

21 DAY

JUMP START MEAL PLAN



The 21-day jump start meal plan is designed to help kick start your weight loss program. It's a known fact it takes 21 days to break a habit and 14 days to create a new one. Creating great meal selections is the key to your success with your dieting. Not only do we need great meal choices, but we also need to have portion control. A portion size should fit in the palm of your hand. In most cases a person's diet doesn't consist of a combination of fruits and vegetables on a daily basis. We are talking about at least four servings of vegetables and two fruit selections daily. This daily fiber intake will help with keeping you full and assist with regularity. Good luck on your path to success with your 21-day jump start program. Follow the guidelines listed below and watch the results roll in.

Guidelines:

1. No eating out for 21 days.
2. Avoid sugary drinks for 21 days.
3. Pre-prepare your meals for a minimum of 3 days in advance.
4. Set a weight goal for the 21 days. (Be realistic)
5. Make a grocery list before going to the store.
6. The goal is to eat 5-6 small meals throughout the day.

How the program works:

Follow the format below to help guide you to success.



BREAKFAST

- Breakfast entree selection
- Protein source



MID-MORNING SNACK

- Protein source selection
- Smart carb selection
- Vegetable selection



LUNCH

- Lunch selection
- Vegetable
- Protein selection



AFTERNOON SNACK

- Protein source selection
- Smart carb selection
- Vegetable selection



DINNER

- Dinner selection
- Vegetable



EVENING SNACK

- Snack selection



Breakfast entree

- Blueberry muffin 150 calories
- Honey wheat bagel 150 calories
- Maple brown sugar oatmeal 150 calories
- Breakfast Burrito 210 calories
- Buttermilk Waffles 160 calories
- Granola cereal 150 calories



Lunch

- Black beans and rice 210 calories
- Chicken broccoli and rice 220 calories
- Chicken noodle soup 110 calories
- Snack bar 180-230 calories
- White bean and chicken chili 180 calories
- Cheddar broccoli and rice 200 calories
- Chicken fajita melt 220 calories
- Hamburger 240 calories
- Pepperoni pizza 220 calories
- Red beans and rice 180 calories
- Yellow rice and black beans 180 calories
- Tuna in water 120 calories



Dinner

- Mac and cheese with turkey sausage 240 calories
- Meatballs in marinara sauce 160 calories
- Ravioli with meat sauce 230 calories
- Beef cheese and bean burrito 230 calories
- Chicken pizza 280 calories
- Chicken and cheese quesadilla 90 calories
- Chicken and roasted vegetables 200 calories
- Creamy chicken broccoli pasta 180 calories
- Grilled chicken breast 90 calories
- Grilled sausage and peppers 230 calories
- Macaroni & cheese with beef 240 calories
- Shrimp and chicken stir fry 200 calories
- Spaghetti with meat sauce 230 calories
- Cheese pizza 230 calories



Protein sources

- Protein shake 150-190 calories
- Almond milk 90 calories
- Almonds 103 calories
- Cheddar cheese non-fat or fat-free 44 calories
- Low fat/ 1% milk cottage cheese 81 calories
- Chicken breast 86 calories (serving size 2 oz)
- Egg whites large 126 calories (serving size 1 cup)
- Egg Large 72 calories (serving size 1 large egg)
- milk non-fat 101 calories (serving size 1 cup)
- Peanut butter 94 calories (serving size 1tbsp)
- Peanuts 104 calories (serving size 2tbsp)
- Shrimp 60 calories (serving size 3 oz)
- Soy milk low fat 7- calories (serving size 8oz)
- String cheese low fat 80 calories (serving size 1oz)
- Tofu 94 calories (serving size 1/2 cup)
- Tuna light water-packed 99 calories (serving size 3 oz)
- Turkey breast 83 calories (serving size 2oz)
- Vegetarian burger 124 calories (serving size 3oz)
- Nonfat yogurt 137 calories (serving size 1 cup)



Smart carbs

- Apple 95 calories (serving size 1 medium)
- Apple juice 57 calories (1/2 cup)
- Banana 105 calories (1 medium)
- Black beans cooked 124 calories (1/2 cup))
- White Beans cooked 124 calories (1/2 cup)
- Blackberries 84 calories (1 cup)
- Bread multi-grain 69 calories (1 slice)
- Whole wheat bread 81 calories (1 slice)
- Cherries 97 calories (1 cup)
- Clementines 70 calories (2 each)
- Whole-grain crackers 100 calories (1/4 cup)
- Cranberry juice 68 calories (1/2 cup)
- Grape juice 74 calories (1/2 cup)
- Grapefruit 74 calories (1 medium)
- Grapes 62 calories (1 cup)
- Hummus 102 calories (1/4 cup)
- Mandarin oranges 93 calories (2 medium)
- Orange juice 56 calories (1/2 cup)
- Whole wheat pasta 87 calories (1/2 cup)
- Green peas cooked 111 (1/2 cup)
- Fresh pineapple 82 calories (1 cup)
- Red potatoes 101 calories (1/2 cup)
- Raisins 108 calories (1/4 cup)
- Raspberries 64 calories (1 cup)
- Brown rice cooked 109 calories (1/2 cup)
- Strawberries 46 calories (1 cup)
- Sweet potato 90 calories (1/2 cup)



Vegetables

- Asparagus 20 calories (1/2 cup)
- Bell peppers, red or green 29 calories (1 cup)
- Broccoli 27 calories (1/2 cup)
- Carrots 50 calories (1 cup)
- Cauliflower 27 calories (1 cup)
- Celery 13 calories (2 medium)
- Cucumbers 16 calories (1 cup)
- Green beans 27 calories (1/2 cup)
- Lettuce 10 calories (1 cup)
- Mushrooms 22 calories (1 cup)
- Onions 46 calories (1/2 cup)
- Snap peas 42 calories (1 cup)
- Spinach 21 calories(1 cup)
- Tomato 22 calories (1 medium)
- Tomato juice no salt 41 calories (cup)
- Cherry tomato 27 Calories (1 cup)
- Zucchini 19 calories (1 cup)



Snacks

- Chocolate chip cookie 140 calories
- Oatmeal raisin cookie 140 calories
- Snickerdoodle cookie 140 calories
- Butter popcorn 120 calories
- Chocolate cupcake 140 calories
- Chocolate fudge bar 80 calories
- Pretzels 100 calories
- Vanilla ice cream 130 calories
- Zesty snack mix 110 calories
- Cheese puffs 150 calories
- White cheddar popcorn 150 calories
- Ice cream sandwich 130 calories

This is a self-challenge.

Anything you do for 14 days can become a habit. Anything you stop doing for 21 days can become a habit breaker. Any way it goes this is a challenge you can share with your friends, co-workers, family, spouse, or anyone. So share this challenge with as many people as possible. Make it a 21-day challenge to get as many folks as you can to be involved. The information you will learn about yourself will be crazy. When you take away something you enjoy and replace it with something new, this is a challenge. You can do it. Just stay the course the entire time. And remember you can always start over. Just don't give up. Once you start the journey, complete it. OH YEAH!