

## Day 1

**Breakfast:** Yogurt parfait. Layer a 6 ounce cup of nonfat vanilla yogurt with ½ cup of sliced mixed berries (frozen or fresh), 2 tablespoon of chopped walnuts, and ½ cup of a high fiber breakfast cereal.

**Snack:** ½ apple with 2 teaspoons peanut butter or almond butter

**Lunch:** Chef’s Salad: 3 cups of mixed salad greens topped with 1 ounce of turkey breast, 1 ounce of roast beef, 1 ounce of low fat Swiss cheese, and 5 sliced black olives. Dress with: 1 tablespoon reduced fat mayonnaise, 1 teaspoon ketchup, 1 teaspoon chopped capers, ½ teaspoon chopped pickle or relish. Eat with 4-5 whole grain (and/or gluten free) crackers (about 70 calories worth, avoid trans fats).

**Snack:** String cheese with a pear

**Dinner:** Easy Chicken Parmesan\*, 1 cup of steamed broccoli and mixed green salad with low calorie salad dressing (about 40 calories per 2 tbsp).

## Day 2

**Breakfast:** Southwest egg wrap. Scramble 1 whole egg and 2 additional egg whites. Add 1 slice of Monterey Jack cheese (or any cheese), and wrap the cheesy eggs in 1 6-inch whole wheat (or gluten free) tortilla. Add 2 tablespoon of salsa and warm in microwave for 15 seconds. Serve with ½ grapefruit.

**Snack:** ½ cup lowfat cottage cheese with fresh fruit (apple, pear or ½ cup berries)

**Lunch:** Tuna salad wrap: Combine 1-6 ounce can of tuna, packed in water, with 1 tablespoon of reduced fat mayonnaise, and 3 tablespoon of chopped celery. Stuff tuna salad in a 6-inch whole wheat (or gluten free) tortilla and top with sliced tomato and shredded lettuce. Eat alongside a sliced cucumber and red pepper.

**Snack:** 15 red or green seedless grapes, 1 piece string cheese

**Dinner:** Shrimp and Asparagus Stir Fry. Add 1 tablespoon olive oil or sesame oil to a large non-stick skillet, place over medium-high heat and sauté the following ingredients: 4 ounces of cleaned large shrimp, 10 asparagus spears cut into thirds and ¼ red onion sliced. When shrimp is cooked through, and veggies are soft – about 8-10 minutes, add 1 tablespoon of soy sauce, 1 tablespoon of teriyaki sauce and any desired spices. Serve with ½ cup brown rice (measure after cooking)

**For dessert:** ½ cup peaches in light syrup

## Day 3

**Breakfast:** Mixed Berry Waffles. Toast 1 whole grain waffle and top with 1 cup of mixed sliced berries, ½ cup of 1-2% fat cottage cheese, and 2 tablespoon of chopped walnuts.

**Snack:** 1 green apple

**Lunch:** Chili and Salad. 1 cup fresh or canned low fat chili (turkey chili or veggie chili (about 200 calories per cup). Melt 2 tablespoon of grated cheddar cheese on top. Side



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salad of mixed greens, tomatoes, cucumber and black olives topped with low calorie Italian dressing

Snack: Protein shake with ½ cup skim milk (or water or soymilk), ½ banana (peeled and frozen works great), 1 teaspoon peanut butter and 1 scoop protein powder.

Dinner: Sirloin steak with sautéed spinach. For the steak: Marinate a 4-ounce sirloin steak in a bottled, low calorie marinade (about 50 calories per 2 tbsp), and allow to marinate for at least 1 hour in the refrigerator. Broil the steak for about 7 minutes on each side, or until it is cooked to your liking.

For the spinach: Defrost a 10-ounce package of frozen spinach, and squeeze all the water out of it. Heat 2 tsp olive oil in a non stick skillet over medium-high heat and sauté 1 chopped garlic clove. After 2 minutes, add the spinach, allow cooking for 2 minutes, and then add ½ cup of canned chicken broth. Allow to simmer on low until the liquid evaporates. Season with salt and pepper. If desired, serve with a fresh green salad dressing with low calorie dressing.

## Day 4

Breakfast: ½ cup Steel Cut Oats (cooked in 1 ½ cups water) topped with 1 tablespoon ground flaxseed, cinnamon, ½ cup cottage cheese, ½ apple

Snack: ½ cup of fresh or frozen mixed berries and 6 ounces plain low fat yogurt

Lunch: Turkey wrap: 2 ounces sliced turkey breast, 1 ounce low fat cheese, one 6 inch whole wheat (or gluten free) tortilla, ½ teaspoon low fat mayonnaise and mustard as desired, ¼ cup chopped spinach leaves and 1 roasted red pepper chopped (about a tablespoon worth). Roll up and enjoy.

Snack: ¼ cup almonds (about 15) and 1 apple

Dinner: Chicken fajitas. Stir fry 4 ounces with ½ red bell pepper, ½ green bell pepper and ¼ cup sliced onions. Use fajita spice mixture and stir fry or sauté until chicken is cooked through. Serve with 2 corn or small whole wheat (or gluten free) flour tortillas, 2 tablespoon shredded cheese, 1 tablespoon nonfat sour cream and ¼ avocado sliced. Serve with a green salad topped with low calorie salad dressing (about 40 calories for 2 tbsp).

## Day 5

Breakfast: Toast 1 whole grain English muffin and top each half with 1 slice of turkey bacon and ½ slice of cheese. (2 slices turkey bacon in total, and 1 piece of cheese in total). Eat alongside 1 navel orange.

Snack: 15 red or green seedless grapes and 1 piece string cheese

Lunch: Find a frozen dinner with about 230-300 calories and at least 17 grams of protein. Look at Lean Cuisine, Healthy Choice, Amy’s Organic or Healthy Choice. Serve with a



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large bowl of steamed broccoli w/2 tablespoon of grated melted cheddar cheese on top.  
 Snack: Protein shake with ½ cup skim milk (or water or soymilk), ½ banana (peeled and frozen works great), 1 teaspoon peanut butter, 1 scoop protein powder  
 Dinner: Thai Tofu or Chicken Stir fry over Quinoa. Chop up 3 ounces boneless, skinless chicken breast (or tofu) into bite sized cubes. Mince ½ teaspoon fresh ginger. Chop up 2 scallions, ½ red bell pepper, ½ zucchini. Using 1 teaspoon canola oil, stir fry scallions and chicken together until chicken is almost cooked through. Add red bell pepper and zucchini and continue to stir fry. Add ½ teaspoon curry powder and ¼ teaspoon garlic powder plus 1 teaspoon tamari soy sauce. Continue to sauté until chicken is fully cooked and veggies are tender. Serve over ½ cup cooked quinoa (or brown rice).

**Day 6**

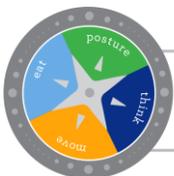
Breakfast: ¾ cup of high protein, high fiber breakfast cereal, such as Kashi GoLean with 1 cup of skim milk or low fat soy milk, topped with ½ of a sliced banana and 2 tablespoon of chopped walnuts.  
 Snack: Protein or energy bar (like LaraBar or Greens Plus)  
 Lunch: Cobb Salad\*  
 Snack: ½ cup shelled and cooked edamame (soybeans)  
 Dinner: Find a frozen dinner with about 230-300 calories and at least 17 grams of protein. Look at Lean Cuisine, Healthy Choice, Amy’s Organic or Healthy Choice. Serve with a large bowl of fresh salad greens topped with 2 tablespoon of slivered almonds and dressed with low calorie dressing (about 40 calories for 2 tbsps).

**Day 7**

Breakfast: Nut and berry oatmeal: ½ cup of oatmeal (measured dry) cooked with 1 cup of skim milk and 2 tablespoon of raisins and topped with 1 tablespoon of chopped pecans and 1 tablespoon brown sugar.  
 Snack: ½ cup cottage cheese, ½ cup berries  
 Lunch: Veggie cheese wrap. Fill a 6-inch wheat tortilla with the following: mixed veggies—such as mushrooms, carrots, zucchini and tomatoes (can use steamed veggies if easier)—2 ounces of sliced part skim mozzarella cheese and ¼ of a sliced avocado. Serve with a small tossed salad of mixed greens dressed with low calorie salad dressing.  
 Snack: ½ apple with 2 teaspoons peanut butter  
 Dinner: Turkey Burger smothered in sautéed mushrooms and onions. Mix 4 ounces of lean ground turkey meat with 1 egg white and 2 tablespoon of seasoned breadcrumbs and form into a patty. Cook turkey burger on a broiling pan for 6 minutes on each side, or until cooked through. Slice 10 button mushrooms into quarters and slice ½ of a red onion into slivers. Heat a non-stick skillet over medium high heat and coat with cooking spray. Add mushrooms and onions and a dash of salt and pepper, and a splash of white



cooking wine (if desired). Cook for 8-12 minutes or until soft. Remove turkey burger from oven and cover with mushrooms and onions. Use ketchup or mustard as a condiment. Serve with 1 cup of string beans steamed or lightly sautéed in the same pan as the mushrooms and onions, and a large green salad with chopped tomatoes and cucumber and low calorie bottled dressing (40 calories per 2 tablespoon of dressing).



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## Cobb Salad

Serves 4

- 3 tablespoons white-wine vinegar
- 2 tablespoons finely minced shallot
- 1 tablespoon Dijon mustard
- 1 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 3 tablespoons extra-virgin olive oil
- 10 cups mixed salad greens
- 8 ounces shredded cooked chicken breast, (about 1 large breast half; see Tip)
- 2 large eggs, hard-boiled (see Tip), peeled and chopped
- 2 medium tomatoes, diced
- 1 large cucumber, seeded and sliced
- 1 avocado, diced
- 2 slices cooked bacon, crumbled
- 1/2 cup crumbled blue cheese, (optional)

Whisk vinegar, shallot, mustard, pepper and salt in a small bowl to combine. Whisk in oil until combined. Place salad greens in a large bowl. Add half of the dressing and toss to coat.

Divide the greens among 4 plates. Arrange equal portions of chicken, egg, tomatoes, cucumber, avocado, bacon and blue cheese (if using) on top of the lettuce. Drizzle the salads with the remaining dressing.

Per serving : 352 Calories; 24 g Fat (4 g Sat); 134 mg Cholesterol; 18 g Carbohydrates; 21 g Protein; 8 g Fiber; 445 mg Sodium; 788 mg Potassium



## Easy Chicken Parmesan

Serves 4

- 4 boneless, skinless chicken breasts, about 5 ounces each
- ½ cup rice flour (or almond meal)
- ¾ cup Parmesan cheese
- 1 tablespoon fresh oregano, chopped
- 1 large egg
- 1/8 teaspoon salt
- 2 tablespoons olive oil
- ½ cup lowfat mozzarella cheese, shredded
- ½ cup marinara sauce

Place chicken breasts flat sides down on a sheet of plastic wrap. Cover with another sheet of plastic wrap. Using a small saucepan or rolling pin, lightly pound breasts to about 1/3-inch thickness. Pat breasts dry with paper towel.

In a bowl, combine flour, Parmesan cheese, and oregano. In another bowl, lightly beat egg and salt. Brush both sides of chicken breasts with egg, then lightly coat with crumb mixture.

Warm oil in a large, heavy skillet over medium-high heat. When oil shimmers, add chicken and cook about 3 minutes per side, until golden brown. Sprinkle mozzarella evenly on top of chicken breasts in last minute of cooking. Transfer breasts to serving plates.

Meanwhile, warm marinara sauce in microwave or small saucepan for 1-2 minutes. Spoon about 2 tablespoons sauce over each breast. Serve immediately.

Per Serving: 433 Calories; 18g Fat (6g sat); 46g Protein; 20g Carbohydrate; 1g Dietary Fiber; 155mg Cholesterol; 659mg Sodium.



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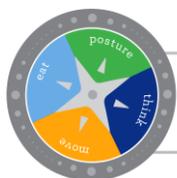
## Shopping List/Pantry Items

### Fruits and Veggies

- 1 cup fresh (or frozen) strawberries – plus more of your favorite berries (blueberries, raspberries, strawberries) (more for athlete and maintenance)
- 1 Ruby Red Grapefruit
- 1-2 Pears
- Lemons or lemon juice
- 1 bunch seedless red grapes
- 2 Apples (1 red, 1 green for variety)
- 2 bananas (more for athlete and maintenance)
- 1 Bunch Kale
- Small sweet potato
- Asparagus
- Cauliflower or other veggie of choice
- Spinach, fresh or frozen (1 package frozen and 1 small bag of fresh baby spinach would work well)
- 1 - 2 Avocados
- 1 Zucchini
- 1 Navel orange
- 1 Cucumber
- 2 tomatoes (or 1 pint cherry tomatoes)
- 1 or 2 Red onion (plus 1 bunch scallions if desired)
- Red or orange bell peppers
- Broccoli, fresh (1 large bunch ) or frozen
- 1 package string beans (or about a cup)
- Carrots
- Dark salad greens, such as romaine or mixed greens
- Fresh ginger and fresh garlic
- 1 package mushrooms (or about 10)

### Dry Goods and Nuts

- Protein Powder (we like whey protein powder)
- Chopped walnuts
- Flax seeds – ground is preferable – or use a coffee grinder
- Slivered almonds
- Peanut butter or almond butter (all natural is best)
- Slow cooking or steel cut oatmeal
- Quinoa
- Brown rice



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Olive oil  
Cooking oil spray  
Low-fat/low-sodium steak marinade  
Capers (optional for chef’s salad)  
Low-fat vinaigrette dressing and honey mustard dressing  
Whole wheat (or gluten free) tortilla (or small whole wheat (or gluten free) pitas)(plus corn tortillas if preferred for fajita night)  
Whole wheat (or gluten free) bread (keep frozen in between using)  
Brown rice cakes  
High fiber, high protein cereal (like Kashi GoLean, Meusli, Shredded Wheat, All Bran, GrapeNuts)  
Whole wheat (or gluten free) English muffins/rolls  
Low sodium Soy sauce (and/or teriyaki sauce)  
Low-fat mayonnaise  
Energy Bars and/or mix1 beverage (easy have on hand snacks)  
Curry powder, Cajun spice (see notes below on spices)  
Dijon mustard  
1 jar roasted red bell peppers  
Green tea

## Canned Goods

Canned lowfat chili (turkey or vegetarian)  
Steak marinade (low sodium)  
Pitted black olives  
Low-sodium chicken or vegetable broth  
Black bean soup, canned

## Dairy and Refrigerated/Frozen Goods

Low fat cottage cheese  
Eggs  
Nonfat sour cream (optional – you won’t use it too much)  
Low fat plain yogurt or Kefir (vanilla okay too)  
Hummus (try a new flavor if desired)  
Lowfat (when available) cheese (Swiss Cheese, Cheddar cheese)  
Whole grain frozen waffles (Nature’s Path, Lifestream)  
2 frozen lowfat, high protein entrees (ideally around 350 calories or less)  
Low-fat string cheese  
Nonfat 1% milk or soymilk  
2 Tbsp. Crumbled blue cheese or chevre  
Frozen edamame or roasted soy nuts



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## Meat, Poultry and Fish

Small sirloin steak (about 4 ounces)(more for athlete and maintenance)

Scallops – about 4 – 5 large (per person)

1 precooked Rotisserie Chicken\*\* – regular flavor

Sliced deli turkey (about 4 ounces)(more for athlete and maintenance)

Sliced deli roast beef (about 2 ounces)(more for athlete and maintenance)

Wild salmon filet (4 to 5 ounce)(You may want 2 of these for maintenance plan)

Ground white meat turkey or ground buffalo

Tempeh or Tofu if subbing for meat

Boneless skinless chicken breasts



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