**Cooking and weighing directions:**

* Have at least 3 days of food in your home ahead of time; get groceries before you run out.
* Plan the day ahead what you will eat tomorrow. Post your food on Facebook the day ahead before 4pm PST and you will receive feedback if it is off. We do not check entries after 5pm.
* Weigh vegetables and protein after they are cooked
* No avocado, corn, potatoes, or peas for now…
* Use condiments to make salad dressing with your oil or to flavor proteins/salads
* For cooking you may use spray-oil and any sugar-free spices (Do not use fat allowance for cooking!)
* For salad oil use any type you like: sesame, hot chili, flaxseed, olive oil, etc.
* The fat requirement can be divided between two or more meals

**Food Scale:**

Your food scale will be your best friend along the road to your right body. Weighing your food each and every time assures that you will avoid overeating as well as under-eating. Weighing your food choices is a crucial part of this program that will teach you to recognize appropriate portions sizes and help you unlearn what the American lifestyle has taught us about oversized food portions. So, weigh each and every measured portion at each and every meal and it will keep you on track to your right body. Place dish on scale, hit zero, place first food item on scale, hit zero and so on.

**Body Scale:**

For keeping accurate body weight, pick a spot on the floor in one room where you will weigh each time. When you weigh, it will be first thing in the morning after going to the bathroom. Disrobe and step onto the scale. Write down weight and put scale away where you will not be tempted to get on it in-between scheduled weigh-in days.

**Right Body/Right Life Phase 1 Weight Loss Menu**

**Daily:**

2 tlbs flaxseed powder: (example- 1 in oatmeal/1 in salad)

**Fats:**

2 tlbs daily (example- 2 tlbs oil to make salad dressing)

**Breakfast**:

1 protein

1grain (weigh 1oz dry then add hot water)

1 piece of fruit or 6oz of measured fruit

**Lunch:**

1 protein

6oz cooked vegetables

1 piece of fruit or 6oz of measured fruit

**Dinner:**

1 protein

6oz cooked vegetables

8oz salad

**Breakfast Protein Choices:**

2 eggs

8oz plain nonfat yogurt

5oz plain nonfat cottage cheese

8oz skim milk

8oz almond or rice milk (check for no sugar!)

2 scoops protein powder or 1 scoop of protein powder with 4oz of milk

(Maximum milk is 4oz, you need more protein:

Example: 4oz milk and 4oz Yogurt, or 4oz milk and 1 egg)

**Breakfast Grain Choices:**

1oz dry oatmeal

1oz shredded wheat

1oz Uncle Sams (1/2 cup cooked)

**Lunch & Dinner Protein Choices:**

4oz of meat

6oz of vegetarian protein (beans, tofu, Tempe, soybeans)

2oz of cheese

2oz nuts or seeds

5oz of non-fat cottage cheese

2 eggs

**Fat Choices:**

Oil any kind (olive, flaxseed, coconut, sesame etc.)

Butter

Mayonnaise

Ghee

**Beverages:**

Free Drinks:

water

lemon or lime juice/water

 (no more than 1tsp lemon juice per 8oz of H20)

herbal teas

Use in Moderation:

coffee

caffeinated teas

diet soft drinks

**Sweeteners:**

Stevia

Use in Moderation:

Splenda

other non-calorie sweeteners

**Condiments:**

sugar-free soy sauce, mustard, vinegar, hot sauce (no salsa) lemon juice, spices