
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 of dotFIT Lean MR, Chocolate or Vanilla
- 1 cup (8oz) of nonfat/almond/soy milk
- 1 cup of fresh or frozen fruit or medium piece of fruit

Subway Breakfast

- Western, Egg & Cheese Melt
- 1 container (4oz) of yogurt
- 2 packages of apple slices
- OR**
- 2 Western, Egg & Cheese Melts (with no sides)

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
- 1 cup of diced fruit or medium piece of fruit

Lunch Options – 500 calories

Subway Fresh Fit Meal

- 6-inch Turkey Breast sandwich on wheat bread, no mayo, unlimited veggies
- Avocado OR cheese of choice
- 1 bag of Baked Lays **OR** 1 package of apple slices and 1 container (4 oz) Yogurt

Chicken Salad

- 4-5 cups of salad greens
- 4 ounces of cooked chicken breast, not deep fried
- 2 tablespoons light dressing (100 calories)
- 1 ounce of avocado OR ½ ounce of walnuts/sliced almonds/pecans
- 1 ½ cup of diced fruit or large 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 recipe 500 calories or less in the Fitness Vault of your online program

Frozen Meal, Side Salad & Fruit

- Choose 1 frozen meal 350 calories or less (like Lean Cuisine or Amy's)
- 2-3 cups of salad greens with 1-2 tablespoons of light dressing (50 calories)
- 1 ½ cups of diced fruit or 1 piece of large fruit

Dinner Options – 600 calories. Remember to take your recommended dotFIT multivitamin.**Spaghetti & Veggies**

- 1 ½ cups of cooked whole wheat pasta
- 4 oz of cooked lean ground meat (chicken/turkey/beef, 90% Lean), cooked with cooking spray
- ¾ cup of marinara Sauce (~130 calories)
- 1 cup of steamed veggies of choice, seasoned to taste
- 1 teaspoon of olive oil for veggies

Rice, Fish OR Chicken & Veggies

- 1 ½ cups of cooked brown rice
- 4 oz of salmon/fish of choice OR skinless chicken, baked, broiled or roasted (not fried)
- 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)
- 2 tablespoons of shredded light cheese
- 1 ½ cups of diced fruit of choice
- 1 cup of nonfat/almond/soy milk

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)
- 1 ½ cups of diced fruit of choice
- 1 cup of nonfat/almond/soy milk

Mid-morning AND Mid-afternoon Snack Options– 150 calories each**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