

DR PHIL'S ULTIMATE WEIGHT LOSS CHALLENGE MEAL PLANS

NOTES FOR SUCCESS!

Always keep emergency food with you - carry a Dr. Phil Shape Up Bar or Dr. Phil Shape Up Shake, 10 nuts and an apple with you. This way you will never end up reactive eating.

Portions:

Proteins - palm size servings

Starchy carbohydrates - tennis ball or cupped hands size servings
(approx 1/2 cup) or 1 slice

Veggies & Fruits - tennis ball or cupped hands size servings (approx. 1/2 cup)

Dairy - 1 cup or 1-2 oz.

For more information, go to www.drphil.com

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MONDAY

BREAKFAST	LUNCH	DINNER
<p>Joe's Scramble Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 1 egg, 2 egg whites. Serve with sliced tomatoes.</p> <p>Mid-Morning Snack 1 oz. string cheese and 1 piece of fruit</p>	<p>Tuna Salad Stuffed Tomato Mix tuna with low fat or non-fat mayo and dijon mustard, herbs & chopped celery. Cut top off and remove center from tomato. Stuff & serve on a bed of greens with viniagrette and 2 whole wheat crackers</p> <p>Afternoon Snack 1 cup edamame (steamed soybeans in the shell)</p>	<p>Crock Pot Tri-Tip Roast Rub roast with 1 tsp black pepper & 2 cloves mashed garlic. Put in crock pot with 1/3 cup low-sodium soy sauce, 1/4 cup balsamic vinegar, 2 tbsp dru mustard. Cook on slow for 8 hours, or fast for 6. Serve with a green salad and steamed veggies with seasoned vinegar and oil. 1 cup berries for dessert.</p>

TUESDAY

BREAKFAST	LUNCH	DINNER
<p>Yogurt Parfait Layer plain non-fat yogurt mixed with vanilla and cinnamon with 1/2 cup berries and 1/2 cup Kashi Go Lean cereal.</p> <p>Mid-Morning Snack Celery & 1 tbsp. peanut butter</p>	<p>Chicken Caesar Salad Have with whole wheat crackers. No croutons, and if dining out - ask for dressing on the side.</p> <p>Afternoon Snack 1 piece of fruit and 1 oz. cheese</p>	<p>Vegetable Soup 3 Layer Mexican Dip w/Veggies Red Snapper Vera Cruz See recipes below.</p>

WEDNESDAY

BREAKFAST	LUNCH	DINNER
<p>Muffin Breakfast Sandwich 1/2 whole wheat English muffin toasted and topped with sliced tomato, 1 slice fat free cheese and a poached egg.</p> <p>Mid-Morning Snack Lo-carb Tortilla Roll-up with 1/4 cup chopped apple w/ cinnamon & 1 tbsp peanut butter</p>	<p>1/2 Turkey Sandwich Raw Veggies & Dip Sandwich with dijon, fat-free cheese, tomato, 2 slices avocado and romaine. Raw veggies with non-fat sour cream & low-sodium dip mix.</p> <p>Afternoon Snack Orange slices</p>	<p>Mama's Meatloaf & 1/2 Baked Sweet Potato See recipe below. Serve with a green salad and viniagrette.</p>

THURSDAY

BREAKFAST	LUNCH	DINNER
<p>Berry Oatmeal <i>To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/2 cup berries, 1-2 tbsp of Shape Up Vanilla Protein Powder.</i></p> <p>Mid-Morning Snack 1-2 oz. string cheese</p>	<p>Orange Chicken Salad <i>See recipe below. Have with 2 whole grain crackers.</i></p> <p>Mid-Morning Snack 5 Nuts & 1 cup berries</p>	<p>Vegetable Soup Parmesan Crusted Salmon Green Bean Medley <i>See recipe below. Serve with green bean medley - saute green beans in tiny bit of chicken broth, add minced garlic, sliced mushrooms and black pepper.</i></p>

FRIDAY

BREAKFAST	LUNCH	DINNER
<p>Chicken Breakfast Sausages <i>Ground chicken breast, spinach, herbs and fat-free cheese mixed together and sauteed. Serve with Melon slices</i></p> <p>Mid-Morning Snack Apple and no-fat cheese slices</p>	<p>Chili & Garden Salad <i>Make your own - or use canned. Top with non-fat cheese.</i></p> <p>Afternoon Snack Dr. Phil Shape Up Bar</p>	<p>Caesar Salad Quick Chicken Stroganoff <i>See recipe below. Remember - no croutons and light dressing.</i></p>

SATURDAY

BREAKFAST	LUNCH	DINNER
<p>Nut Wrap <i>Lo-carb tortilla filled with 1 tbsp fat free cream cheese, 1 tbsp peanut butter and 1/4 cup chopped apple.</i></p> <p>Mid-Morning Snack small Yogurt Parfait</p>	<p>Stuffed Tuna Pita <i>Stuff a whole wheat pita with your tuna salad. Crudites with viniagrette.</i></p> <p>Afternoon Snack Tomatoes, fresh basil, 2 oz. low or non-fat mozzarella cheese</p>	<p>Garden Salad & Turkey Pasta <i>1 cup whole wheat pasta with marinara of ground turkey breast, onions, peppers and mushrooms.</i></p>

SUNDAY

BREAKFAST	LUNCH	DINNER
Eggs Florentine <i>Poached egg + 2 egg whites atop sauteed spinach with 2 oz. reduced fat feta cheese. Serve with melon chunks.</i>	Veggie Burger <i>Top 1/2 whole wheat English muffin with 1 slice tomato, 1 slice no-fat chesse and crudites</i>	Shrimp Fajitas <i>Whole wheat tortilla, peppers and onions, sliced avocado, 2 oz. fat-free Monterey jack cheese, fresh salsa and grilled (or sauteed) shrimp. Serve with green salad.</i>
Mid-Morning Snack Apple slices with 1 tbsp peanut butter	Afternoon Snack Whole Grain Crackers and hummus	

RECIPES

Basic Balsamic Vinagrette

1 tsp Dijon mustard
2 tbsp + 1 tsp balsamic vinegar
1/2 cup extra virgin olive oil

*Whisk all ingredients together.
Options: Add whatever herbs you have on hand to taste.
Add a clove of minced garlic and some fresh basil.*

Red Snapper Vera Cruz

2 lbs. red snapper fillets
1 tbsp fresh lime juice
black pepper to taste
1 med. thinly sliced red onion
4 minced garlic cloves
1 thinly sliced green bell pepper
14 oz. can Mexican Tomato Sauce
1/4 cup sliced green olives

Preheat oven to 450 degrees. Rinse snapper fillets under cold water and pat dry with paper towels. Sprinkle fish with lime juice and black pepper and set aside. In a large non-stick skillet sprayed with a mist of olive oil, add onion, garlic, green bell pepper and saute until softened, about 5 mins. Add Mexican Tomato Sauce & sliced green olives and cook until heated through. Taste & adjust seasoning. Pour 1/2 of the sauce in a olive oil misted 9x13" baking pan. Arrange fillets on top of the sauce. Spread remaining sauce over fish. Cover and bake until fish is tender and flakes easily with a fork, about 8 to 10 minutes. Makes 4 servings.

3 Layer Mexican Dip

1/4 cup pureed black beans
and green chiles
1/4 cup non-fat sour cream
Fresh salsa
Jicama slices, radishes and peppers

Spread the pureed bean/chile mixture on a plate, top with the sour cream. Top with the salsa and serve with jicama slices, radishes and peppers.

Mama's Meatloaf

1/2 cup chopped onion
2 minced garlic cloves
1 lb. 7% ground beef
1 lb. ground chicken breast
1 egg + 2 egg whites
1/2 cup fresh whole-grain bread crumbs
1/3 cup chopped fresh parsley
1 tbsp dried oregano
1 tbsp dried basil
freshly ground black pepper, to taste

Preheat oven to 350 degrees. In a nonstick skillet, mist with olive oil, heat over medium-high heat, add onion and garlic and saute until softened, about 5 minutes.

In a large bowl, combine all ingredients and mix well using your hands or a wooden spoon. Lightly mist a loaf pan with olive oil. Shape the meat into the pan. Bake 1-1 1/2 hours. Serve with a basic Tomato/Marinara Sauce. Make your own or buy a sauce with no added sugar.

Quick Chicken Stroganoff

1 Deli-roasted chicken
1 pkg fresh sliced mushrooms
1 small finely chopped onion (optional)
1 pint non-fat Sour Cream

Saute mushrooms and onions in a olive oil misted non-stick pan. Pull meat off the chicken and add to saute mixture. Add the sour cream, stir and heat.

Serve over a bed of cooked spinach, or whole wheat pasta.

Orange Chicken Salad

1/4 cup slivered almonds
1/4 cup rice wine vinegar
2 tsp splenda or Xylitol
1 tsp Worcestershire sauce
1/2 tsp dry basil
1 can Mandarin oranges, drained
6 cups bite-size pieces butter lettuce
1/2 cup sliced radishes
1 cup chopped cooked chicken

In a small frying pan, toast nuts over medium heat, shaking pan often, until golden (3-5 minutes); let cool. In a small bowl, stir together vinegar, splenda, Worcestershire and basil. In a large bowl combine lettuce, radishes, mandarin oranges, almonds, chicken and dressing. Mix gently, serve immediately. Makes 4 servings. Delete the chicken and serve as a side salad.

Parmesan Crusted Salmon

4 Salmon filets
Grated Low Fat Parmesan Cheese
1 tbsp dry whole wheat breadcrumbs
2 egg whites

Rinse salmon filets and pat dry with paper towels. Mix Parmesan cheese and bread crumbs together in a dish, season with freshly ground black pepper and set aside. In another dish beat egg whites with small amount of water (2 tbsp). Dip filets in egg wash, turning to coat and then roll in parmesan mixture completely coating. When all are coated, heat a large non-stick pan and spray with olive oil mist and place filets in pan, saute approx 4 mins without trying to move filets to set coating, gently turn and saute for an additional 4 minutes or until salmon is done and coating is crispy brown. Serve with lemon wedges.

Grocery Shopping List

Non-fat Sour Cream
Low fat or fat free Monterey Jack cheese
(or Pepper Jack)
Low fat string cheese
Plain non fat yogurt
low or non fat grated Parmesan cheese
Sliced fat free cheese
Low fat mozzarella cheese
Non fat cream cheese
Low fat feta cheese

eggs

Chicken breasts
Tri-tip Roast
Red Snapper Fillets
Salmon Fillets
Sliced turkey
7% Ground beef
Turkey breast
Shrimp (fresh or frozen)
Deli-roast chicken
Veggie Burgers (frozen)

Whole wheat crackers
Whole wheat English muffins
Lo-carb tortillas or
Whole wheat tortillas
Whole wheat pita
Whole grain bread
Whole wheat pasta

Salad greens
romaine
butter lettuce
Edemame (soybeans in the shell)
onions, red & yellow
garlic
spinach
tomatoes
celery
berries
melon
veggies for crudite
veggies for steaming & roasting
apples
oranges
avocado
jicama
radishes
chile peppers
green bell peppers
green beans
sliced mushrooms
fresh basil
lime
lemons
fresh parsley
almonds

Tuna
low fat or non fat Mayo
Dijon mustard
Low-sodium soy sauce
Balsamic vinegar
Dry mustard
Cinnamon
Oregano
Basil
Natural vanilla extract
Kashi Go Lean cereal
Peanut butter
Low-sodium dip mix
Vegetable Soup
Oatmeal
Shape Up Vanilla Protein Powder Packets
Chicken broth
Chili
Hummus
Fresh salsa
Mexican Tomato Sauce
Sliced green olives
Black beans
Mandarin oranges
Rice wine vinegar
Splenda or Xylitol
Worchestershire sauce
Viniagrette dressing