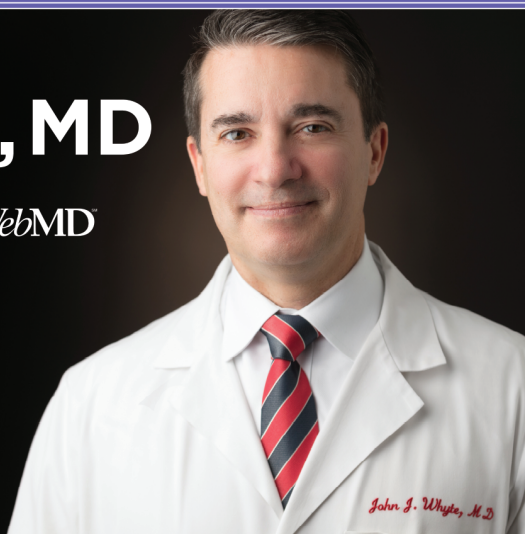


TAKE CONTROL OF YOUR DIABETES RISK

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Chief Medical Officer of *WebMD*



A PDF COMPANION TO THE AUDIOBOOK

Take Control of Your Diabetes Risk

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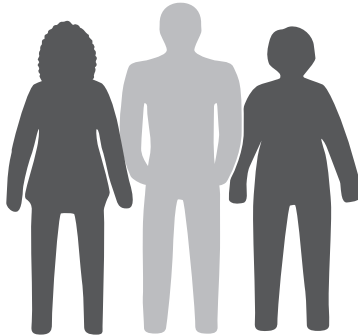
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CHAPTER ONE

What Exactly Are Diabetes and Prediabetes?



About one in ten people have type 2 diabetes



About one in three people have prediabetes

- Centers for Disease Control and Prevention
- National Diabetes Statistics Report, 2020
- Atlanta, GA: Centers for Disease Control and Prevention, U.S. Dept of Health and Human Services; 2020

Figure 1

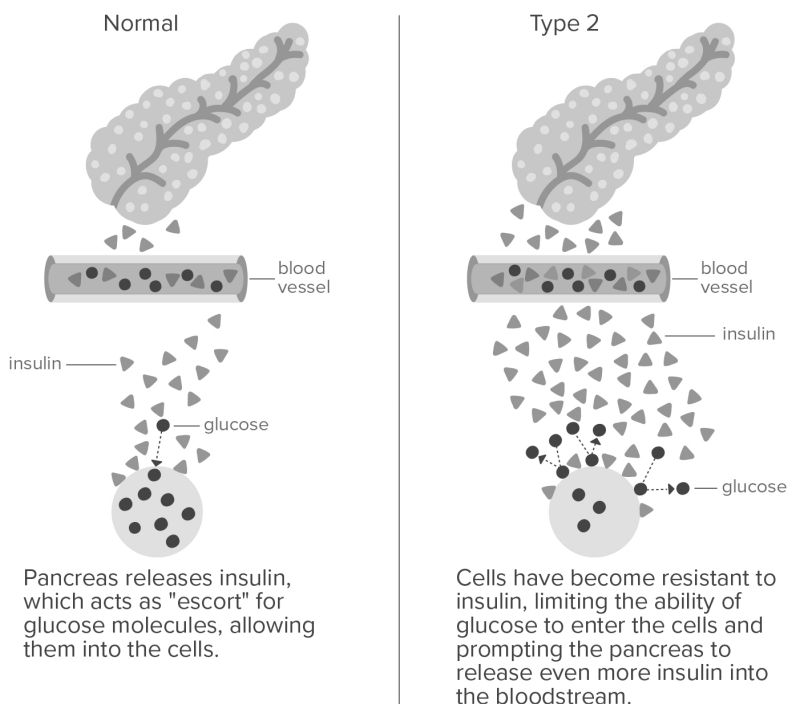


Figure 2

Online Risk Calculators

<https://www.diabetes.org/risk-test>

<https://www.cdc.gov/prediabetes/takethetest/>

CHAPTER TWO

The Dangers of High Blood Sugar

WAYS DIABETES CAN AFFECT THE BODY

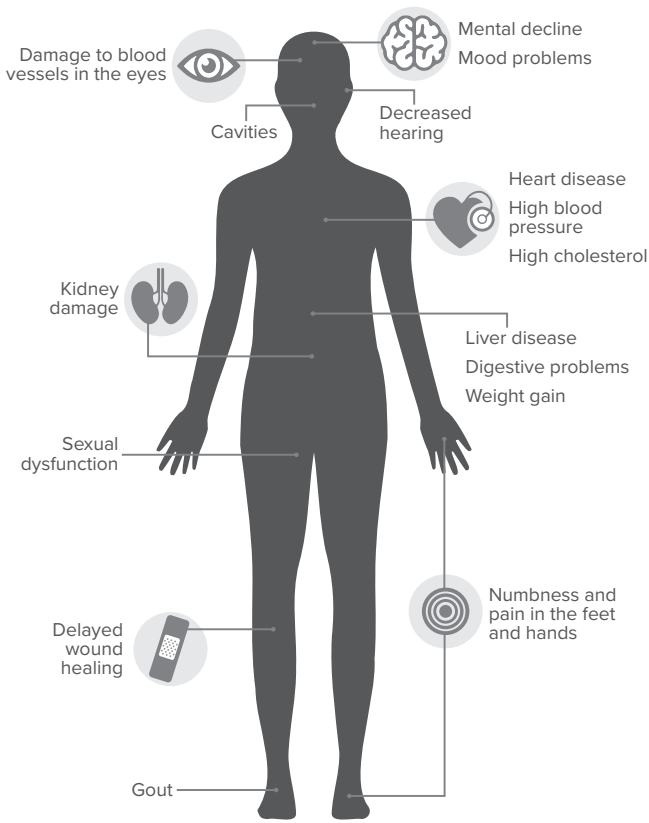


Figure 3

CHAPTER THREE

The Truth About Cure and Reversal

PROGRESSIVE LOSS OF BETA-CELL FUNCTION OVER TIME

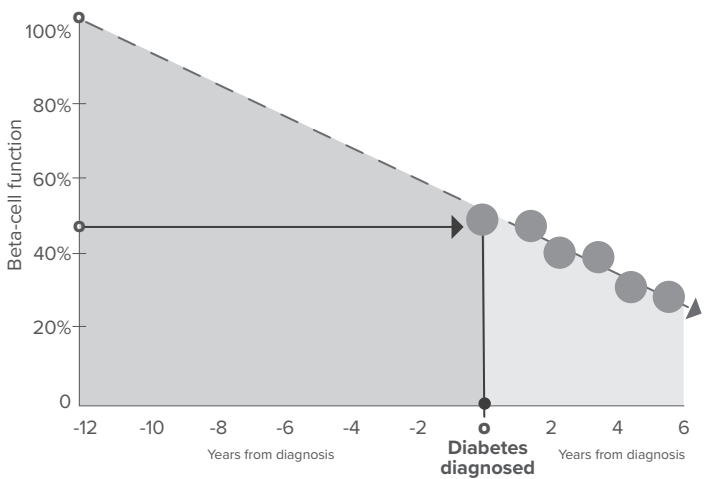


Figure 4

CHAPTER FIVE

Meal Planning Made Easy

Shopping List

Week One

Produce

- ☐ 1 carton fresh blueberries
- ☐ 2 oranges
- ☐ Small bunch of grapes
- ☐ 1 apple
- ☐ ½ cup blackberries or raspberries
- ☐ 2 heads romaine
- ☐ 4 medium onions
- ☐ 1 head of broccoli
- ☐ 2 packages baby carrots
- ☐ 2 cartons cherry tomatoes
- ☐ 3 cucumbers
- ☐ 1 bunch celery
- ☐ 1 zucchini
- ☐ 1 avocado
- ☐ 8 bell peppers
- ☐ 1 carton strawberries
- ☐ 2 bananas
- ☐ 1 peach

- ☐ 1 watermelon
- ☐ 1 tangerine or orange
- ☐ 1 sweet potato
- ☐ 1 pineapple
- ☐ 1 bunch asparagus
- ☐ 1 carton spinach
- ☐ 3 eggplants
- ☐ 1 carton mushrooms
- ☐ Fresh cilantro
- ☐ Fresh basil

Pantry

- ☐ Olive oil
- ☐ Bread flour
- ☐ Baking soda
- ☐ Baking powder
- ☐ 1 sugar-free vanilla instant pudding mix (5 oz. package)
- ☐ Canola oil
- ☐ Unsweetened applesauce
- ☐ Cinnamon sucralose blend
- ☐ 1 package almonds
- ☐ Ground flaxseed
- ☐ Raisins
- ☐ Hummus, your choice flavor
- ☐ White vinegar
- ☐ Light mayo
- ☐ Light bleu cheese dressing
- ☐ Tzatziki sauce
- ☐ 1 pouch or can tuna
- ☐ Fruit cups in water
- ☐ Pretzels
- ☐ Graham crackers
- ☐ Ranch

- ☐ Teriyaki sauce
- ☐ 8 cups spaghetti sauce (low sodium)
- ☐ ½ cup marinara sauce
- ☐ 4 cups Italian-seasoned bread crumbs
- ☐ 1 package croutons
- ☐ 2 cans tomato sauce (8 oz. cans)
- ☐ 2 cans low-sodium red kidney beans (15 oz. cans)
- ☐ Light Caesar dressing
- ☐ Mandarin oranges in water

Whole grains

- ☐ Whole grain flour
- ☐ Whole wheat flour tortillas
- ☐ Uncooked whole grain oats
- ☐ Whole grain bread
- ☐ Shredded cheese, your choice
- ☐ 90-second whole grain rice
- ☐ Whole wheat spaghetti
- ☐ Whole wheat buns

Protein

- ☐ 1 dozen eggs
- ☐ Turkey bacon
- ☐ Sliced cooked turkey breast
- ☐ Sliced reduced-fat cheese
- ☐ 3 chicken breasts
- ☐ Rotisserie chicken
- ☐ 1 pork chop
- ☐ 1 pound lean ground beef
- ☐ 1 pound ground turkey
- ☐ Small package lean hamburger meat

Dairy

- ☐ ½ gallon reduced-fat milk
- ☐ Butter
- ☐ 2 packages fresh mozzarella (16 oz. packages)
- ☐ 1 container reduced-fat cottage cheese
- ☐ 1 block Parmesan cheese
- ☐ 1 package shredded Monterey Jack cheese
- ☐ Cream cheese

Frozen

- ☐ 1 package strawberries
- ☐ 1 package chopped mango
- ☐ 1 package chopped pineapple

Miscellaneous

- ☐ Cinnamon
- ☐ Pure vanilla extract
- ☐ Minced garlic
- ☐ Dried basil
- ☐ Cumin powder
- ☐ Salt
- ☐ Pepper
- ☐ Garlic powder
- ☐ Dill weed
- ☐ Adobo
- ☐ Smoked paprika
- ☐ Nonstick cooking spray

Week Two

Produce

- ☐ 3 avocados
- ☐ 1 large tomato
- ☐ 1 large container arugula
- ☐ 1 container blueberries
- ☐ 3 bananas
- ☐ 1 container spinach
- ☐ 1 carton strawberries
- ☐ 5 red bell peppers
- ☐ 1 zucchini
- ☐ Salad greens
- ☐ 1 bag radishes
- ☐ 4 red onions
- ☐ 2 cartons cherry tomatoes
- ☐ 6 lemons
- ☐ 1 container raspberries
- ☐ 2 apples
- ☐ 3 heads romaine lettuce
- ☐ 1 package kale
- ☐ 1 cucumber
- ☐ 1 watermelon
- ☐ Snap peas
- ☐ 1 package baby carrots
- ☐ 2 heads broccoli
- ☐ 1 head cauliflower
- ☐ 1 bunch celery
- ☐ 1 container blackberries
- ☐ 1 mango
- ☐ 1 kiwi
- ☐ 2 zucchinis

- ☐ 1 yellow squash
- ☐ 1 carton mushrooms
- ☐ 2 medium yellow onions
- ☐ 1 ½ pounds red potatoes
- ☐ 2 bunches asparagus
- ☐ Fresh parsley
- ☐ Fresh cilantro
- ☐ 1 jalapeño (optional)

Pantry

- ☐ 1 container almonds
- ☐ Ground flaxseed
- ☐ Natural peanut butter
- ☐ Honey
- ☐ Shredded coconut
- ☐ Dried cherries
- ☐ Almond butter
- ☐ Protein pancake mix
- ☐ Pure maple syrup
- ☐ 2 containers salsa
- ☐ 1 container cashews
- ☐ Sugar
- ☐ Dijon mustard
- ☐ Olive oil
- ☐ Shelled sunflower seeds
- ☐ Light mayo
- ☐ 1 croissant
- ☐ Light Caesar salad dressing
- ☐ Dried edamame
- ☐ Dried blueberries
- ☐ 1 container walnuts
- ☐ Packet Italian seasoning

- ☐ Pistachios
- ☐ Hard or soft tortilla shells
- ☐ 90-second whole grain rice
- ☐ Taco seasoning
- ☐ 1 can reduced-sodium black beans
- ☐ Tortilla chips
- ☐ Kalamata olives

Whole grains

- ☐ Whole grain bread
- ☐ Whole grain English muffins
- ☐ 1 pack whole grain tortillas
- ☐ Whole grain crackers
- ☐ 1 package quinoa

Protein

- ☐ 1 dozen eggs
- ☐ Rotisserie chicken
- ☐ 1 pouch or can tuna
- ☐ 8 chicken breasts
- ☐ 1 pound lean ground beef
- ☐ 5 large shrimp, fresh

Dairy

- ☐ 32 oz. container plain Greek yogurt
- ☐ Unsweetened almond milk
- ☐ 16 oz. mozzarella or gorgonzola cheese
- ☐ 4 oz. cheddar cheese
- ☐ 1 container reduced-fat cottage cheese
- ☐ Small block Parmesan cheese

- ☐ Half gallon reduced-fat milk
- ☐ Low-fat sour cream
- ☐ 1 container feta cheese

Frozen

- ☐ Shelled edamame
- ☐ 2 salmon filets (6 oz.)

Miscellaneous

- ☐ Garlic powder
- ☐ Cayenne pepper
- ☐ Chili powder

Week Three

Produce

- ☐ 4 bananas
- ☐ 1 carton strawberries
- ☐ 3 jalapeños
- ☐ 1 carton blueberries
- ☐ 5 apples
- ☐ 4 avocados
- ☐ 1 container spinach
- ☐ 4 large tomatoes
- ☐ 1 large package kale
- ☐ 2 large zucchinis, 2 small zucchinis
- ☐ Alfalfa or broccoli sprouts
- ☐ 2 red peppers
- ☐ 5 red onions
- ☐ 2 heads butter lettuce

- ☐ 3 mangos
- ☐ 1 orange
- ☐ 1 carton blackberries
- ☐ 1 carton raspberries
- ☐ 2 kiwis
- ☐ 1 carton cherry tomatoes
- ☐ Fresh basil
- ☐ Zucchini noodles
- ☐ 1 yellow squash
- ☐ 1 package carrots
- ☐ 1 head broccoli
- ☐ 1 bunch green beans
- ☐ 1 large sweet potato
- ☐ 1 small spaghetti squash
- ☐ 3 green onions
- ☐ Package of brussels sprouts
- ☐ 2 cloves garlic
- ☐ Fresh ginger (1 piece)
- ☐ Fresh cilantro

Pantry

- ☐ Almond butter
- ☐ 1 small bar dark chocolate
- ☐ Chia seeds
- ☐ Honey
- ☐ Natural peanut butter
- ☐ Granola
- ☐ Olive oil
- ☐ 1 can green chilis (7 oz. can)
- ☐ Dried cherries
- ☐ Small container/package walnuts
- ☐ 1 can or pouch of wild-caught salmon or tuna
- ☐ Spinach tortilla shells

- ☐ 1 container hummus
- ☐ 1 can chickpeas
- ☐ Pita bread (2 pieces)
- ☐ Red pepper hummus
- ☐ 1 package of turkey jerky
- ☐ 1 package kale chips
- ☐ 1 small package sliced almonds
- ☐ Balsamic vinaigrette
- ☐ Panko bread crumbs
- ☐ Nutritional yeast
- ☐ 2 cups low-sodium spaghetti sauce
- ☐ 1 package quinoa
- ☐ 1 small can chipotle chilis
- ☐ Fruit cups
- ☐ Hot sauce
- ☐ Red wine vinegar
- ☐ No-salt-added beef broth
- ☐ Cornstarch
- ☐ Low-sodium soy sauce
- ☐ Sesame oil
- ☐ Sesame seeds

Whole grains

- ☐ Dried oats
- ☐ Whole grain cereal
- ☐ Whole grain bread
- ☐ Whole wheat flour
- ☐ Whole wheat tortilla
- ☐ 90-second rice

Protein

- ☐ 2 dozen eggs
- ☐ 1 ½ pounds turkey bacon
- ☐ Deli-sliced chicken
- ☐ 2 pounds boneless chicken tenders
- ☐ 3 chicken breasts
- ☐ 1 pound sirloin beef
- ☐ 1 pound lean ground beef
- ☐ 1 pound lean ground turkey
- ☐ 4 grouper or other mild fish

Dairy

- ☐ ½ gallon reduced-fat milk
- ☐ 32 oz. container plain Greek yogurt
- ☐ 1 package sliced cheddar cheese
- ☐ 1 large container fat-free cottage cheese
- ☐ Block of Parmesan cheese
- ☐ 16 oz. fresh mozzarella
- ☐ 1 package cheese sticks
- ☐ 1 container feta cheese
- ☐ Sliced cheese (your choice)
- ☐ Small container sour cream

Frozen

- ☐ Shelled edamame
- ☐ Corn
- ☐ 1 package strawberries
- ☐ Black bean burger
- ☐ 4 cups broccoli florets

Miscellaneous

- ☐ Small container orange juice
- ☐ Paprika
- ☐ Toothpicks
- ☐ Garlic powder
- ☐ Dried thyme
- ☐ Dried oregano
- ☐ Cumin powder

Week Four

Produce

- ☐ 2 small green onions
- ☐ 1 container mushrooms
- ☐ 5 red bell peppers
- ☐ 3 tomatoes
- ☐ 2 lemons
- ☐ 1 container blueberries
- ☐ 1 container blackberries
- ☐ 2 bananas
- ☐ 1 bunch fresh chives
- ☐ Fresh basil
- ☐ 5 heads broccoli
- ☐ 16 oz. container mushrooms
- ☐ 2 cucumbers
- ☐ Fresh dill
- ☐ 1 head romaine
- ☐ 1 carton cherry tomatoes
- ☐ 3 avocados
- ☐ 1 container spinach
- ☐ 2 zucchinis

- ☐ Shredded lettuce
- ☐ 4 red onions
- ☐ 1 container strawberries
- ☐ 1 package baby carrots
- ☐ 1 pear
- ☐ 2 kiwis
- ☐ 1 lime
- ☐ 1 clove garlic
- ☐ 1 mixed greens (large container)
- ☐ 1 shredded carrots (one bag)
- ☐ 1 mango
- ☐ 1 bunch watercress
- ☐ 2 oranges
- ☐ 2 large yellow onions
- ☐ Fresh cilantro

Pantry

- ☐ 1 cup unsalted cashews
- ☐ 1 cup unsalted raw pumpkin seeds
- ☐ 1 cup unsalted pecans
- ☐ 1 cup unsalted sunflower seeds
- ☐ Dried oats
- ☐ Natural peanut butter
- ☐ Olive oil
- ☐ Splenda Brown Sugar Blend
- ☐ 1 container almonds
- ☐ Blackberry jam
- ☐ 1 baguette
- ☐ Unsweet cocoa powder
- ☐ Low-sodium vegetable broth
- ☐ 4 large sun-dried tomatoes
- ☐ Kalamata olives
- ☐ Tzatziki sauce

- ☐ Ranch dressing
- ☐ Vinaigrette dressing
- ☐ Croutons
- ☐ Buffalo sauce
- ☐ Pita bread, one piece
- ☐ Almond butter
- ☐ Dark chocolate almonds, small package
- ☐ Dried blueberries
- ☐ 1 pouch or can tuna
- ☐ Light mayo
- ☐ Fruit cups
- ☐ 1 container salsa
- ☐ Hot sauce
- ☐ 8 corn tortillas (6-inch)
- ☐ 1 can low-sodium garbanzo beans
- ☐ Splenda granulated sweetener
- ☐ Lower-sodium soy sauce
- ☐ Apple cider vinegar
- ☐ 4 cups chicken stock
- ☐ 1 red enchilada sauce
(19 oz. can)
- ☐ 1 can fire-roasted tomatoes, diced (14 oz. can)
- ☐ 1 can creamed or sweet corn (14 oz. can)
- ☐ Sugar-free apricot preserves
- ☐ BBQ sauce, your choice of flavor
- ☐ Avocado oil
- ☐ White wine vinegar
- ☐ Small package walnuts
- ☐ Canola oil
- ☐ Salsa or pico de gallo

Whole grains

- ☐ Whole grain English muffins
- ☐ Package of dried farro
- ☐ 90-second whole grain rice
- ☐ Whole grain or nut crackers
- ☐ Whole grain bread
- ☐ Whole grain pasta
- ☐ 12-inch prepackaged whole wheat pizza crust
- ☐ 5 whole wheat flour tortillas (8-inch)

Protein

- ☐ Small container egg substitute or egg whites
- ☐ 2 dozen eggs
- ☐ 2 ½ pounds chicken breast
- ☐ Turkey bacon
- ☐ 2 rotisserie chickens
- ☐ Deli turkey breast, 1 container
- ☐ 1 ¼ pounds firm white fish such as tilapia or halibut
- ☐ ¼ pound salami
- ☐ 4 Alaskan salmon filets (4–6 oz. each)
- ☐ 1 ½ pounds steak

Dairy

- ☐ 32 oz. container plain Greek yogurt
- ☐ ½ gallon reduced-fat milk
- ☐ Shredded Colby Jack cheese
- ☐ 1 container ricotta cheese
- ☐ 1 container goat cheese
- ☐ 1 container feta cheese
- ☐ 3 oz. mozzarella cheese
- ☐ ½ gallon unsweetened almond milk

- ☐ 1 container bleu cheese crumbles
- ☐ Mozzarella cheese sticks
- ☐ 1 package shredded Italian-style cheese

Frozen

- ☐ Shredded hash browns
- ☐ Shelled edamame
- ☐ 1 small package strawberries
- ☐ 1 small package mango

Miscellaneous

- ☐ Pure vanilla extract
- ☐ Paprika
- ☐ Chili powder
- ☐ Ground ginger
- ☐ Dried oregano
- ☐ Sea salt

Menus

Week One

Boldface indicates an item that has a recipe in the next section.

Monday

BREAKFAST

- $\frac{3}{4}$ cup cooked oatmeal, made with water
- 1 tbsp. sliced almonds
- 1 tbsp. ground flaxseeds
- $\frac{1}{4}$ cup fresh blueberries

LUNCH

Turkey sandwich on whole wheat bread

- 4 slices of turkey, 1 oz. reduced-fat cheese, lettuce, and onion
- 1 cup raw veggies (broccoli, carrots, tomatoes)
- 2 tbsp. hummus dip

SNACK

- 1 cup strawberries
- 2 oz. fresh mozzarella

DINNER

- **Grilled pork chop, sweet potato, and broccoli**

Tuesday

BREAKFAST

- 1 slice **cinnamon bread**
- 2 scrambled eggs (made with olive oil or nonstick spray)
- 1 tangerine or orange

LUNCH

- **Make-ahead cucumber and onion salad**
- 1 cup mixed seasonal fruit

SNACK

- 1 medium banana
- 1 oz. almonds

DINNER

- **Grilled teriyaki chicken with pineapple, roasted asparagus, and brown rice**

Wednesday

BREAKFAST

Strawberry smoothie

- 1 cup frozen strawberries
- ½ cup frozen mango
- ½ cup frozen pineapple
- 1 cup reduced-fat milk
- Water/ice as needed
- Blend

LUNCH

- **5-minute chicken salad in cucumber boat**
- ½ cup mandarin oranges in water

SNACK

- 1 orange
- 1 oz. pretzels
- 1 hard-boiled egg

DINNER

- **Grilled hamburger** with leaf lettuce, tomato, and onion
- 1 cup of watermelon

Thursday

BREAKFAST

- ¾ cup cooked oatmeal, made with water
- 1 sliced apple and 1 tbsp. raisins
- 2 slices turkey bacon

LUNCH

*Blue salad & small baked potato
(with 1 tbsp. butter and dash of pepper)*

- 2 cups romaine lettuce, shredded
- ¼ cup tomatoes, chopped
- 2 tbsp. turkey bacon pieces
- 2 tbsp. light bleu cheese dressing

SNACK

- 1 cup reduced-fat cottage cheese
- 1 peach, sliced

DINNER

- **Spaghetti and Caesar salad**

Friday

BREAKFAST

- 1 slice whole wheat toast
- 1 tsp. butter
- 3 scrambled egg whites made with olive oil, salt, and pepper
- 15 grapes

LUNCH

Chicken, rice, and veggie bowl

- In a medium-sized bowl, combine 4 oz. rotisserie chicken, $\frac{1}{3}$ cup 90-second whole grain rice, 1 cup chopped veggies your choice, 2 tbsp. dressing

SNACK

- 1 medium graham cracker
- 2 cups watermelon, diced
- 1 oz. almonds or peanuts

DINNER

- **Stuffed green peppers**

1 cup spinach salad

- Chopped spinach
- 1 tsp. slivered almonds
- 5–6 croutons
- Cherry tomatoes
- 1 oz. cheese
- 2 tbsp. choice of dressing

Saturday

BREAKFAST

- **Breakfast burrito**
- 1 apple

LUNCH

- 1 cup carrot sticks
- ½ zucchini, sliced
- 4 tbsp. tzatziki sauce for dipping
- 1 oz. walnuts or almonds

SNACK

- Half slice whole wheat toast
- 1 tbsp. cream cheese
- Sliced fruit on top

DINNER

- **Eggplant parmesan**

Sunday

BREAKFAST

Egg scramble

- Cook ½ cup spinach and mushrooms, add 3 eggs, salt/pepper
- 1 slice whole grain toast
- ½ cup blackberries or raspberries (or your choice of seasonal fresh fruit)

LUNCH

On-the-go tuna lettuce wraps (2 wraps)

- 1 can or pouch tuna (in water), spread evenly on 2 romaine leaves. Top with ¼ avocado each leaf. Top with chopped peppers, cucumber, tomatoes, or desired veggies.
- 1 fruit cup in water

SNACK

- 1 cup baby carrots
- 2 tbsp. ranch dressing or hummus
- 1 banana

DINNER

- **Turkey chili**

Week Two

Boldface indicates an item that has a recipe in the next section.

Monday

BREAKFAST

- ¼ avocado spread on whole grain toast (1 slice), fresh tomato slices, and arugula
- 1 hard-boiled egg

LUNCH

Chicken and veggie wrap

- Spread ¼ avocado on whole grain tortilla shell. Layer 2 oz. of rotisserie chicken, sliced red peppers, sliced zucchini, and salad greens down center of tortilla. Roll tortilla.

SNACK

- 2 cups fresh watermelon
- 2 oz. fresh mozzarella

DINNER

Simple grilled chicken and veggies

- 4 oz. chicken breast, grilled or baked in oven
- 2 cups baked or grilled non-starchy veggies (zucchini, squash, tomatoes, broccoli, asparagus, or peppers) coated with olive oil, salt, pepper, garlic powder, cayenne pepper (optional)

Tuesday

BREAKFAST

- 1 cup low-fat plain Greek yogurt, topped with
 ½ oz. almonds
 ½ cup blueberries
 1 tsp. ground flaxseed

LUNCH

Fresh salad

- 2 cups arugula, fresh parsley, sliced radishes, red onion, ½ avocado, fresh tomatoes, ¼ cup cashews, ¼ cup gorgonzola or mozzarella cheese, ¼ cup edamame, and sliced red pepper. Served with 2–3 tbsp. **lemon vinaigrette dressing**.

SNACK

Veggies & dip

- Choose 2 cups colorful veggies (snap peas, broccoli, carrot sticks, cauliflower, pepper strips, cucumber, or cherry tomatoes).

Dip

- ½ cup plain Greek yogurt mixed with ranch dressing packet or Italian seasoning packet to taste

DINNER

Quick quinoa and veggies

- Make ½ cup dried quinoa according to directions.
- While cooking, sauté 1 zucchini, ¼ cup mushrooms, 1 yellow onion, 1 red pepper with 2 tbsp. olive oil. Season with salt, pepper, and garlic powder. Mix with quinoa.

Wednesday

BREAKFAST

- 1 slice whole grain bread, toasted
- Top with 1 tbsp. peanut butter, ½ sliced banana, drizzle of honey, shredded coconut, and almond slivers

LUNCH

- 1 cup reduced-fat cottage cheese
- Top with 2 tbsp. shelled sunflower seeds
- 1 cup raspberries

SNACK

Healthy trail mix

- 2 tbsp. dried cherries
- 2 tbsp. almonds
- 2 tbsp. walnuts
- 2 tbsp. dried blueberries

DINNER

- **Chicken, kale, and potato skillet**

Thursday

BREAKFAST

Cherry smoothie

- 1 cup plain Greek yogurt
- 2 tbsp. dried cherries
- 1 banana
- 1 cup unsweetened almond milk
- 1 tbsp. almond butter
- Blend all ingredients. Add liquid to reach desired consistency.

LUNCH

Tuna salad on croissant

- Mix one packet of tuna, 1 tbsp. mayo or avocado, onion, parsley, salt, pepper, paprika, 1 tbsp. Dijon mustard together and top onto a sliced croissant.
- 1 apple

SNACK

Snack box (in a three-compartment container)

- 1 oz. pistachios
- 1 cup raw veggies (carrots, broccoli, or peppers)
- 1 hard-boiled egg

DINNER

Lean ground beef tacos

- 2 tacos (2 oz. lean ground beef in each taco), hard or soft tortilla shells
- Season with taco seasoning, garlic powder, chili powder
- Toppings: spinach, tomato, red onion, salsa, 2 tbsp. plain Greek yogurt

Friday

BREAKFAST

- **Breakfast egg sandwich**
- 1 cup blueberries

LUNCH

- 8 whole grain crackers
- 2 oz. low-fat cheddar cheese
- 2 hard-boiled eggs
- 1 piece of fruit, your choice

SNACK

- 1 sliced apple with 2 tbsp. peanut butter. Topped with $\frac{1}{4}$ cup mixture of dried cherries, blueberries, and crushed almonds.

DINNER

6 oz. salmon & 1 cup asparagus

- Place asparagus and fish in pan with 1 tbsp. olive oil.
- Season with salt, pepper, garlic powder.
- Bake, uncovered, at 425° for 15–20 minutes or until fish flakes easily with a fork.
- Serve with asparagus and ½ cup cooked instant brown rice.

Saturday

BREAKFAST

- Three 4-inch protein pancakes or waffles (make according to package)
- Top with ½ cup berries
- 1 tsp. pure maple syrup

LUNCH

- **5-minute chicken Caesar salad wrap**

SNACK

- 1 cup carrot and celery sticks
- 2 tbsp. peanut butter
- ½ cup fresh blackberries or raspberries

DINNER

Tex Mex salad

- 3 oz. of grilled chicken or beef on top of 2 cups shredded romaine lettuce. Top with 1 oz. cheddar cheese, tomatoes, salsa, ¼ cup rinsed black beans, taco seasoning, ¼ avocado, 1 tbsp. sour cream, jalapeño (optional), red onion, and 6 crushed tortilla chips.

Sunday

BREAKFAST

Mexican egg scramble

- Sauté ½ red pepper, 2 eggs, and 2 tbsp. salsa. Cheese optional.
- Serve with toast or 1 warm tortilla.

LUNCH

Kale & veggie salad

- 2 cups of fresh kale topped with ½ cup dried edamame, ½ cup cooked quinoa, ½ cup chopped veggies (tomato, cucumber, and red pepper), and 2 tbsp. choice of vinaigrette

SNACK

Mixed fruit

- Mix ¼ banana sliced, ¼ cup blackberries, ¼ chopped fresh mango, and 1 kiwi. Squeeze one fresh lemon on top.
- 1 oz. fresh mozzarella or 6 oz. low-fat milk

DINNER

- **Mediterranean shrimp**

Week Three

Boldface indicates an item that has a recipe in the next section.

Monday

BREAKFAST

Overnight oats

- Layer ingredients in your choice of container.
 - ½ cup dried oats, ½ cup low-fat milk, ¼ cup plain yogurt, 1 tablespoon almond butter, ½ banana, sliced, 1 tsp. chopped dark chocolate, 1 tsp. chia seeds.
- Refrigerate overnight.

LUNCH

Simple salad

- 3 cups spinach
- 1 oz. fresh mozzarella
- 2 tbsp. dried cherries
- ½ cup chopped tomatoes
- 2 tbsp. oil & vinegar vinaigrette
- Top with 2 tbsp. walnuts & 1 wild-caught tuna or salmon pouch

SNACK

Smoothie

- Blend $\frac{1}{2}$ cup ice, 6 oz. plain Greek yogurt, $\frac{1}{2}$ banana, $\frac{1}{2}$ mango, $\frac{1}{2}$ cup frozen strawberries, and $\frac{1}{4}$ cup orange juice. Add liquid (water) to reach desired consistency.

DINNER

- **Healthy baked chicken tenders with spicy honey mustard sauce**
- Serve with mixed non-starchy veggies (zucchini, broccoli, carrots, cauliflower, peppers, squash, green beans, etc.)

Tuesday

BREAKFAST

- **Breakfast egg cups**
- $\frac{1}{2}$ cup seasonal fruit

LUNCH

- 1 cup kale chips (homemade or store bought)
- 1 cheese stick
- 1 piece of fruit

SNACK

Avocado deviled eggs

- 2 hard-boiled eggs (use egg yolk from one egg and 2 tbsp. avocado). Smash together and add paprika, salt, pepper, and cayenne pepper (optional).
Fill eggs.
- 1 orange

DINNER

Black bean burger and fries

- 1 black bean burger (cook according to package)
- Cut whole grain bread into circles for bun
- 1 cup **sweet potato fries**
- Top with tomato slice, spinach, and sliced onion

Wednesday

BREAKFAST

Cereal and fruit

- $\frac{3}{4}$ cup whole grain cereal
- $\frac{1}{2}$ sliced banana
- $\frac{1}{4}$ cup blueberries
- 1 cup reduced-fat milk

LUNCH

Hummus wrap

- 1 spinach tortilla shell
- Spread 2 tbsp. hummus on shell.
- Add spinach, tomato, zucchini, and fresh alfalfa or broccoli sprouts.

SNACK

Mixed fruit and cottage cheese

- $\frac{1}{4}$ cup blackberries, $\frac{1}{4}$ cup raspberries, and 1 kiwi sliced on top of 1 cup cottage cheese

DINNER

- **Spaghetti squash and meatballs**
- 1 slice whole grain bread or roll, 1 tsp. butter

Thursday

BREAKFAST

- 1 cup plain Greek yogurt
- 2 tsp. honey
- 1 tbsp. almond or peanut butter
- ½ banana

LUNCH

Edamame salad

- Mix 1 cup frozen edamame (thawed), 1 chopped red pepper, ½ small red onion, 1 tomato chopped, ¼ avocado, ¼ cup feta cheese, ¼ cup frozen corn (thawed), 2 tbsp. oil & vinegar vinaigrette

SNACK

- 2 oz. turkey jerky
- 1 apple

DINNER

- **Turkey burger** on whole grain bun
- 1 cup fresh fruit

Friday

BREAKFAST

- 1 large apple, sliced
- 2 tbsp. peanut butter
- 1 tsp. granola on top

LUNCH

Easy pita sandwich #1

- Stuff pita with:
 - 1 tbsp. red pepper hummus
 - ¼ cup chickpeas
 - 1 oz. feta cheese
 - Butter lettuce
 - Red onion

SNACK

Yogurt and almond parfait

- In a small jar, layer ½ cup fruit cut into ½-inch cubes (kiwis, mangos, and pineapples) with ¼ cup plain low-fat Greek yogurt. Top with 1 tbsp. toasted sliced almonds.

DINNER

- **Baked fish filets**
- 1 cup roasted brussels sprouts (preheat oven at 400°F, cut in half and coat with olive oil, bake for 30 minutes; top with salt and pepper)
- ⅓ cup whole grain rice made with 1 tsp. olive oil and seasonings

Saturday

BREAKFAST

- 1 slice whole grain toast, topped with ¼ avocado, 1 slice turkey bacon, and 1 sunny-side up egg. Add salt/pepper to taste.
- 1 cup seasonal fruit

LUNCH

Easy pita sandwich #2

- Stuff pita with:
 - Chopped kale
 - 2 tbsp. crushed almonds
 - Chopped apples
 - ¼ avocado
 - Choice of vinaigrette dressing

SNACK

Fruit wrap

- Spread 2 tbsp. peanut butter on a whole wheat tortilla. Top with sliced strawberries, bananas, or kiwi; roll and eat!

DINNER

- **Chicken and mango salsa lettuce wraps**
- 2–3 wraps

Sunday

BREAKFAST

- **Southwest breakfast quiche**
- 2 pieces

LUNCH

Roasted chicken sandwich with fruit

- Roasted deli-sliced chicken on whole grain bread (3 slices of nitrite-free chicken breast), 1 oz. cheese, toppings (lettuce, tomato, onion, etc.), 1 tbsp. mustard or mayo
- 1 medium fruit

SNACK

Mini Caprese skewers

- Take 5–7 toothpicks and fill with tomatoes, mozzarella, basil, and drizzle with balsamic vinaigrette.

DINNER

- **Beef and broccoli over zucchini noodles**

Week Four

Boldface indicates an item that has a recipe in the next section.

Monday

BREAKFAST

- $\frac{1}{4}$ cup **Power Granola**
- $\frac{3}{4}$ cup plain Greek yogurt

LUNCH

Mediterranean chicken farro bowl

- Scoop ½ cup cooked farro into a bowl. Top with 4 oz. grilled chicken slices, 1 oz. feta cheese, ¼ cup chopped cucumber, 5 kalamata olives, 1 tbsp. tzatziki sauce, a squeeze of a lemon, and freshly chopped dill.

SNACK

- 1 cup sliced, fresh zucchini
- 2 oz. roasted, salted almonds

DINNER

- **Spicy fish tacos**
- 2 tacos

Tuesday

BREAKFAST

- **Whole wheat breakfast pizzas**

LUNCH

BLT salad

- 2 cups romaine lettuce
- 2 tbsp. crispy turkey bacon
- ¼ cup cherry tomatoes
- 1 oz. mozzarella cheese
- ¼ avocado
- 2 tbsp. ranch dressing

SNACK

Three-compartment container

- Turkey and cheese rollups (2 oz. turkey and 2 oz. cheese)
- pita bread (½ pita)
- ½ cup baby carrots

DINNER

Easy chickpea pasta salad

- Make whole grain pasta (2 oz. dry), add ½ cup broccoli, ¼ cup bell peppers, 1 oz. mozzarella cheese, ¼ cup garbanzo beans, ¼ cup fresh sliced tomatoes, red onion, 1 oz. salami, choice of dressing (2 tbsp.)

Wednesday

BREAKFAST

Blueberry lemon yogurt parfait

- 1 cup nonfat plain Greek yogurt, zest of 1 lemon, ½ tsp. pure vanilla extract, ¾ cup fresh blueberries, ¼ cup sliced almonds

LUNCH

Rice and edamame salad

- Mix ½ cup 90-second whole grain rice, 1 tomato, ½ cup spinach, ½ cup broccoli, ¼ cup edamame, ½ cup red peppers, ⅓ zucchini, 1 oz. mozzarella cheese, and 3 tbsp. vinaigrette dressing.

SNACK

Three-compartment container

- Sliced pear
- 1 tbsp. almond butter
- 8 whole grain crackers or nut crackers

DINNER

- **Baked teriyaki chicken**
- Serve over $\frac{1}{3}$ cup whole grain rice
- 1 cup steamed broccoli

Thursday

BREAKFAST

Ricotta and blackberry jam crostini

- 3 small slices of toasted baguette. Add 1 tsp. ricotta to each. Top with blackberry jam and fresh blackberries.
- 1 cup reduced-fat milk

LUNCH

Fruit and almond smoothie

- 1 cup frozen strawberries and mango
- $\frac{1}{2}$ cup plain Greek yogurt
- 1 cup unsweetened almond milk

SNACK

Three-compartment container

- Raw broccoli (larger section)
- 2 hard-boiled eggs
- 1 cheese stick

DINNER

- **5-ingredient chicken tortilla soup**
- Serve with sautéed bell peppers (2 peppers). Cut into strips, sauté with 1 tbsp. olive oil, salt, pepper, and garlic powder.

Friday

BREAKFAST

Peanut butter banana smoothie

- 1 cup reduced-fat milk
- 1 frozen banana
- 2 tbsp. peanut butter
- 1 tbsp. cocoa powder, unsweetened

LUNCH

Buffalo chicken bowl

- Make ahead 4 oz. shredded chicken or rotisserie chicken, and add 3 tbsp. buffalo sauce.
- Top with shredded lettuce, 1 hard-boiled egg, 1 oz. blue cheese crumbles, diced red onions, tomatoes, $\frac{1}{4}$ avocado, and $\frac{1}{2}$ cup croutons.

SNACK

Three-compartment container

- Sliced kiwi and strawberries (larger section)
- Nonfat plain Geek yogurt (6–8 oz.)
- 8 dark chocolate almonds

DINNER

- **BBQ chicken pizza**
- 2 slices
- Serve with side mixed green salad

Saturday

BREAKFAST

- **Savory Mediterranean oats**

LUNCH

- 1 mozzarella cheese stick
- 1 cup strawberries
- 2 hard-boiled eggs

SNACK

Three-compartment container

- ½ peanut butter sandwich (larger section)
- Dried blueberries (¼ cup)
- Almonds (1 oz.)

DINNER

- **Alaskan salmon with orange watercress**
- ½ fresh mango cut into cubes

Sunday

BREAKFAST

- **Mushroom and broccoli frittata**

LUNCH

Smoothie lunch bowl

- ½ cup unsweetened almond milk, 1 frozen banana, 1 cup baby spinach, 1 cup frozen mixed fruit, ¼ cup plain Greek yogurt
- Combine all ingredients in a blender. Purée until smooth. Sprinkle with ¼ cup of **Power Granola**.

SNACK

Tuna salad

- 1 packet of tuna, 1 tbsp. mayo or avocado, onion, paprika, salt, pepper, 3 crushed crackers
- 1 fruit cup, in water

DINNER

- **Beef fajitas**
- Serve with side mixed green salad

Recipes

Week One

CINNAMON BREAD

2 cups bread flour
1 cup whole wheat flour
½ cup of Splenda Brown Sugar Blend
1 (5.1 ounce) package instant sugar-free vanilla pudding mix
½ tsp. baking soda
1 ½ tsp. baking powder
½ tsp. salt
2 tsp. ground cinnamon
1 ½ cups skim milk
½ cup canola oil
½ cup unsweetened applesauce
1 whole egg
1 tsp. vanilla
2 tbsp. cinnamon sucralose blend

- Preheat oven to 350°F. Spray 2 loaf pans with nonstick cooking spray.
- Sprinkle bottom of pans with 1 tbsp. cinnamon sucralose blend.
- In a large bowl, combine flours, sugar, pudding mix, baking soda, baking powder, salt, and cinnamon. In a separate bowl, combine the milk, oil, applesauce, eggs, and vanilla.
- Stir milk mixture into dry mixture until smooth.
Divide the batter and pour evenly into the 2 pans.

- Sprinkle tops of batter with remaining cinnamon sucralose blend.
- Bake 1 hour or until a toothpick inserted in the center comes out clean.

24 servings

BREAKFAST BURRITO

1 10" whole wheat flour tortilla
 2 egg whites, scrambled
 2 tbsp. shredded cheese
 1 tbsp. turkey bacon pieces

- Separate egg yolks from egg whites and scramble in skillet sprayed with nonstick cooking spray. Add turkey bacon pieces while scrambling eggs. Heat tortilla in microwave for 10 seconds. Fill tortilla with egg and sprinkle with cheese. Serve warm.

1 serving

MAKE-AHEAD CUCUMBER AND ONION SALAD

1 large cucumber, thinly sliced
 1 onion, thinly sliced
 ½ cup white vinegar
 ⅓ cup water
 ¼ tsp. salt
 Dash of pepper
 ¼ tsp. celery seed

- Slice cucumbers and onions into glass bowl. Mix remaining ingredients in small bowl and pour over cucumbers and onions. Cover and refrigerate 3 hours. Drain and serve.

3–4 servings

5-MINUTE CHICKEN SALAD IN CUCUMBER BOAT

2 cups cooked chicken, shredded

2 celery stalks, chopped

$\frac{1}{3}$ cup light mayo

1 tbsp. dill weed

1 large cucumber

- Combine shredded, cooked chicken with ingredients and mix well. Wash and peel cucumber and slice in half, creating two long halves.
- Using a spoon, carve out seeds to create a cucumber boat. Fill each cucumber with chicken salad.

4 servings of $\frac{3}{4}$ cup

GRILLED PORK CHOP, SWEET POTATO, AND BROCCOLI

3 oz. grilled pork chop

5 oz. baked sweet potato

$\frac{1}{2}$ cup steamed broccoli

Salt and pepper, to taste

1 tsp. brown sugar

Cinnamon, to taste

- Season pork chop with a dash of salt and pepper. Grill or broil for 6–8 minutes on both sides or until juices run clear.

1 serving

Baked sweet potato

- Preheat oven to 425°F. Poke holes in sweet potato. Cook for 45 minutes until done.
- Add brown sugar and cinnamon.

1 serving

Steamed broccoli

- Clean and chop broccoli. Place in steamer and cook for 5 minutes.

1 serving

GRILLED TERIYAKI CHICKEN WITH PINEAPPLE, ROASTED ASPARAGUS, AND BROWN RICE

3 oz. skinless boneless chicken breast

1 tbsp. teriyaki sauce

Salt and pepper, to taste

1 bunch of asparagus

2 tbsp. olive oil

90-second microwave rice

1 pineapple ring

For Chicken

- In a resealable plastic bag, marinate 3 oz. skinless boneless chicken breast in 1 tbsp. teriyaki sauce for 1 hour. Grill on high heat and grill for 6–8 minutes on each side or until juices run clear when pierced with a fork.

- Grill pineapple ring on both sides until warmed through.

1 serving

For Asparagus

- Wash 20 spears of fresh asparagus. Hold spear on both ends and bend to break edible portion from inedible portion. Place in baking dish and coat with 2 tbsp. olive oil. Sprinkle with $\frac{1}{8}$ tsp. salt and $\frac{1}{4}$ tsp. black pepper.
- Roast at 400°F for 12–15 minutes. Also could be cooked on the grill.

4 servings of 5 spears

For Rice

- Use 90-second brown rice in microwave pouch.

2.5 servings of $\frac{3}{4}$ cup

GRILLED HAMBURGER

2 oz. lean hamburger

Seasonings of choice

1 whole wheat bun

Leaf lettuce

1 slice tomato

Slice of onion

- Grill hamburger on medium-high heat until desired doneness. Add toppings and serve with watermelon.

1 serving

SPAGHETTI AND CAESAR SALAD

1 cup cooked whole wheat spaghetti

¼ cup marinara sauce

Caesar salad

2 cups romaine lettuce, shredded

1 tbsp. Parmesan cheese, shredded

2 tbsp. light Caesar dressing

- Cook pasta according to directions and add sauce. Add any desired seasonings.
- Serve with one salad.

1 serving

STUFFED GREEN PEPPERS

6 large green peppers

5 cups boiling water

1 lb. 95% lean ground beef

2 tbsp. onion, chopped

1 tsp. salt

⅛ tsp. garlic salt

1 cup cooked rice

2 cups spaghetti sauce

1 tsp. fresh-cut basil

- Preheat oven to 350°F.
- Slice off top of green pepper and clean inside.
- Wash and put into boiling water for 5 minutes and then drain.
- Cook beef and onion until onion is tender. Drain off fat. Stir in salt, garlic salt, rice, and 1 cup spaghetti sauce.

- Lightly stuff peppers with $\frac{1}{2}$ cup of beef mixture. Stand upright in ungreased baking dish. Pour remaining spaghetti sauce over the peppers. Cover and bake 45 minutes. Top with fresh basil.

6 servings

EGGPLANT PARMESAN

3 eggplants, peeled and thinly sliced
 2 eggs, beaten
 4 cups Italian-seasoned bread crumbs
 6 cups spaghetti sauce, divided
 1 (16 oz.) package mozzarella cheese, shredded and divided
 $\frac{1}{2}$ cup grated Parmesan cheese, divided
 $\frac{1}{2}$ teaspoon dried basil

- Preheat oven to 350°F.
- Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
- In a 9- by 13-inch baking dish, spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
- Bake in preheated oven for 35 minutes, or until golden brown.

6–8 servings

TURKEY CHILI

2 tbsp. extra-virgin olive oil
1 green bell pepper, chopped
1 small onion, finely chopped
2 tbsp. minced garlic
1 lb. ground turkey
1 ½ teaspoons ground cumin
All-purpose seasoning with pepper, to taste
2 (15 oz.) cans low-sodium red kidney beans, drained
2 (8 oz.) cans tomato sauce
1 cup water
1 chipotle chile, finely chopped from 1 can (7 oz.) chipotle
chiles
¼ cup shredded Monterey Jack cheese
1 avocado, chopped
Coarsely chopped fresh cilantro

- Heat oil in medium pot over medium heat. Stir in peppers, onions, and garlic; cook until tender, 5–7 minutes. Add turkey, cumin, and All-purpose seasoning. Cook, breaking up turkey with spoon, until browned, about 5 minutes.
- Stir in beans, tomato sauce, water, and chipotle; bring liquid to boil. Reduce heat. Simmer until chili thickens and flavors come together, about 10 minutes.
- Divide chili among serving bowls. Top with cheese, avocado, and cilantro.

4 servings

WEEK ONE AVERAGE NUTRITIONAL BREAKDOWN	
49% CARBS, 19% PROTEIN, 32% FAT	
Calories: 1,454	Fat: 44g
Carbohydrates: 164g	Fiber: 29g
Protein: 72g	Added sugar: 0g

Week Two

BREAKFAST EGG SANDWICH

1 whole grain English muffin
Handful spinach
1 tomato slice
1 oz. mozzarella cheese
1 whole egg
1 egg white

- Scramble egg in nonstick pan over medium-high heat.
- Place cheese on one part of English muffin and top with scrambled egg, spinach, and tomato. Top with muffin and serve.

1 serving

LEMON VINAIGRETTE DRESSING

½ tsp. finely grated lemon zest
2 tbsp. freshly squeezed lemon juice
1 tsp. sugar
½ tsp. Dijon mustard
¼ tsp. fine sea salt, or to taste
3–4 tbsp. extra-virgin olive oil
Freshly ground black pepper, to taste

- Whisk all ingredients together for thirty seconds and mix well.

CHICKEN, KALE, AND POTATO SKILLET DINNER

3 tbsp. olive oil

1 ½ pounds red potatoes, cut in half and boiled in salted water until fork tender

Salt and pepper, to taste

2 tsp. dried thyme

6 chicken breasts, thinly sliced

1 onion, medium, thinly sliced

1 tbsp. garlic, minced

1 bunch curly kale, stems removed and roughly chopped

1 lemon, optional

- Heat 2 tbsp. olive oil in a large 15-inch skillet over medium-high heat. Add potatoes (cut side down) and cook without stirring until they begin to turn golden brown. Stir and continue cooking until all sides are crispy, about 5–7 minutes. Depending on the size of your pan, you may have to do this in a few batches. Season potatoes with salt, pepper, and thyme.
- Add another tbsp. of olive oil and the chicken to the potatoes. Cook until both sides of chicken are done, about 6 minutes each side, or internal temperature is 165 degrees. Once done, add onions and cook until just tender, stirring often, about 5 minutes.
- Reduce heat to medium and add the garlic, stirring until fragrant, about one minute. Add the kale. Stir often and cooking until the kale is wilted, about 3 minutes.
- Squeeze a lemon over the top of the dish and serve.

6 servings

MEDITERRANEAN SHRIMP

5 large shrimp, peeled
1 ½ tbsp. olive oil, divided
2 tsp. minced garlic
1 pinch sea salt and ground black pepper, to taste
2 tsp. each, paprika and oregano
1 whole lemon, juiced
1 bunch fresh asparagus
1 whole red onion, sliced
¼ cup feta cheese
¼ cup kalamata olives
⅓ cup fresh cilantro or parsley

- Preheat oven to 450° F.
- In a large bowl season the shrimp with 1 tbsp. olive oil, garlic, salt, black pepper, paprika, oregano, and juice from lemon.
- Trim and wash the asparagus, then lay them flat on the baking sheet. Season with ½ tbsp. olive oil. Place seasoned shrimp on top of asparagus and top with sliced red onions.
- Bake for 10 minutes in the middle rack. Shrimp is cooked when the edges start to turn golden brown.
- Remove shrimp from oven and top with feta, olives, and fresh cilantro or parsley. Drizzle with remaining olive oil and serve.

1 serving

5-MINUTE CHICKEN CAESAR SALAD
LUNCH WRAP

1 ½ cup cooked chicken, diced
3 tbsp. light Caesar salad dressing
3 tbsp. Parmesan cheese, freshly shredded
4 cups chopped romaine lettuce
4 tortillas (10-inch, low-carb)

- In a medium bowl, mix together all the ingredients except for the tortillas. Coat the salad evenly with the dressing.
- Spread 1 heaping cup of the chicken salad mixture onto the tortilla. Fold the left and right sides of the wrap in until they touch and roll from the bottom to make a wrap.
- Repeat procedure for remaining 3 wraps.

4 servings

WEEK TWO AVERAGE NUTRITIONAL BREAKDOWN	
38% CARBS, 22% PROTEIN, 40% FAT	
Calories: 1,466	Fat: 62g
Carbohydrates: 139g	Fiber: 34g
Protein: 81g	Added sugar: 1g

Week Three

BREAKFAST EGG CUPS

12 eggs
½ cup milk
1 tsp. salt
½ tsp. pepper
1 lb. cooked bacon, chopped (optional)
2 cups cheddar cheese, shredded
2 jalapeños, seeded and diced
Fresh cilantro, optional

- Preheat oven to 350°F. In a large mixing bowl, whisk together eggs, milk, salt, and pepper.
- Grease a 12-cup muffin tin. Evenly disperse half of the bacon, cheese, and jalapeños into cups. Pour egg mixture into the cups, filling ½ full. Top with remaining ingredients (evenly dispersed among the pan).
- Bake on center rack for 20–25 minutes. Top with fresh cilantro and serve!

Notes:

- Breakfast egg cups can be stored in an airtight container for up to 5 days. To reheat, microwave for 1 minute or place in a preheated oven at 400°F for 5 minutes.

12 servings

SOUTHWEST BREAKFAST QUICHE

3 eggs

¼ cup whole wheat flour

½ tsp. baking powder

½ cup egg whites or egg substitute

¼ cup skim milk

1 (7 oz.) can green chilis

1 cup fat-free cottage cheese (whipped in a food processor until smooth)

1 cup reduced-fat shredded cheddar cheese

- Preheat oven to 400° F. Coat a 9-inch round or square baking dish with canola cooking spray; set aside.
- In mixer bowl, combine eggs, flour, and baking powder, and beat until blended. Add egg whites and milk and beat until smooth. On low speed, beat in green chilis, cottage cheese, and shredded cheese.
- Pour mixture into prepared dish and bake for 15 minutes. Reduce heat to 350°F and bake for about 25 minutes more (until quiche is firm in the center and top is golden brown). Cut into 6 equal slices and serve as is or top with salsa, avocado, or plain Greek yogurt.

6 servings

HEALTHY BAKED CHICKEN TENDERS WITH SPICY HONEY MUSTARD SAUCE

For the Chicken Tenders

1 egg

½ cup sour cream

1–2 lb. boneless chicken tenders

½ cup panko bread crumbs

½ cup nutritional yeast

½ tsp. paprika

½ tsp. garlic powder

½ tsp. sea salt

½ tsp. black pepper

½ tsp. thyme

½ tsp. Italian seasoning

For the Spicy Honey Mustard

1 cup Dijon mustard

½ cup honey

½ cup mayonnaise

¼ tsp. ground cayenne

Pinch of sea salt and pepper, to taste

Pinch of smoked paprika

- Preheat oven to 400°F and spray baking sheets with nonstick cooking spray.
- In a small bowl, whisk together egg and sour cream and set aside.
- In another small bowl, mix together the bread crumbs, nutritional yeast, paprika, garlic powder, salt, pepper, thyme, and Italian seasoning. Mix until well blended, then add to a shallow bowl or large plate.
- One by one, dip chicken tenders into sour cream/egg mixture, then coat completely with seasoning bread crumb mixture, then place on baking sheet. Repeat with all chicken tenders until fully covered.
- Bake chicken tenders for 25 minutes, flipping once halfway through, or until internal temperature reads 165°F.
- While chicken tenders are cooking, mix together all honey mustard ingredients until smooth and adjust seasonings to taste (for more sweetness, add more honey, for more mustard taste, add more mustard, etc.).

- Once chicken tenders have cooled, dip in honey mustard and enjoy!

4 servings

SWEET POTATO FRIES

- 1 large sweet potato, peeled
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ tsp. black pepper

- Heat the oven to 400°F.
- Cut the sweet potatoes into sticks $\frac{1}{4}$ – $\frac{1}{2}$ inch wide and 3 inches long and toss them with the oil.
- Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets.
- Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

2 servings

SPAGHETTI SQUASH AND MEATBALLS

- 1 small spaghetti squash
- 1 lb. very lean ground beef (95% lean)
- $\frac{1}{4}$ cup plain bread crumbs
- 3 tbsp. grated, reduced-fat Parmesan cheese (divided)
- $\frac{3}{4}$ cup water (plus extra for cooking squash, divided)
- 2 tbsp. chopped fresh parsley

1 egg
1 tsp. garlic powder
½ tsp. black pepper
2 cups low-sodium spaghetti sauce

- Put the whole squash in a soup pot with 1 inch water. Bring to a boil over high heat, cover, and cook 25–30 minutes, or until tender when pierced with a knife. Remove squash to a cutting board and allow to cool slightly. Cut squash in half lengthwise; remove and discard seeds with a spoon. Scrape inside of squash with a fork, shredding into noodle-like strands. Cover to keep warm.
- Meanwhile, in a large bowl, combine ground beef, bread crumbs, 2 tablespoons Parmesan cheese, ¼ cup water, parsley, egg, garlic powder, and pepper; gently mix until well combined. Form mixture into 8 equal-size meatballs.
- Coat a large skillet with cooking spray. Cook meatballs over medium heat 8–10 minutes or until browned, turning them occasionally. Add spaghetti sauce and remaining ½ cup water. Cover and cook 10–15 minutes or until meatballs are no longer pink in center.
- Serve the spaghetti squash topped with sauce and meatballs. Sprinkle with remaining 1 tablespoon Parmesan cheese just before serving.

4 servings

TURKEY BURGER

1 lb. lean ground turkey or chicken
⅓ cup quinoa (cooked, golden or red)
3 green onions, minced

½ cup kale, chopped
2 tbsp. extra-virgin olive oil
½ tsp. cumin
1 tsp. dried oregano
1 tsp. chili powder
1 chipotle chili in adobo, minced (optional)

- In a large bowl, combine all ingredients and mix well to distribute. Shape into 6 patties.
- Preheat grill to medium high and place burgers on grill grate. Cook under direct heat (with the grill closed) for 5–6 minutes per side until cooked through to doneness.

1 serving

BAKED FISH FILETS

Nonstick cooking spray
4 grouper or other mild fish fillets (4 oz. each, rinsed and patted dry)
3 tbsp. olive oil
2 tbsp. fresh parsley, finely chopped
1 tsp. Dijon mustard (lowest sodium available)
¼ tsp. dried thyme, crumbled
¼ tsp. red-hot pepper sauce
⅛ tsp. salt

- Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray.
- Place the fish on the baking sheet. Bake for 18–20 minutes, or until the fish flakes easily when tested with a fork.

- Meanwhile, in a small bowl, stir together the remaining ingredients.
- Drizzle olive oil mixture over the fish.

4 servings

CHICKEN AND MANGO SALSA LETTUCE WRAPS

- Salt, pepper, chili powder, garlic powder, and cayenne pepper, to taste
 3 chicken breasts
 1 mango (peeled, diced, and hard center squeezed to release 1 tbsp. juice)
 ½ small red onion, diced
 1 medium jalapeño pepper, seeded and minced
 1 large red bell pepper, seeded and diced
 2 tbsp. red wine vinegar
 1 tbsp. olive oil
 1 tbsp. honey or 2 packets artificial sweetener
 10 butter lettuce (butter lettuce leaves) or romaine lettuce
- Thinly slice chicken breasts. Season with salt, pepper, chili powder, garlic powder, and cayenne pepper. Add olive oil and chicken to skillet. Cook until done (about 6 minutes each side or internal chicken temperature of 165°F).
 - Combine all ingredients in a medium-sized bowl except lettuce.
 - Assemble wraps.
 - If using butter lettuce leaves, arrange them on a large plate and fill each one with ¼ cup of salad mixture.

5 servings

BEEF AND BROCCOLI OVER ZUCCHINI NOODLES

1 cup no-salt-added beef broth
1 tbsp. cornstarch
2 tbsp. lower-sodium soy sauce
2 cloves garlic, minced
1 tbsp. minced fresh ginger
Nonstick cooking spray
2 tsp. toasted sesame oil
1 medium onion, sliced
1 lb. sirloin beef, sliced
4 cups fresh or frozen broccoli florets
2 small zucchinis (spiral into noodles, or 4 cups prepared zucchini noodles)
2 tbsp. sesame seeds

- In a small bowl, whisk together the broth, cornstarch, soy sauce, garlic, and ginger. Set aside.
- Spray large sauté pan or wok with cooking spray, add sesame oil, and place over high heat.
- Add the onion and stir-fry 2 minutes. Add the beef and stir-fry 3 more minutes.
- Add the broccoli and spiraled zucchini and stir-fry 3 more minutes.
- Add the broth mixture and bring to a boil, scraping the bottom of the pan to loosen any brown bits. Reduce heat and simmer 2 minutes.
- Stir in sesame seeds and serve.

4 servings

WEEK THREE AVERAGE NUTRITIONAL BREAKDOWN	
41% CARBS, 21% PROTEIN, 38% FAT	
Calories: 1,466	Fat: 53g
Carbohydrates: 149g	Fiber: 30g
Protein: 77g	Added sugar: 3g

Week Four

POWER GRANOLA

1 cup unsalted cashews, chopped
 1 cup unsalted raw pumpkin seeds (pepitas)
 1 cup unsalted pecans, chopped
 1 cup unsalted sunflower seeds
 1 cup old-fashioned rolled oats (not quick cooking)
 ¼ cup peanut butter
 ¼ cup olive oil
 ¼ cup Splenda Brown Sugar Blend

- Preheat the oven to 300°F.
- Line a baking sheet with parchment paper or foil. Coat with nonstick cooking spray and set aside.
- In a bowl, combine cashews, pumpkin seeds, pecans, sunflower seeds, and oats. Set aside.
- In the microwave, melt peanut butter, oil, and Splenda Brown Sugar together. Stir to combine.
- Pour peanut butter mixture over oat mixture and stir to coat.
- Spread granola in a packed, single layer onto prepared baking sheet. Bake for 40–45 minutes, stirring every 10 minutes to ensure even browning.

- Remove from oven and let cool completely. Break up granola and store in an airtight container.

4–6 servings

WHOLE WHEAT BREAKFAST PIZZAS

- 1 tsp. butter
- 2 small green onions, finely chopped
- 2 small button mushrooms, sliced
- ½ red bell pepper, diced
- ½ cup egg substitute
- 2 tbsp. milk (fat-free)
- 1 whole grain English muffins (split in half)
- ¼ cup Colby and Monterey Jack cheese mixture (low-fat, shredded)
- 1 small tomato, seeded and chopped

- Preheat the oven to 375°F.
- In a small nonstick skillet, heat the butter over medium heat until melted, swirling to coat the bottom. Cook the green onions, mushrooms, and bell pepper over medium-high heat for 3 minutes, or until tender, stirring frequently.
- In a small bowl, whisk together the egg substitute and milk. Pour over the vegetables. Reduce the heat to medium. Cook without stirring until the mixture begins to set on the bottom and around the edge. As it sets, push the mixture toward the center of the skillet and tilt the skillet so the uncooked portion flows to the edge and all the egg substitute is fully cooked, 3–4 minutes. (A rubber scraper works well for this.)

- Put the English muffin halves with the cut side up on a baking sheet. Sprinkle each with 1 tbsp. Colby and Monterey Jack mixture. Spoon the egg mixture over the cheese. Top with the remaining cheese. Sprinkle with the tomato.
- Bake for 5–8 minutes, or until the cheese is melted.

2 servings

SAVORY MEDITERRANEAN OATS

1 cup low-sodium vegetable broth
 4 large sun-dried tomatoes (halves, not oil-packed, thinly sliced, do not rehydrate)
 Pinch sea salt, to taste
 Freshly ground black pepper, to taste
 ½ cup old-fashioned rolled oats
 1 tbsp. fresh chives, minced
 3 tbsp. plain nonfat Greek yogurt (fat-free)
 1 tbsp. fresh basil, thinly sliced
 1 tbsp. soft goat cheese, crumbled

- Bring the broth, sun-dried tomatoes, salt, and pepper to a boil in a small saucepan.
- Stir in the oats and chives and reduce heat to medium. Stir, until the oats are fully cooked, about 5 minutes. Remove from the heat and stir in the yogurt.
- Transfer to a bowl, sprinkle with the basil and goat cheese, and serve.

1 serving

MUSHROOM AND BROCCOLI FRITTATA

Nonstick cooking spray

2 cups packaged hash brown potatoes or fresh-grated potato

9 oz. small broccoli florets (rinsed and drained, but not dried—some water droplets should cling to the broccoli)

4 eggs

4 egg whites

16 oz. container mushrooms, rinsed and dried

¼ cup skim milk

¼ tsp. black pepper

- Preheat the oven to 400°F.
- Lightly spray a medium ovenproof skillet with cooking spray. Heat over medium heat. Remove from the heat. Put the potatoes in the skillet. Lightly spray with cooking spray. Cook for 4–5 minutes, or until the potatoes are golden brown, stirring occasionally.
- Put the broccoli in a microwaveable bowl. Microwave, covered, on 100 percent power (high) for 4 to 5 minutes, or until tender-crisp. Drain in a colander. Stir the broccoli into the potatoes.
- In a medium bowl, whisk together the egg whites and eggs. Whisk in the mushrooms, milk, and pepper. Pour the mixture over the potatoes and broccoli, stirring well.
- Bake for 15–18 minutes, or until the eggs are set (it shouldn't move much when the frittata is gently shaken).
- Let cool for at least 10 minutes, then cut into 2–4 equal slices.

2 servings

SPICY FISH TACOS

½ cup salsa or pico de gallo

1 lime, juiced

1 tbsp. chopped fresh cilantro

1 tsp. chili powder

Salt and pepper, to taste

1 ¼ lbs. firm white fish such as tilapia or halibut

½ cup Greek plain yogurt

1 tbsp. hot sauce

Eight 6-inch corn tortillas (warmed)

- In a medium bowl, whisk together the salsa, lime juice, cilantro, chili powder, salt, and pepper. Set aside.
- Coat a large sauté pan with cooking spray. Sauté fish over medium heat for 2 minutes on each side. Pour salsa mixture over fish and sauté an additional 3 minutes.
- Remove the fish from the pan and flake with a fork, mixing in the salsa mixture.
- In a small bowl, combine the yogurt and hot sauce. Evenly divide the fish among 8 tortillas and top each with a dollop of the yogurt sauce.

Makes 8 tacos, serving is 3 tacos

BAKED TERIYAKI CHICKEN

½ tbsp. cornstarch
½ tbsp. cold water
¼ cup Splenda granulated sweetener
¼ cup lower-sodium soy sauce
2 tbsp. apple cider vinegar
1 clove garlic, minced
½ tsp. ground ginger
¼ tsp. black pepper
1 ½ lbs. boneless, skinless chicken breasts

- Preheat oven to 425°F. Spray a 9- by 13-inch baking dish with cooking spray.
- In a saucepan, whisk together cornstarch and cold water until smooth. Whisk in Splenda sweetener, soy sauce, vinegar, garlic, ginger, and pepper. Bring to a simmer over low heat and cook, stirring frequently, until sauce thickens and bubbles.
- Place chicken in prepared baking dish and brush with teriyaki sauce. Turn chicken over, and brush again.
- Bake for 15 minutes. Turn chicken and bake until chicken is no longer pink and juices run clear when pierced with the tip of a paring knife (20–30 minutes total baking time, depending on size). Brush with sauce every 10 minutes during baking.
- If you choose not to use Splenda, substitute 2 tbsp. table sugar for the whole recipe.

6 servings

5-INGREDIENT CHICKEN TORTILLA SOUP

4 cups chicken stock
1 rotisserie chicken, shredded
1 (19 oz.) can red enchilada sauce
1 (14 oz.) can fire-roasted tomatoes, diced
1 (14 oz.) can creamed or sweet corn
One 6-to-8-inch flour tortilla (or crushed tortilla chips)
1 tsp. olive oil

- Cut the tortilla into thin strips. Place in a frying pan with oil and cook until crispy.
- Place all ingredients into a large soup pot and bring to a boil.
- Simmer for 15 minutes.
- Ladle soup into bowls and serve with your favorite fixings.

4 servings

BBQ CHICKEN PIZZA

Nonstick cooking spray
½ lb. boneless, skinless chicken breast
¼ tsp. salt
¼ tsp. black pepper
¼ cup sugar-free apricot preserves
¼ cup barbeque sauce
½ tsp. hot sauce
12-inch prepackaged whole wheat pizza crust
1 cup shredded carrots
½ medium red onion, thinly sliced
½ cup reduced-fat shredded Italian-style cheese
½ tsp. dried oregano

- Preheat the oven to 375°F. Spray a baking sheet with cooking spray.
- Season the chicken with salt and pepper on both sides.
- Place the chicken on the prepared baking sheet and bake for 25 minutes or until the juices run clear. Remove the chicken from the oven and chop into half-inch pieces.
- In a small saucepan, combine the sugar-free apricot preserves, barbeque sauce, and hot sauce. Bring to a boil.
- Spoon the sauce over the pizza crust. Top the crust with cooked chicken, carrot, sliced onion, and cheese. Sprinkle the cheese with the dried oregano.
- Bake the pizza for 20–25 minutes or until the cheese is melted and bubbly.

4 servings (2 slices a serving)

ALASKAN SALMON WITH ORANGE WATERCRESS

4 Alaskan salmon filets (4–6 oz. each, frozen or fresh)

¼ cup avocado oil, divided

Bunches (about 3 cups watercress, roughly chopped)

3 tbsp. cucumber(s), finely chopped

2 oranges (peeled and segmented, membrane removed)

1 tsp. white wine vinegar

1 pinch salt and pepper, to taste

2 cups mixed greens

½ avocado, pitted, peeled, and sliced

¼ cup walnuts

2 tbsp. apple cider vinegar

- Rinse any ice glaze from Alaskan salmon under cold water; pat dry with paper towel. Heat skillet over medium-high heat and brush both sides of fish using 3 tablespoons of avocado oil. Cook salmon, uncovered, about 4 minutes, until browned.
- Turn salmon over and season lightly with salt and pepper. Cook an additional 6–8 minutes for frozen, or 3–4 minutes for fresh/thawed, just until fish is opaque throughout.
- Meanwhile, in a medium bowl, combine watercress, cucumber, and orange segments. Season with a few drops of white wine vinegar, remaining avocado oil, and salt and pepper, to taste.
- Plate mixed greens next to salmon and top with avocado, walnuts, and apple cider vinaigrette.

8 servings

BEEF FAJITAS

2 tsp. canola oil
 2 cups sliced onion
 2 cups sliced bell peppers
 20 oz. cooked sliced steak
 ¼ tsp. salt
 4 (8-inch) whole wheat flour tortillas

- Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and bell pepper. Sauté for 5 minutes. Add the cooked sliced steak and sauté for 2–3 minutes to warm. Sprinkle with salt.
- Wrap the tortillas in damp paper towels and microwave on high for 1 minute.

- Place each tortilla on a plate. Divide the steak, onions, and peppers among the 4 tortillas. Wrap and serve. These fajitas go well with a green salad.

4 servings

WEEK FOUR AVERAGE NUTRITIONAL BREAKDOWN	
37% CARBS, 24% PROTEIN, 33% FAT	
Calories: 1,507	Fat: 54g
Carbohydrates: 140g	Fiber: 29g
Protein: 90g	Added sugar: 3g

WEEK ONE					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 352 Carbs: 46g Protein: 12g Fat: 1g Fiber: 12g Added sugar: 0g	Calories: 369 Carbs: 48g Protein: 26g Fat: 10g Fiber: 11g Added sugar: 0g	Calories: 242 Carbs: 11g Protein: 12g Fat: 8g Fiber: 3g Added sugar: 0g	Calories: 570 Carbs: 60g Protein: 29g Fat: 12g Fiber: 7g Added sugar: 4g	Calories: 1,533 Carbs: 165g Protein: 79g Fat: 31g Fiber: 33g Added sugar: 4g
TUESDAY	Calories: 310 Carbs: 42g Protein: 14g Fat: 10g Fiber: 4g Added sugar: 0g	Calories: 375 Carbs: 45g Protein: 16g Fat: 3.4g Fiber: 11.4g Added sugar: 0g	Calories: 268 Carbs: 33g Protein: 7g Fat: 14g Fiber: 7g Added sugar: 0g	Calories: 403 Carbs: 46g Protein: 26g Fat: 8.6g Fiber: 4.3g Added sugar: 2g	Calories: 1,356 Carbs: 166g Protein: 63g Fat: 36g Fiber: 26g Added sugar: 2g
WEDNESDAY	Calories: 350 Carbs: 45g Protein: 8g Fat: 0g Fiber: 9g Added sugar: 0g	Calories: 364 Carbs: 36g Protein: 25g Fat: 13g Fiber: 2.3g Added sugar: 0g	Calories: 234 Carbs: 39g Protein: 10g Fat: 5g Fiber: 5g Added sugar: 0g	Calories: 330 Carbs: 50g Protein: 18.6g Fat: 8g Fiber: 4g Added sugar: 0g	Calories: 1,278 Carbs: 170g Protein: 62g Fat: 26g Fiber: 20g Added sugar: 0g
THURSDAY	Calories: 522 Carbs: 58g Protein: 15g Fat: 10g Fiber: 13g Added sugar: 0g	Calories: 388 Carbs: 34g Protein: 10g Fat: 16g Fiber: 6g Added sugar: 0g	Calories: 240 Carbs: 22g Protein: 29g Fat: 5g Fiber: 3g Added sugar: 0g	Calories: 388 Carbs: 52g Protein: 17g Fat: 15g Fiber: 6.3g Added sugar: 0g	Calories: 1,538 Carbs: 166g Protein: 71g Fat: 46g Fiber: 33g Added sugar: 0g
FRIDAY	Calories: 414 Carbs: 39g Protein: 22g Fat: 23g Fiber: 5g Added sugar: 0g	Calories: 278 Carbs: 25g Protein: 31g Fat: 6g Fiber: 8g Added sugar: 0g	Calories: 313 Carbs: 39g Protein: 9g Fat: 15g Fiber: 5g Added sugar: 2g	Calories: 489 Carbs: 47g Protein: 28g Fat: 14g Fiber: 11g Added sugar: 0g	Calories: 1,494 Carbs: 177g Protein: 90g Fat: 60g Fiber: 29g Added sugar: 2g
SATURDAY	Calories: 361 Carbs: 48g Protein: 16g Fat: 11g Fiber: 7g Added sugar: 0g	Calories: 350 Carbs: 15g Protein: 16g Fat: 25g Fiber: 7g Added sugar: 0g	Calories: 350 Carbs: 38g Protein: 7g Fat: 6g Fiber: 3g Added sugar: 0g	Calories: 487 Carbs: 60g Protein: 24.2g Fat: 16g Fiber: 8g Added sugar: 0g	Calories: 1,548 Carbs: 161g Protein: 63g Fat: 58g Fiber: 25g Added sugar: 0g
SUNDAY	Calories: 399 Carbs: 45g Protein: 24g Fat: 13g Fiber: 15g Added sugar: 0g	Calories: 408 Carbs: 20g Protein: 26g Fat: 25g Fiber: 8g Added sugar: 0g	Calories: 291 Carbs: 30g Protein: 3g Fat: 3g Fiber: 5g Added sugar: 0g	Calories: 336 Carbs: 45g Protein: 24g Fat: 12g Fiber: 12g Added sugar: 3g	Calories: 1,434 Carbs: 141g Protein: 77g Fat: 53g Fiber: 40g Added sugar: 3g

WEEK TWO					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 307 Carbs: 27g Protein: 12g Fat: 14g Fiber: 9g Added sugar: 0g	Calories: 304 Carbs: 21g Protein: 22g Fat: 16g Fiber: 12g Added sugar: 0g	Calories: 245 Carbs: 23g Protein: 12g Fat: 10g Fiber: 3g Added sugar: 0g	Calories: 401 Carbs: 39g Protein: 35g Fat: 14g Fiber: 10g Added sugar: 0g	Calories: 1,257 Carbs: 110g Protein: 81g Fat: 44g Fiber: 34g Added sugar: 0g
TUESDAY	Calories: 249 Carbs: 23g Protein: 20g Fat: 10g Fiber: 6g Added sugar: 0g	Calories: 432 Carbs: 33g Protein: 13g Fat: 32g Fiber: 13g Added sugar: 0g	Calories: 278 Carbs: 25g Protein: 15g Fat: 1g Fiber: 9g Added sugar: 0g	Calories: 602 Carbs: 60g Protein: 13g Fat: 30g Fiber: 15g Added sugar: 0g	Calories: 1,561 Carbs: 141g Protein: 61g Fat: 73g Fiber: 43g Added sugar: 0g
WEDNESDAY	Calories: 350 Carbs: 45g Protein: 10g Fat: 15g Fiber: 9g Added sugar: 3g	Calories: 379 Carbs: 28g Protein: 33g Fat: 15g Fiber: 9g Added sugar: 0g	Calories: 296 Carbs: 38g Protein: 6g Fat: 15g Fiber: 5g Added sugar: 0g	Calories: 369 Carbs: 38g Protein: 18g Fat: 14g Fiber: 6g Added sugar: 0g	Calories: 1,394 Carbs: 149g Protein: 67g Fat: 59g Fiber: 28g Added sugar: 3g
THURSDAY	Calories: 391 Carbs: 52g Protein: 21g Fat: 12g Fiber: 5g Added sugar: 1g	Calories: 425 Carbs: 60g Protein: 25g Fat: 27g Fiber: 7g Added sugar: 0g	Calories: 263 Carbs: 14g Protein: 15g Fat: 18g Fiber: 5.5g Added sugar: 0g	Calories: 434 Carbs: 55g Protein: 31g Fat: 10g Fiber: 4g Added sugar: 0g	Calories: 1,513 Carbs: 181g Protein: 92g Fat: 67g Fiber: 28g Added sugar: 1g
FRIDAY	Calories: 361 Carbs: 44g Protein: 21g Fat: 11g Fiber: 7g Added sugar: 0g	Calories: 380 Carbs: 30g Protein: 29g Fat: 16g Fiber: 8g Added sugar: 0g	Calories: 351 Carbs: 41g Protein: 10g Fat: 19g Fiber: 9g Added sugar: 0g	Calories: 508 Carbs: 28g Protein: 40g Fat: 22g Fiber: 6g Added sugar: 0g	Calories: 1,600 Carbs: 143g Protein: 100g Fat: 68g Fiber: 30g Added sugar: 0g
SATURDAY	Calories: 275 Carbs: 20g Protein: 11g Fat: 3g Fiber: 4g Added sugar: 5g	Calories: 220 Carbs: 21g Protein: 25g Fat: 9g Fiber: 14g Added sugar: 0g	Calories: 265 Carbs: 24g Protein: 10g Fat: 16g Fiber: 10g Added sugar: 0g	Calories: 609 Carbs: 45g Protein: 36g Fat: 31g Fiber: 13g Added sugar: 0g	Calories: 1,369 Carbs: 110g Protein: 82g Fat: 59g Fiber: 41g Added sugar: 5g
SUNDAY	Calories: 300 Carbs: 19g Protein: 17g Fat: 13g Fiber: 4g Added sugar: 0g	Calories: 477 Carbs: 46g Protein: 34g Fat: 17g Fiber: 15g Added sugar: 0g	Calories: 265 Carbs: 51g Protein: 10g Fat: 3g Fiber: 10g Added sugar: 0g	Calories: 530 Carbs: 25g Protein: 24g Fat: 35g Fiber: 6g Added sugar: 0g	Calories: 1,572 Carbs: 141g Protein: 85g Fat: 68g Fiber: 35g Added sugar: 0g

WEEK THREE					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 418 Carbs: 30g Protein: 12g Fat: 13g Fiber: 4g Added sugar: 2g	Calories: 428 Carbs: 27g Protein: 28g Fat: 18g Fiber: 6g Added sugar: 0g	Calories: 273 Carbs: 51g Protein: 19g Fat: 1g Fiber: 6g Added sugar: 0g	Calories: 417 Carbs: 40g Protein: 21g Fat: 10g Fiber: 6g Added sugar: 5g	Calories: 1,536 Carbs: 148g Protein: 80g Fat: 42g Fiber: 22g Added sugar: 5g
TUESDAY	Calories: 245 Carbs: 23g Protein: 13g Fat: 12g Fiber: 4g Added sugar: 0g	Calories: 299 Carbs: 35g Protein: 7g Fat: 11g Fiber: 4g Added sugar: 0g	Calories: 285 Carbs: 20g Protein: 14g Fat: 15g Fiber: 7g Added sugar: 0g	Calories: 442 Carbs: 50g Protein: 19g Fat: 6g Fiber: 10g Added sugar: 0g	Calories: 1,271 Carbs: 128g Protein: 53g Fat: 53g Fiber: 25g Added sugar: 0g
WEDNESDAY	Calories: 317 Carbs: 60g Protein: 13g Fat: 4g Fiber: 6g Added sugar: 3g	Calories: 335 Carbs: 50g Protein: 12g Fat: 10g Fiber: 8g Added sugar: 0g	Calories: 299 Carbs: 35g Protein: 30g Fat: 6g Fiber: 11g Added sugar: 0g	Calories: 520 Carbs: 50g Protein: 29g Fat: 16g Fiber: 7g Added sugar: 0g	Calories: 1,471 Carbs: 195g Protein: 84g Fat: 36g Fiber: 32g Added sugar: 3g
THURSDAY	Calories: 303 Carbs: 44g Protein: 15g Fat: 10g Fiber: 4g Added sugar: 10g	Calories: 625 Carbs: 40g Protein: 32g Fat: 40g Fiber: 15g Added sugar: 0g	Calories: 304 Carbs: 28g Protein: 30g Fat: 6g Fiber: 6g Added sugar: 0g	Calories: 400 Carbs: 40g Protein: 20g Fat: 12g Fiber: 7g Added sugar: 0g	Calories: 1,632 Carbs: 152g Protein: 97g Fat: 68g Fiber: 32g Added sugar: 10g
FRIDAY	Calories: 310 Carbs: 33g Protein: 6g Fat: 19g Fiber: 6g Added sugar: 2g	Calories: 317 Carbs: 47g Protein: 13g Fat: 8g Fiber: 5g Added sugar: 0g	Calories: 251 Carbs: 28g Protein: 20g Fat: 7g Fiber: 4g Added sugar: 0g	Calories: 500 Carbs: 36g Protein: 26g Fat: 10g Fiber: 10g Added sugar: 0g	Calories: 1,378 Carbs: 144g Protein: 65g Fat: 44g Fiber: 25g Added sugar: 2g
SATURDAY	Calories: 348 Carbs: 27g Protein: 15g Fat: 21g Fiber: 8g Added sugar: 0g	Calories: 478 Carbs: 56g Protein: 10g Fat: 26g Fiber: 9g Added sugar: 0g	Calories: 295 Carbs: 25g Protein: 12g Fat: 18g Fiber: 14g Added sugar: 0g	Calories: 350 Carbs: 45g Protein: 14g Fat: 6g Fiber: 11g Added sugar: 0g	Calories: 1,471 Carbs: 153g Protein: 51g Fat: 71g Fiber: 42g Added sugar: 0g
SUNDAY	Calories: 340 Carbs: 20g Protein: 31g Fat: 19g Fiber: 4g Added sugar: 0g	Calories: 415 Carbs: 58g Protein: 30g Fat: 7g Fiber: 14g Added sugar: 0g	Calories: 348 Carbs: 20g Protein: 19g Fat: 21g Fiber: 6g Added sugar: 0g	Calories: 400 Carbs: 30g Protein: 29g Fat: 9g Fiber: 6g Added sugar: 0g	Calories: 1,503 Carbs: 128g Protein: 109g Fat: 56g Fiber: 30g Added sugar: 0g

WEEK FOUR					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 300 Carbs: 15g Protein: 15g Fat: 17g Fiber: 2g Added sugar: 0g	Calories: 489 Carbs: 46g Protein: 40g Fat: 15g Fiber: 5g Added sugar: 0g	Calories: 359 Carbs: 18g Protein: 14g Fat: 28g Fiber: 9g Added sugar: 0g	Calories: 450 Carbs: 45g Protein: 45g Fat: 8g Fiber: 9g Added sugar: 0g	Calories: 1,598 Carbs: 124g Protein: 114g Fat: 68g Fiber: 25g Added sugar: 0g
TUESDAY	Calories: 170 Carbs: 20g Protein: 14g Fat: 4.5g Fiber: 3g Added sugar: 0g	Calories: 394 Carbs: 20g Protein: 15g Fat: 30g Fiber: 6g Added sugar: 0g	Calories: 405 Carbs: 28g Protein: 40g Fat: 12g Fiber: 4g Added sugar: 0g	Calories: 604 Carbs: 60g Protein: 25g Fat: 28g Fiber: 12g Added sugar: 0g	Calories: 1,573 Carbs: 128g Protein: 94g Fat: 75g Fiber: 25g Added sugar: 0g
WEDNESDAY	Calories: 287 Carbs: 28g Protein: 23g Fat: 10g Fiber: 5g Added sugar: 0g	Calories: 611 Carbs: 60g Protein: 24g Fat: 27g Fiber: 13g Added sugar: 0g	Calories: 365 Carbs: 52g Protein: 7g Fat: 15g Fiber: 10g Added sugar: 0g	Calories: 420 Carbs: 25g Protein: 30g Fat: 4g Fiber: 10g Added sugar: 1g	Calories: 1,683 Carbs: 165g Protein: 84g Fat: 56g Fiber: 38g Added sugar: 1g
THURSDAY	Calories: 304 Carbs: 35g Protein: 11g Fat: 4g Fiber: 5g Added sugar: 4g	Calories: 200 Carbs: 30g Protein: 10g Fat: 2g Fiber: 6g Added sugar: 0g	Calories: 282 Carbs: 10g Protein: 16g Fat: 12g Fiber: 5g Added sugar: 0g	Calories: 425 Carbs: 45g Protein: 20g Fat: 7g Fiber: 9g Added sugar: 0g	Calories: 1,211 Carbs: 120g Protein: 67g Fat: 25g Fiber: 25g Added sugar: 4g
FRIDAY	Calories: 425 Carbs: 47g Protein: 19g Fat: 21g Fiber: 7g Added sugar: 0g	Calories: 480 Carbs: 25g Protein: 40g Fat: 21g Fiber: 5g Added sugar: 0g	Calories: 332 Carbs: 45g Protein: 17g Fat: 12g Fiber: 8g Added sugar: 10g	Calories: 320 Carbs: 46g Protein: 22g Fat: 7g Fiber: 12g Added sugar: 4g	Calories: 1,557 Carbs: 163g Protein: 98g Fat: 61g Fiber: 32g Added sugar: 14g
SATURDAY	Calories: 240 Carbs: 37g Protein: 12g Fat: 5g Fiber: 6g Added sugar: 0g	Calories: 256 Carbs: 13g Protein: 19g Fat: 14g Fiber: 4g Added sugar: 0g	Calories: 500 Carbs: 43g Protein: 7g Fat: 14g Fiber: 8g Added sugar: 0g	Calories: 482 Carbs: 40g Protein: 40g Fat: 19g Fiber: 8g Added sugar: 0g	Calories: 1,478 Carbs: 133g Protein: 78g Fat: 52g Fiber: 26g Added sugar: 0g
SUNDAY	Calories: 340 Carbs: 38g Protein: 25g Fat: 9g Fiber: 7g Added sugar: 0g	Calories: 335 Carbs: 60g Protein: 11g Fat: 4g Fiber: 9g Added sugar: 0g	Calories: 307 Carbs: 25g Protein: 20g Fat: 14g Fiber: 5g Added sugar: 0g	Calories: 470 Carbs: 35g Protein: 39g Fat: 16g Fiber: 9g Added sugar: 0g	Calories: 1,452 Carbs: 150g Protein: 99g Fat: 45g Fiber: 30g Added sugar: 0g

APPENDIX

Exercise Plan

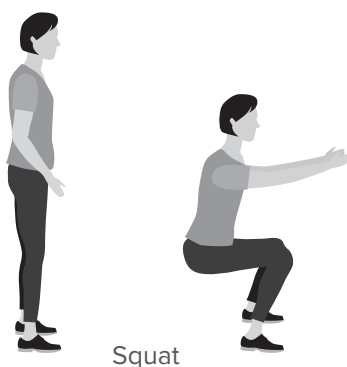
EXERCISE NEEDS TO BE PART of your personal prevention program for both prediabetes and diabetes. It will be very hard to take control of your risk without exercise. One of the biggest challenges is getting started and knowing what to do. Everyone's interests and abilities are a little different, but the following four-week program helps you get started. There are a variety of exercises to consider as you develop a program that works for you.

The structure of the plan is as follows: four days total, including two days of cardiovascular and flexibility training and two days of resistance, core, and balance/stability training. Be sure to incorporate rest on those days when you aren't exercising. Your body needs time to recover and reset to get maximum benefit.

Week 1, Day 1: Resistance Training/Core/Balance

Squat. These can be done with just bodyweight or if you're feeling strong you can hold a dumbbell at your chest (one hand on

either side)—or even some books or a milk jug if you’re around the house. When you’re starting out, use a chair or couch as a target—to squat down to a consistent depth.



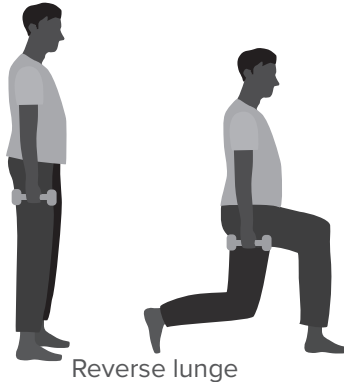
Pro Tip: To make the challenge even more difficult, slow your tempo on the way down, resisting for three to four seconds as you descend.

Sets/Reps: 3 sets of 10 reps

1. Stand with feet at or around shoulder width, toes straight and forward.
2. Drive your hips back, bending at your knees and keeping your knees from collapsing.
3. Sit into a squat position, imagining you’re sitting down into an imaginary chair while still keeping your heels and toes on the ground, making sure to try to keep a neutral spine position.
4. Try to descend to the point at which knees are bent to a ninety-degree angle if there is proper form and no pain at that point.
5. Press into your feet and push using your quads to return to a standing position.

Alternative Lower Body Exercise

Reverse Lunges. If squatting is painful, or you just simply want some variety, you can replace squats with reverse lunges. Reverse lunges work similar muscle groups but also add a new element of stability.



Pro Tip: Take off your shoes and socks for natural stability and to prevent the soles of your shoes from interfering with your mind-muscle connection. Add weight to your hands if you feel you need further resistance.

***Sets/Reps: 3 sets of 8 to 10 reps on each side
(do one side at a time)***

1. Stand tall with your feet about shoulder width apart.
2. Keeping one leg planted, take a big step backward with your other foot while simultaneously lowering your hips and knee toward the floor.
3. Make sure you keep your spine in a neutral position by holding a straight upright posture in your back. Lower yourself toward the floor so that your back knee lightly taps the floor or gets within about one inch.

4. You know you're in a good position when your knee is almost down or all the way down and the bent leg is close to or at ninety degrees. To help check if you're in a good position, make sure that the knee in the bent leg is about in line with your toes.
5. Making sure your hips don't rotate and your lower back doesn't round, return to the starting position by pushing through your foot and raising your hips and torso fluidly so that you come up and forward at the same time.
6. Repeat on the same leg until the reps are completed, then switch.

Bird-Dog. This core exercise is done in the quadruped position, meaning you'll be on your hands and knees. I'd recommend doing this on a rug or carpet. The key here is to create tension in your core the entire time you're performing the exercise.



Bird-dog

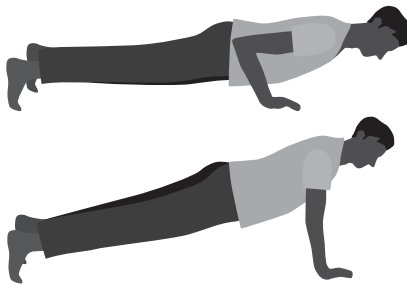
Pro Tip: Try placing a tennis or lacrosse ball on your lower back and try to keep it from falling the entire time you're performing the movement to know you're keeping a neutral spine position.

Sets/Reps: 3 sets of 8 reps on each side

Rest after the second exercise as needed. Shoot for thirty to ninety seconds.

1. Begin on all fours with your hands directly under your shoulders and your knees directly under your hips.
2. Create tension in your core, pretend to grab the floor, and corkscrew your hands clockwise. Without moving your torso, push back into your toes to create further core tension. Keeping your back and pelvis still and stable, reach your right arm forward and left leg back. Stay as stable as you can, hold for one second.
3. Return to the starting position by placing your hand and knee on the floor. Repeat the same thing on the other side.

Push-Up/Incline Push-Up. Depending on your strength and mobility levels, you can make these as difficult or as easy as needed.



Push-up/Incline push-up

To make it more challenging, change the tempo during the up or down portion of the exercise. To make it more manageable, change the angle of the push-up: the higher, and more acute the

angle in general, the easier it will be to perform. Use a wall, a table, a countertop, or some type of sturdy furniture.

Pro Tip: To help reduce the possibility of pain, keep your arms in a neutral position, meaning your elbows stay tucked in close to your body and don't flare out during the exercise. Also, as you lower yourself, make sure your elbows are not less than a ninety-degree angle relative to your body.

Sets/Reps: 3 sets of 10 reps

1. Get on the floor on all fours, positioning your hands underneath or slightly wider than your shoulders.
2. Extend your legs back so that you are balanced on your hands and toes. Feet should be shoulder width apart. Body is in a straight line from head to toe without sagging in the middle or arching your back.
3. Contract (create tension), corkscrew your hands into the ground clockwise, push back into your toes, and brace your core (imagine what you would do with your body if you were outside in a hurricane; get tight!).
4. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a ninety-degree angle.
5. Exhale and push back up through your hands to the start position. Control your body through the movement; don't let gravity do part of the work for you.

Alternative Upper Body Exercise

Triceps Dips. Another way to target your pecs and triceps is using the triceps dips exercise.



Tricep dip

Pro Tip: If your own body weight isn't enough, you can add weight like books to your lap to increase resistance.

Sets/Reps: 3 sets of 10 to 12 reps

1. Find a sturdy table or a step to serve as a base—it should be about hip height tall.
2. Place your hands, palms down and fingers pointing toward your body, on the edge of the base.
3. Walk your feet out until your legs are straight and balance on your heels so that your toes are lifted off of the ground.
4. Keeping your elbows tucked in close to your body, lower your entire body until your elbows are behind you at about ninety degrees.
5. Once at the bottom, briefly pause for no more than half a second and then return to the starting position by again keeping your elbows tucked in and straightening those elbows until they are almost completely but not quite locked.

6. Squeeze your triceps at the top for no more than half a second and then immediately repeat.

Single Leg Barefoot / Stability Balance. The single leg barefoot balance can be varied depending on skill level. Balance on one leg barefoot as opposed to in shoes for greater mind-muscle connection. Try closing your eyes and/or moving the opposite leg clockwise around your body while remaining balanced on one leg.



Single-leg balance

Pro Tip: You can also increase difficulty by changing the material (safely) that you balance on, whether that's a foam pad or a pillow or whatever else you can find that you feel comfortable using.

Sets/Reps: 3 sets of thirty seconds of balance on each leg

Rest after the second exercise as needed. Shoot for thirty to ninety seconds.

1. Find a safe area, perhaps a rug or carpet, with plenty of room.

2. Balancing on one leg, lift the opposing leg just an inch or two off the ground.
3. Think about grabbing the floor with your foot to create greater stability through the rest of the body.
4. Start with thirty seconds on each leg and increase baseline difficulty as needed, whether that's adding extra time, closing your eyes, changing the surface you're balancing on (using a foam pad), and so on.

Horizontal Row. For those of us who sit all day (often hunched over), or even those who don't, it's important that we incorporate our "pulling" or back muscles into our routine. Examples of items to use are a gallon jug of water, or a light (five- to ten-pound) dumbbell.



Horizontal row

Pro Tip: Remember, you can always change the tempo of the exercise, slow it down, increase the time under tension, and make the exercise more challenging.

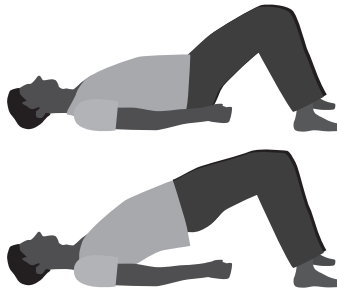
Sets/Reps: 3 sets of 10 reps on each arm

1. Using a chair or table, find a surface that is stable and about as tall as the height of your navel or hips.

2. Place one hand flat on the surface.
3. Hinging at your hips and keeping a neutral spine (straight back), bend over until your flat back is about forty-five degrees relative to your hips.
4. With your opposite hand, grab the “weight” of your choosing; in this example, it’s a gallon jug of water.
5. Keeping your back at the forty-five-degree and neutral position, “row” the jug of water to your torso making sure your elbow gets to a position of ninety degrees and making sure to keep the elbow close to the body.
6. Pause for half a second and then extend your elbow and lower the jug back to the starting position making sure to keep your torso from moving and not using any momentum to jerk the weight into position.

Body Weight Glute Bridge. This exercise works our glutes and hamstrings while also helping to strengthen and protect our lower back. The glute bridge requires no equipment, just a comfortable area to lie on your back.

Pro Tip: Do this exercise on one leg to increase the challenge and bring a little more core into play!



Glute bridge

Sets/Reps: 3 sets of 10 reps on each leg

Rest after the second exercise as needed. Shoot for thirty to ninety seconds.

1. Lie flat on your back with your knees bent.
2. Bring your heels toward your butt until they're about eight to twelve inches from the edge of your butt.
3. Making sure your feet are flat on the ground, push through the soles of your feet and extend your hips upward until they are about forty-five degrees relative to the ground.
4. Squeeze your butt cheeks together hard at the top and pause for one second.
5. Lower yourself back down slowly, count to two before your butt hits the ground again.
6. Repeat.

Week 1, Day 2:
Cardiovascular Training/Flexibility

Aerobic exercise. Thirty minutes of aerobic exercise. The importance of working your heart and lungs cannot be overstated. Whether it's walking, jogging, swimming, boxing, or cycling, the important factor is making sure the difficulty is moderate to vigorous, which will be different for every person and relative to your current fitness level.

Choose a moderate-intensity exercise today like a brisk walk, and make sure to go for at least twenty to thirty minutes straight.

Pro Tip: Monitor your heart rate as you go, if possible, to find out what heart rate zone you were in!

Wall Hamstring Stretch. Lots of people have tight hamstrings and hips, especially after working out. It's good for those with diabetes or prediabetes to couple their balance/stability training with some flexibility training as well.



Wall hamstring stretch

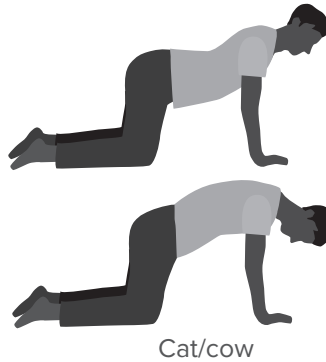
Sets/Reps: 2 sets of 45 seconds on each leg

Rest after the second exercise as needed. Shoot for thirty to ninety seconds.

1. Find the corner of a wall that's sturdy enough for your leg to push against.
2. Lie on your back facing the corner of the wall; one leg is straight up against the wall, right at the corner, so that the other leg can rest flat on the floor.
3. Push your body toward the wall until you feel a moderate stretch in the back of your quad, aka your hamstring.
4. Pull your toes toward your shin to accentuate the stretch.

Cat-Cow. Helps to mobilize the thoracic spine, improve posture, and increase upper body mobility.

Pro Tip: You can also do this on a table or bench, if being on your knees is painful.



Cat/cow

Sets/Reps: 2 sets of 10 reps

(1 rep is going through 1 cat and then cow position)

1. Start on your hands and knees with your back flat and spine in a neutral position.
2. Hands are directly underneath your shoulders and knees are underneath your hips.
3. Push into your hands, rounding your back as far as you can while keeping your hands on the ground. Final position looks like you have a hunch back (or scared cat). Hold for one second then move toward the next position.
4. Retract your shoulder blades, inhale, and pull your spine downward as you allow your spine to move in the opposite direction. In the final position your back looks like a “U.” Hold for one second then move toward the next position.

Week 1, Day 3:

Resistance Training/Core/Balance

Split Squat. A nice way to work your lower body while also combining an element of balance/stability. By putting the emphasis on one leg at a time, you don't need as much added load to get the same training effect that a bilateral (or dual-limbed) exercise would. Meaning, depending on your fitness level, starting with assisted split squats might be plenty difficult. Assisted split squats can be done by finding a fixed object to use for support while you perform the exercise. If you're more highly trained, try slowing down the tempo and/or holding dumbbells or similar weighted water jugs in each hand.



Split squat

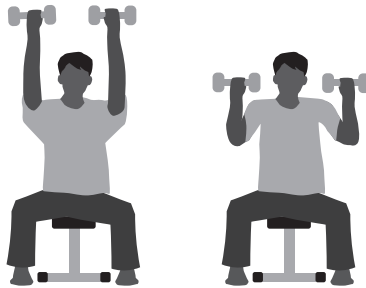
Pro Tip: Elevate your back leg to put even more weight onto the working leg.

Sets/Reps: 3 sets of 8 reps on each leg

1. Placing one foot forward and one foot backward, the heel of your back foot should be raised so that you are balancing on your toes.

2. Making sure you keep an upright torso and being careful not to hyperextend, slowly lower yourself to the ground.
3. Finish right before your knee touches the ground or lightly tap your knee before returning to the starting position. Make sure you choose an appropriate resistance; form matters here, and if you can't maintain a rigid torso throughout the movement, it may be time to dial back the difficulty.

Seated Neutral Shoulder Press. Grab some light dumbbells, or water jugs, canned goods, water bottles, or paint cans. Just do your best to make sure they are identical or at least very similar in weight.



Seated neutral shoulder press

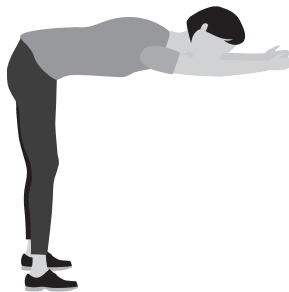
Pro Tip: We are going to start with the neutral position because it's often more comfortable for the shoulder joint.

Sets/Reps: 3 sets of 10 reps

1. Sit on a bench or chair with your feet flat and comfortably on the ground; make sure you have good posture.

2. Sitting up straight and keeping a neutral spine, raise your dumbbells or whatever household items you chose so that they are now shoulder height.
3. Keeping your elbows tucked in so that they run parallel to the sides of your body, press the objects overhead, fully extending your elbow.
4. At the top, a good check to make sure you're in a good position is to see if your biceps are in line with your ears.
5. Slowly lower the objects until your elbows reach about ninety degrees and then press back up again using control and making sure to stray from using momentum to help.

Hinge. A lot of people think about deadlifting, but no one should deadlift until they master the proper mechanics of a hinge and have the range of motion required to pull a barbell from the floor. A hinge can be done with your body weight, but making sure we're using proper form and sequencing here will be the key.



Hinge

Pro Tip: Once you feel you've mastered the body weight hinge, try implementing a Romanian Deadlift. Find a balanced

object like a kettlebell or a case of bottled water and use this to add resistance to the exercise. Make sure you stop at your current end range of motion, or in other words, the point at which when you're lowering yourself you can no longer maintain a neutral spine position.

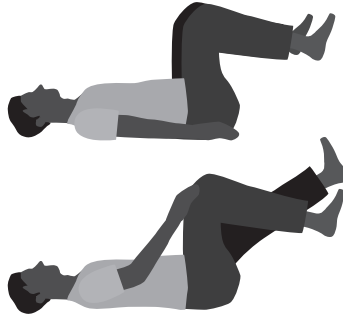
Sets/Reps: 3 Sets of 10 reps

Rest after the second exercise as needed. Shoot for thirty to ninety seconds.

1. Stand tall with your feet approximately shoulder width apart and toes pointing forward (slightly everted or out is okay if it feels more comfortable).
2. Place your hands on your hips and pull your shoulders straight back (retraction) as if you were trying to pinch something with your upper back.
3. Soften your knees very slightly and then make sure they do not travel any farther forward for the rest of the exercise.
4. Push your pelvis backward as if you were a tea kettle tipping water into a cup. Imagine that, as you're keeping your knees in that slightly bent position, you are pushing your butt back toward an imaginary wall.
5. Make sure as you begin lowering yourself you keep your back in that pinched position so that your lats and other back muscles stay "turned on."
6. As you get lower, you should start to feel a stretch in the back of your legs (hamstrings/glutes).

7. Stop yourself when you feel you lose that tension or recognize that you are starting to “bend” forward without keeping a straight/neutral spine—at that point you’ve gone too far.
8. Stop yourself just before that position so that your posterior leg muscles stay engaged, push your pelvis forward slowly, maintain your back position, and stand back up squeezing your glutes or butt muscles at the top.
9. Repeat.

Single-Leg Dead Bug. The Dead Bug exercise does not require any additional equipment (you just need a soft, comfortable space to lie on your back), but when done correctly it serves as an incredibly efficient exercise to work your core!



Single-leg dead bug

Pro Tip: To increase the degree of difficulty, try extending your opposing limbs simultaneously as opposed to doing just one leg at a time.

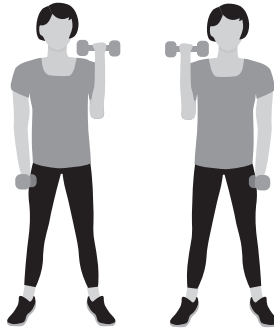
Sets/Reps: 3 Sets of 8 Reps on each leg

Rest after the second exercise as needed. Shoot for thirty to ninety seconds.

1. Lying on your back, with your arms palms down on the ground at forty-five degrees relative to your torso, bring your legs up so that they are bent at ninety degrees and are directly over top of your hips.
2. Engage and create tension in your core; when done effectively, your lower back will be pinned to the ground without any space.
3. Put your right arm on your right upper thigh/knee and, keeping your leg at ninety degrees, push backward hard into your hand to create further core tension.
4. Slowly extend your opposite leg while keeping your core tension everywhere else, slightly, and lightly tap your heel on the ground and then immediately return that leg to the starting position.
5. Do this for eight reps in a row (one leg at a time) then switch!

Biceps Curls. I find that if there's one exercise everyone likes to do, it's the bicep curl. Find some dumbbells, paint cans, water jugs, or even soup cans. It's time to curl!

Pro Tip: Change the orientation of your wrist to hit different sections of your biceps muscle, making sure you monitor and avoid any pain you notice.



Bicep curls

Sets/Reps: 3 sets of 12 reps on each arm

1. Stand up straight with your feet about hip-width apart.
2. Hold your object balanced in your hand with your palm facing away from you and your arm extended/relaxed.
3. Keeping a straight back and resisting movement at your shoulder joint, bend at your elbow and begin curling the weight toward your shoulder.
4. Make sure your elbow stays in a mostly fixed position, your arms stay tight to your torso, and you're not using your back to help swing the weight upward.
5. Stop at about chest height, squeeze your bicep for about half a second, then slowly and with control lower back to the starting position and immediately begin again.
6. Repeat twelve times each side then switch arms.

Week 1, Day 4:

Cardiovascular Training/Flexibility

Since it's Week 1, we want to keep the difficulty to a manageable level. We want your rate of perceived exertion (RPE)—with 1 being little to no effort and 10 being all out—to be at about a 6 or a 7 today, so make adjustments to your effort accordingly.

Let's start with a 3:1 work-to-rest ratio, working hard for thirty seconds before dialing it back for ninety seconds of *active* rest and then repeating. For simplicity's sake, we will use running. Whether outside or on a treadmill, run or sprint at that RPE of 6 or 7 for thirty seconds before slowing down to a walk (not a complete stop). Use a phone, watch, or even count (slow enough) to make sure you're working and resting for the designated amount of time.

Pro Tip: Monitor your heart rate as you go if possible to find out what heart rate zones you were in and to help determine what substrates (proteins, fats, carbs) you were utilizing while you exercised!

Sets/Reps: 8 to 10 rounds of 30 seconds of work and 90 seconds of rest

Follow your workout with a couple of the stretches you learned on Day 2:

- Wall Hamstring Stretch
- Cat-Cow

End of week 1—congratulations! And let's keep going . . .

Weeks 2-4: Resistance Training/Core/Balance

Your body adapts best when appropriate levels of volume, intensity, and resistance are practiced consistently over time. In other words, it's much smarter to stick with a training program for four, eight, or even twelve or more weeks depending on conditions rather than trying to do something new every time you work out. Yes, you'll get fatigued, but your body won't be able to make the strength, cardiovascular, muscular endurance, and mobility *progress* that I'm sure you all desire.

It also gives you time to master certain exercises and “own” movements until you're ready to progress to the next level of training. Make sure you give yourself the time to completely understand the exercises laid out for you and perform them with the proper form and level of difficulty.

Since this program is four weeks long, I'm going to explain how to progress yourself over the next three weeks until all four weeks are completed.

For your Resistance Training days, pick two exercises per workout to increase by one set. For example, say Week 1, Day 2 you choose Incline Push-Ups and Squats, Week 2, Day 2 would now have four sets of those exercises instead of three. Do the same for the following two weeks making sure to disperse the volume you add. In other words, you shouldn't include more than five sets of one exercise. Also, try to add 2.5 to 10 percent of the load you lift from week to week. For example, if you were able to squat with forty pounds, try adding an extra one to four pounds. For body weight exercises, try adding one or two reps week to week or slow down the tempo by an extra one to two seconds. By Week 4, your RPE should have gone from a 6 or a

7 to an 8 or a 9, which means you'll only have a couple of reps left in the tank with good form.

On the two separate Cardiovascular days, your progression techniques will focus on time, distance, and intensity. I recommend trying to add an additional five to ten minutes to your chosen exercise. For example, if you walked for thirty minutes Week 1, try to walk thirty-five or forty minutes Week 2. You can also add one or two intervals of work, decrease rest by five or ten seconds, or increase the exercise interval by five seconds, all with the goal of slightly increasing your "RPE" so that by Week 4, just like on the Resistance Training days, you're at an RPE of 7 or 8; meaning you could only do one or two more sprints before your form started breaking down.

For a free video demonstration of all exercises, visit www.webmd.com/takecontrol.