

# The Weight Loss Food Plan and Workout Arrangement Guide



## Waiver of Liability

What you are about to undertake is an advanced fitness / nutrition program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

# **The Weight Loss Food Plan and Workout Arrangement Guide**

## **Table of Contents**

**About the Author**

**Introduction / Information**

**Workout Arrangement**

**Food Plans with Options per Meal**

# The Weight Loss Food Plan and Workout Arrangement Guide

## About the Author – Stew Smith CSCS



Stew Smith is a former Navy Lieutenant (SEAL) who graduated from the United States Naval Academy and Basic Underwater Demolition/SEAL (BUD/S) training. He has been personally training, testing, and writing workout books and ebooks that prepare people to ace fitness tests for over 25 years now. People from all levels of fitness use his military preparation products to lose weight, prepare for basic training, as well as advanced level athletes who are training for Special Ops.

Stew also works with the Tactical Strength and Conditioning program of the National Strength and Conditioning Association and is a Certified Strength and Conditioning Specialist (CSCS). He also has over 800 articles on [Military.com Fitness Forum](https://www.military.com/fitness-forum) focusing on a variety of fitness, nutritional, and tactical issues military members face throughout their career.

Let these workouts assist you in becoming a better conditioned tactical athlete. The following list is the published books/eBooks written focusing on specific training programs. All books and manuals are fitness related and have a multi-week training program to help you prepare for any test, training program, or just lose weight and get fit for duty. Basically - anything that requires a fitness test to enter, [StewSmithFitness.com](https://www.stewsmithfitness.com) has the answer.

# **The Weight Loss Food Plan and Workout Arrangement Guide**

## **Other Books / eBooks Written by Stew Smith**

[The Complete Guide to Navy SEAL Fitness](#)

[Navy SEAL Weight Training Workout](#)

[Maximum Fitness – The Complete Guide to Navy SEAL Cross-training](#)

[The SWAT Workout](#)

[The Special Operations Workout](#)

[NEW – Tactical Fitness for the Heroes of Tomorrow](#)

[NEW - Military, Police, Fire Fighter PT Test Survival Guide](#)

## **General Fitness and Nutritional Guides for Everyone**

[The Beginner / Intermediate Guide to Fitness](#)

[Reclaim Your Life - Erin O'Neill Story \(beginner / intermediate\)](#)

[Veterans Fitness - Baby Boomer and a Flat Stomach!](#)

[Circuit Training 101 – Beginner / Intermediate Guide to the Gym](#)

[The Busy Executive Workout Routine](#)

[The Obstacle Course Workout – Prep for Races or Mil, LE, FF](#)

## **The Military / Special Ops Physical Fitness Workouts**

[Advanced Maintenance / Recovery Plan](#)

[The Combat Conditioning Workout](#)

[Air Force PJ / CCT Workout](#)

[Navy SEAL Workout Phase 1,2,3,4](#)

[Navy SWCC Workout](#)

[Army Special Forces / Ranger Workout](#)

[Army Air Assault School Workout](#)

[Army Airborne Workout](#)

[USMC RECON Workout](#)

[USMC OCS / TBS Workout](#)

[USMC IST and PFT](#)

[The Coast Guard Rescue Swimmer / Navy SAR Workout](#)

[The Service Academy Workout](#)

[The Navy, Air Force, Marine Corp Boot Camp Workout](#)

[The Army OCS and PFT Workout](#)

## **The Law Enforcement Physical Fitness Workouts**

[The FBI Academy Workout | FBI Workout Vol 2](#)

[The DEA Workout](#)

[The FLETC Workout - Ace the PEB](#)

[The PFT Bible: Pushups, Sit-ups, 1.5 Mile Run](#)

[The Fire Fighter Workout](#)

# The Weight Loss Food Plan and Workout Arrangement Guide

## Contact Stew Smith (Email, mail)

As part of the downloadable, you do have access to email me at any time and I will answer your questions as soon as possible. Below are the different ways to contact me for any of the products and services at [www.stewsmith.com](http://www.stewsmith.com).

Mail and email addresses:  
StewSmith.com  
PO Box 122  
Severna Park MD 21146  
Email - [stew@stewsmith.com](mailto:stew@stewsmith.com)

## **FREE Videos in this Book**

In this product, there are free downloadable video offers that demonstrate exercises and show techniques in motion. If you purchased the book version, just email me and we will get the videos links to you to view.

© Stew Smith MMXI - All rights reserved. Any part of this book may NOT be reproduced without the permission of the author. Any unauthorized transmission electronic or printed is prohibited.

# The Weight Loss Food Plan and Workout Arrangement Guide

## *Five Psychological Phases of Fitness / Weight Loss*

Whether you are in the military, a special operations officer, an athlete, or just a regular person seeking to lose weight, all groups experience similar personal obstacles. Those who succeed in their training programs learn to conquer self-doubt. That is the key to fitness and weight loss!

Every day, excited people join fitness clubs determined to attend classes or workout for an hour a day, five days a week. This exuberance for vitality typically lasts for 10-14 days before self-doubt, sleeping in, and skipping workouts take over. In two short sentences, the first two psychological phases of fitness were described. The five phases of becoming fit are the following:

- Excitement and Highly Motivated
- Doubt Toward Goals
- Conquer Doubt
- Total Change in Energy Level / Confidence
- Make New Fitness Goal / Challenge

The five phases are used to describe to people how they are going to feel in the near future about starting a fitness program whether as a beginner or as an advanced athlete preparing for Special Forces training. Typically, both the out of shape beginner and the advanced Special Operations candidate develop into their goals through the five phase process.

In **Phase One** of fitness, a person makes a decision to get healthy, or decide to serve their country as a Special Forces member. This phase takes 2-3 seconds, but it actually takes about 2-3 weeks to replace old, bad habits and to create new habits that will fuel your desire to obtain your goals. Hang in there at least three weeks. It takes 2-3 weeks to BUILD GOOD HABITS. This phase is filled with motivation and a general excitement about fitness and exercise. Statistics show that people who workout in the morning before work are twice as likely to complete the workout compared to those who wait until after work to exercise.

In the **Phase Two**, doubt enters and can either crush your progress or make you stronger. It is absolutely natural to have doubts about

# The Weight Loss Food Plan and Workout Arrangement Guide

what you are undertaking. My advice is to start doubting as quickly as possible and get over it. Realize self-doubt is part of the process and it will be encountered again throughout your fitness journey. Even SEAL trainees doubt themselves, but those who become SEALs conquer their doubt. Likewise, those who lose 60-80 pounds in a year, conquer their doubt as well.

**Phase Three** is one of the most exciting phases when you realize you have conquered your doubt. You may reach this phase continually throughout your quest for fitness or Special Forces status, but once you do, you really can do anything you set your mind to. This is where the mind and body connect. Use the workouts to be a catalyst in all areas of your life: work, relationships, school, spirit, financial, and others. I am a firm believer that exercising your body will give you the stamina and energy to exercise your mind, spirit, and achieve those life long dreams you have for yourself.

**Phase Four** is the total identity change and self-confidence realization period for most people. You now associate yourself with fit and healthy people. Now, you are fit in mind and body. Your example will inspire others. Be a role model to another heavy person or aspiring Special Operations officer. People will be amazed by your new work ethic at work and play. Eating healthy is now a habit for you too. In fact, eating fast food or unhealthy snacks makes you feel slightly ill. This is because your body will naturally crave healthy foods as you subject yourself to a long-term physical fitness routine.

**Phase Five** is the next step, but the journey never ends. Set and conquer goals for yourself. Whatever you like - run, swim, bike, weight lift, etc. Challenge yourself to run a 10k, bench press 300 lbs, do a triathlon. The options are unlimited, after all fitness is a journey – not a destination.

Below is the first of many charts in this document. These are simply suggestions to eating on a regular schedule. Find the foods that work for you and eat them. Make sure they contain vital nutrients, vitamins, carbs, protein, and even fat – good fats.

NOTE: If you are severely overweight and need to lose weight AND get into shape to serve your country, I do not recommend starting your workout routine running. Give your joints a break and do more

# The Weight Loss Food Plan and Workout Arrangement Guide

non-impact aerobics if you are a beginning / overweight runner. See options for great ways to lose weight, build cardio endurance, without the impact of running with the [Running Options article](#).

## [Related Article for Beginner Runners](#)





## The Weight Loss Food Plan and Workout Arrangement Guide

Post Workout	930am	1230 Meal	330pm	630pm Meal	Evening Snack
eggs, or hard boiled egg, peanut butter	A meal replacement bar or post workout protein shake –	Green leafy lettuce Salad with roasted chicken or tuna fish,	Fruit Salad- variety Shake optional	Chicken, tuna, or fish, lean meat,	<b>BRUSH TEETH</b> shortly after dinner:
Yogurt, milk, cereal (whole wheat grain cereals – multi grains s the best option)	Yogurt Smoothie	SubWay Sandwich	Turkey whole wheat wrap  shake optional	Mixed salads with variety of veges – green	Skim / 1% milk with piece of fruit
Lean Meat or peanut butter on multigrain bagel or bread /muffin	Lean Meat / cheese wrap	Vegetable beef stew	Can of tuna with water	Chicken, asparagus broccoli, brown rice, fruit dessert	Multi- grain toast
meal replacement bar / peanuts / almonds / apple / banana if in a rush	Beans and brown rice / celery sticks and peanut butter & milk	Burrito or whole wheat turkey or lean meat wrap	Chopped Chicken with hard boiled egg and lettuce or rice	Lean sirloin, green or lima beans, salad,	Low / no fat popcorn
Fruit: Banana, apple, pears carrots, orange	Fruit / vege options – 1- 2 cups of honeydew / watermelon, cantaloupe	Spinach Salad with almonds, strawberries, lean meat	Yogurt smoothie with protein powder	Broiled Fish, steamed brown rice, salad	Water - make up for a missing glass or two

The above are meal OPTIONS – take a pick from the column / time option list and eat / drink something every 3-4 hours or so.

## The Weight Loss Food Plan and Workout Arrangement Guide

NOTE: Men's Health Magazine – great additional options to the previous page food chart...

### ***More 0630 am options – pick two for breakfast***

1. 110 calories: coffee with reduced-fat milk
2. 140 calories: Skippy brand Squeeze Stick of peanut butter
3. 200 calories: 1 cup reduced-sodium cottage cheese with fresh peaches and cinnamon
4. 200 calories: 1 cup blackberries, blueberries, or strawberries with 6 ounces light yogurt and 1 tablespoon low-fat granola
5. 250 calories: Any-way-you-like-it egg on a whole-grain English muffin with melted cheese
6. 250 calories: Oatmeal made with milk instead of water; add brown sugar, walnuts, and/or any fresh or dried fruit
7. 260 calories: Cold whole-grain cereal, such as Kashi or raisin bran, with reduced-fat milk
8. 300 calories: Peanut butter and jelly on a whole-grain English muffin or wheat bread
9. 300 calories: Scrambled-egg burrito with turkey sausage and salsa
10. 300 calories: Two-egg omelet with spinach, mushrooms, veges...

### ***More 0930 am snack options – pick 1-2 options***

1. 80 calories: Stick of string cheese
2. 100 calories: Hard-boiled egg with a handful of grape tomatoes
3. 180 calories: Nature Valley granola bar
4. 250 calories: Ready-made reduced-fat smoothie, such as Stonyfield Farm
5. 250 calories: Clif bar
6. 275 calories: 2 or 3 small handfuls of trail mix
7. 290 calories: Kellogg's Nutri-Grain bar with a handful of pistachios or almonds
8. 300 calories: Slice of whole-grain bread topped with peanut butter and banana
9. 300 calories: Small bagel with 2 slices of Muenster cheese, melted
10. 400 calories: Medium-size fruit muffin (best if made with whole-wheat flour)

## The Weight Loss Food Plan and Workout Arrangement Guide

### ***Lunch options:***

1. 175 calories: Canned tuna with balsamic vinegar on whole-grain crackers or bread
2. 300 calories: 3 corn-tortilla flautas stuffed with refried beans and dipped in salsa
3. 350 calories: Half an avocado, sliced, or ½ cup prepared guacamole with tomato and onion in a whole-grain pita
4. 375 calories: Baked potato with chopped broccoli and a slice of American cheese, melted
5. 400 calories: Seafood salad in a whole-grain bread with diced tomato, cucumber, and onion
6. 400 calories: 3 or 4 slices of bacon, reduced-fat Cheddar cheese, thin apple slices, and peanut butter on toasted whole-grain bread
7. 400 calories: ½ cup hummus with roasted vegetables
8. 400 calories: Small ham-, turkey-, or roast-beef-and-Swiss sandwich (wheat) with vegetables and mustard
9. 400 calories: Fresh mozzarella and tomato slices on a bed of greens, with balsamic vinaigrette and extra-virgin olive oil
10. 450 calories: Taco salad with salsa or reduced-fat sour cream

### ***Afternoon snack – protein***

1. 160 calories: Reduced-fat Cheddar and apple halves
2. 175 calories: 5 cheese wedges
3. 200 calories: ½ cup ranch or sour cream dip with vegetables
4. 210 calories: Half a container of Cracker Jack
5. 250 calories: 1 cup reduced-fat yogurt
6. 250 calories: Small handful of chopped nuts / granola over a cup of fruit salad or yogurt
7. 260 calories: Apple, pear, or banana smeared with peanut butter
8. 300 calories: Cup of chickpeas
9. 340 calories: 2 ounces roasted nuts
10. 350 calories: 1 cup each fat-free milk and frozen yogurt blended with a spoonful of peanut butter

## The Weight Loss Food Plan and Workout Arrangement Guide

### **Dinner – keep it small – Will be eating again in 2 hours**

1. 200 calories: 2 cups mixed vegetables (fresh or frozen) with ½ cup marinara sauce and some grated Parmesan cheese
2. 275 calories: 3 or 4 large handfuls of greens sautéed in olive oil with a handful of walnuts and ½ cup raisins
3. 300 calories: 6-piece sushi meal with a cup of miso soup
4. 325 calories: Buffalo burger topped with coleslaw, onion, and tomato
5. 350 calories: Quesadilla made with a small corn or whole-wheat tortilla, cheese, beans, shredded chicken or lean ground beef, onion, and jalapenos, and dipped in salsa – or use wheat bread
6. 400 calories: Slice of pizza topped with cheese and ground beef or ham
7. 400 calories: Turkey London broil cut into strips, sautéed with onion, red and orange bell pepper, and teriyaki sauce
8. 450 calories: Small plateful of nachos--baked tortilla chips, shredded reduced-fat cheese, refried beans, and salsa (plus some corn or black beans, if you want)
9. 550 calories: 1 cup pasta tossed with browned ground turkey breast, black olives, diced onion, a drizzle of olive oil, and 1 ½ tablespoons crumbled Gorgonzola cheese

### ***Evening snack – last food of the day***

- 150 calories: 5 cups Jolly Time light microwave popcorn sprinkled with hot sauce or baked chips and salsa
- 150 calories: 1 cup rice pudding
- 150 calories: 6 or 7 strawberries dipped in yogurt
- 150 calories: 1 cup cocoa made with skim milk
- 175 calories: Sliced sweet potato (with skin), tossed in olive oil and baked
- 175 calories: 1 cup skim ricotta cheese sweetened with Splenda, vanilla flavoring, and a dash of nutmeg or cinnamon
- 175 calories: seltzer with 2 scoops frozen yogurt, a handful of berries, and a shot of flavoring syrup, such as strawberry or cherry
- 200 calories: Root-beer float with 2 scoops frozen vanilla yogurt
- 200 calories: 2 handfuls olives or nuts
- 275 calories: 2-ounce Snickers bar pages 8-9 from

# The Weight Loss Food Plan and Workout Arrangement Guide

## Arrangement of Workout for Optimal Fat Burn

This meal plan has many options and you have to find what works best for you as we are all different. One thing that holds true for everyone is mathematics. At the end of the day if you eat/drink more calories than you burned that day – YOU WILL gain weight. So you have to do both (workout and eat right) in order to make weight loss a healthy event. This plan works best if you are able to get your workouts done first thing in the morning without breakfast and drinking only water. The goal in the fitness routine is to burn the blood sugar / glycogen out first by doing weights, calisthenics, or fast – high intensity cardio – THEN resort to an easy low intensity cardio option like walking, biking, slow jog depending on your fitness level.

Once you start to feel like you have very little energy left, (right before light headed / knees wobbly) then it is time to change intensity levels to a moderate cool-down pace. After a few minutes of this lower intensity cardio option, you will start to feel better. This is the process of your body shifting energy sources and starting to burn FAT as its primary source of fuel.

**Fat Metabolism** - For optimal burning of stored fat, you need to take into consideration nutrition and understand how the body uses the foods we eat for energy. To burn fat at optimal levels, your body needs to be primed with water (not dehydrated), and used up most of its glycogen stores (blood sugar energy - AKA Carbs). So, lifting weights or doing high reps calisthenics or high intensity cardio workouts are ideal for burning up the glycogen stores.

After about 20-30 minutes of this training, you should be ready to burn fat at a higher rate during your cardio workout providing you keep the heart rate in fat burning zone (keep your cardio at just able to talk pace). You have to also consider what you ate prior to exercise. Did you eat a lot of carbs? If so, it may take longer to get into fat burning mode, but you will have plenty of energy to lift weights!

Your meal plan can help you do fat metabolism by limiting some of the carbohydrate options (NOT ELIMINATING THEM). You will want to eat more protein after the workout to help with recovery but you will also want to high fiber carbs like fruit/veges in order to

# The Weight Loss Food Plan and Workout Arrangement Guide

restore the burned out glycogen from the previous workout. You will need that energy for your next workout.

Check out the reading below that fully describes what is happening by arranging workouts, limiting carbohydrates, adding protein and water to your life:

## Dropping the Sugar Habit!

Just as a rule - never eliminate the macro-nutrients your body needs such as protein, carbs, or fat from your diet. There are many diets out there that play around with these critical components of our nutrition. HOWEVER, you can definitely LIMIT them in order to see outstanding results. Of course, you want to accompany your eating plan with an exercise routine that has cardio-vascular and resistance training.

**BUT - For a challenging test, try to ELIMINATE sugar.** This is anything with cane sugar in it. For a short list it means soda, sweet tea / coffee, cake, cookies, and even white bread. Only eat multi-grain bread. You can consume your carbs from fruits and vegetables after a workout. If you are having trouble losing that final 5-10 lbs, once you have eliminated sugar, you will see that final fat / water retention around your midsection go away! (Typical results!!!)

Dropping sugar is difficult for 2-3 days. After that, it is really easy to skip the sweets and white breads. So good luck with the last few pounds and remember to mix in any weight loss plan with a solid fitness routine as many people find that by just adding fitness into their world on a daily basis, they do not have to alter much of their diet. By dropping sugar you will save money, lose extra weight, and make your dentist happy.

## Does Water Affect Weight?

Most people do not drink enough water in a day PERIOD. The Mayo Clinic states, ***"Water is your body's principal chemical component, making up, on average, 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for***

# The Weight Loss Food Plan and Workout Arrangement Guide

***ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.***

*The Institute of Medicine advises that men consume roughly 3 quarts (about 13 cups) of total beverages a day and women consume 2.2 quarts (about 9 cups) of total beverages a day. Total beverages mean water and other drinks as well.*

As with most things in health / nutrition and exercise, there is always some study that disproves another study.

Many doctors agree that eight ounces of water - eight times a day (2 quarts) has no scientific backing. This is true! Water intake does not and probably should not have a universal standard as water intake depends on the individual / environment / activity level, etc...

The explanation of this question has a few levels of details, so it is broken up in the following sections:

**Daily Weight Gain** - By drinking more water per day, you will have a series of weight gains throughout the day as a quart (32 oz) of water weighs two pounds. So, as I write this article and sip from my 32 oz glass, I will gain two lbs in the next 90 minutes. Now, I will likely be interrupted by Mother Nature and lose 1-2 lbs from the previous 32 oz glass of water I drank after my early workout. The easy answer is yes - drinking water does affect weight significantly enough to be seen on a scale immediately. Usually, in a 24 hour period, you will cycle through this process of gaining water weight and losing water weight and have either a net loss or stable weight for the day.

**What About Weight Loss?** - Here is where I came up with the saying - "Want to Lose weight? - Just Add Water!" Adding more water to your diet will help you lose weight a few ways. ONE - hunger suppressant - you will not be as hungry when drinking water through the day as your stomach will constantly have something flowing through it. TWO - when your body realizes it is getting enough water, it will allow you to release retained waters from your cells through digestion.

# The Weight Loss Food Plan and Workout Arrangement Guide

I had a client who lost 20 pounds in one week after adding JUST water to his diet. He was so bloated, his rings did not fit him, stomach was large, and socks would indent his lower legs when he removed them. Have you ever felt bloated, hands and feet puffy, belly extended - well this is your body holding onto water. *This could also be a symptom of a variety of medical issues so alerting your doctor is never a bad idea when bloated for long periods of time with no relief.* But it is also easily removed by adding water if you are just bloated due to dehydration or high sodium diet.

**Replacement of water lost** - Humans sweat, digest, and breathe. All three are processes that help our bodies to expel water. These fluids should be replaced and depending on your activity level and environment, your replacement maybe significantly different than someone with a different lifestyle. Regardless, everyone needs water. The amazing thing about the human body is that it is capable of pulling water out of every piece of food we eat. So by eating, you can actually survive and have enough water in your body to excrete toxins, sweat (some), and breathe. You can also lose significant weight through sweating (like wrestlers cutting weight). This is not healthy as you are also losing vital electrolytes that is not replaced will negatively affect performance and could cause death. However, what performance fitness experts agree on is that additional water will help us perform better by staving off dehydration, overheating, and even heat stroke. A common formula is to take 1/2 to 2/3 of your bodyweight in pounds and replace that many ounces of water in a 24 hour period. For instance, I am 200lbs so I typically get 100 oz of water a day - especially after exercise.

**Too much water** - How much is too much? I tackled this one a few years ago when a water drinking contest on the radio actually caused someone to die from water intoxication. That person had downed nearly two gallons within a short period of time (less than 2 hours). This caused her body to shut down causing kidney failure as well as electrolyte imbalances that affect all organ function. Many endurance athletes have died from the same issues, however they sweat profusely and re-hydrated with ONLY water and had the same electrolyte imbalances that caused death. When drinking water after sweating profusely, you should consider foods or supplements with electrolytes (sodium, potassium, etc) so you do not have an electrolyte imbalance. You will know it after such a workout day as you will feel exhausted, near unable to move, and



# The Weight Loss Food Plan and Workout Arrangement Guide

muscles will start to cramp on you. I like to eat a can of chicken noodle soup after a workout where I lose 5-7 lbs of water through sweating - it can happen in humid or arid environments. The chicken noodle soup can offer several hundred milligrams of sodium and potassium - much more than sports drinks. See related article - [Too Much Water](#)

Another question to ask is "**HOW does water affect weight loss?**" Over the course of a 10 day period, you can see significant weight loss by adding water to your daily intake. So, let's see for ourselves. Take 50% of your body in pounds and drink that much water in ounces. For instance, I weight 200lbs and drink 100 oz of water a day on average – more than that on sweaty days.

**Take a 10 Day Challenge** - Below is a chart that will take you through a ten day extra water consuming process to show you that a few quarts of water a day will make you feel better, make skin look better, make you less hungry, and best of all help you release water that is retained in your body's cells - perhaps you will lose some weight:

Days	AM weight	PM weight	Water (qts)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Weigh yourself in the morning after using the bathroom and in the evening after dinner. Try adding **2-3 quarts** a day for men and **1-2 quarts** a day for women and let's see what happens!!!

**NOTE** - if you are already consuming the above amounts there is no need to try this 10 Day Challenge or add more water to your diet.

## The Weight Loss Food Plan and Workout Arrangement Guide

Here is what I would recommend to eat MORE of and LESS of in order to have energy to exercise and build lean muscle, help with health issues such as high blood pressure and cholesterol, and assist with weight loss of fat.

<b>Protein Rich Foods</b>	
<b>Choose More of</b>	<b>Limit or omit these foods</b>
Fish	Fried Chicken / poultry
No skin	Fatty ground meat
No fat meats (all trimmed)	Liver / Organ meats
Smaller servings of meat, seafood, poultry	Bacon
Beans, peanut butter, tofu, whole wheat pasta, nuts	Sausage and other high fat meats
Egg whites	Eggs with yolks
Protein Bars (if needed)	2% or whole milk / ice cream/ whipped cream
Skim or 1% milk, ice milk	Whole milk cheeses / sour cream
Yogurt, low fat cheese	

## The Weight Loss Food Plan and Workout Arrangement Guide

<b>Vitamin / Carbohydrate Rich Foods</b>	
<b>Choose More of</b>	<b>Limit or omit these foods</b>
Raw, steamed, boiled, colorful vegetables	Fat - Fried vegetables
Green leafy / romaine lettuce	Iceberg lettuce (little value)
Whole grain / multi grain bread / pasta	White bread / regular pasta
Baked Sweet potato	Baked white potato, french fries
Fruit juice seasoning (lime / lemon etc)	Cream sauce, cheese sauce, butter
Fruits with skin – apples, pears, peaches...	Canned fruits in syrup
Other fruits – banana, oranges, grapes	Coconut – high in saturated fat

<b>Foods with Fat / Healthful Nutrients</b>	
<b>Choose More of</b>	<b>Limit or omit these foods</b>
Non trans fat bread spreads	Avoid partially hydrogenated oils
Some heart healthy margarines	Cooking with lard, meat fat, grease
Cooking with olive oils, sunflower oil ...	Salad dressings with cheese / creams
Salad dressing without saturated fat	Some chocolates – high in saturated fat
Nuts in moderation – high calorie content	Cakes, cookies, pies, chips, crackers
	Fried rice / beans,
	Donuts, pastries, croissants

## The Weight Loss Food Plan and Workout Arrangement Guide

The goal of the low fat, medium carbs, and high protein and fiber diet is to keep the stomach digesting by eating every three hours. You do not want to fill your stomach to maximum capacity – just add a little food throughout the day.

If you mix in one or two short workouts in the day you can make your mini-meals protein and carb enriched to replenish your energy level and give the body needed muscle building / fat burning fuel. The chart below will help you with ideas of how to use this diet in your day with a variety of foods. Each one of the blocks represents an idea of what to do for that meal. Do not think you can eat the entire column and still be on the diet – pick a block and eat and always drink water. For more ideas you can see my motivating diet plan page.

Feel free to email me if you have any questions and I will answer them at [Stew@stewsmith.com](mailto:Stew@stewsmith.com)