

## MNP Better Weighs Program - Transition

### BETTER WEIGHS PROGRAM MEAL PLANS

**The Meal Replacements** (MR)= 5 boxes per month

75 total packets = 28 days of 2-3 packets/day

When you first start transition you may be on more MRs per day, then taper off as you add more food/another meal.

#### **BEGIN transition/first week:**

Reduce meal replacements by 1 or 2 (depending on the number prescribed)

**The FOOD:** Add ONE 250-300 calorie meal

#### **Daily Intake Example:**

		Minimum calories	Calories
Meal Replacements	=	480 (3 packets)	640 (4 packets)
250-300 calorie meal	=	250	300
200-300 fruit/veggies*	=	200	300
		930	1,240

\*200-300 calories in fruits and veggies: add to shakes, soups, eat for snacks and add to meal if more food needed.

#### **>>Sample Day with 3 Meal Replacements – approx. 1,030 kcals\*<<**

**Breakfast = 220 kcals** (1 Shake + 1 cup strawberries + 1 cup spinach)

**Snack = 220 kcals.** (1 shake plus fruit)

**Lunch = 210 kcals** (1 shake, 1 cup mixed veggie salad, ¼ avocado)

**Snack = 60-80 kcals** ( 1 small apple = approx.)

**Dinner = 250/300 kcals.**

(3-4 oz of protein, ½ cup of starch/whole grain, 2 cups of veggies)

**EXAMPLE:** 3 oz chicken breast, 1/3-1/2 cup brown rice, 1 cup steamed broccoli, 1 cup salad mixed veggies with 2 tsp olive oil & vinegar.

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*\*Use your resources and tools to look up calories and decide portions sizes.*

**When ready, add another 250-300 calorie meal to replace another 1-2 meal replacements.**

>Follow MyPlate Method to fill your plate

>Focus on:

1. Nutrient dense whole or minimally processed food with little to no added sugars, salt and fat

2. Protein: aim for approx. 75g of protein =protein in 5 packets

Remember that plant foods have protein too!

Minimum recommendation daily protein = 0.8g per kilogram of body weight  
(Weight divided by 2.2 x 0.8)

### Plate Method

**Quarter Plate = High Protein Foods (meat, fish/seafood, chicken, tofu, beans, nuts/seeds, Dairy foods):** 3-4oz portion, about 150 kcals – Google or use food tracking app to determine calories based on your choice of protein.

**Quarter Plate = Starchy Plant Foods:** beans, lentils/pulses, potatoes, winter squash, yams, whole grains (brown rice, quinoa, faro, spelt, millet, bulger, etc) breads, tortillas/chapati/roti, etc): 1/3-1/2 cup of cooked, 2 small 5/6 inch or 1 medium 9 inch)

**HALF Plate = Non-Starchy Veggies:** 1-2 cups of non-starchy veggies

**Fruits**=think of as part of non-starchy side of plate or as a treat after your meal or for a snack: ½ piece of medium fruit or ½-1 cup of sliced

### Remember:

- Eat a variety of whole/minimally processed foods more often.
- Chewing these foods helps with satiety/fullness and digestion.
- Carbohydrate digestion starts in the mouth, more thorough chewing can improve digestion.

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**Eat slowly and mindfully.** Reduce distractions. Practice putting your fork down between bites. Breathe, think about how your food tastes, smells, feels, and sounds and what you enjoy about your food. This stimulates the pleasure hormones in the brain and connects your healthy food with “pleasure” and being satisfying and creates new neural connections with your healthy foods!

### ***PLAN and PRACTICE, PRACTICE, PRACTICE!***

- Plan and prepare ingredients and/or meals ahead when possible.
- Have “Go-to” foods ready and store in your line of sight.
- Have a Plan A, B, and C = think back-up plan
- **PLAN for indulgences, include them in your calorie budget!**

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HEALTHY  
EATING  
MADE EASY

# My Healthy Plate

Serve half your plate with  
**fruits and vegetables.**

Make **lower fat  
milk or water**  
part of your meal.



Serve one corner  
with **whole grains.**

Serve one corner with  
**healthy protein** foods.



**My Healthy  
Plate**



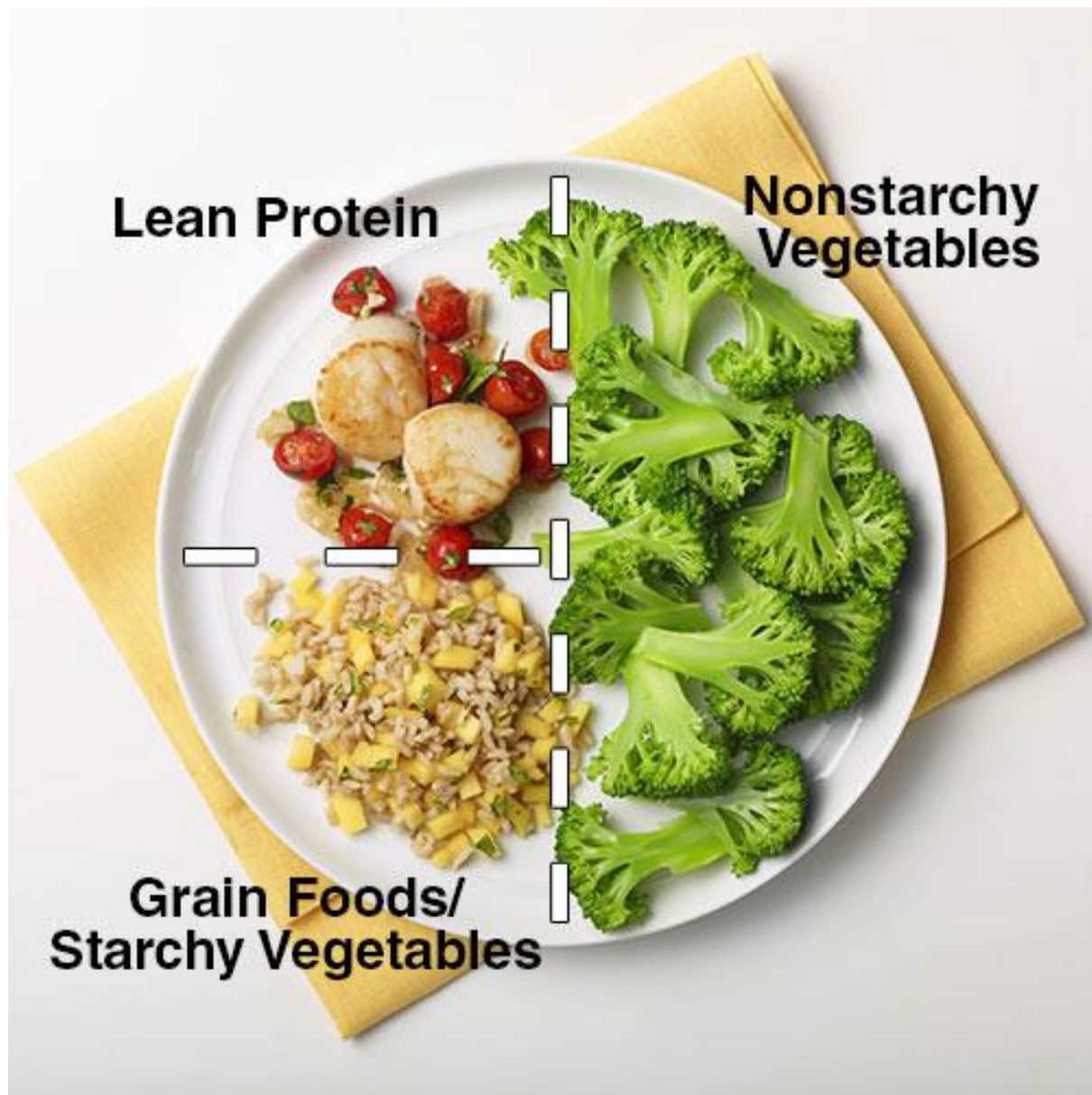
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Johns MC, Schneider C, Lamp C, Shiltz MK, Townsend MS. My Healthy Plate Handouts. [Accompanies My Healthy Plate mini-lessons.] University of California Cooperative Extension. Copyright 2013, Regents of the University of California. All rights reserved. Graphic design by M Reed.

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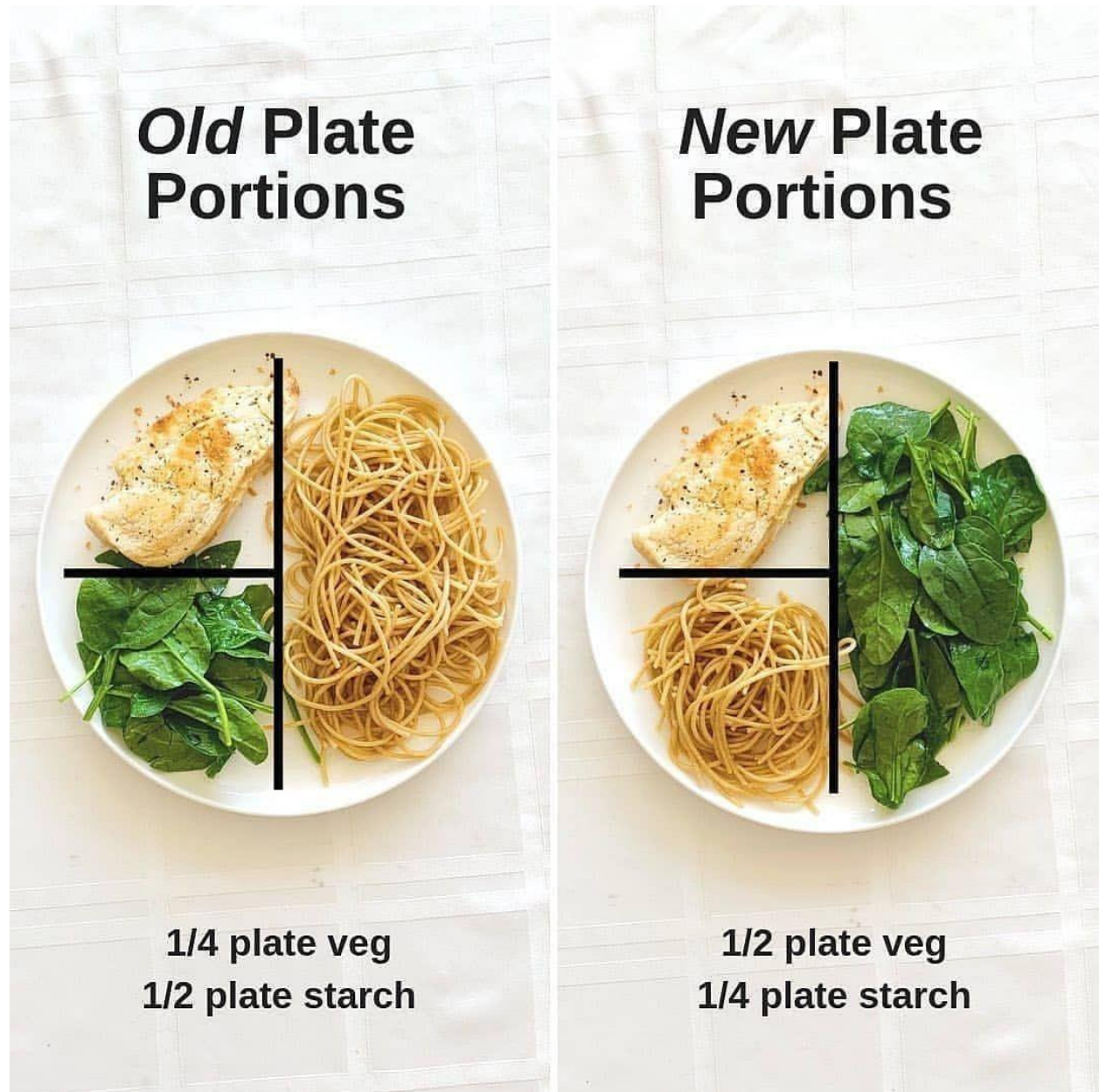
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Scallops, whole grain mix of quinoa and farro, kale salad with snap peas, cherry tomatoes, radishes, celery, fennel.



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Taco Tuesday! Beef Taco filling, 2 small corn tacos (about 6"), mixed green salad – consider taco toppings to get in more veggies: cabbage, onion, cilantro, avocado, etc.

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Salmon, brown rice, mixed steamed or raw veggies, fruit (blackberries blueberries and apples)



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1 slice whole grain bread topped with egg and sprinkled herbs, arugula salad with pears and shaved parmesan cheese.



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Chicken topped with mushrooms and onions, 2 small red potatoes, 1 cup steamed broccoli with roasted garlic and slivered almonds.

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Grilled chicken breast, arugula salad tossed with white quinoa, cherry tomatoes, peaches (add cucumber, fennel, basil or other veggies and herbs to pump up the nutrients and flavor)

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Grilled chicken breast, ½ cup sweet potato mash (or 4 " piece roasted with skin), mixed veggie salad with radicchio, lettuce greens, cherry tomatoes (consider adding other non-starchy veggies to salad)



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1 4oz baked chicken breast, ½ cup cooked non-starchy veggies, 1 cup arugula greens.

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Mixed casserole pasta and chicken = Protein and Starchy Carb (measure 1 cup) + spinach salad

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Pizza night! Two small slices of pizza with 1 ½-2 cups of non-starchy veggies. Fruit for dessert 😊



## **NUTRITION MYTH**

**\* A Calorie Is A Calorie**

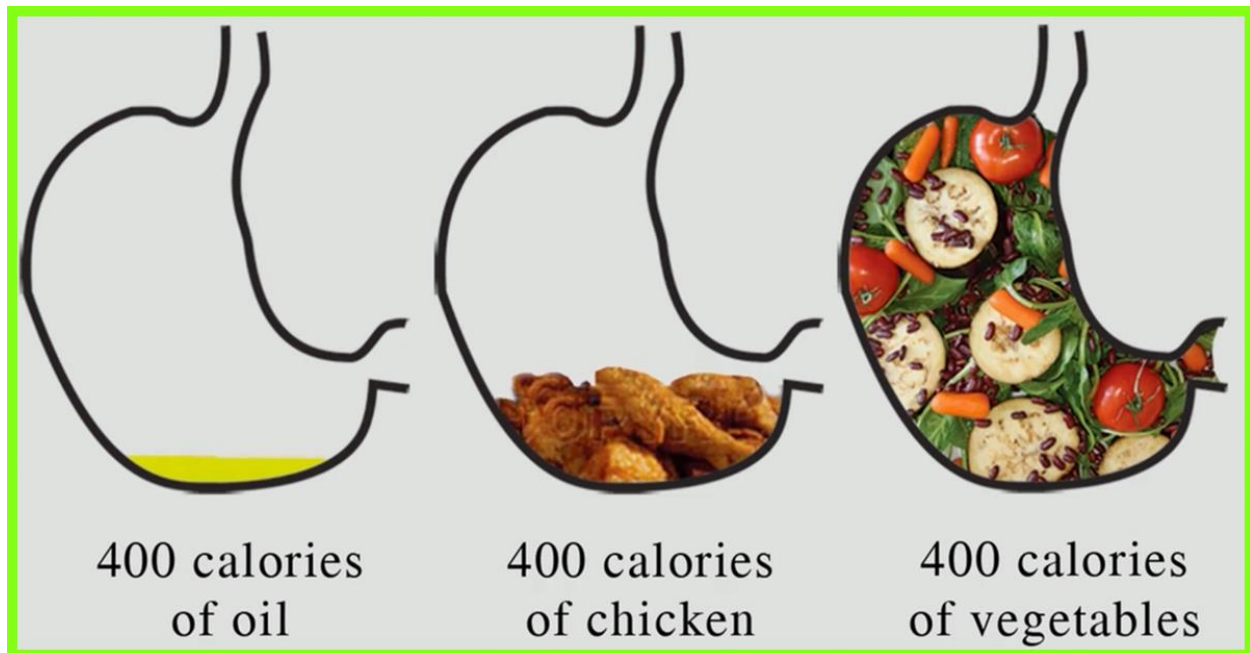
**X - WRONG**

✓ **1200 calories of junk is NOT the same as  
1200 calories of healthy nutritious food**



The chemical structure of food has  
an influence on the bodies biochemistry!

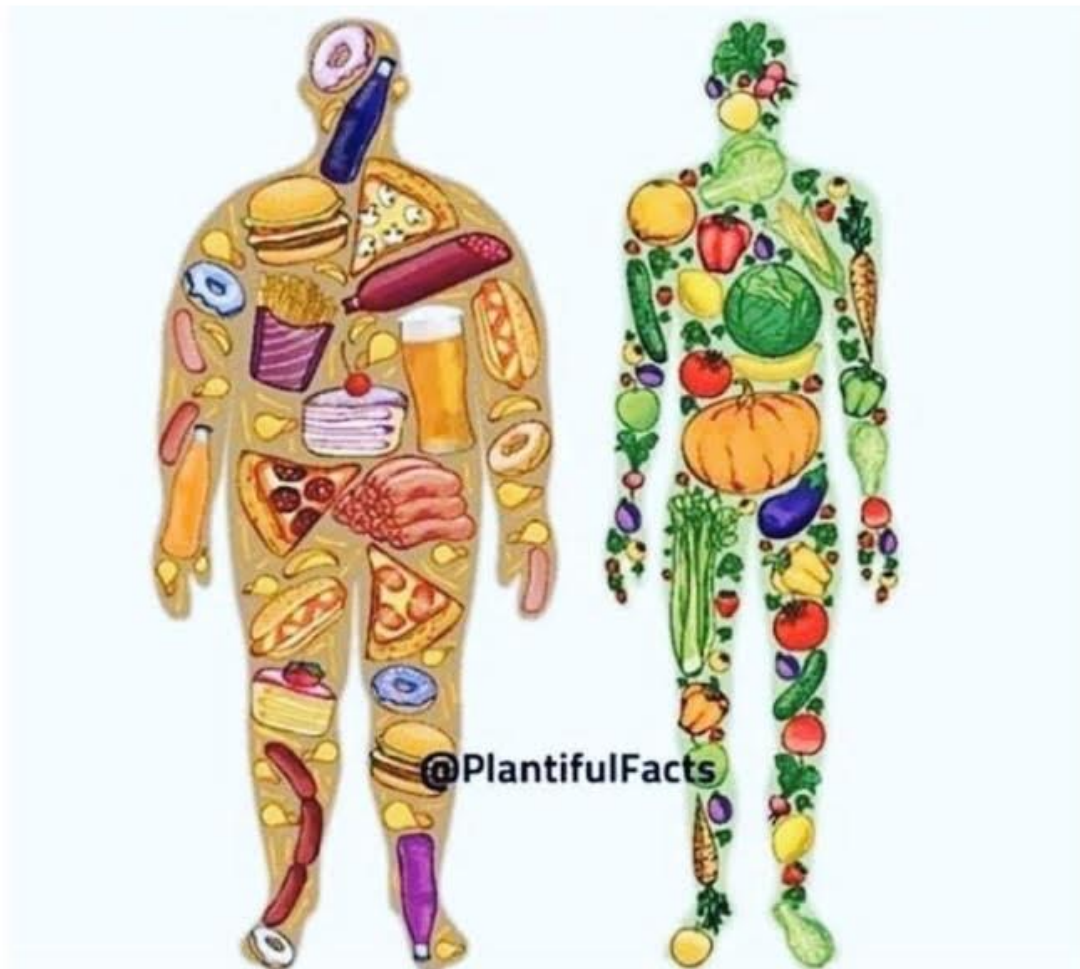
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Plant foods with fiber and water support the body sensing fullness and provide nutrient density versus calorie density. It's easy to eat lots of calorie dense foods quickly before feeling full.

**Your food choices will affect what your body decides to do with your calories (store as fat or use for energy) which affects your body composition (muscle to fat ratio) and thus your ability to lose and maintain weight.**

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# CALCIUM in PLANT FOODS



BROCCOLI



PUMPKIN SEEDS



BOK CHOY



OKRA



COLLARDS



KALE



TURNIP GREENS



AVOCADO



BUTTERNUT SQUASH



ALMONDS



GREEN BEANS



COCONUT MEAT



KHOLRABI



BRAZIL NUTS



ARTICHOKE



SPINACH



ASPARAGUS



BRUSSELS SPROUTS



SESAME SEEDS



CHIA SEEDS



CABBAGE



MULBERRIES



CELERY



ONIONS



GOOSE BERRIES

LIVE  
LOVE  
FRUIT®

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### PLANT-BASED SOURCES OF PROTEIN

Food	Amount	Protein in Grams
Almonds	1/4 cup	7.4
Black Beans	1 cup	15
Broccoli	1 cup, ckd	5
Brown Rice	1 cup, ckd	9
Chickpeas	1 cup	15
Flaxseeds	2 Tbsp	4
Hemp Seeds	3 Tbsp	15
Kidney Beans	1 cup	15
Lentils	1 cup	18
Navy Beans	1 cup	16
Nutritional Yeast	1 1/2 Tbsp	8
Peas	1 cup	9
Peanut Butter	2 Tbsp	7
Pinto Beans	1 cup	14
Quinoa	1 cup, ckd	6
Spinach	1 cup, ckd	5
Tempeh	1 cup	41
Whole Grain Pasta	1 cup, ckd	8-10

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# THE 9 BEST DOCTORS

 ONE HEALTHY NATION  
@onehealthynation



**FRESH AIR**



**YOGA**



**MEDITATION**



**SUNSHINE**



**GOOD SLEEP**



**WATER**



**REAL FOOD**



**EXERCISE**



**FASTING**