



**SAMPLE 21-SHRED NUTRITION PROGRAM GENERAL RULES:**

- 4 MEALS AND 3 SNACKS PER DAY. THE IDEA IS TO EAT LESS PER MEAL, BUT EAT MORE OFTEN
- GENERALLY, EAT ABOUT EVERY 2 HOURS, BUT IT CAN BE SHORTER (60-90 MINUTES). YOU SHOULD NOT GO MORE THAN 3 HOURS WITHOUT EATING
- DO NOT EAT WITHIN 90 MINUTES OF GOING TO SLEEP
- DRINK AS MUCH WATER AS YOU LIKE. NO REGULAR SODA, 1 DIET SODA PER DAY, BLACK COFFEE OR COFFEE W/ LIGHT MILK ONLY, 1 SPORTS DRINK PER DAY < 60 CALORIES
- FOR EACH OF THE 4 MEALS, DRINK ONE CUP (8 OUNCES) OF WATER BEFORE THE MEAL AND ONE CUP OF WATER DURING THE MEAL
- GENERAL ALCOHOL RULE OF ~3 DRINKS PER WEEK
- FOR THE SNACKS (WHICH ARE NORMALLY 100 OR 150 CALORIES), BE CREATIVE! JUST THINK OF HEALTHY OPTIONS WITHIN THE CALORIE RANGE
- PROGRAM NEEDS TO BE COMBINED WITH REGULAR EXERCISE
- NO PUNISHING YOURSELF, IF YOU HAVE A BAD DAY – GO GET ‘EM TOMORROW!

**SNACK IDEAS** – As a group we will grow this to a much bigger list, and even include many options that are either dairy-free, gluten-free, vegetarian and vegan friendly.

**150 Calorie Ideas:**

- 150 CALORIE (20 GRAMS OF PROTEIN) OIKOS POWER YOGURT
- 1 BABY BELL CHEESE (70 CALORIES) AND UP TO 80 CALORIES OF WHEAT THINS, TRISCUITS OR OTHER CRACKERS
- PROTEIN/SNACK BARS IN THE 130-150 CALORIE RANGE SUCH AS MINT “BUILT” BARS, ATKINS CARAMEL NUT BARS
- 20 GRAPES & 10-15 PEANUTS
- LARGE CUCUMBER + 2 TBSP HUMMUS
- SLICED BANANA WITH 3 TRISCUITS
- MEDIUM APPLE WITH ONE TBSP PEANUT BUTTER
- 45 PISTACHIOS
- 2 GRAHAM CRACKERS AND 8 OUNCES OF SKIM MILK
- 1 SKINNY COW ICE CREAM SANDWHICH
- 12 BAKED TORTILLA STRIPS AND ½ CUP SALSA
- 1 CAN OF CHUNK LIGHT TUNA AND 1.5 TBSP LIGHT MAYO

**100 Calorie Ideas:**

- 100 CALORIE OIKOS YOGURT (100 CALORIES)
- 10 BABY CARROTS AND 2 TBSP OF HUMMUS
- 1 CUP BLUEBERRIES AND 2 TBSP WHIPPED TOPPING
- 40 PEPPERIDGE FARM GOLDFISH
- ½ CUP RASIN BRAN
- 7 ANIMAL CRACKERS
- 7 SALTINES
- 25 OYSTER CRACKERS
- 25 CHERRIES
- 100 CALORIES OF ANY LEAN MEAT (GENERALLY ABOUT 2 OUNCES)
- 100 CALORIE OR LESS BARS SUCH AS “KIND THINS” OR ATKINS PEANUT BUTTER CUPS

## **SAMPLE MENU 1**

### **MEAL 1:**

1 PIECE OF FRUIT

1 CUP OF FRESH JUICE (NOT FROM CONCENTRATE)

CHOOSE ONE OF THE FOLLOWING:

- 1 PACKET OF INSTANT OATMEAL OR 1.5 CUPS COOKED OATMEAL
- 2 EGG WHITE OMELET WITH VEGETABLES OR 2 HARD BOILED EGG WHITES
- 1 SMALL BOWL OF SUGAR FREE CEREAL (LIKE CHEERIOS) WITH SKIM OR 1% MILK
- 1 GRILLED CHEESE SANDWICH ON 100% WHOLE-GRAIN BREAD

**SNACK 1:** ANY NUTRITIOUS 150 CALORIE SNACK

### **MEAL 2:**

1 PIECE OF FRUIT OR 1 SERVING OF VEGETABLES

CHOOSE ONE OF THE FOLLOWING, WHICH MUST BE 300 CALORIES OR LESS

- 1 CAN OF SOUP + 2 SALTINES
- FRUIT SMOOTHIE
- PROTEIN SHAKE

**SNACK 2:** ANY NUTRITIOUS 100 CALORIE SNACK

### **MEAL 3:**

1 LARGE GREEN SALAD

1 CUP OF BEANS, CHICKPEAS, LENTILS OR OTHER LEGUMES

**SNACK 3:** ANY 100 CALORIE SNACK

### **MEAL 4:**

4-6 OUNCES OF LEAN MEAT (FISH, CHICKEN, TURKEY PREFERRED) OR TOFU

1 SERVINGS OF VEGGIES

½ CUP OF COOKED WHITE RICE OR 2 CUP OF COOKED BROWN RICE

## **SAMPLE MENU 2**

### **MEAL 1:**

1 CUP OF LEMON WATER. POUR 8 OUNCES OF WATER (HOT OR COLD) AND SQUEEZE THE JUICE FROM HALF A LEMON DIRECTLY INTO THE WATER

1 PIECE OF FRUIT

1 CUP OF FRESH JUICE (NOT FROM CONCENTRATE)

CHOOSE ONE OF THE FOLLOWING:

- 1 FRUIT SMOOTHIE
- 1 PROTEIN SHAKE
- 1 CAN OF SOUP W/ 2 SALTINES

**SNACK 1:** ANY SNACK ON THE WEEK 5 SNACK LIST (to be provided)

### **MEAL 2:**

1 CUP OF 100 PERCENT CRANBERRY JUICE

CHOOSE ONE OF THE FOLLOWING, WHICH MUST BE 200 CALORIES OR LESS, MAKE IT DIFFERENT THAN MEAL 2:

- 1 FRUIT SMOOTHIE
- 1 PROTEIN SHAKE
- 1 CAN OF SOUP W/ 2 SALTINES

**SNACK 2** ANY SNACK ON THE WEEK 5 SNACK LIST (to be provided)

### **MEAL 3:**

1 CUP OF HIBISCUS TEA (HOT OR COLD)

CHOOSE ONE OF THE FOLLOWING:

- 1 FRUIT SMOOTHIE
- 1 PROTEIN SHAKE
- 1 CAN OF SOUP W/ 2 SALTINES

**SNACK 3:** ANY SNACK ON THE WEEK 5 SNACK LIST

### **MEAL 4:**

CHOOSE ONE OF THE FOLLOWING:

5 OUNCES OF LEAN MEAT OR FISH + ½ CUP OF BROWN RICE + 1 SERVING OF VEGGIES

1 PIECE OF LASAGNA + 1 SERVING OF VEGGIES