheese

1 wrap with 4 slices pastured bacon, tomatoes, lettuce and 1 tbsp. mayo

1 slice meatloaf (4oz) & butternut squash and green beans roasted in coconut oil

2/3 c guacamole & veggies with 4oz kefir

F

4 oz. pastured pork & 1 sweet potato in a hash using 1 tbsp. coconut oil

Egg salad (3 eggs, 1 tbsp. mayo) in lettuce wrap & ½ c hummus and carrots

4 oz. pork tenderloin & grilled eggplant, peppers, onions in 2 tbsp. olive oil

1 ¼ c strawberries dipped in 2 oz. dark chocolate

S

6 oz. whole milk plain yogurt with 2 tbsp. nut butter

Quinoa Greek salad (adjust recipe to equal below)

4 oz. crockpot chicken & veggies with 1 pc garlic toast (bread, butter, garlic powder, parmesan)

Smoothie (½ fruit, ½ oz. chia seeds, ½ c milk, 1tbs coconut oil)

S

¾ c cottage cheese, 1/2 c strawberries, 1 oz walnut halves

5 oz. tuna salad in ½ avocado with peppers & hummus

Cheeseburger on bun & green bean & red onion salad with 1 tbsp. olive oil

1 ½ oz. goat cheese, 7 rice crackers, 1 oz. almonds

For more recipe ideas: Visit Pinterest and search for **low-carb or keto** meal and snack ideas. Check your library, amazon and book stores for low-carb cookbooks. Always use highest quality ingredients!