
To reach your weight loss goal, you'll have to adjust your eating habits so you not only lose that unwanted body fat, but you keep it off for good. To help you do this, we've included sample meals which provide balanced meals and convenient options. Use these to get ideas of what and how much to eat, but feel free to modify them to suit your preferences and lifestyle. **The target calories are listed for each meal so that any food or meal can be substituted as long as the calories are closely matched.** Remember, *burning more calories than you eat is the only proven way to lose weight.*

Studies show that consuming meal replacement shakes is an effective way to maximize weight loss while eating enough fiber (25 grams per day for women, 38 for men) from whole grains, fruits and vegetables will help you stay satisfied and energized. You'll see these items in your meal options. Staying hydrated is also important for weight control so be sure to drink plenty of water and calorie-free beverages. Plain coffee, unsweetened tea and any calorie-free beverage contribute to your daily fluid needs.

Finally, people who track what they eat lose more weight and are better at keeping it off, so be sure to take advantage of the online food log in your dotFIT program.

Your transformed body is waiting for you!

Breakfast Options – 400 calories

Cereal with Fruit

- 1 cup of bran or high-fiber cereal (like Fiber One, All-bran, Quaker Squares, Shredded Wheat), less than 200 calories per cup
- 1 cup (8oz) of nonfat/almond/soy milk
- 1 cup of diced fruit or medium piece of fruit

Meal Replacement Shake

- 2 scoops dotFIT Lean MR, Chocolate or Vanilla
- 1 cup of nonfat/almond/soy milk
- 1 cup of fresh or frozen berries

Subway Breakfast

- Western, Egg & Cheese Melt
 - 1 container (4 oz) of yogurt
 - 2 packages of apple slices
- OR**
- 2 Western, Egg & Cheese Melts AND 1 package of apple slices

Toast with Peanut Butter & Fruit

- 2 slices of 100% whole wheat toast (~80 calories per slice)
- 1 tablespoon of peanut/almond/nut butter
- 1 cup of nonfat/almond/soy milk or 1 container (4 oz) of yogurt
- 1 cup of diced fruit or medium piece of fruit

Lunch Options – 450 calories.

Subway Fresh Fit Meal

- 6-inch Turkey Breast Sandwich on wheat bread, no mayo or cheese, unlimited veggies
- 1 bag of Baked Lays
- 1 package of apple slices

Chicken Salad

- 4-5 cups of salad greens
- 4 ounces of chicken breast, (not deep-fried)
- 2-3 tablespoons light dressing (<100 calories)
- 1 ounce of avocado or ½ ounce of walnuts/sliced almonds/pecans
- 1 cup of diced fruit or medium piece of fruit

Meal Replacement Drink

- 2 scoops of dotFIT Lean MR, Chocolate or Vanilla
 - 1 ½ cups of nonfat/almond/soy milk
 - 1 cup of diced fruit or 1 piece of medium fruit
- OR**
- Any shake 400 calories or less. Recipes in the Fitness Vault of your online program.

Frozen Meal, Side Salad & Fruit

- Choose 1 frozen meal, 300 calories or less (like Lean Cuisine or Amy's)
- 2-3 cups of salad greens with 1 tablespoon of light dressing (<50 calories)
- 1 cup of diced fruit or 1 piece of medium fruit

Dinner Options – 500 calories. Remember to take your recommended dotFIT multivitamin.**Spaghetti & Veggies**

- 1 cup of cooked whole wheat pasta
- 3-4 oz cooked ground meat (chicken/turkey/beef, 90% Lean), cooked with cooking spray
- ½ cup of Marinara Sauce (~90 calories)
- 1 cup of steamed veggies of choice, seasoned to taste
- 1 teaspoon of olive oil for veggies

Rice, Fish OR Chicken & Veggies

- 1 cup of cooked brown rice
- 4 oz of salmon/fish of choice OR skinless chicken, baked or broiled, seasoned to taste
- 1 cup of steamed veggies of choice
- 1 teaspoon of olive oil for veggies
- Fresh lemon for fish as desired

Turkey Tacos & Fresh Fruit

- 2 6-inch whole wheat tortillas (~80 calories each)
- 4 oz of cooked lean ground turkey, seasoned as desired (cook with cooking spray, not oil or butter)
- Lettuce, tomato and onion as desired
- 2 tablespoons of light sour cream
- 1 oz avocado (~1/4 of whole avocado)
- 1 tablespoon of shredded light cheese
- 1 cup of diced fruit of choice

Baked Potato, Steak, Veggies & Fruit

- 1 large (6 oz) baked sweet potato
- 4 oz of lean sirloin steak, broiled, grilled or pan-fried using cooking spray
- 1 cup of steamed veggies of choice
- 1 tablespoon of light whipped butter as desired (~45 calories) OR 1 teaspoon of olive oil
- 1 cup of diced fruit of choice

Mid-morning OR Mid-afternoon Snack Options– 150 calories**Fresh Fruit & Cheese OR Nuts**

- 1 piece of medium fruit or 1 cup of diced fruit
- 1 stick of light string cheese (~60 calories) OR ½ ounce of favorite nuts

Meal Replacement Bar

- dotFIT protein stick or bar of choice

Handful of Nuts

- 1 ounce (small handful) of your favorite nuts

Fresh Veggies & Dip

- 1 cup (size of your fist) of sliced veggies of choice (carrots, celery, cucumber, tomatoes, etc)
- 3-4 tablespoons of hummus OR ½ cup (4 oz) of light cottage cheese OR yogurt