

mif) moms into fitness

LINDSAY BRIN'S 1200 CALORIE MEAL PLAN

A few simple rules before you begin:

1. Drink 8 oz. of water before every meal & drink 8 oz. of water during every meal (feel free to flavor your water with low calorie flavor packets). And drink 8 oz of water before you grab a snack!
2. Eat within your perimeter. This means eat only during meal and snack times...do not grab small snacks from office candy jar or grab a few crackers from the kids. Green tea is a great filler if you need something outside your perimeter.
3. Eat while sitting down. This prevents mindless eating.
4. Eat slowly. By drinking water during your meal you will feel fuller and it will also make you eat slower. It takes your brain a bit to register fullness!
5. Eating out and the Plate Method. Of course you can eat out! But be smart with your portion sizes and try to stick to eating out 1-2 lunches and 1 dinner at most each week. And if you can't fix one of these meals or just don't like the recipe please use the plate method with some chicken, vegetables and your favorite side. With the plate method you will fill $\frac{1}{2}$ of your plate with vegetables, $\frac{1}{4}$ of your plate with chicken and $\frac{1}{4}$ of your plate with your favorite side.
6. Do not use this meal plan if you are pregnant.
7. No alcohol or beverages with calories this week!



DAY 1

BREAKFAST



Toasted Sandwich: 1 piece whole grain toast, 1 slice 2% cheese, 1 slice cooked turkey bacon or regular bacon, ½ cup berries. Melt cheese onto toast and add turkey bacon. Serve berries on the side.

LUNCH



Raspberry salad: 2-3 cups romaine lettuce, ½ cup dried cranberries or raspberries, ¼ cup reduced fat feta cheese crumbles, ¼ cup toasted sliced almonds, 2T raspberry vinaigrette dressing. Top lettuce with all ingredients.

SNACK



1 choice from the snack list, recommended: veggies and hummus

DINNER



Flank Steak Fajitas: 9 oz. flank steak, 1 red pepper, 1 green pepper, 1 yellow onion, 1T olive oil, 6-4" tortillas, 1 cup shredded cheese, 1 seasoning packet of fajita mix (or low sodium marinade), salsa. Grill flank steak. Slice peppers & onions, cook in olive oil for 5-7 minutes. Add marinade/mix to peppers. Slice steak into ¼" pieces, add to pepper mixture. Simmer 20-30 minutes. Place entire mixture equally into tortillas. Top with salsa & sprinkle cheese. Makes 6 fajitas, eat 2 fajitas.

DAY 2

BREAKFAST

1 piece whole grain bread or ½ whole grain English muffin, toasted, with 1 T peanut butter. Serve ½ cup berries on the side.



LUNCH

Soup & Potato: your choice of reduced-sodium canned soup or soup from the deli. To round out the meal add a medium sized baked potato topped with 2t butter, chives, salt and pepper.
Snack



SNACK

1 choice from the snack list



DINNER

Shrimp & Pineapple Kabobs: 24 medium-size shrimp, 1 pineapple, 3 red peppers, 1 large yellow onion, 2T lime juice, 3T jerk seasoning, 3T olive oil, 6 metal skewers. Mix lime juice, jerk seasoning and olive oil & coat shrimp with brush. Cut onion, peppers & pineapple, then alternate with shrimp onto a skewer. Grill until shrimp is cooked on each side. Makes 6 skewers, eat 2 skewers.



DAY 3

BREAKFAST



2 whole grain waffles (frozen or homemade) topped with ½ cup berries.

LUNCH



Shrimp Salad: 2-3 cups romaine/spinach salad mix, 1-2 leftover Shrimp & Pineapple Kabobs, ¼ cup reduced fat feta cheese crumbles, 2T raspberry vinaigrette dressing. Remove shrimp, pineapple and onion from skewer and place on top of salad mix. Add remaining ingredients.

SNACK



1 choice from the snack list

DINNER



Crock Pot Spicy Turkey Lasagna: 1 lb. ground turkey, 1t dried oregano, ½ t salt, ½ t red pepper flakes, 15 oz light ricotta, 2 cups shredded Italian cheese, 1 frozen package (10 oz) chopped thawed spinach squeezed dry, 12 lasagna noodles uncooked and broke in half, 1 jar (26 oz) chunky pasta sauce, ½ cup water. Brown turkey over medium/high heat 5-7 minutes. Season with salt, oregano and pepper flakes. In a bowl mix ricotta, cheese blend and spinach. In a slow cooker add a liner for quicker cleanup. Then layer the bottom with noodles broken to cover. Spoon ½ meat, pour on ½ pasta sauce and ½ water. Spread cheese mixture over top. Repeat layering. Slow cook on low 4 hours. Makes 8 pieces, eat 2 pieces.

*You can also make this recipe in the oven by boiling lasagna noodles before preparing the recipe. Place in a greased dish, do not add the water and put in the oven for 40 minutes at 350 degrees.

DAY 4

BREAKFAST



2 options: ½ whole grain English muffin, toasted, with 1 slice 2% cheese. Serve 1 apple on the side. OR ½ cup cottage cheese served with sliced peaches.

LUNCH



Leftover Fajita Pita: 2 servings leftover fajita mixture, 2 pita pockets, 1T favorite dressing

SNACK



1 choice from snack list, recommended: fruit OR homemade tomato grilled cheese

DINNER



Salmon and Carol's Green Beans: Steam 2, 3-6 oz Salmon filets. Sprinkle salt into green beans and steam 6 minutes, drain. Mix 1/3 cup oil, 3T balsamic vinegar & 1t Dijon mustard in a bowl. Add ½ cup parmesan. Pour dressing over beans and toss lightly. Makes 2 salmon filets & 4 servings of green beans. Eat 1 piece of salmon & 2 servings of green beans.

*For convenience Moms Into Fitness recommends buying the salmon at your store deli pre-cooked, then lightly season to your liking.

DAY 5



BREAKFAST

1 cup yogurt and a piece of your favorite fruit. If you dislike yogurt you can replace with 100 calorie pudding (this is not packed with as many nutrients but still has calcium!)



LUNCH

Taco Soup: 1lb. ground beef, 1 can kidney beans, 1 can black beans (drained), 2 cans tomatoes, 1 can diced chiles, ½ cup diced onion, ½ cup diced cilantro, 4 cans tomato sauce, 2 cans water, garlic salt to taste. Brown beef in pot, drain fat, add remaining ingredients. Simmer. Makes 12 cups, eat 2 cups & top with 2 slices avocado or serve in a small bowl with sprinkled cheese. You will have a lot leftover.



SNACK

1 choice from snack list, recommended: fruit



DINNER

Chicken Salad with Wing Sauce: 1 bag salad mix, ½ lb. chicken breasts (no skin), seasoned bread crumbs for chicken, 1 green pepper, ½ cup mozzarella cheese, 4 T wing sauce, optional 20 tortilla chips. Coat chicken with bread crumbs and bake until done. Prep 2 plates with salad, cut up green pepper and cheese. Cut the chicken into strips & coat with wing sauce. Serve chicken over salad & crumble tortilla chips on top. Makes 2 servings, eat 1 serving.

DAY 6

BREAKFAST



Red Pepper Egg Sandwich: ½ English muffin, 2 scrambled eggs, 1 slice 2% cheese, red pepper slices.

If you'd like to use the entire English muffin please scramble 1 egg instead of 2.

LUNCH



Grilled Cheese & Tomato soup: 1 can reduced sodium tomato soup, 2 slices bread, 2t olive oil, 1 slice your choice of cheese. Cook tomato soup according to can directions. Heat pan to medium heat or heat up Panini press. Brush olive oil on slices of bread and place cheese in between bread slices. Toast to taste. Tomato salad option to replace soup: 2 cups romaine lettuce, 6-8 cherry tomatoes, several red onion slices, and 2T your choice vinaigrette. Toss ingredients with 2T vinaigrette dressing.

SNACK



1 choice from snack list

DINNER



Chicken in 10: 1 Rotisserie chicken from the local grocery store, 1 package frozen green beans or broccoli, 1T olive oil, a pinch of garlic salt, 1 package whole grain rice (Moms into Fitness recommends chicken flavored rice). Place green beans or broccoli in 1/3 cup water in a microwave-safe bowl or steamer. Use a microwave-safe lid on the bowl or steamer and steam on high for 6 minutes. Cook whole grain rice on stove according to package directions. Slice the rotisserie chicken into 4 ounce portions (about the size of your palm). Drain green beans and toss in olive oil, top with a pinch of garlic salt. Eat 4 oz. white meat, about ½ cup rice and lots of veggie.

*Remember to use the Plate Method...vegetables should take up half of your plate! Refer to #5 in the Rules section at the beginning of this plan.

DAY 7

BREAKFAST



1 cup low fat yogurt and a piece of your favorite fruit.

LUNCH



Chicken Pesto Panini & Salad: 2/3 cup grilled chicken breast strips, 2 pieces whole grain bread, 2t pesto, 1t olive oil, 1/2 bag salad mix, veggies to top salad, 2T vinaigrette. Brush olive oil on slices of bread and place chicken & pesto in between bread slices. Toast in toaster oven or Panini Press. Then top salad mix with your favorite vegetables & 2T vinaigrette.

SNACK



1 choice from snack list, recommended: fruit

DINNER



Soft Tacos: 3/4 lb. lean ground beef, shredded lettuce, 1 1/2 cups shredded cheddar cheese, 1 package ICarbs / Grains / Starches: Your 4 servings will have you consuming between 400 and 600 calories. Protein: Your 3 servings of protein will provide you with between 300 and 600 calories. If you're small you need 2 servings. Because every woman is different you will need to monitor your loss by measuring yourself, preferably by a scale and a measuring tape. If you are gaining you are eating too much. If you are losing more than 1-2 pounds a week you are eating too little. Fat: The smallest amount of calories of any group should come from fats. The 100 calories you should consume can come from lots of sources but should be good fats. Dairy: Your 2 servings of dairy will likely have you consuming 200-300 calories. It's always good to be taking a multi-vitamin. You need 1000-1200 mg of calcium a day (which is found

SNACK LIST

Black bean dip: ¼ can black beans (drained and rinsed), fresh cilantro, diced tomatoes, 1/8 cup corn, and jalapenos. Mix ingredients to your liking. Use a pita to dip into dip: Spray pita with olive oil, toast and slice into quarters.

Shrimp cocktail, 12 medium shrimp and ¼ cup cocktail sauce

Low fat yogurt sprinkled with ½ cup crunchy cereal

100 calorie pudding with strawberries to dip

Plain baked potato with skin, seasoned with chives, salt & pepper

Small salad with any vegetables and 2 T vinaigrette dressing

6 cups Air popped popcorn (try the popcorn seasoning in the spice aisle)

Veggies and ¼ cup hummus

1 cup grapes, ¼ cup almonds

1 large apple sliced with 1T peanut butter

1 nutrition bar (my favorite is the Luna bar with 180 calories and 3g fiber)

Other 1/2 of English muffin from breakfast with 1 T peanut butter

Oatmeal

1 cup of soup

Homemade grilled cheese with tomatoes, use olive oil instead of butter,
1 slice 2% cheese and whole grain bread

An excerpt from Lindsay's book, due to release January 2011

*These snacks are not for children under the age of 2.

Hot chocolate and marshmallows (made at home with skim milk)

Strawberries dipped in chocolate pudding

Cottage cheese mixed with sliced peaches

Small pizzas (use a cookie cutter to cut store-bought pizza dough, pile with pizza sauce and shredded cheese)
Make it a Veggie pizza with a punch of nutrition, puree spinach and put in pizza sauce

Cinnamon and sugar toast with milk

Tortilla roll-ups: layer ham, cheese on a tortilla-roll up and cut into small pieces

Vanilla pudding with crumbled low-fat cookies

Zucchini stix-lightly coat slices of zucchini with bread crumbs, bake and serve
with pizza sauce

FOOD JOURNAL

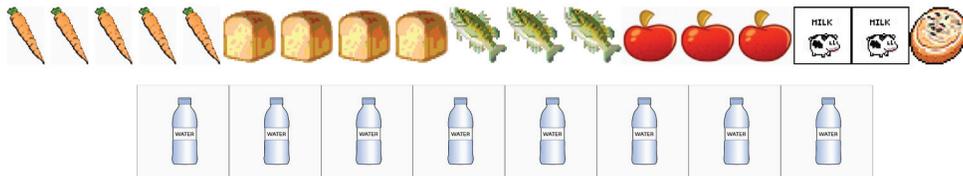
Use this food journal beyond the 1 week meal plan.
And track your progress with our Progress Tracker!

Easy as 5-4-3-2-1

- 5** servings of vegetables. 1 serving is the size of your fist.
- 4** servings of starch/carbs/grains. 1 serving is the cup of your hand.
- 3** servings of protein. 1 serving is the size of your palm.
- 2** (or 3) servings of fruit. 1 serving is the size of your fist.
- 2** (or 3) servings dairy. 1 serving is the size of your fist, thumb for cheeses.
- 1** (or 2) fats. 1 serving is the size of your thumb.

*If you'd like to continue Weight Loss you should delete 1 serving of starch/carbs/grains and stick to 2 servings of both fruit and dairy.

Mark off each food group as it is consumed.



Calorie Counting 101:

It's important to learn just how many calories are in your favorite foods. Just a few weeks of counting calories can give you a life lesson in nutrition. And you'll never have to "diet" again!



Vegetables: Your 5 servings will account for 150 to 200 calories.



Carbs / Grains / Starches: Your 4 servings will have you consuming between 400 and 600 calories.



Protein: Your 3 servings of protein will provide you with between 300 and 600 calories. If you're small you need 2 servings



Fruits: Your 3 servings of fruits will have you consuming between 180 to 300 calories.



Dairy: Your 2 servings of dairy will likely have you consuming 200-300 calories. It's always good to be taking a multi-vitamin. You need 1000-1200 mg of calcium a day (which is found in other groups, not just dairy). But if you're consuming 2 dairy servings with this plan you are getting anywhere from 600-1000 mg of calcium.



Fat: The smallest amount of calories of any group should come from fats. The 100 calories you should consume can come from lots of sources but should be good fats.

Because every woman is different you will need to monitor your loss by measuring yourself, preferably by a scale and a measuring tape. If you are gaining you are eating too much. If you are losing more than 1-2 pounds a week you are eating too little.

PROGRESS TRACKER

Keep track of your progress with measurements.

Lindsay recommends measuring yourself every other Monday morning at the same time. Measure at the biggest circumference unless otherwise noted:

Dominant arm : _____

Chest : _____

Neck : _____

Natural waistline : _____

(this is the smallest part of your waist)

1" below belly button: _____

Hips: _____

Dominant leg: _____

Dominant calf: _____

Weight: _____

If you...

Gained Two Pounds

Go on high alert. If you haven't been tracking your consumption in your food journal, start to do so again.

Gained Four Pounds

Do two ADDITIONAL thirty minute cardio-workouts.

Gained Six or More Pounds

Time to re-strategize! Re-calculate your BMR based on your new weight.