One way to make meal planning a cinch is to use mix-and-match meals.

These mini meals all come in right around 300 calories so they’re easy to use no matter what diet plan you follow.

If you shoot for 1500 calories a day, just pick 5 mini meals. 1800 calories? Choose six. It’s that simple.

Enjoy this freebie for my special clients. I appreciate your business!

---

**CALCULATE YOUR CALORIES**

Plug weight into this table to figure out the amount of calories you need to MAINTAIN your weight.

1. SEDENTARY LIFESTYLE (Desk Job)
   
   \[ \text{Current weight in pounds} \times 11 = \text{(Maintenance Calories)} \]

2. MODERATELY ACTIVE LIFESTYLE (Server in a Restaurant)
   
   \[ \text{Current weight in pounds} \times 12 = \text{(Maintenance Calories)} \]

3. HIGHLY ACTIVE LIFESTYLE (Construction Worker)
   
   \[ \text{Current weight in pounds} \times 13 = \text{(Maintenance Calories)} \]

Round the number down to the nearest 100 for simplicity. This is the calorie level to maintain your weight.

---

**CREATE A CALORIE DEFICIT (ONLY IF WEIGHT LOSS IS YOUR GOAL)**

To lose weight you must create a calorie deficit. To do so, subtract 500 calories from the number above. (If that number is below 1200, eat AT LEAST 1200 calories.

**WEIGHT LOSS CALCULATION**

\[ \text{Maintenance Calories} -500 = \text{Weight Loss Calories} \]

Weight to Maintain.com
10 Tips To Make Dieting (Relatively) Painless

1. Know yourself. While it’s good to strive to follow a healthy diet plan, make concessions if necessary. (Example, I eat 2 squares of 85% dark chocolate every day. That’s not included on any diet I’ve ever seen, but it keeps me happy and I budget my calories in other ways.)

2. Include foods you love on your nutrition plan.

3. Include a source of protein with each meal and snack to keep you satisfied.

4. Have healthy convenience foods to fall back on (like prewashed lettuce, rotisserie chicken, etc.).

5. Have strategies to deal with temptations, like the 3 Bite Rule.

6. Take diet breaks of a few days to a week every 4 to 8 weeks.

7. Have a treat meal each week. Don’t go crazy, but eat foods you enjoy.

8. Find exercise you love to burn calories.

9. Spend an afternoon prepping food for the week. Make it fun—put on music, have a glass of wine, plan meals with a friend.

10. Each day, find an NSV (non-scale victory). Things like you lifted more weight in your workout, you resisted cheesecake after dinner, etc.

11. Bonus: don’t rely on the scale only to judge your progress – have strength, endurance and healthy eating goals

12. Bonus: join a challenge group to make new, supportive friends with similar goals

Weigh to Maintain.com
<table>
<thead>
<tr>
<th>Breakfast Mini Meals</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cereal &amp; Peaches</strong></td>
<td>3/4 cup unsweetened cereal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 peach</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 raw almonds</td>
<td></td>
</tr>
<tr>
<td><strong>Cereal, Yogurt &amp; Berries</strong></td>
<td>1 cup unsweetened cereal</td>
<td>1/2 cup plain Greek yogurt</td>
</tr>
<tr>
<td></td>
<td>1 cup blueberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. chopped pecans</td>
<td></td>
</tr>
<tr>
<td><strong>Fruity Oatmeal</strong></td>
<td>1/2 cup cooked oats</td>
<td>1/4 cup dried fruit</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. chopped walnuts</td>
<td></td>
</tr>
<tr>
<td><strong>Egg, Yogurt &amp; Melon</strong></td>
<td>1 scrambled egg</td>
<td>1/4 cup diced tomato</td>
</tr>
<tr>
<td></td>
<td>6 oz Greek yogurt</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup cubed cantaloupe</td>
<td></td>
</tr>
<tr>
<td><strong>Cheerios with Almonds &amp; Berries</strong></td>
<td>1 1/2 cups Cheerios</td>
<td>2 tsp. sliced almonds</td>
</tr>
<tr>
<td></td>
<td>1/2 cup blueberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup unsweetened almond milk</td>
<td></td>
</tr>
<tr>
<td><strong>Poached Egg &amp; Pear</strong></td>
<td>1 slice whole grain bread</td>
<td>1 poached egg</td>
</tr>
<tr>
<td></td>
<td>Sliced pear</td>
<td>10 raw almonds</td>
</tr>
<tr>
<td><strong>Nutter Butter Waffle</strong></td>
<td>1 multi-grain waffle</td>
<td>1 tbsp. almond butter</td>
</tr>
<tr>
<td></td>
<td>1 banana</td>
<td></td>
</tr>
<tr>
<td><strong>Waffle with Berries &amp; Nuts</strong></td>
<td>1 multi-grain waffle</td>
<td>1 cup raspberries</td>
</tr>
<tr>
<td></td>
<td>1 tbsp. honey</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tbsp. chopped pecans</td>
<td></td>
</tr>
<tr>
<td><strong>Southwest Egg Breakfast</strong></td>
<td>1 poached egg</td>
<td>1 slice whole grain toast</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp. avocado</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sliced tomato, Fresh cilantro</td>
<td></td>
</tr>
<tr>
<td><strong>Steel Cut Oats &amp; Latte</strong></td>
<td>1/2 cup steel cut oats</td>
<td>2 Tbsp. raisins</td>
</tr>
<tr>
<td></td>
<td>Latte made with 3/4 cup low fat milk</td>
<td></td>
</tr>
<tr>
<td><strong>Bagel &amp; Cream Cheese</strong></td>
<td>1 small bagel</td>
<td>2 Tbsp. light cream cheese</td>
</tr>
<tr>
<td></td>
<td>1/2 banana</td>
<td></td>
</tr>
<tr>
<td><strong>Bagel &amp; Hummus</strong></td>
<td>1 small bagel</td>
<td>2 Tbsp. hummus</td>
</tr>
<tr>
<td></td>
<td>Sprouts or sliced veggies</td>
<td></td>
</tr>
<tr>
<td><strong>Nutter Butter English Muffin</strong></td>
<td>1 toasted English Muffin</td>
<td>1 Tbsp. peanut butter</td>
</tr>
<tr>
<td></td>
<td>1/2 banana, sliced</td>
<td></td>
</tr>
<tr>
<td><strong>Eggs &amp; Toast</strong></td>
<td>1 toasted English Muffin</td>
<td>2 scrambled eggs</td>
</tr>
<tr>
<td><strong>Apricot Oatmeal</strong></td>
<td>1/2 cup cooked oats</td>
<td>1/4 cup dried apricot halves</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp. chopped pecans</td>
<td></td>
</tr>
<tr>
<td><strong>Eggs, Bacon &amp; Fruit</strong></td>
<td>2 hardboiled eggs</td>
<td>2 slices turkey bacon</td>
</tr>
<tr>
<td></td>
<td>1 apple</td>
<td></td>
</tr>
<tr>
<td><strong>Protein Fruit Salad</strong></td>
<td>1/2 cup low fat cottage cheese</td>
<td>topped with … 1/2 banana, sliced</td>
</tr>
<tr>
<td></td>
<td>1/2 cup strawberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup cubed cantaloupe</td>
<td></td>
</tr>
<tr>
<td><strong>Shrimp &amp; Grits</strong></td>
<td>1/2 cup cooked grits</td>
<td>4 oz cooked shrimp</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp. shredded Parmesan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/4 cup diced green pepper</td>
<td></td>
</tr>
</tbody>
</table>
| Roast Beef Sandwich | Baked Cod with Veggies | 1 small whole wheat roll
2 oz lean roast beef
2 slices whole grain bread
Lettuce, 2 slices tomato
1 tsp. mustard |
|---------------------|-----------------------|-----------------------------|
| Grilled Salmon with Veggies | 4 oz grilled salmon
1 cup steamed spinach |
| Grilled Cod with Veggies | 4 oz grilled cod
1 cup broccoli sautéed in 1 tsp. olive oil
1/2 cup wild rice |
| Jacqui's Fave Meal in a Bowl | 1/2 cup cooked steel cut oats
1 egg
1/2 oz Parmesan cheese |
| Tuna Salad on Crackers | 3 oz tuna mixed with 2 Tbsp. mashed avocado, cilantro
1 oz whole grain crackers
Celery |
| Baked Cod with Veggies | 1 cup broccoli sautéed in 1 tsp. olive oil
1/2 cup wild rice |
| Chicken & Potatoes | 4 oz rotisserie chicken
1/2 cup sliced new potatoes
Side salad with light dressing |
| Chicken Fajita | 1 flour tortilla, 7.5"
3 oz grilled chicken breast
Bell peppers & onions,
1 Tbsp. salsa
1 Tbsp guacamole |
| Tuna Salad on Crackers | 3 oz tuna mixed with 2 Tbsp. mashed avocado, cilantro
1 oz whole grain crackers
Celery |
| “Sour Cream” & Chive Potato | 8 oz baked potato topped with
1/3 cup plain Greek yogurt
Fresh Chives |
| Chili Baked Potato | 6 oz baked potato
1/2 cup canned vegetarian chili
2 Tbsp. grated cheddar |
| Chili Baked Potato | 6 oz baked potato
1/2 cup canned vegetarian chili
2 Tbsp. grated cheddar |
| Asian Soup | 1 cup chicken broth
1 cup baby spinach
3 oz silken tofu
2 oz Soba noodles |
| Mozzarella Salad | 1 oz fresh mozzarella, sliced
1 sliced tomato, 2 Tbsp. fresh basil
2 cups lettuce, 1/2 oz Parmesan
2 tsp. EVOO, 1 tsp. balsamic vinegar |
| Blue Cheese & Walnut Salad | 2 cups shredded romaine lettuce
Sliced red onion
2 Tbsp. blue cheese
2 Tbsp. chopped walnuts
2 tsp. EVOO, salt & pepper |
| Greek Salad | 2 cups chopped romaine lettuce
1 tomato, sliced, 5 Kalamata olives
1/4 cup feta cheese
2 tsp. EVOO, 1/2 Tbsp. red wine |
| Grilled Cheese Sandwich | 2 slices whole grain bread
2 slices American cheese
1/3 tsp. butter for grilling
Serve with veggies. |
| Italian Chicken | 3 oz grilled chicken breast
1 Tbsp pesto, 2 slices tomato
1 cup raw broccoli with
1 Tbsp. light ranch dressing |
| Turkey & Provolone Sandwich | 2 slices whole grain bread
3 oz turkey breast, sliced
Alfalfa sprouts, tomato slices
1 tsp. Dijon mustard
1/2 oz Provolone cheese |
| Bunless Cheeseburger | 3 oz lean ground beef patty
2 Tbsp. shredded cheddar cheese
Sliced tomato, sliced onion
Lettuce |
| Sour Cream & Chive Potato | 8 oz baked potato topped with
1/3 cup plain Greek yogurt
Fresh Chives |
| Chili Baked Potato | 6 oz baked potato
1/2 cup canned vegetarian chili
2 Tbsp. grated cheddar |
| Blue Cheese & Walnut Salad | 2 cups shredded romaine lettuce
Sliced red onion
2 Tbsp. blue cheese
2 Tbsp. chopped walnuts
2 tsp. EVOO, salt & pepper |
| Greek Salad | 2 cups chopped romaine lettuce
1 tomato, sliced, 5 Kalamata olives
1/4 cup feta cheese
2 tsp. EVOO, 1/2 Tbsp. red wine |
| Bunless Cheeseburger | 3 oz lean ground beef patty
2 Tbsp. shredded cheddar cheese
Sliced tomato, sliced onion
Lettuce |
| Sour Cream & Chive Potato | 8 oz baked potato topped with
1/3 cup plain Greek yogurt
Fresh Chives |
| Chili Baked Potato | 6 oz baked potato
1/2 cup canned vegetarian chili
2 Tbsp. grated cheddar |
| Blue Cheese & Walnut Salad | 2 cups shredded romaine lettuce
Sliced red onion
2 Tbsp. blue cheese
2 Tbsp. chopped walnuts
2 tsp. EVOO, salt & pepper |
| Greek Salad | 2 cups chopped romaine lettuce
1 tomato, sliced, 5 Kalamata olives
1/4 cup feta cheese
2 tsp. EVOO, 1/2 Tbsp. red wine |
# Anytime Mini Meals

<table>
<thead>
<tr>
<th>Cheesy Pasta with Sauce</th>
<th>Tuna Salad</th>
<th>Sausage &amp; Peppers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup cooked whole wheat pasta</td>
<td>1/2 cup cooked macaroni</td>
<td>1 link chicken Italian sausage</td>
</tr>
<tr>
<td>1/2 cup pasta sauce</td>
<td>3 oz tuna</td>
<td>1/2 cup spaghetti sauce</td>
</tr>
<tr>
<td>1/4 cup part-skim ricotta cheese</td>
<td>1 tomato, diced, 2 Tbsp onion</td>
<td>Sautéed onions and bell peppers</td>
</tr>
<tr>
<td>2 Tbsp grated Parmesan cheese</td>
<td>1 Tbsp light mayo</td>
<td>1 Tbsp grated Parmesan cheese</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Roast Beef on Crackers</th>
<th>Turkey Salad</th>
<th>Ham Lettuce Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz lean roast beef</td>
<td>2 slices whole grain bread</td>
<td>Turkey &amp; Swiss Sandwich</td>
</tr>
<tr>
<td>1-1/2 oz sharp cheddar cheese</td>
<td>1 tsp Dijon mustard</td>
<td>Large lettuce leaves</td>
</tr>
<tr>
<td>1 oz whole grain crackers</td>
<td>3 oz turkey breast, sliced</td>
<td>1 Tbsp light mayo</td>
</tr>
<tr>
<td>1 Tbsp horseradish</td>
<td>1 oz Swiss cheese</td>
<td>2 oz lean ham</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BLT &amp; Berries</th>
<th>Avocado Turkey</th>
<th>Turkey &amp; Cheese Rice Cakes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 slices turkey bacon</td>
<td>3 oz ground turkey cooked with diced tomatoes, onions and bell peppers</td>
<td>2 multigrain rice cakes</td>
</tr>
<tr>
<td>2 slices whole grain bread</td>
<td>2 Tbsp avocado, 2 small tangerines</td>
<td>2 oz turkey breast</td>
</tr>
<tr>
<td>2 slices tomato</td>
<td></td>
<td>2 oz provolone cheese</td>
</tr>
<tr>
<td>1 cup sliced strawberries</td>
<td></td>
<td>2 slices tomato</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Big ‘ol baked Sweet Potato</th>
<th>Healthy Hash</th>
<th>Pina Colada Parfait</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz baked sweet potato</td>
<td>2 oz diced lean ham</td>
<td>1/2 cup part skim ricotta cheese</td>
</tr>
<tr>
<td>1 Tbsp butter</td>
<td>4 oz diced potatoes cooked in Chopped onions &amp; bell peppers</td>
<td>1 cup diced pineapple</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1 tsp coconut oil</td>
<td>2 Tbsp unsweetened coconut</td>
</tr>
<tr>
<td></td>
<td>3/4 cup cherries</td>
<td>1/4 cup low calorie granola</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>“Breakfast” Salad</th>
<th>Spaghett &amp; Meat Sauce</th>
<th>Almost Fried Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups romaine lettuce</td>
<td>1/2 cup whole grain pasta</td>
<td>1 cup cooked white or brown rice</td>
</tr>
<tr>
<td>Variety of diced raw veggies</td>
<td>3 oz cooked lean ground turkey</td>
<td>2 oz cooked shrimp</td>
</tr>
<tr>
<td>1 hard boiled egg, sliced</td>
<td>1/2 cup marinara sauce</td>
<td>Diced onion, 1 tsp. olive oil</td>
</tr>
<tr>
<td>2 slices turkey bacon</td>
<td>1 Tbsp grated parmesan</td>
<td>Soy sauce</td>
</tr>
<tr>
<td>1 Tbsp light dressing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bison &amp; Veggies</th>
<th>Not Quite Thanksgiving</th>
<th>Salmon, Veggies &amp; Berries</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup cooked quinoa</td>
<td>4 oz sliced cooked turkey</td>
<td>3 oz grilled salmon</td>
</tr>
<tr>
<td>1 cup cooked cauliflower</td>
<td>1/2 cup peas</td>
<td>1 cup steamed cauliflower</td>
</tr>
<tr>
<td>3 oz bison burger</td>
<td>1 cup cooked winter squash</td>
<td>1 Tbsp. Parmesan cheese</td>
</tr>
<tr>
<td></td>
<td>1 small orange</td>
<td>1/2 cup blueberries</td>
</tr>
<tr>
<td>Shakeology Mini Meals</td>
<td>For a thick shake, add ice. — When a recipe calls for fruit, try frozen fruit.</td>
<td></td>
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<tr>
<td>-----------------------</td>
<td>------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **Pumpkin Pie**       | 1 scoop vanilla Shakeology  
3/4 cup vanilla almond milk  
1/2 cup canned pumpkin puree  
1 tsp. maple syrup  
1 Tbsp. raw pecans  
1 tsp. pumpkin pie spice |
| **Apple Oatmeal**     | 1 scoop vanilla Shakeology  
1/2 cup unsweetened applesauce  
1 cup vanilla almond milk  
1 Tbsp. rolled oats  
1 tsp. ground cinnamon |
| **Orange Dreamsicle** | 1 scoop vanilla Shakeology  
1 cup orange juice  
1/2 tsp. grated orange peel |
| **Vanilla Chai**      | 1 scoop vanilla Shakeology  
1 cup brewed chai tea, cooled  
1 tsp. raw honey  
1 tsp. allspice |
| **Cherry Monkey**     | 1 scoop chocolate Shakeology  
1/2 cup cherries  
1/2 banana  
1 cup vanilla almond milk |
| **Maple Buttercream** | 1 scoop chocolate Shakeology  
1 Tbsp. almond butter  
1 cup nonfat milk  
1 tsp. maple syrup |
| **Bananas Split**     | 1 scoop chocolate Shakeology  
1/2 banana, frozen or fresh  
2 pineapple slices  
2 strawberries  
1 cup water |
| **Vanilla Almond Fudge** | 1 scoop chocolate Shakeology  
1 Tbsp. almond butter  
1 tsp. vanilla extract  
1/2 tsp. cinnamon  
1 cup nonfat milk |
| **Chocolate Mint Chip** | 1 scoop chocolate Shakeology  
1 cup nonfat milk  
1/2 tsp. peppermint extract  
1 square 85% dark chocolate |
| **Greek Strawberry Banana** | 1 scoop strawberry Shakeology  
1 cup water  
1/2 cup plain Greek yogurt  
1/2 banana, fresh or frozen |
| **Peaches & Berries** | 1 scoop strawberry Shakeology  
1 cup vanilla almond milk  
1/2 cup strawberries  
1/2 cup peaches  
1 Tbsp. fresh lemon juice |
| **Strawberry, Walnut & Oats** | 1 scoop strawberry Shakeology  
1 cup vanilla almond milk  
2 Tbsp. rolled oats  
1 Tbsp. chopped raw walnuts |
| **Pineapple Sunset**  | 1 scoop greenberry Shakeology  
3/4 cup water  
1/2 cup strawberries  
1/4 cup pineapple juice  
1/4 cup plain yogurt |
| **Mango Tango**       | 1 scoop greenberry Shakeology  
3/4 cup water  
1 cup mango, cubed  
1/4 cup pineapple juice |
| **Key Lime Dream**    | 1 scoop greenberry Shakeology  
1 cup vanilla almond milk  
2 Tbsp. fresh lime juice  
1 Tbsp. raw honey |

Weigh to Maintain.com