

A man with a beard and brown hair, wearing a blue athletic shirt, is running along a waterfront. He is looking off to the side with a determined expression. The background shows a city skyline across the water under a blue sky with some clouds. The image is framed with blue geometric shapes in the corners.

iFIT[®]

10-DAY
WEIGHT LOSS
for men

TACKLING WEIGHT LOSS

When it comes to losing weight, many people find the two hardest challenges to be:

- *Keeping portion sizes in check while still feeling satisfied*
- *Keeping enough variety and flavor to avoid feeling deprived*

This meal plan addresses both of these challenges in a delicious and achievable way. You'll receive 10 days of breakfast, snack, lunch, and dinner meals that provide a satisfying amount of food and balance of nutrients, while still providing a 500-calorie deficit each day to produce weight loss. And when you eat 500 calories less than what you burn each day, it puts you on track to lose 1 pound a week.

MEAL FLEXIBILITY

The following meals and snacks have been carefully calculated, so you *don't have to count any calories*. Each meal contains approximately 650 calories and each snack approximately 150 calories. This consistency gives you the flexibility to switch out meals for one another. So if you're in the mood for oatmeal instead of a breakfast burrito, you can easily swap the two and still meet your calorie goal for the day.

THE POWER OF FRUITS & VEGETABLES

A larger portion of your grocery bill will be spent on produce. As you eat out less and purchase fewer snack foods, it should balance out the extra cost of produce that you'll be buying. Plus, when you consider the *myriad of health benefits* that come from eating more fruits and veggies, it becomes something worth investing in.

Most of the meals are accompanied with fruit. Feel free to use unsweetened, frozen fruit in place of fresh fruit. You can also swap fruits out for one another.

If a fruit or vegetable isn't in season or not on hand at home, don't hesitate to swap it out. For example, if you only have cantaloupe on hand, feel free to swap out the scheduled fruit with a wedge of cantaloupe.



BENEFITS OF COOKING AT HOME

If you're new to preparing your own meals, consider these benefits:

- *Food prepared at home is usually more nutritious*
- *People who cook are more likely to meet their nutritional needs*
- *People who cook tend to eat more fruits and veggies*

Don't worry, the recipes included are easy and take no more than 30 minutes at most to prepare. Plus, the recipes make great leftovers and are included in a couple of the lunches. Nothing is better than cooking once and enjoying twice.

TIPS FOR SUCCESS

- + Drink *lots of water*. Thirst is often mistaken for hunger, so when you feel hungry, drink a glass of water and wait 15 minutes, then re-evaluate your hunger level.
- + Do not inhale your food. Slow down, chew well, and *savor each bite*. Enjoying the flavor and texture of your food will help you feel satisfied both physically and emotionally.
- + Get used to less sweets. Your body will adjust its sweet tooth tolerance with time and your *cravings for sweets will decrease*. If you're dying for a treat, have a small, individually wrapped piece of chocolate. Consider keeping it in the freezer so that you have to make a conscious choice, instead of mindlessly eating it because it's in plain sight.
- + The following meals and snacks *aim to satisfy*, not stuff. They have plenty of nutrients to fuel your body, but it may require some patience as your body adjusts to eating less.

- + Finish with a *clean mouth*. There's nothing quite like brushing your teeth after eating to really end a meal and keep from snacking.
- + Spice it up. Feel free to *season your food* with cinnamon, nutmeg, tarragon, basil, cayenne pepper, black pepper, chipotle powder, garlic powder, or onion powder. Perhaps a splash of lime or lemon juice suits your taste buds. Or you might like your food hot, and there's nothing wrong with adding an extra kick. Keep your food tasty by seasoning it to a flavor you like. However, go easy on the salt.

TRICKS OF THE TRADE

- + Feed your cravings with a *healthy snack*. If you find yourself hungry between meals, eat some carrots, celery, or cucumber sticks dipped in a spicy salsa, and drink a tall glass of ice water.
- + Place 2 ½ tablespoons of popcorn kernels in a microwave safe, lunch size paper bag. Fold the top of the bag over and microwave on high for approximately 2 minutes, or until the popping almost stops. You can opt for a 100-calorie bag of low-fat microwave popcorn, but popping your own is just as *easy, cheap, and healthy*.
- + Chia seeds *store well in the freezer* in an airtight container.
- + Cook up a batch of quinoa or steel cut oats. Then store ½ cup servings in little zip-top bags and place in your freezer. Beans also store well in the freezer. This will help *reduce your preparation time* during the week.

MEAL PLAN

Day 1

BREAKFAST	LUNCH	DINNER
Chia Seed Parfait* 1 slice whole grain toast 1 tablespoon peanut butter 8 ounces water	Taco Salad* 1 apple 8 ounces water	1 chicken breast, baked and seasoned with low-salt spice blend 1 ½ cups broccoli, steamed 1 cup instant brown rice, cooked 1 banana 8 ounces water
SNACK: 3 cups air popped popcorn (2 ½ tablespoons kernels) or 100-calorie, low-fat microwave popcorn		

Day 2

BREAKFAST	LUNCH	DINNER
Mini Breakfast Burritos* 1 banana 8 ounces non-fat milk or milk substitute	1 cup chicken breast, diced 4 cups leafy greens 2 tablespoons dressing 1 cup grapes 8 ounces non-fat milk or milk substitute	Baked Tilapia* 1 ½ cups quinoa, cooked 1 ½ cups carrots, steamed 1 cup berries 8 ounces water
SNACK: 1 apple and 10 mixed nuts		

Day 3

BREAKFAST	LUNCH	DINNER
1 cup oats cooked with water 1 cup berries 2 hard boiled eggs 8 ounces non-fat milk or milk substitute	Turkey Wrap* 1 cup Mandarin oranges, drained ½ cup low-fat cottage cheese 8 ounces water	Edamame Steak Salad* (2 cups) 1 cup instant brown rice, cooked ¾ cup peaches, drained 1 square individually wrapped dark chocolate (15g) 8 ounces water
SNACK: 1 banana and 1 tablespoon chocolate chips		

**Refer to the included recipe cards*

MEAL PLAN

Day 4

BREAKFAST	LUNCH	DINNER
Chia Seed Parfait* 1 slice whole grain toast 1 tablespoon peanut butter 8 ounces water	Edamame Steak Salad* (2 cups, leftovers) 11 baked tortilla chips ½ cup carrots 1 banana 8 ounces non-fat milk or milk substitute	Sweet Potato Soup* (2 ¼ cups) Whole wheat roll† 1 cup grapes 8 ounces water
SNACK: 1 apple and 1 string cheese		

Day 5

BREAKFAST	LUNCH	DINNER
1 cup oats cooked with water 1 cup berries 2 hard boiled eggs 8 ounces non-fat milk or milk substitute	Taco Salad* 1 apple 8 ounces water	Asian Lettuce Wraps* (4 wraps) 1 cup rice noodles 1 slice cantaloupe 8 ounces water
SNACK: 3 cups air popped popcorn (2 ½ tablespoons kernels) or 100-calorie, low-fat microwave popcorn		

Day 6

BREAKFAST	LUNCH	DINNER
Sunny Skillet* ½ grapefruit (loosen sections), add ½ teaspoon raw or coarse sugar, broil for 2–3 minutes until bubbly 8 ounces non-fat milk or milk substitute	Asian Lettuce Wraps* (4 wraps, leftovers) 1 cup Mandarin oranges, drained ½ cup low-fat cottage cheese 8 baby carrots 8 ounces water	Eat out: Salad (with half the dressing and served on the side) OR Soup (broth or bean based) AND 1 serving bread or chips (1 roll, 1 slice, or 1 handful chips) 8 ounces water
SNACK: 1 apple and 1 string cheese		

*Refer to the included recipe cards
 †Substitute 1 ounce of baked corn chips for gluten-free alternative

MEAL PLAN

Day 7

BREAKFAST	LUNCH	DINNER
Mini Breakfast Burritos* 1 banana 8 ounces non-fat milk or milk substitute	Waldorf Salad* (2 ½ cups) 8 ounces water	Bean Tacos* (2 tacos) 1 apple 1 square individually wrapped dark chocolate (15g) 8 ounces water
SNACK: 1 apple and 10 mixed nuts		

Day 8

BREAKFAST	LUNCH	DINNER
1 cup oats cooked with water 1 cup berries 2 hard boiled eggs 8 ounces non-fat milk or milk substitute	12 whole wheat crackers 5 thin turkey slices 12 baby carrots ½ cup salsa (for dipping carrots or topping crackers and turkey) 1 ½ cups unsweetened applesauce (sprinkle with cinnamon)	1 chicken breast, baked and seasoned with low-salt spice blend 1 ½ cups broccoli, steamed 1 cup instant brown rice, cooked 1 banana 8 ounces water
SNACK: 1 banana and 1 tablespoon chocolate chips		

Day 9

BREAKFAST	LUNCH	DINNER
Chia Seed Parfait* 1 slice whole grain toast 1 tablespoon peanut butter 8 ounces water	1 (10 ounce) can tuna 4 cups leafy greens 2 tablespoons dressing 1 cup grapes 8 ounces non-fat milk or milk substitute	Loaded Baked Potato* 2 slices cantaloupe 8 ounces non-fat milk or milk substitute
SNACK: 3 cups air popped popcorn (2 ½ tablespoons kernels) or 100-calorie, low-fat microwave popcorn		

**Refer to the included recipe cards*

MEAL PLAN

Day 10

BREAKFAST	LUNCH	DINNER
1 cup oats cooked with water 1 cup berries 2 hard boiled eggs 8 ounces non-fat milk or milk substitute	Turkey Wrap* 1 cup Mandarin oranges, drained ½ cup low-fat cottage cheese 8 ounces water	Quinoa Chili* (1 ½ cups) 1 string cheese 11 baked corn tortilla chips 2 slices cantaloupe 8 ounces non-fat milk or milk substitute
SNACK: 1 apple and 1 tablespoon peanut butter		

**Refer to the included recipe cards*



A close-up photograph of a wicker basket filled with fresh produce. In the foreground, several bright red tomatoes are prominent, some still attached to their green stems. To the left, a large red apple with a yellowish-green blush is visible. In the bottom right corner, there is a bunch of fresh green dill. Behind the tomatoes, there are more green leafy vegetables, including what appears to be a head of lettuce. The basket itself is made of woven brown wicker. The overall lighting is bright and natural, highlighting the freshness of the ingredients.

GROCERIES DAYS 1-5

FRESH PRODUCE

- ☐ 4 bananas
- ☐ 4 apples
- ☐ 4 cups berries
- ☐ 1 slice cantaloupe
- ☐ 2 cups grapes
- ☐ 1 lemon
- ☐ 11 cups leafy greens
- ☐ 8 Boston or Bibb lettuce leaves
- ☐ 1 ½ cups broccoli
- ☐ 2 cups sliced mushrooms
- ☐ 4 green onions
- ☐ 2 cups carrots
- ☐ 2 medium onions
- ☐ 2 sweet potatoes
- ☐ 1 pint cherry tomatoes
- ☐ 1 English cucumber
- ☐ 1 clove garlic
- ☐ 4 teaspoons ginger

DAIRY

- ☐ 1 half gallon skim milk
- ☐ ½ cup low-fat cottage cheese
- ☐ 1 cup plain, non-fat Greek yogurt
- ☐ ¼ cup shredded parmesan cheese
- ☐ 1 string cheese
- ☐ 7 eggs

MEAT, POULTRY, FISH

- ☐ 6 thin turkey slices
- ☐ 12 ounces chicken breast
- ☐ 8 ounces flank steak
- ☐ 13 ounces ground turkey or chicken
- ☐ 5 ounces tilapia
- ☐ 6 thin, precooked bacon slices

GRAINS

- ☐ 2 cups old fashioned oats
- ☐ 2 cups instant brown rice
- ☐ 1 ½ cups quinoa
- ☐ 1 cup rice noodles
- ☐ 6 (5 inch) corn tortillas
- ☐ 4 (8 inch) flour tortillas*
- ☐ 1 whole wheat roll†

**Substitute corn tortilla for gluten-free alternative*

†Substitute 1 ounce of baked corn chips for gluten-free alternative

CANNED GOODS

- ☐ 1 cup Mandarin orange slices
- ☐ ¾ cup peaches
- ☐ 1 ½ cups no-salt-added black beans
- ☐ 1 (8 ounce) can sliced water chestnuts
- ☐ 4 cups unsalted chicken stock

BAKING, BULK, SNACK

- ☐ 6 tablespoons chia seeds
- ☐ 1 tablespoon chocolate chips
- ☐ 3 tablespoons sliced almonds
- ☐ ½ cup mixed nuts
- ☐ 55 baked corn tortilla chips
- ☐ 2 (15g) individually wrapped dark chocolate squares
- ☐ 5 tablespoons popcorn kernels*

**If you don't want to pop your own popcorn, you can use 100-calorie, low-fat microwave popcorn*

FROZEN FOODS

- ☐ 3 cups shelled edamame

SEASONINGS

- ☐ Cayenne pepper or chipotle powder
- ☐ Cumin
- ☐ Dill weed
- ☐ Low sodium lemon pepper
- ☐ Salt
- ☐ Black pepper

STAPLE FOODS & CONDIMENTS

- ☐ Dark sesame oil
- ☐ Hoisin sauce
- ☐ Honey
- ☐ Light mayonnaise
- ☐ Low sodium soy sauce
- ☐ Mustard
- ☐ Olive oil
- ☐ Peanut butter or nut butter
- ☐ Red wine vinegar
- ☐ Rice vinegar
- ☐ Salad dressing*
- ☐ Salsa
- ☐ Sriracha
- ☐ Whole grain bread

**Use a basic Italian, or oil and balsamic vinegar*



GROCERIES DAYS 6–10

FRESH PRODUCE

- ☐ 3 bananas
- ☐ 4 apples
- ☐ 1 large Granny Smith apple
- ☐ 2 ½ cups red grapes
- ☐ 4 slices cantaloupe
- ☐ 2 ½ cups berries
- ☐ 1 grapefruit
- ☐ 6 ½ cups leafy greens
- ☐ 1 ½ cups radicchio, torn
- ☐ 1 ½ cups broccoli
- ☐ 20 baby carrots
- ☐ 2 large onions
- ☐ 1 bell pepper (red or green)
- ☐ 1 poblano chile
- ☐ 2 zucchinis
- ☐ 1 large potato
- ☐ 2 cloves garlic

DAIRY

- ☐ 1 half gallon skim milk
- ☐ 1 cup low-fat cottage cheese
- ☐ ½ cup plain, non-fat Greek yogurt
- ☐ 2 string cheese
- ☐ ½ cup shredded cheddar cheese
- ☐ ¼ cup crumbled blue cheese
- ☐ 9 eggs

MEAT, POULTRY, FISH

- ☐ 11 thin turkey slices
- ☐ 1 thin, precooked bacon slice
- ☐ 4 ounces chicken breast

GRAINS

- ☐ 2 cups old fashioned oats
- ☐ 1 cup steel cut oats
- ☐ 1 cup instant brown rice
- ☐ 1/3 cup quinoa

CANNED GOODS

- ☐ 1 (10 ounce) can tuna
- ☐ 1/2 cup no-salt-added black beans
- ☐ 1/2 cup fat-free refried beans
- ☐ 1 (15 ounce) can no-salt-added pinto beans
- ☐ 1 (14.5 ounce) can diced tomatoes with chiles
- ☐ 1 1/2 cups unsweetened applesauce
- ☐ 2 roasted red peppers (in a jar)
- ☐ 1 cup low sodium vegetable juice
- ☐ 2 cups Mandarin orange slices

BAKING, BULK, SNACK

- ☐ 1 tablespoon chia seeds
- ☐ 1 tablespoon chocolate chips
- ☐ 1/2 teaspoon raw or coarse sugar
- ☐ 2/3 cup chopped walnuts
- ☐ 11 baked corn tortilla chips
- ☐ 12 whole wheat crackers
- ☐ 3 (5 inch) taco shells

- ☐ 2 ½ tablespoons popcorn kernels*

**If you don't want to pop your own popcorn, you can use 100-calorie, low-fat microwave popcorn*

FROZEN FOODS

- ☐ ¾ cup plain hash browns
- ☐ 2 cups California-style vegetables (broccoli, cauliflower, and carrot mix)

SEASONINGS

- ☐ Cayenne pepper or chipotle powder
- ☐ Chili powder
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Salt
- ☐ Black pepper

STAPLE FOODS & CONDIMENTS

- ☐ Honey
- ☐ Mustard
- ☐ Olive oil
- ☐ Peanut butter or nut butter
- ☐ Rice vinegar
- ☐ Salad dressing*
- ☐ Salsa

**Use a basic Italian, or oil and balsamic vinegar*

RECIPES



CHIA SEED PARFAIT

Makes 1 serving

INGREDIENTS

½ cup plain, non-fat Greek yogurt

½ cup non-fat milk

3 tablespoons chia seeds

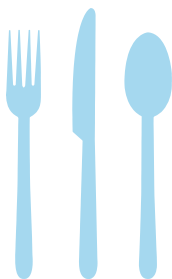
1 teaspoon honey

1 tablespoon sliced almonds

½ cup berries

DIRECTIONS

1. The night before, or at least 30–45 minutes before eating, mix the yogurt, milk, and chia seeds in a pint jar.
2. Refrigerate overnight, or at least for 30 minutes before you eat if you don't prepare the night before.
3. When ready to eat, top with honey, sliced almonds, and berries.



TACO SALAD

Makes 1 serving

INGREDIENTS

22 baked corn tortilla chips

3 cups leafy greens

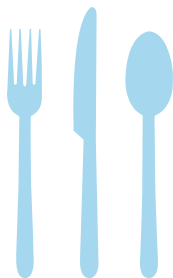
$\frac{3}{4}$ cup no-salt-added black beans

$\frac{1}{2}$ cup salsa

1 $\frac{1}{2}$ tablespoons dressing

DIRECTIONS

1. Arrange tortilla chips on a plate.
2. Top with remaining ingredients.



MINI BREAKFAST BURRITOS

Makes 1 serving

INGREDIENTS

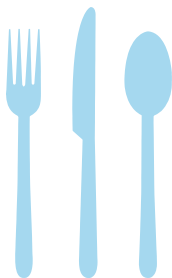
3 eggs (1 whole, 2 whites)

3 tablespoons salsa

3 corn tortillas

DIRECTIONS

1. Scramble the eggs and cook through.
2. Spoon eggs and salsa onto the tortillas.
3. Roll tortillas and fillings into a burrito.



BAKED TILAPIA

Makes 1 serving

INGREDIENTS

¼ cup onion, sliced

5 ounces tilapia

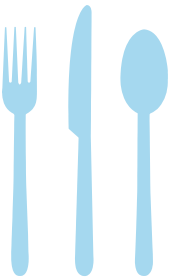
Low sodium lemon pepper

Dill weed

2 lemon slices

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Lightly spray a piece of aluminum foil with cooking spray. Then place the onion in the center of the foil and the tilapia on top of the onion.
3. Sprinkle tilapia with seasonings and place lemon slices on top. Wrap foil ends together and seal edges tightly.
4. Bake for 20–30 minutes until fish flakes fall apart with a fork.



TURKEY WRAP

Makes 1 serving

INGREDIENTS

2 flour tortillas*

2 teaspoons mustard

6 thin turkey slices

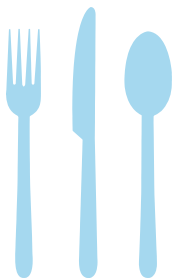
1 cup leafy greens

1 ½ tablespoons dressing

DIRECTIONS

1. Spread mustard on tortilla.
2. Top with remaining ingredients.
3. Tuck fillings into tortilla and wrap together.

**Substitute corn tortilla for gluten-free alternative, or omit and add a cup of baby carrots*



EDAMAME STEAK SALAD

Makes 4 servings | Serving size: 2 cups

INGREDIENTS

3 cups shelled edamame

2 tablespoons low sodium soy sauce

1 tablespoon ginger, minced

1 tablespoon light mayonnaise

1 tablespoon mustard

2 teaspoons red wine vinegar

1 teaspoon dark sesame oil

1 pint cherry tomatoes, halved

1 ½ cups English cucumber, chopped

½ cup onion, sliced

1 tablespoon olive oil

8 ounces flank steak, thinly sliced

¼ teaspoon salt

¼ teaspoon black pepper

DIRECTIONS

1. Cook edamame according to package directions. Drain; rinse with cold water; drain.
2. Combine soy sauce, ginger, mayonnaise, mustard, vinegar, and sesame oil in a large bowl, stirring with a whisk. Add edamame, tomatoes, cucumber, and onion; toss to coat.
3. Heat a medium cast iron skillet over high. Add olive oil to pan; swirl to coat. Combine steak, salt, and black pepper in skillet, mixing well; cook 5 minutes or until well-browned and crisp, stirring frequently.
4. Spoon 1 ½ cups edamame mixture onto each of 4 plates; top evenly with steak.

SWEET POTATO SOUP

Makes 4 servings | Serving size: 2 ¼ cups

INGREDIENTS

2 sweet potatoes, halved lengthwise

¼ cup water

2 teaspoons olive oil

1 cup onion, chopped

½ teaspoon cumin

⅛ teaspoon cayenne pepper or chipotle powder

4 cups unsalted chicken stock

¼ teaspoon salt

6 thin, precooked bacon slices

¼ cup shredded parmesan cheese

DIRECTIONS

1. Place halved potatoes in an 11x7 microwave safe baking dish. Add ¼ cup water; cover with plastic wrap. Microwave on high for 15 minutes, or until potatoes are tender. When cool, discard potato skins.
2. Heat a saucepan over medium-high. Add olive oil; swirl to coat. Add onion; sauté 1 minute or until translucent. Stir in cumin and cayenne pepper. Add chicken stock to pan; bring to a boil.
3. Place half of the potatoes and half of the stock mixture in a blender. Secure blender lid and puree until smooth. Pour into a large bowl.
4. Repeat procedure with remaining sweet potatoes and stock mixture. Stir in salt.
5. Crumble bacon with your hands; sprinkle bacon and cheese evenly over top.

ASIAN LETTUCE WRAPS

Makes 4 servings | Serving size: 2 wraps

INGREDIENTS

1 tablespoon olive oil, divided

2 cups sliced mushrooms

13 ounces ground turkey or chicken

½ teaspoon garlic, minced

½ teaspoon ginger, minced

⅔ cup green onion, thinly sliced

1 (8 ounce) can sliced water chestnuts

2 tablespoons hoisin sauce

4 teaspoons low sodium soy sauce

2 teaspoons rice vinegar

1 ¼ teaspoons sriracha

⅛ teaspoon salt

8 Boston or Bibb lettuce leaves

DIRECTIONS

1. Heat 2 teaspoons olive oil in a large nonstick skillet over medium. Add mushrooms; sauté 5 minutes or until tender, stirring occasionally. Place mushrooms in a large bowl.
2. Heat remaining 1 teaspoon olive oil in a pan over medium-high. Add turkey, garlic, and ginger to pan; cook 6 minutes or until turkey is well-browned, stirring to crumble. Add turkey mixture, green onion, and water chestnuts (drained, rinsed, and chopped) to mushrooms in bowl; stir well.
3. Combine hoisin sauce, soy sauce, vinegar, sriracha, and salt in a small bowl; stir with a whisk. This is your sauce.
4. Spoon ½ cup turkey mixture onto each lettuce leaf. Serve sauce on top.

SUNNY SKILLET

Makes 1 serving

INGREDIENTS

¾ cup hash browns

½ cup bell pepper (red or green), chopped

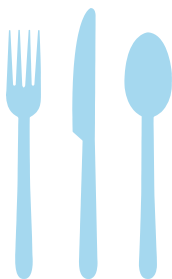
⅓ cup onion, chopped

2 eggs

2 tablespoons shredded cheddar cheese

DIRECTIONS

1. Cook hash browns, bell pepper, and onion in a nonstick skillet over high heat for 5 minutes until the veggies are tender.
2. Then add egg and scramble until cooked through. Top with cheese.



WALDORF SALAD

Makes 2 ½ servings | Serving Size: 2 ½ cups

INGREDIENTS

1 cup steel cut oats, rinsed and drained

1 teaspoon salt, divided

⅔ cup walnuts, coarsely chopped

1 ½ teaspoons honey

⅛ teaspoon cayenne pepper

3 tablespoons olive oil

2 tablespoons rice vinegar

½ teaspoon black pepper

1 Granny Smith apple, diced

1 ½ cups radicchio, torn

1 ½ cups red grapes, halved

¼ cup crumbled blue cheese

DIRECTIONS

1. Combine oats with 1 cup water and ½ teaspoon salt in a medium saucepan; bring to a boil. Reduce heat, and simmer for 7 minutes (do not stir), or until liquid almost evaporates. Remove from heat; fluff with a fork. Place oats in a medium bowl, and let stand for 10 minutes.
2. Combine walnuts, honey, and cayenne pepper in a small nonstick skillet over medium heat; cook 4 minutes, or until nuts are fragrant and honey is slightly caramelized, stirring occasionally. Set aside.
3. Combine ½ teaspoon salt, olive oil, vinegar, and black pepper in a small bowl, stirring with a whisk. This is your dressing.
4. Then add dressing, apple, radicchio, and grapes to oats; toss well. Place 2 ½ cups oat mixture onto each of 2 plates, and top each serving with 3 tablespoons walnut mixture and 1 tablespoon blue cheese.

BEAN TACOS

Makes 1 serving

INGREDIENTS

½ cup fat-free refried beans

3 taco shells

½ cup no-salt-added black beans

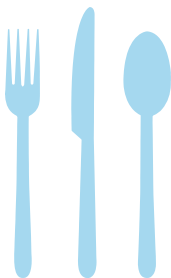
3 tablespoons shredded cheddar cheese

1 ½ cups leafy greens

⅓ cup salsa

DIRECTIONS

1. Heat refried beans. Then spread on taco shells.
2. Layer the black beans, cheese, and leafy greens inside taco shells.
3. Top with salsa.



LOADED BAKED POTATO

Makes 1 serving

INGREDIENTS

1 large potato

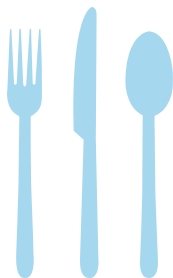
1 ½ tablespoons shredded cheddar cheese

1 thin, precooked bacon slice, crumbled

2 cups California-style vegetables

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Pierce the potato with a fork a few times for steam to escape.
3. Bake for 1 hour, or cook for 4–6 minutes in the microwave on high.
4. When potato has cooled, cut open and smash.
5. Top with cheese, bacon, and veggies.



QUINOA CHILI

Makes 4 servings | Serving size: 1 ½ cups

INGREDIENTS

4 teaspoons olive oil

3 cups zucchini, chopped

1 ½ cups onion, chopped

1 tablespoon garlic, minced

1 tablespoon chili powder

1 teaspoon cumin

½–1 teaspoon smoked paprika*

2 roasted red peppers, chopped

1 poblano chile, finely chopped

½ cup water

⅓ cup uncooked quinoa, rinsed

¼ teaspoon salt

1 (14.5 ounce) can diced tomatoes with chiles, undrained

1 (15 ounce) can pinto beans, drained and rinsed

1 cup low sodium vegetable juice

DIRECTIONS

1. Heat a large Dutch oven over medium-high. Add olive oil to pan; swirl to coat.
2. Add zucchini, onion, and garlic; sauté 4 minutes. Stir in chili powder, cumin, and paprika; sauté 30 seconds.
3. Add remaining ingredients; bring to a boil.
4. Reduce heat to medium-low; cover and simmer for 20 minutes, or until quinoa is tender.

**If you love a smoky flavor use 1 teaspoon*

DAILY LOG CHECKLIST

	BREAKFAST	LUNCH	SNACK	DINNER
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				

COMMENTS

NOTES

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