



Jumpstart To A Healthier You 6-Week Program – SAMPLE MEAL PLAN

Lunch and dinner are interchangeable.

Serve yourself once. No seconds (except for leafy greens and vegetables)

	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Upon Waking		Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water
Breakfast Within an hour of waking up.		Egg-Veggie Scramble	Oatmeal Breakfast Bowl with Fruits	Two gluten-free cracker or rice cake with avocado slices, cubed tomatoes, Italian herb dressing and a dash of olive oil.	Fuul Medammes with side of leafy greens, cucumbers etc.	Vegetable Frittata	Fuul Medammes with side of leafy greens, cucumbers etc.	Banana Almond Pancakes or Repeat favorite breakfast.
Mid-morning Snack If you feel hungry.								
Lunch Eat your lunch when you feel that your breakfast and morning boost have fully digested.		Chicken Breasts With Tomato, Basil & Arugula/Spinach *Use Lentils instead of Chicken if you are following a Plant Based Diet.	Mexican twist: black beans, guacamole , tomato salsa topped with greens. (make extra for tomorrow)	Mexican twist: black beans, guacamole , tomato salsa topped with greens.	Baked Salmon Teriyaki with Sautéed Greens, Garlic and Ginger and a Green Side Salad.	Molokheya (make extra for tomorrow or to freeze)	Asian Stir-Fry with Zucchini Noodles	No Meat-Mahshi (play around with grains like quinoa or different types of rice for the stuffing). Make extra for tonight or lunch tomorrow.
Mid-afternoon Snack If you feel hungry.								
Dinner finish your dinner at least 2-3 hours before bed time.		Super Salad (lots of leafy greens, seeds, nuts and veggies)	A warming soup of choice preferably using lots of root vegetables like carrots and sweet potatoes and home-made broth (make extra for tomorrow or to freeze)	A warming soup of choice preferably using lots of root vegetables like carrots and sweet potatoes and home-made broth.	Super Salad (lots of leafy greens, seeds, nuts and veggies)	Medley of Oven Roasted Vegetables such as Zucchini, mushrooms and carrots with a ginger/honey dressing.	Super Salad (or salad of your choice if you are out.)	Mahshi or Super Salad.

Smoothies as a breakfast option! (Choose a smoothie of your choice - check my HealthyTude Facebook or Instagram page for recipes)

Quick “out the door” breakfast options

- 1-2 gluten-free crackers or rice cakes topped with: nut butter, hummus, avocado slices with cubed tomatoes and Italian herb dressing, a scrambled egg or sliced hardboiled egg on top with a side fresh greens with drizzle of olive oil/vinegar.
- Organic plain yogurt with seasonal fruit or berries and nuts/seeds mixed in.

Yasmine Defouni-www.healthytude.org

Disclaimer: My recipes and suggestions are what have served me well and made me feel my best. This information is for general purposes only. It is not intended to treat, cure or prevent any disease or medical conditions. You should seek the care of your doctor before starting a new exercise routine or before changing other dietary or lifestyle habits. A health coach is not a licensed nutritionist, registered dietician or medical professional



- Apple and/or Banana with smear (1-1.5 tbsp.) of nut butter.

Whole Food Snack Ideas (limit to 1 handful)

Vegetables (have some cut up and ready to eat at all times in your fridge)

Fresh Fruit

Dried Fruit

Nuts (preferably raw-like macadamia, almond, walnuts, hazelnuts)

Seeds (example: pumpkin seeds)



Give yourself a hand with portion size

Measuring everything just isn't realistic. Use your hand to gauge a healthy serving size.

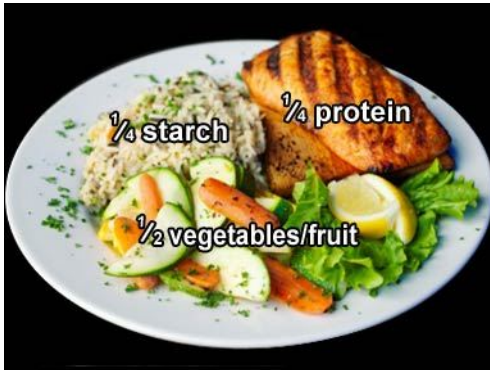
Based on an average-sized woman's hand:

- 1 Use your two open hands to guide you in selecting a healthy serving of vegetables.
- 2 Use your fist to select a healthy portion of grain products. Your serving of rice or beans should be equal to your fist.
- 3 Use your palm to measure a healthy serving of meat and alternatives. Your chicken breast or lean steak should be the size of your palm.
- 4 Include a fist-size serving of fruit with or between your meals.
- 5 Use a thumb tip-size serving of good fat.

Your plate should look like this: ½ vegetable/fruit portion, ¼ protein, ¼ starch (your carbs)

Yasmine Defouni-www.healthytude.org

Disclaimer: My recipes and suggestions are what have served me well and made me feel my best. This information is for general purposes only. It is not intended to treat, cure or prevent any disease or medical conditions. You should seek the care of your doctor before starting a new exercise routine or before changing other dietary or lifestyle habits. A health coach is not a licensed nutritionist, registered dietician or medical professional



A note on weight loss, calories and type of food:

Whether you're trying to lose weight, gain weight, or stick to your current weight, you might be tempted to look up the suggested calories per day for your gender, age, and activity level. The following chart should only be used as a reference point because every person is so different metabolically even when they are the same size and gender. The following suggested calorie ranges are generated using the Institute of Medicine's estimated energy requirement calculation.

To maintain weight, the chart below shows you your daily calorie limit. It's based on your age, activity level, and the BMI (body-mass index) of 21.5 for women and 22.5 for men.

To lose weight -- about .5 kg a week -- reduce total calories in the chart by 500 a day.

To gain weight -- add 500 calories per day for each kg you want to gain per week.

For successful weight loss that you can maintain over time, experts recommend choosing foods that are lower in calories but rich in protein, vitamins, minerals, fibre, and other nutrients.

Gender	Age	Sedentary*	Moderately Active*	Active*
Females	19-30	1800-2000	2000-2200	2400
	31-50	1800	2000	2200
	51+	1600	1800	2000-2200

Yasmine Defouni-www.healthytude.org



Males	19-30	2400-2600	2600-2800	3000
	31-50	2200-2400	2400-2600	2800-3000
	51+	2000-2200	2200-2400	2400-2800

*Sedentary means a lifestyle that includes light physical activity associated with typical activities of daily living. Moderately active consists of walking 2.5 to 5 Kilometers daily at a pace of 4 to 5 Kilometers per hour (or the equivalent). An active person walks more than 4 Kilometers daily at the same pace, or equivalent exercise.

Yasmine Defouni-www.healthytude.org

Disclaimer: My recipes and suggestions are what have served me well and made me feel my best. This information is for general purposes only. It is not intended to treat, cure or prevent any disease or medical conditions. You should seek the care of your doctor before starting a new exercise routine or before changing other dietary or lifestyle habits. A health coach is not a licensed nutritionist, registered dietician or medical professional