



Forever Fit Diet Plan

40-50 grams complex carbohydrates per day (subtract total grams of fiber from total grams of CHOS = Total grams of CHOS)

45-60 grams (3 2-3 oz servings) Proteins/day – women

60-70 grams (4 2-3oz servings) Proteins/day – men

Fruits: 3 servings/day

Fruit servings: 4 apricots, 1 cup unsweetened apple sauce, 1 cup berries, ½ cup cherries, ¼ figs, 1 grapefruit, 1 kiwi, 1 orange, 1 peach, 1 pear, 1 plum, 1 apple, ½ papaya – avoid: melons, dates, raisins, grapes

Vegetables: 6 cups of low glycemic index vegetables/day – avoid: beans and legumes, beets, chicory root, corn, peas, yams, potatoes, pearl onions, and tomato puree.

Meats/Proteins: All whole natural meats, eggs, and fish are acceptable. Avoid: processed meats, hotdogs, breaded meats and meats with added sugar. (½ cup cottage cheese, 2 eggs, ½ plain yogurt = ~ 2 oz serving of meat)

Fats: 3-4 Tbsp fats/oils per day (~2 tsp/meal) ¼ cup nuts and seeds per day (avoid peanuts and cashews), ½ cup olives, 1-2 Tbsp salad dressing with no added sugar

Sugars: Stevia ONLY. Avoid: processed sugars, agave nectar, honey, pure maple syrup

Grains: Avoid all grains (breads, rice, oats, pasta, tortillas, chips)

Dairy: 2 slices hard cheese (swiss, parmesan, cheddar, or ¼ cup shredded cheese, ½ cottage cheese, ½ cup plain yogurt, 2 Tbsp heavy cream, 1 Tbsp butter. Avoid: all other dairy.

TWO DAY SAMPLE MENU:

Day One:	Day Two:
Breakfast: 2 eggs with mushrooms, onions and peppers. Drinks: 6 oz. water/ coffee/ tea	Breakfast: ½ cup Greek Yogurt with 1 cup mixed berries Drinks: 6 oz. water/ coffee/ tea
Snack: 1 apple with ¼ cup almond butter	Snack: 2 cups cut up cucumbers and tomatoes marinade in red wine, balsamic or apple cider vinegar with spice mix.
Lunch: 3 Cups lettuce with sunflower seeds, tomatoes, cucumbers, and 2 hard boiled eggs with 3 Tbs. dressing	Lunch: 3 oz. chicken breast and 1 cup of non starchy vegetables.
Snack: ¼ Cup mixed almonds and 1 cup berries (or other fruit i.e. Grapefruit, apricots, cherries)	Snack: 1 cup celery and carrots with ¼ cup almond butter
Dinner: 3oz. protein with 3 cups of non starchy vegetables	Dinner: 3oz. protein with mixed lettuce, vegetables and 3 Tbs. dressing

Proteins: Each of below portions represents approximately 15 grams of protein

Dairy: Low Fat Cottage Cheese Low Fat Yogurt	½ Cup ½ Cup
Eggs:	2 Large
Egg Whites:	4 Large
Lean Meat (organic, free range are best):	2 Ounces
Whey Proteins:	1 Scoop (20 grams)
Fish: Salmon, Mackerel, Trout Tuna	3 Ounces 2 Ounces

Oils/Fats: Each of below portions represents approximately 6 grams of lipid

Flax, Pumpkin, Walnut Oils (not to be cooked):	2 tsp
Olive, Grape seed, Coconut, Butter (for cooking):	2 tsp
Seeds (Flax, Pumpkin (omega 3 rich) Sesame, Sunflower (omega 6 rich)	1 Tbsp
Nuts: Walnuts, Hazelnuts (omega 3 rich), Almonds	1 Tbsp
Avocado	1 Tbsp
Butter	2 tsp

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