

DR PHIL'S ULTIMATE WEIGHT LOSS CHALLENGE MEAL PLANS

MONDAY

BREAKFAST

Baked Apple

Split open baked apple and top with 1 cup non-fat cottage cheese and 1/2 cup Low Sugar-Low Fat Muesli.

Mid-Morning Snack Sliced peaches and 1 string cheese

LUNCH

Tofu "Egg Salad" Sandwich

Mix tofu with low fat or non-fat mayo and dijon mustard, red peppers, green onions & chopped celery and serve open-face on slice of whole grain bread. Serve with cup of vegetable soup.

Afternoon Snack 3 Layer Dip w/ veggie "crackers". *See recipe.*

DINNER

Caprese Salad & Minestrone Soup

See recipe for Minestrone. Low-fat or non-fat mozzarella cheese slices, fresh basil and sliced tomatoes and red onions with a little balsamic vinegar drizzled over.

TUESDAY

BREAKFAST

Veggie Scramble

Saute spinach, onions, mushrooms & red peppers in a non-stick pan with a little vegetable broth. Scramble in 1 egg + 2 egg whites & some Italian herbs. 1 slice whole grain toast with thin spread of non-fat cream cheese.

Mid-Morning Snack Apple slices with 1 tbsp peanut butter

LUNCH

Garbanzo Bean Salad

Salad of 1/3 cup garbanzo beans, 1 tbsp chopped nuts, 4 oz. shredded non-fat cheese and viniagrette.

Afternoon Snack Yogurt Parfait
Layer plain non-fat yogurt mixed with vanilla and cinnamon with 1/2 cup berries and 1/4 cup Low Sugar-Low Fat Muesli

DINNER

Asian Stir Fry & Brown Rice

*See recipes.
Serve with a cabbage, cucumber, water chestnut and carrot salad with rice wine vinegar for dressing.*

WEDNESDAY

BREAKFAST

Berry Oatmeal

To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/2 cup berries, 1-2 tbsp of Shape Up Vanilla Protein Powder.

Mid-Morning Snack Apple and no-fat cheese slices

LUNCH

Black Bean Tortilla Roll-Up

Roll-up black beans and non-fat shredded cheese and fresh salsa in a low-carb tortilla. Serve with raw veggie crudites.

Afternoon Snack Dr. Phil Shape Up Bar

DINNER

Fillet of Tofu Greek Chopped Salad

See recipes.

THURSDAY

BREAKFAST

Baked Apple

Split open baked apple and top with 1 cup non-fat cottage cheese and 1/2 cup Low Sugar-Low Fat Muesli.

Mid-Morning Snack Orange slices

LUNCH

Veggie Burger

Top 1/2 whole wheat English muffin with veggie burger, 1 slice tomato, 1 slice no-fat chesse. Serve with crudites.

Afternoon Snack Lo-carb Tortilla Roll-up with 1/4 cup chopped apple w/ cinnamon & 1 tbsp peanut butter

DINNER

Ricotta Rolls

Blend ricotta cheese with 1 egg white, basil and oregano. Lightly saute eggplant or zucchini until softened, roll-up with ricotta mixture, cover with marinara sauce and top with shredded low or no fat mozzarella cheese and bake. Serve with green salad.

FRIDAY

BREAKFAST

Tofu Mexican Scramble

Scramble tofu with onions, peppers, garlic, 1 egg, 2 egg whites. Top with 2 slices avocado and fresh salsa. Serve with 1 slice whole grain bread

Mid-Morning Snack 1 cup Cantalope cubes

LUNCH

Cottage Cheese & Kashi

Mix cottage cheese with 1/2 cup berries and 1/2 cup Kashi Go Lean cereal.

Afternoon Snack 6 Whole Grain Crackers and hummus

DINNER

Lemon-Broiled Tempoh

See recipe. Serve with a cabbage & carrot slaw with rice wine vinegar for dressing.

SATURDAY

BREAKFAST

Tortilla Roll-up

Mix 1/4 cup ricotta cheese, cinnamon and blueberries and roll-up in low carb tortilla. Serve with Melon slices

Afternoon Snack Apple slices with 1 tbsp peanut butter

LUNCH

Lentil Soup

Top with non-fat shredded cheese. Serve with a mixed green salad and viniagrette.

Afternoon Snack Spinach Tofu Dip & raw veggies. See recipe.

DINNER

Portobello Pizzas

See recipe. Serve with a green salad with balsamic viniagrette.

SUNDAY

BREAKFAST

Eggs Florentine

Poached egg + 2 egg whites atop sauteed spinach with 2 oz. reduced fat feta cheese. Serve with melon chunks.

Mid-Morning Snack Apple and no-fat cheese slices

LUNCH

Chile

Buy your favorite vegetarian chile and top with 2oz. non-fat shredded cheese. Serve with fresh green salad with 2 slices avocado and some fresh cilantro.

Afternoon Snack 10 almonds

DINNER

Roasted Vegetable Paella Tomato-Basil Slaw

See recipes. Serve with Tomato-Basil Slaw. Cut up 1 bunch basil, slice 3 tomatoes (use different types & colors) 1 red onion & 1 minced jalapeno. Dress with balsamic viniagrette.

FOOD TRICKS

- Cinnamon is a great natural sweetener that helps balance blood sugar.
- Freeze fruit chunks for a sweet treat.
- Steam & saute your veggies with low-sodium broths for extra flavor, try using it in place of water when making grains.

RECIPES

3 Layer Dip with Veggie “Crackers”

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 Veggie “Crackers”, jicama slices, radishes and peppers.

Roasted Veggies

Mist the veggies with olive oil mist and sprinklw with Italian herbs., Toss to coat. Roast at 350 degrees for 20 minutes, your total cooling time will vary depending on the thickness off veggie slices/pieces. Turn once during cooking.

Asian Stir Fry with Brown Almond Rice

In a non-stick pan with a little vegetable broth, 1 clove of minced garlic and 1 tsp of grated fresh ginger, saute your veggies (a little steamed broccoli, mushrooms, cabbage, red peppers, carrots) until done to your liking. Add bean sprouts and tofu at the end and stir fry until heated through. Add low-sodium soy sauce and lemon juice to taste.

Cook your rice with 1 tbsp slivered almonds and use 1/4 cup low-sodium soy sauce and vegetable broth to make up the liquid.

Portobello Pizzas

med red onion, 1/2" slices
2 large portobello mushroom caps
1/2 cup marinara sauce
2 oz. non-fat mozzarella cheese
1 oz. non-fat grated parmesan cheese

In a non-stick pan misted with olive oil saute onion slices, turning until golden , about 2 min. each side. Transfer to plate and sprinkle with black pepper. Mist pan again with olive oil and saute mushrooms, turning until golden, about 2 min. each side. Transfer to a baking sheet, stem side up. Top with marinara sauce and onions. Sprinkle with the cheeses and bake at 350 degrees for 7-8 minutes, or until cheese is melted.

Minestrone Soup

2 qt. vegetable broth
1 clove minced garlic
2 cups cooked kidney beans
1 cup whole wheat pasta
(broken in bits)
2 carrots, peeled & chopped
2 tomatoes, peeled, seeded & chopped
1 cup fresh spinach or chard, finely chopped
black pepper to taste

Bring broth to a boil, add garlic, beans, pasta, carrots, tomatoes and spinach or chard and simmer about 10 minutes. Season to taste. Garnish with low or no-fat grated parmesan cheese

Roasted Vegetable Paella

2 cups basmati rice
1 med onion, minced
1 clove garlic, minced
2 tsp fresh ginger, minced
1 tsp turmeric
3 cups vegetable broth
2 cups mixed roasted veggies
1/2" dice (zucchini, eggplant,
red bell pepper, red onion, fennel)

Roast the mixed vegetables in the oven in a olive oil misted roast pan with a sprinkle of pepper. Dice, set aside. Mist non-stick pan with olive oil and saute rice, onion, garlic & ginger for 4-5 minutes. Season with pepper to taste. Add turmeric and stir for 2 more minutes. Add stock and vegetables, cover and bake for 1 hour at 350 degrees, or until rice has fully absorbed liquid. Fluff with a fork and serve.

Greek Chopped Salad

1 sml head romaine, cut 1/2" pcs
1/2 red bell pepper, cut 1/2" pcs
1/2 yellow bell pepper, cut 1/2" pcs
1/2 red onion, cut 1/2" pcs
1 cucumber, peeled & cut 1/2" pcs
1/3 cup crumbled feta cheese
1/4 cup Kalamata, or other black olives,
pitted & chopped course
1 tbsp olive oil
1-1/2 tbsp red-wine vinegar

In a large bowl combine romaine, bell peppers, onion, cucumber, feta and olives. Drizzle with olive oil & vinegar. Toss to combine. Serve with 1 pc. whole wheat pita

Spinach Tofu Dip

1 med onion, coarsley chopped
1 clove garlic
1 10oz. pkg frozen chopped spinach,
thawed & squeezed dry
1/2 tsp cayenne papper
1/4 lb. silken tofu
2 tbsp lemon juice
1 tbsp low-sodium soy sauce

Combine all ingredients in blender and process until smooth. Serve with raw veggies.

Fillet of Tofu

1 block firm tofu
2 tbsp wine vinegar
2 tbsp Worcester sauce
2 dashes Tobasco sauce
1 egg white
1/4 cup whole wheat flour

Slice the tofu into 4 equal portions. Place the slices on paper towels and fold the towels over to cover the tofu. Place a pan on top and weigh it down with large can of tomatoes for 1 hour. Combine the vinegar, Worchestershire and Tabasco and place the tofu into the marinade. Marinate for 15 minutes on each side. Remove tofu from marinade and drain on paper towlels. Dredge the tofu in the flour, knocking off all excess and slide into egg white, thinly coating all sides. Heat a non-stick pan with olive oil spray and gently slide tofu into pan and saute for 2 minutes on each side until golden brown.

Lemon-Broiled Tempeh

1 block tempeh,
cut into bite-size pieces
1 large onion, sliced
2 zucchini, sliced
1 red pepper, chopped
2 lemons & 1 orange, squeezed
2 tbsp tamari
black pepper
red pepper flakes

*Combine all ingredients in glass dish and marinate overnight. Heat oven to 400 degrees.
Transfer to baking pan and bake for 30 minutes. Optional - broil last 5 minutes of cooking time.
Serve over brown rice.*

Grocery Shopping List

non-fat Sour Cream

non fat cottage cheese

low fat string cheese

plain non fat yogurt

low or non fat grated Parmesan cheese

sliced fat free cheese

non-fat cream cheese

low fat mozzarella cheese

non-fat ricotta cheese

eggs

tempeh

tofu - firm & silken

veggie Burgers (frozen)

whole wheat crackers

lo-carb tortillas or

whole wheat tortillas

whole Wheat English muffins

whole grain bread

brown rice

Basmati rice

whole wheat pasta

almonds

salad greens

romaine

onions, red & yellow

green onions

garlic

spinach

tomatoes

celery

cucumbers

carrots

berries

eggplant

zucchini

veggies for crudite, steaming & roasting

apples

oranges

peaches

avocado

jicama

cilantro

radishes

jalapeno chile

red & green bell peppers

sliced mushrooms

Portobello mushrooms

fresh basil

lemons

cantalope

cabbage

fresh ginger

bean sprouts

garbanzo beans

Kalamata or black olives

marinara sauce

low fat or non fat Mayo

Dijon mustard

low-sodium soy sauce

balsamic vinegar

dry mustard

cayenne pepper

Tobasco sauce

turmeric

cinnamon

natural vanilla extract

Low Sugar-Low Fat Muesli

Kashi Go Lean cereal

peanut butter

vegetable Soup

lentil Soup

vegetable broth

chile

oatmeal

hummus

fresh salsa

black beans

rice wine vinegar

Worchestershire sauce

viniagrette dressing

extra Virgin Olive Oil

water chestnuts

kidney beans

frozen chopped spinach