



WHY 2025 IS MY YEAR!

LET THE REASONS WHY YOU WANT TO LOSE WEIGHT AND INCREASE YOUR FITNESS MOTIVATE YOU.

MAKE A LIST, REVIEW IT DAILY.

CELEBRATE SHORT TERM GOALS ALONG THE WAY TOWARD YOUR LONG TERM GOALS - EVEN SET UP NON-FOOD REWARDS ALONG THE WAY.

HERE IS AN EXAMPLE LIST:

WHY I WANT TO LOSE WEIGHT AND INCREASE MY FITNESS:

FEEL BETTER: MORE CONFIDENT. HAVE MORE ENERGY. LESS PAIN IN MY BACK AND KNEES.

GET OFF OF MEDICATIONS: REDUCE AND REMOVE NEED FOR CHOLESTEROL AND DIABETIC MEDICATIONS.

BE MORE PRESENT IN MY LIFE: BE IN PICTURES, NOT JUST TAKING THEM. GO TO MORE PLACES BECAUSE I WILL FIT IN THE BOOTH, THE CHAIR, THE CAR, THE PLANE, ETC.

WEAR CLOTHES I LIKE: THAT "BLACK DRESS" OR SHORTS.

EXAMPLE: MY GOALS

LOSE 5-10 POUNDS PER MONTH (SHORT TERM GOAL).

EXERCISE REGULARLY.

LOSE 100 POUNDS WITHIN 12-24 MONTHS (LONG TERM GOAL).

THE ONLY THING HOLDING YOU BACK FROM YOUR GOALS IS YOU... WHY?



NUTRITION GUIDE

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

DISCLAIMER:

THESE NUTRITION GUIDELINES ARE DEVELOPED BY JENNIFER WALSH, RD, A REGISTERED DIETITIAN. PLEASE UNDERSTAND THAT THESE RECOMMENDATIONS ARE GENERAL IN NATURE AND MAY NOT BE SUITABLE FOR EVERYONE. INDIVIDUAL DIETARY NEEDS CAN VARY GREATLY BASED ON FACTORS LIKE AGE, HEALTH STATUS, ACTIVITY LEVEL, AND PERSONAL PREFERENCES. FURTHERMORE, WHILE THESE GUIDELINES MAY PROVIDE A FRAMEWORK FOR HEALTHY EATING, THEY ARE NOT A GUARANTEE OF WEIGHT LOSS OR OTHER SPECIFIC HEALTH OUTCOMES. ALWAYS SEEK PERSONALIZED ADVICE FROM YOUR OWN HEALTHCARE TEAM OR A REGISTERED DIETITIAN BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR DIET, ESPECIALLY IF YOU ARE AIMING FOR WEIGHT LOSS OR HAVE SPECIFIC HEALTH CONCERNS.

NUTRITION GUIDE

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

HOW CAN WE DO THIS WHILE STILL PROVIDING OURSELVES WITH ENOUGH ENERGY FOR EXERCISE AND STILL FEEL SATISFIED AND SATIATED? WE CAN ACHIEVE THIS BY CONSIDERING THIS:

1. MAKING CHOICES THAT INCLUDE MORE FIBER AND PROTEIN SO WE CAN FEEL FULL FROM OUR MEALS AND SNACKS.
2. OUR PORTIONS - WE NEED TO PORTION OUR CARBOHYDRATE INTAKE. IT IS IMPORTANT TO INCLUDE COMPLEX, OR FULL OF FIBER, CARBOHYDRATES IN OUR DIETS TO FEEL FULL BUT ALSO IMPORTANT TO NOT OVEREAT THEM.
3. TIMING - IT IS IMPORTANT TO CREATE A ROUTINE TO HELP REGULATE OUR EATING. THIS STRUCTURE HELPS TO REGULATE OUR APPETITE AND THE HORMONES OUR BODIES PRODUCE FOR DIGESTION.

CHOICES: THE MORE CLEAN AND SIMPLE INGREDIENTS WE EAT THE BETTER! IT IS BEST TO STRUCTURE OUR CHOICES WITH FOODS THAT HELP US FEEL FULL. THIS MEANS MAKING SURE WE EAT PROTEIN WITH FIBROUS OR COMPLEX CARBOHYDRATES WITH EACH OF OUR MEALS AND SNACKS. THIS STRUCTURE CAN HELP US REACH OUR GOALS. SO IN A SIX SMALL MEAL PER DAY FORMAT IT CAN BREAK DOWN LIKE THIS.

- BREAKFAST: PROTEIN WITH CARBOHYDRATES AND FRUIT.
- SNACK: PROTEIN WITH CARBOHYDRATES.
- LUNCH: PROTEIN WITH CARBOHYDRATES AND VEGETABLES.
- SNACK: PROTEIN WITH CARBOHYDRATES.
- DINNER: PROTEIN WITH CARBOHYDRATES AND VEGETABLES.
- SNACK: FRUIT.



NUTRITION GUIDE

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

SO WHAT CHOICES CAN I MAKE?

PROTEIN, CHOICES MAY INCLUDE:

EGGS (ENJOY LOTS OF EGG WHITES BUT ONLY ONE YOLK DAILY). CHICKEN, TURKEY, FISH, BEEF AND PORK. THESE PROTEIN CHOICES ARE ABSORBED THE BEST AND SHOULD BE PREPARED CLEAN - BAKED, GRILLED, BOILED, ROASTED OR AIR FRIED WITH SKIN REMOVED. DON'T ADD BUTTER OR GRAVIES.

CARBOHYDRATES, CHOICES MAY INCLUDE:

ITEMS FULL OF FIBER LIKE $\frac{1}{2}$ CUP OF ANY COOKED GRAINS LIKE BROWN RICE, BARLEY, COUSCOUS, FARRO, KASHA AND QUINOA.

ADDITIONAL CHOICES INCLUDE:

$\frac{1}{2}$ CUP OF A POTATO OR SWEET POTATO

$\frac{1}{2}$ CUP OF COOKED WHOLE WHEAT OR WHOLE GRAIN PASTA

WHOLE WHEAT OR WHOLE GRAIN BREAD OR CRACKERS OR BREAD LIKE ITEMS (PITA, ENGLISH MUFFIN, RICE CAKE, BUN) SERVING OF 100 CALORIES

$\frac{3}{4}$ CUP WHOLE GRAIN CEREAL.

VEGETABLES, CHOICES MAY INCLUDE:

FRESH OR COOKED CAN BE A PART OF MEALS IN LARGE QUANTITIES BUT BE MINDFUL REGARDING STARCHY VEGETABLES LIKE CORN, PEAS AND CARROTS. VEGETABLES ARE ESSENTIAL IN HELPING INCREASE FULLNESS AND FEELING SATIATED THROUGH THEIR ABUNDANCE OF FIBER AND NUTRIENTS!

FRUITS ARE AN IMPORTANT PART OF OUR HEALTHY DIETS, ADDING NUTRIENTS AND FIBER AS WELL. IT IS GOOD TO INCLUDE 2 FRUITS PER DAY.

TIMING. WHEN WE STRUCTURE OUR MEALS AND SNACKS THROUGHOUT OUR DAY IT HELPS TO KEEP US IN FRONT OF OUR HUNGER AND PREVENT OVEREATING. OUR BODIES BECOME ACCUSTOMED TO OUR ROUTINES AND BECOME MORE EFFICIENT AT UTILIZING OUR FOOD AS ENERGY.

HERE IS A WEEKLONG EXAMPLE OF THIS EATING PLAN AND SOME RECIPES ALONG WITH A BLANK SHEET SO THAT YOU CAN PLAN MEALS AND SNACKS. PLANNING AHEAD IS PLANNING FOR YOUR SUCCESS. MAKE A PLAN AND THEN STICK TO YOUR PLAN.

REMEMBER LIFE IS ABOUT BALANCE SO CHOOSE WHAT IS RIGHT FOR YOU. IF THERE ARE INGREDIENTS YOU CHOOSE TO AVOID IN YOUR DIET, THAN YOU DO YOU.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST 7:00 AM Within one hour of waking.	Egg whites Light multi-grain English Muffin Banana	*Healthy Muffins Recipe	French Toast made with 2 slices of light bread in egg topped with berries	*Egg cups recipe 2 slices of light whole wheat bread Banana	Hard boiled eggs (1 whole egg, rest whites) Oatmeal Berries	¾ cup Fat free cottage cheese Pineapple	¾ cup Fat free Greek yogurt Peach
MM SNACK 10:00 AM	¾ cup Fat free Oikos Triple Zero Greek yogurt	Aloha protein bar	¼ cup pumpkin seeds	Rx Bar	Orgain Clean protein shake	Egg and mushrooms & spinach in a 100 calorie whole wheat wrap	Tuna with lemon juice on 6 crackers
LUNCH 1:00 PM	Chicken 100 calorie whole wheat wrap Lettuce, tomato, mustard	*Spicy lentil soup recipe	*Crock Pot Taco Ranch Chicken recipe on a 100 calorie whole wheat wrap Broccoli	*Lemon Chicken Soup recipe	*Chipotle Chicken recipe in bowl with ½ cup Quinoa Mixed vegetables	1 cup Black beans ½ cup Couscous Salsa	*Unstuffed Cabbage recipe
MA SNACK 4:00 PM	¼ cup nuts (almonds)	¾ cup Fat free cottage cheese	Barebells protein bar	Slate protein shake	¼ cup sunflower seeds	Veggie burger Light English Muffin	Owyn protein shake
DINNER 7:00 PM	*Egg roll in a bowl recipe	Salmon ½ cup brown rice Spinach	Turkey burger 100 calorie Whole wheat bun Salad	*Chili recipe	*Unstuffed Peppers recipe	Sliced lean steak ½ potato Asparagus	Sliced pork loin ½ cup barley Carrots
PM SNACK 9:00 PM Fruit	Apple	1 cup Grapes	Banana	Orange	Pear	2 Clementines	1 cup Pineapple

Plan snacks & meals no more than 4 hours apart. Times listed are just an example. Choose times that work for you.



RECIPES

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

EGG ROLL IN A BOWL

GROUND TURKEY - COOK IN A FRYING PAN, BREAK UP WHILE COOKING.

ADD A BAG OF COLESLAW VEGGIES (SOLD BY THE BAGGED SALADS IN THE GROCERY STORE).

MIX TOGETHER AND KEEP COOKING TO SOFTEN VEGGIES.

ADD A ¼ CUP OF RICE VINEGAR, ¼ CUP SOY SAUCE (LOW SODIUM), 1 TBSP GROUND GINGER.
ADD A CARB TO YOUR SERVING.

MAYBE ½ CUP OF COOKED BROWN RICE OR LESS THAN 100 CALORIE WRAP.

CAN ADD ON: BROCCOLI FLORETS, MUSHROOMS, HOT SAUCE.

HEALTHY MUFFINS

½ CUP OF OATS

3 EGG WHITES

1 BANANA (SMASHED)

1 TBSP. CINNAMON

2 TSP. VANILLA EXTRACT

(CAN ADD 1 PACKET OF TRUVIA OR MONK FRUIT)

SPRAY MUFFIN PAN (NO PAPER LINERS)

BAKE IN OVEN AT 350 FOR 20 MINUTES.

MAKES 2-3 MUFFINS - 1 RECIPE IS THE SERVING SIZE.

CAN DOUBLE AND TRIPLE THE RECIPE.

REFRIGERATE EXTRA MUFFINS.



RECIPES

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

SPICY LENTIL SOUP

IN A SLOW COOKER ON HIGH FOR 4 HOURS.

4 BOXES OF FAT FREE BROTH (LOW SODIUM)
1 BAG OF RED OR GREEN LENTILS
1 CHOPPED ONION
3 CHOPPED CARROTS
4 CHOPPED CELERY STALKS
1 CAN OF DICED TOMATOES (28 OUNCES)
1 TABLESPOON CUMIN
2 TABLESPOONS CHILI POWDER
1 TEASPOON CAYENNE PEPPER

SALT AND PEPPER TO TASTE

ADD A BAG OF SPINACH FOR THE LAST 15 MINUTES

CROCK POT TACO RANCH CHICKEN

PLACE RAW SKINLESS CHICKEN BREASTS (WASHED AND TRIMMED FAT) IN A SLOW COOKER.

ADD 1 PACKET OF TACO SEASONING.

ADD FAT FREE, LOW SODIUM CHICKEN BROTH TILL JUST COVERING THE CHICKEN BREASTS.

SET THE SLOW COOKER TO HIGH FOR 3 HOURS.

CAN SHRED OR SLICE CHICKEN.

PUT ON SALADS, OR IN A WRAP OR ON A 100 CALORIE BUN.

TOP WITH COLESLAW SHREDDED VEGGIE MIX AND BOLTHOUSE FARMS RANCH DRESSING.

YOU CAN SUBSTITUTE WITH ANY SEASONINGS.



RECIPES

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

EGG CUPS

INGREDIENTS

COOKING SPRAY

1 GREEN BELL PEPPER, CHOPPED

1 RED BELL PEPPER, CHOPPED

1 BUNCH GREEN ONIONS, CHOPPED

2 LARGE EGGS

4 EGG WHITES

1/8 CUP SKIM MILK

1 PINCH GARLIC POWDER, OR TO TASTE

1 PINCH ONION POWDER, OR TO TASTE

DIRECTIONS

PREHEAT THE OVEN TO 350 DEGREES

GREASE A 12 CUP MUFFIN TIN WITH COOKING SPRAY

BAKE IN A PREHEATED OVEN UNTIL A TOOTHPICK INSERTED INTO THE CENTER OF THE EGG CUP COMES OUT CLEAN, ABOUT 30 MINUTES

LET COOL SLIGHTLY BEFORE SERVING

SERVING SIZE: 2 EGG CUPS

RECIPES

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

LEMON CHICKEN SOUP

IN A LARGE POT ON MEDIUM HEAT

3 BOXES OF BROTH (LOW SODIUM AND FAT FREE)

1 CHOPPED ONION

4 CELERY STALKS CHOPPED

3 CARROTS CHOPPED

ROTISSERIE CHICKEN. REMOVE SKIN AND CUT ALL MEAT OFF AND ADD TO THE POT.

2 TABLESPOONS CUMIN

1 TABLESPOON PARSLEY

1 TABLESPOON THYME

1 TABLESPOON SAGE

½ CUP LEMON JUICE (SQUEEZED FROM FRESH LEMON IS BEST).

SALT AND PEPPER TO TASTE

ADD ½ CUP BROWN RICE TO YOUR BOWL (NOT IN THE SOUP POT).

CHIPOTLE CHICKEN (OR STEAK)

INGREDIENTS

2 TBSP CHILI POWDER

1 TBSP CUMIN

½ RED ONION

3 GARLIC GLOVES

2 TBSP ADOBO SAUCE (FROM A CAN OF CHIPOTLE PEPPERS AT THE GROCERY STORE THAT IS PACKED IN ADOBO).

DIRECTIONS

BLEND ALL INGREDIENTS IN A NUTRA BULLET OR BLENDER WITH ¾ CUP OF WATER.

POUR THIS MARINADE OVER CHICKEN OR STEAK OVERNIGHT.

BAKE, AIR FRY OR GRILL AND ENJOY!



RECIPES

CREATED BY JENNIFER WALSH - RD - REGISTERED DIETICIAN

CHILI

3 LBS. GROUND LEAN BEEF, TURKEY OR CHICKEN
3 CUPS CHOPPED ONIONS
3 CUPS CHOPPED GREEN PEPPERS
1 CAN OF PEELED TOMATOES (28 OUNCES)
1 TABLESPOON GROUND CUMIN
3 CANS OF RED KIDNEY BEANS

ADD TO TASTE:

1 TEASPOON CAYENNE PEPPER
2 TABLESPOONS CHILI POWDER
1 TEASPOON THYME
1 TABLESPOON OREGANO
1 TABLESPOON GARLIC
SALT AND PEPPER

IN A LARGE SKILLET, COOK AND BROWN THE MEAT, ONIONS AND PEPPERS.

DRAIN OFF THE FAT.

STIR IN TOMATOES (WITH LIQUID) AND BREAK THEM UP.

ADD KIDNEY BEANS (WITH LIQUID).

BRING TO A BOIL.

REDUCE HEAT, COVER AND HEAT THROUGH FOR ABOUT 2 HOURS.

SERVING SIZE: 1 CUP

MAKES 4 QUARTS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
Protein							
Carb.							
Fruit							
MM SNACK							
Protein							
Carb							
LUNCH							
Protein							
Carb.							
Veg.							
MA SNACK							
Protein							
Carb.							
DINNER							
Protein							
Carb.							
Veg.							
PM SNACK							
Fruit							
Water							