



CUSTOMFIT MEAL PLANS

These meals are intended to serve as general guidelines for balanced eating and ARE NOT intended to address medical conditions. Recommended portions may vary based on individual needs.

BREAKFAST

Mix 1/4 cup low sugar, high fiber cereal (Cheerios, Bran Flakes, Total, Puffins, etc.) with 6 ounces of low fat yogurt (flavored or plain), 1 cup of berries, optional top with 1 TBS of chopped or sliced almonds or walnuts.

Mix 2 TBS of uncooked oatmeal with low fat yogurt (flavored or plain), and let sit 10 minutes. Eat plain or top with fruit and optional 1 TBS of chopped or sliced almonds or walnuts.

One and a half cup of Cheerios or (other low sugar, high fiber cereal) with 1 cup skim or 1% milk, 1/2 cup berries or 1/2 of a banana.

Prepare 1/2 cup of dry grains (oatmeal, quinoa, brown rice, farro) as directed and top with 1/2 cup of low fat yogurt or milk. Top with fruit and optional 1 TBS of sliced or chopped nuts.


Omelet with 1 egg plus egg whites and vegetables (spinach, bell peppers, mushrooms, etc.) and optional 1 ounce feta or low fat cheese (about 1/4 cup). Serve with one piece of multigrain toast, lite multigrain English muffin or sandwich round.

Smoothie made with low fat milk or yogurt and frozen berries and 1/3 of a banana. Substitute one scoop protein powder for yogurt and add 1/2 water with similar added fruit. Experiment with added greens, such as a quarter cup of spinach.

Toasted multigrain English muffin, bread, sandwich round or small wrap with light cream cheese, sliced tomato and greens.

LUNCH

3 ounces of turkey, chicken or tuna, 1 cup chopped vegetables (broccoli, string beans, asparagus, tomatoes, peppers, carrots, etc.), and 1 slice of string cheese on a bed of greens. Top with lite salad dressing, or lemon / vinegar with a drizzle (less than 1 tablespoon) of olive oil. Serve with 1/2 cup cooked grains (brown rice, quinoa, etc.) or one piece of multigrain bread, sandwich round or lite English muffin.



A turkey or other lean protein meat (or beans) sandwich on whole-grain English muffin, sandwich round or small wrap with tomato and lettuce. Garnish with mustard, lite dressing, hummus, salsa, or guacamole. Serve with a serving of fruit (one medium apple, orange, etc, or 1 cup of berries or mixed fruit.).

One cup of low fat yogurt or cottage cheese with 1 cup of fruit or sliced vegetable and a tablespoon of chopped walnuts or almonds.

Mixed greens salad with 1/3 cup beans (black, white, chick peas, etc.), 1/3 edemame, and 1/2 to 1 cup chopped mixed vegetables and/or fruit (orange, apple, strawberries, etc.) Top with lite dressing or olive oil (less than 1 tablespoon) and lemon / vinegar. Add a side of soup (broth, legume, pureed vegetable).

One to two cups of low sodium soup (broth based not cream). Good options are chicken with rice and vegetables, minestrone soup, lentil soup, or homemade soups. (see CustomFIT recipes). Serve with small salad and lite dressing, or one cup of chopped vegetables or fruit. Optional piece of multigrain bread, sandwich round or English muffin and/or low fat yogurt.

DINNER

Four to six ounces of lean protein (white meat poultry, fish, etc.), one medium size potato (preferably a sweet potato), one to two cups cooked “non starchy” vegetables. Include an optional salad of mixed greens, chopped vegetables and a lite dressing.

Three -four ounces lean turkey burger, salmon burger or veggie burger with two slices of whole-grain bread, 1TBS Dijon mustard, 3 large romaine leaves, slice of fresh tomato, optional onion and ¼ cup of sliced avocado or guacamole.

Half cup of cooked brown rice or other whole grain (barley, farro, quinoa, etc.) with ½ cup of legumes (canned beans such as chick peas, black beans, pinto beans, etc. or cooked lentils) or 3 -4 ounces of chicken breast. Serve with sautéed greens or broccoli/cauliflower or roasted vegetables (zucchini, tomato, asparagus, etc.) prepared with olive oil. (add 1 teaspoon of olive oil per one cup of vegetables). Serve with two cups mixed salad greens, and top with any variety of seasonal vegetables / fruit (tomato, cucumber, green beans, apple, orange, berries, etc. and optional 1 TBS chopped nuts and lite salad dressing.

SNACKS

Smoothies made with low fat milk, yogurt, soy milk or whey protein powder and fruit (fresh or frozen)

Steamed or fresh vegetables with lite salad dressing, hummus, guacamole or seasoned yogurt



One tablespoon of nut butter with a sliced apple

One ounce low fat cheese with one cup cherry tomatoes or a sliced apple

One cup yogurt or cottage cheese with ½ to one cup berries, melon, mixed fruit, etc.

Two ounces of low sodium turkey rolled in lettuce leaves with grain mustard or balsamic glaze

Lite multigrain English muffin, sandwich round or toast with low fat cream cheese

(Lite cream cheese with chives is good, try topped with a handful of baby greens or tomato)

Two ounces of tuna mixed with 1 tablespoon of light mayo on 5 multigrain crackers or piece of multigrain toast

Frozen yogurt or low fat ice cream novelties (Skinny cow, Yoplait Pops, Healthy Choice Fudgicles, etc.)