

# Tuscaloosa Weight Loss

## Focused on your Wellness

### STEP 3 MEAL PLAN & GUIDE

## Guide (Continued)

- Drink eight 8oz glasses of water each day.
- Eat everything on the menu plan.
- Eat fresh fish at least once a week.
- No more than 1 sugar-free diet beverage per day.
- The secret to success is strict portion control (1 portion = 1 cup)
- Avoid fruit juices, fried foods, salad dressings, butter, margarine & other condiments.
- Choose fresh fruits & vegetables.

### VEGGIE SELECTIONS (1/2 CUP COOKED -OR- 1 CUP FRESH)

Beets	Alfalfa Sprouts	Artichokes
Zucchini	Escarole	Eggplant
Turnips	Cucumber	Watercress
Collard Greens	Tomatoes	Chicory
Yellow Squash	Celery	Green Beans
Carrots	Spinach	Cauliflower
Radishes	Cabbage	Onions
Brussel Sprouts	Mushrooms	Broccoli
Green Onions	Green Peppers	Asparagus

### PROTEIN SELECTIONS

4oz of Turkey Breast	4oz of Shrimp
4oz of Lean Beef	4oz of Liver
4oz of Chicken Breast	4oz of Crab Meat
4oz of Fish	4oz of Lobster
4oz of Tuna	4oz of Low Fat Cottage Cheese
1/2 Cup Egg Substitute	4oz of Scallops
6oz of Low Fat Yogurt	4oz of Pork Tenderloin
2 Eggs	2oz of Diet Cheese

### FRUIT SELECTIONS

1 Cup of Watermelon	1/2 Cup of Cranberries
1 Medium Tangerine	10 Large Cherries
3/4 Cup of Strawberries	1/4 Small Cantaloupe
1/2 Cup of Raspberries	1/2 of a Banana
1/2 Cup of Pineapple	1/2 Cup of Blueberries
1 Medium Peach	1/2 Cup of Blackberries
1 Small Apple or Orange	2 Medium Apricots
1/2 Medium Grapefruit	2 Small Slices of Honeydew

### FREE FOODS

Decaffeinated Coffee or Tea	Lettuce (Green & Leafy)	Herbs/Spices
Sugar Free Jell-O	Splenda or Sucrose	Mustard
Vinegar	Lemon Juice	