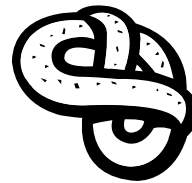




# JUMP START DIET

*Using Healthy Eating Choices*



## ***Table of Contents***

Introduction . . . . .	2
The Jump Start Diet . . . . .	2
Breakfast Choices . . . . .	3
Morning Snack . . . . .	3
Lunch . . . . .	4
Afternoon Snack . . . . .	4
Dinner . . . . .	4-5
Evening Snack . . . . .	6

## ***Introduction***

This program is designed to "jump start" you on your way to better health and fitness. In just 2 weeks, just 14 short days, you will begin to form habits to help you reach your fitness goals faster and easier than ever before.

## ***The Jump Start Diet***

This 2-week menu plan is based on 1200 to 1300 calories. We have consciously used real food and have even put in some foods often thought of as "off limits" when trying to lose weight. The plan is nutritionally sound and offers a variety of foods from all food categories. You may substitute one food within a food group for another, such as a pear for an apple or 3 oz. of chicken for 3 oz. lean beef. The most important thing to remember is to pay attention to portion sizes. When it says 1 cup, you need to measure out 1 cup, etc.

The plan is extremely simple to follow. Simply pick one selection for each meal as your day goes along. Note that your lunch will consist of a Lean Cuisine® meal. This is done so that you have a realistic option to eat at work or on the go. (If you don't find Lean Cuisine® meals at your local grocer, other options are Healthy Choice® and Weight Watchers® lunches.)

We have also built in a special treat at the end of most days. This is because people have the biggest success when they are allowed to have some of their favorite foods. They do not feel deprived and are not tempted to binge. Success comes because they are able to stick with the plan, lose weight and meet their goals without feeling like they were "on a diet". The important thing to remember is to use only the portion size given, do not go back for more or guess on your portion size.

If you do not wish to eat the snack after your evening meal, or feel that you cannot limit your portion size, it can be omitted.

Foods and condiments that can be used without adding significant calories include:

- Non-caloric beverages, this includes diet carbonated drinks
- Fat free condiments such as mustard, ketchup and vinegar
- Seasonings such as onion, garlic and herbs
- Artificial sweeteners
- Coffee, tea and herbal teas

**BREAKFAST CHOICES**

*(CHOOSE JUST ONE OPTION)*

8 oz. water  
1/2 cup oatmeal, cooked  
1 cup skim milk

1/2 banana  
8 oz. water  
2 pancakes (4 inches across)  
1 Tbsp. maple syrup  
1/2 cup orange juice

8 oz. water  
1 slice french toast  
1/2 cup fresh blueberries  
1 cup skim milk

8 oz. water  
1/2 english muffin  
1 egg poached  
1/2 cup fruit juice

8 oz. water  
1 slice whole grain bread  
1 egg scrambled  
1 cup cubed melon

8 oz. water  
1 cup fat free yogurt  
1/3 cup low fat granola cereal  
1 cup sliced strawberries

8 oz. water  
3/4 cup cereal  
1 cup skim milk  
1/2 cup sliced strawberries

8 oz. water  
3/4 cup cereal and 2 Tbsp.  
crushed walnuts  
1/2 cup skim milk  
4 oz. orange juice

8 oz. water  
1 slice whole grain bread  
1 egg scrambled or poached  
4 oz. orange juice

8 oz. water  
1 slice cinnamon bread  
1 tsp. butter  
4 oz. orange juice

**MORNING SNACK**

*(CHOOSE JUST ONE OPTION)*

8 oz. water  
1 cup fat free yogurt

8 oz. water  
1 cup sugar free hot chocolate  
made with skim milk

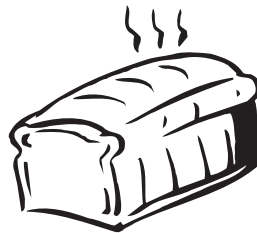
8 oz. water  
1 pear

8 oz. water  
1 orange

8 oz. water  
1 apple

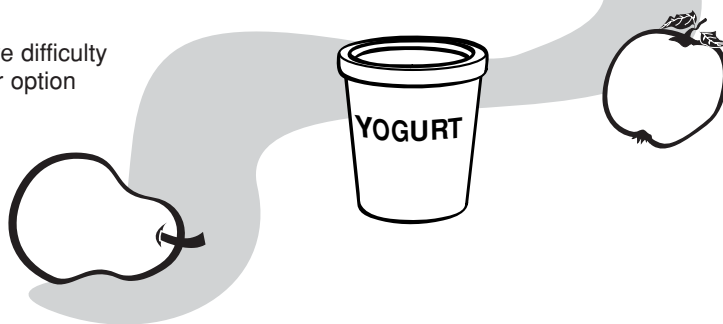
8 oz. water  
1 cereal bar (about 140 calories)

8 oz. water  
1 kiwi



**LUNCH**

Choose a Lean Cuisine® meal of your choice! (If you have difficulty finding Lean Cuisine® meals at your local grocer, another option is meals from Healthy Choice® or Weight Watchers®.)

**AFTERNOON SNACK**

**(CHOOSE JUST ONE OPTION)**

8 oz. water  
1 cup strawberries

8 oz. water  
1 oz. low fat cheese  
6 saltine crackers

8 oz. water  
1 banana

8 oz. water  
1 cup low fat, flavored yogurt with  
1 Tbsp. low fat granola cereal on top

8 oz. water  
1 tsp. peanut butter  
6 saltine crackers  
1 apple

8 oz. water  
1 cup low fat chocolate milk

8 oz. water  
1 cup vegetable soup  
6 crackers

8 oz. water  
3 cups light popcorn

8 oz. water  
15 grapes

8 oz. water  
1 cereal bar (about 140 calories)

**DINNER**

**(CHOOSE JUST ONE OPTION)**

8 oz. water  
3 oz. sirloin steak, lean only, broiled or grilled  
without added fat  
1/2 cup rice with 1 tsp. butter  
1/2 cup cooked carrots  
1 large mixed green salad with  
1 Tbsp. reduced fat dressing

8 oz. water  
3 oz. baked ham  
1 cup noodles  
1 tsp. butter  
2 cups applesauce  
1 cup mixed vegetables

8 oz. water  
3 oz. steak, (lean only) broiled or baked  
1 cup noodles with 1 tsp. butter  
1/2 cup applesauce  
1 cup mixed vegetables

8 oz. water  
salad with romaine lettuce  
1/4 cup mandarin oranges  
1/4 cup sliced strawberries  
2 Tbsp. chopped walnuts  
1 Tbsp. raspberry vinaigrette dressing  
3 oz. white meat chicken  
1 oz. crumbled feta cheese

8 oz. water  
1 cup cooked pasta  
1/2 cup spaghetti sauce  
1 tsp. grated cheese  
3 oz. lean ground beef in sauce

8 oz. water  
1 cup angel hair pasta  
1 clove garlic topped with green and red peppers  
sautéed with 1 Tbsp. olive oil  
3 oz. grilled shrimp  
1 tsp. grated cheese

***DINNER CONTINUED***

8 oz. water  
 3 oz. pork chop, lean only, baked, broiled or grilled  
 1 small baked potato  
 1 tsp. butter  
 1 cup green beans  
 1 large salad made with mixed greens  
 1 tsp. olive oil with flavored vinegar (no need to measure vinegar) or 1 Tbsp. regular dressing

8 oz. water  
 1 piece (3 oz.) turkey baked, broiled or grilled. Brush lightly with olive oil and favorite seasonings before cooking.  
 1 small baked potato with 1 tsp. butter  
 1 cup broccoli

8 oz. water  
 1 cup vegetable soup  
 6 crackers  
 2 oz. lean ham  
 1/2 large whole grain pita with mustard  
 2 sliced carrots

8 oz. water  
 3 oz. lean hamburger, grilled or broiled  
 1 Tbsp. ketchup  
 1 hamburger bun, tomato, lettuce, pickle and onion if desired

8 oz. water  
 2 slices cheese pizza from a medium pie, baked in pizza oven not in pan  
 1 large mixed green salad  
 1 Tbsp. reduced fat salad dressing

8 oz. water  
 1 cup angel hair pasta with 1/2 Tbsp. olive oil with garlic on pasta and topped with 1 tsp. grated cheese  
 3 oz. grilled chicken with Italian seasonings  
 1 large salad with mixed greens  
 1/2 Tbsp. olive oil and vinegar or  
 1 Tbsp. salad dressing  
 1/2 cup cooked green beans

8 oz. water  
 3 oz. pork chop, lean only, broiled or grilled without added fat  
 1/2 cup rice with 1 tsp. butter  
 1/2 cup applesauce  
 1 large mixed green salad  
 1/2 Tbsp. olive oil and vinegar (no need to measure vinegar) or 1 Tbsp. reduced fat dressing

8 oz. water  
 3 oz. white fish such as flounder, baked and brushed with olive oil and favorite seasonings  
 1 small baked potato  
 1 Tbsp. sour cream and chives  
 1 cup broccoli or cauliflower

8 oz. water  
 3 oz. chicken breast, no skin, baked, broiled or grilled  
 3 to 4 new boiled potatoes tossed with 1 Tbsp. butter and sprinkled with garlic and parsley  
 1 cup beets or other vegetable  
 1 large salad made with mixed greens  
 1 Tbsp. olive oil with flavored vinegar (no need to measure vinegar)

8 oz. water  
 1 cup angel hair pasta  
 3 oz. boiled shrimp, tossed  
 1/2 Tbsp. olive oil and garlic  
 1 tsp. grated cheese  
 1 mixed green salad  
 1/2 Tbsp. salad dressing

8 oz. water  
 3 oz. lean pork chop, baked with reduced fat cream of mushroom soup  
 1/2 cup noodles with 2 Tbsp. gravy from pork chop  
 1 cup green beans  
 1 large salad made with mixed greens  
 2 tsp. olive oil with flavored vinegar (no need to measure vinegar)

8 oz. water  
 4 oz. fish, baked, broiled or grilled, brushed lightly with olive oil and favorite seasonings  
 1/2 cup corn  
 1 tsp. butter  
 1 cup broccoli  
 1 small dinner roll



**EVENING SNACK**

**(CHOOSE JUST ONE OPTION)**

**RULES for eating your evening snack:**

Have it in a relaxed setting where you can enjoy them as a child would.

Do nothing while having your snack, do not read, write or watch TV.

Make your snack last 20 minutes.

DO NOT go back for seconds.

1/2 cup chocolate or vanilla pudding  
made with skim milk

hot chocolate made with skim milk

8 oz. water  
5 ginger snaps or vanilla wafers

8 oz. water  
3 small mint patties or  
3 Hershey's Miniatures®

3 cups light microwave popcorn

2 small cookies (about 50 calories each)  
8 oz. water

1 oz. pretzels  
1 cup skim milk

8 oz. water  
2 tsp. peanut butter  
6 crackers  
1 cup skim milk

1/2 cup cereal  
1/2 skim milk  
8 oz. water

