

MEDITERRENEAN STYLE DIET PREPARED BY A SPECIALIST IN INTERNAL MEDICINE
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PREPARED FOR :
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Tx
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1 -SEX	MALE
2 -AGE	45
3 -HEIGHT	72
4 -WEIGHT	200
5- STRUCTURE	LARGE
6- LEVEL OF ACTIVITY	HIGH
7 -DURATION OF DIET	100
8 -MENU FOR	14
9 -HEART RATE	70
10 -MINUTES OF EXERCISES PER DAY	30

WT IN KG= 90.9 HEIGHT IN METERS= 1.8
PRESENT BMI = 28.05
YOUR IDEAL BMI SHOULD BE BETWEEN 22 AND 24

FOR A BMI OF 22 IDEAL WEIGHT = 71.28 KGS/ 157 PDS OR LOSE 19 KG/ 41 PDS
FOR A BMI OF 24 IDEAL WEIGHT = 77.76 KGS/ 171 PDS OR LOSE 13 KG/ 28 PDS

YOUR DAILY MENU SHOULD CONTAIN 1275.284 CALORIES
TO REACH A BMI OF 22 YOU WILL NEED 100 DAYS

YOUR WEIGHT IS 90.9 KG YOUR HEIGHT IS 72.0 METERS YOUR BMI IS 28.05
YOUR TIME REQUIRED WILL BE 100 DAYS

BMI	WT/KGS	WT/PDS	LOSE KG	LOSE PDS
20.0	64.8	28.05	26.1	57.4
20.2	65.4	28.05	25.5	56.0
20.4	66.1	28.05	24.8	54.6
20.6	66.7	28.05	24.2	53.2
20.8	67.4	28.05	23.5	51.7
21.0	68.0	28.05	22.9	50.3
21.2	68.7	28.05	22.2	48.9
21.4	69.3	28.05	21.6	47.5
21.6	70.0	28.05	20.9	46.0
21.8	70.6	28.05	20.3	44.6
22.0	71.3	28.05	19.6	43.2
22.2	71.9	28.05	19.0	41.8
22.4	72.6	28.05	18.3	40.3
22.6	73.2	28.05	17.7	38.9
22.8	73.9	28.05	17.0	37.5
23.0	74.5	28.05	16.4	36.1
23.2	75.2	28.05	15.7	34.6
23.4	75.8	28.05	15.1	33.2
23.6	76.5	28.05	14.4	31.8
23.8	77.1	28.05	13.8	30.4
24.0	77.8	28.05	13.1	28.9
24.2	78.4	28.05	12.5	27.5
24.4	79.1	28.05	11.9	26.1
24.6	79.7	28.05	11.2	24.7
24.8	80.4	28.05	10.6	23.2

OPTIMAL HEART RATE WHILE DOING CARDIO-VASCULAR EXERCISES

ANY EXERCISE PLAN SHOULD INCLUDE 3 TYPES OF EXERCISES
1-CARDIO VASCULAR 2-MUSCLULATION 3-ELASTICITY

YOUR RESTING HEART RATE IS 70 AND YOUR AGE 45

VERY MAXIMUM HEART RATE	175
LIGHT INTENSITY EXERCISE HEART RATE SHOULD BE	105
HIGH INTENSITY EXERCISE HEART RATE SHOULD BE	131
KAVORNEN FORMULA (LOWER LIMIT) HEART RATE	133
KAVORNEN FORMULA (UPPER LIMIT) HEART RATE	149

PRACTICE ANY OF THE FOLLOWING ACTIVITIES FOR 30 MINUTES DAILY
 AND SEE HOW MANY CALORIES YOU WILL BURN DAILY AND KGS OR PDS LOST PER MONTH

EXERCISE	CALORIES BURNED	WT (KG)	WT (PD)
1 -Canoeing 2.5 MPH (4Km/hr)	75	.29	.63
2 -Horse riding at a walk	75	.29	.63
3 -Walking 2 MPH (3.2 Km/hr)	81	.31	.68
4 -Walking 2.5 MPH (3.2 Km/hr)	87	.33	.72
5 -Playing Volleyball	93	.35	.76
6 -Walking 3.1 MPH (5 Km/hr)	105	.4	.88
7 -Cutting wood with power saw	111	.42	.92
8 -Hoeing and weeding	117	.45	.98
9 -Cycling 5.5 MPH (8.8 KM/hr)	120	.46	1.01
10 -Swimming leisurely	135	.52	1.14
11 -Walking 2.2 MPH up 10% grade	150	.58	1.27
12 -Dancing a waltz	150	.58	1.27
13 -Climbing Stairs	180	.69	1.51
14 -Shoveling	180	.69	1.51
15 -Canoeing 4 MPH (6.4 Km/hr)	180	.69	1.51
16 -Tennis	195	.75	1.65
17 -Skiing downhill	195	.75	1.65
18 -Using ski towbar uphill	180	.69	1.51
19 -Cycling 10 MPH (16 KM/hr)	195	.75	1.65
20 -Walking 2 MPH up 20% grade	195	.75	1.65
21 -Cutting hardwood w/hand saw	195	.75	1.65
22 -Digging pit in soil	210	.81	1.78
23 -Weight lifting	210	.81	1.78
24 -Hockey	225	.87	1.91
25 -Football	225	.87	1.91
26 -Basketball	225	.87	1.91
27 -Chopping with axe	255	.98	2.15
28 -Skiing on level on hard snow	255	.98	2.15
29 -Horse riding at a gallop	255	.98	2.15
30 -Dancing actively	255	.98	2.15
31 -Cross-country running	285	1.1	2.42
32 -Swimming strenuously	285	1.1	2.42
33 -Boxing	285	1.1	2.42
34 -Climbing slope w/heavy load	375	1.45	3.19
35 -Heaviest industrial work	375	1.45	3.19
36 -Football during play	375	1.45	3.19
37 -Squash during play	375	1.45	3.19
38 -Walking in loose snow	450	1.74	3.82
39 -Skiing uphill at max speed	450	1.74	3.82
40 -Swimming hard underwater	450	1.74	3.82
41 -Bicycle racing	450	1.74	3.82

Daily Meal Plan: Diet Insert

DAILY MEAL PLAN

IN THE MEAL PLAN "ONE PORTION OF" = "2 OUNCES OF"

ONE SLICE OF BREAD MAY BE:

- 1/2 cup cooked cereal
- 3/4 cup prepared unsweetened cereal (flaked, puffed or shredded)
- 1/3 cup cooked rice or tapioca
- 1 level tablespoon jam, marmalade or jelly
- 3 level teaspoons sugar
- 1 level tablespoon honey, maple syrup or molasses
- 1 small ear of corn or 1/2 cup corn
- 1/3 cup canned baked beans (without pork)
- 1 Small potato
- 1/2 small sweet potato
- 3 level tablespoons wheat or buckwheat flour
- 1/2 cup cooked macaroni, spaghetti or noodles
- 1/2 cup canned spaghetti with tomato sauce

ONE SLICE OF BREAD MAY BE ONE OF THE FOLLOWING:

- 1 medium apple
- 1 large pear
- 1 cup grapes
- 1 cup cherries
- 1 large orange or 2 small oranges
- 1 large peach or 2 small peaches
- 1 small banana or 1/2 large banana
- 2 Small figs
- 2 large plums or 3 small plums
- 2 large prunes or 3 small prunes
- 3 dates
- 4 level teaspoons raisins
- 3 soda crackers (with or without broth)
- 2 Graham or plain cookies
- 4 small gingersnaps or 3 Arrowroot cookies
- 1 small portion plain sponge cake
- 1/2 glass (4 ounces) fruit juice
- 1 small bottle (6 ounces) Ginger Ale

ONE TEASPOON OF BUTTER MAY BE SUBSTITUTED FOR:

- 1 tablespoon cream cheese
- 1/2 commercial slice processed cheese
- 1 portion of any other cheese (1 cubic inch)
- 1 tablespoon French Dressing
- 1 level teaspoon mayonnaise or oil dressing
- 1 level teaspoon margarine
- 1 level teaspoon lard, shortening or other fat
- 1 teaspoon olive oil or vegetable oil
- 2 tablespoons light or table cream (10%)
- 1 tablespoon sour cream (35%)
- 1 tablespoon whipping cream (35%)
- 5 Small olives

ONE SERVING OF MEAT, FISH OR POULTRY MAY BE SUBSTITUTED FOR:

- 2 slices (2 ounces) skim milk cheese and 1 egg
- 3 slices (3 ounces) skim milk processed cheese
- 1/2 cup cottage cheese and 1 egg
- 2/3 cup of cottage cheese
- 1/2 glass skimmed milk and 1 level teaspoon butter
- 1/2 glass 2% milk and 1/2 level teaspoon butter
- 1/2 glass buttermilk and 1 level teaspoon butter

RULES FOR USE OF MEAT, POULTRY, FISH:

All meats, poultry and fish must be lean.
Remove all visible fatty portions/visible beef fat, fat portions of chops, chicken skin, fat border of pork and ham fatty portions of tuna, salmon, etc.

EAT THE LEAN PORTIONS ONLY

Prepare by boiling, broiling, steaming, baking, roasting.
If you fry foods use a Teflon coated pan/or fat-free coating such as PAM. If fat is added, it must be deducted from butter allowance.

THE FOLLOWING SHOULD BE AVOIDED:

Commercially prepared meats, sausages, bacon, stews, herring, sardines, mackerel, duck, goose.

RULES FOR SOUPS, GRAVIES AND BROTHS:

Prepare Vegetable soups adding part or all the vegetable allowance to broth. Milk soups or creams may be made using part of vegetable + milk allowances.

MOST GRAVIES ARE RICH IN FAT AND MUST NOT BE USED.

A good fat-free gravy can be prepared by heating a teaspoon or a cube of meat extract with a small amount of water.

BROTHS MUST BE FAT-FREE.

You may prepare home-made broth as usual manner, but before use, cool completely then remove layer of fat and re-heat.

CANNED CONSOMME OR BOUILLON MAY ALSO BE USED.

Broths can also be prepared from meat extracts such as (cube, powder or liquid).

RULES FOR USE OF FRUITS:

In the daily allowance 3 servings of fruits are included.

Average serving may be taken of any fruit except the following:

Prunes, raisins, dates, figs or bananas.

Small servings only are allowed for these five.

One small glass of fruit juice may be substituted for one serving of fruit. If canned fruits are used, remove the syrup by draining.

THE FOLLOWING MAY BE TAKEN IN MODERATION

(little or no food value):

Saccharine, Sucaryl, Equal

Plain gelatin, rennet, tablets, lemon, mint

Garlic, paprika, parsley, ketchup, mustard, vinegar, pepper

Worcestershire sauce, chili sauce, soya sauce, horseradish

Unsweetened or dill pickles

Clear fat-free broth, bouillon or consomme

Tea or coffee.

Plain gelatin may be added to the allowance of fruit, fruit juice, vegetable, vegetable juice, poultry or meat.

RULES FOR USE OF VEGETABLES:

In the daily allowance 4 servings of vegetables are included.

Any vegetable may be used, except the following:

Canned beans and corn, potato and sweet potato.

These 4 vegetables are bread substitutes for the present diet.

THERE IS MORE TO OBESITY THAN COSMETICS

OBESITY MAY CONTRIBUTE TO AGGRAVATE SOME PRE EXISTING DISEASES:

- 1-Coronary artery disease (angina, myocardial infarction).
- 2-Hypertension (high blood pressure)
- 3-Stroke (cerebro vascular accident, paralysis).
- 4-Osteoarthritis.
- 5-Altered homeostasis(chances of phlebitis, pulmonary embolism).
- 6-Respiratory diseases (reduced lung functions)
and even sleep apnea)
- 7-Endocrine anomalies:
 - affecting glucose metabolism:
 - insulin resistance, hyperinsulinemia
 - impaired glucose tolerance, diabetes type 2
 - affecting other hormonal productions:
 - decreased testosterone in men (less masculinizing hormone)
 - decreased progesterone in women
 - increased cortisone levels
 - increased testosterone and androstenedione in women
 - obesity will feminize men and masculinize women
- 8-Obesity may increase your risk of cancer. Your particular type of diet may also contribute to increasing your chances of cancer
 - Gastrointestinal:
 - colorectal, gallbladder, pancreatic, liver
 - Hormone dependant:
 - breast, uterine(cervical), ovarian, prostate
- 9-Dyslipidemia:
 - Hypertriglyceridemia
 - Reduced high density lipoproteins (HDL)
 - Increased low density lipoproteins (LDL)
 - Increased amount of small high density lipoproteins
 - Increased apolipoprotein b
 - These changes will increase atherogenesis
 - In other words obesity will help plug up all arteries
- 10-Hyperurecemia which may bring gout +/- renal stones.
- 11-Gastrointestinal anomalies:
 - Gallbladder disease/gastro esophageal reflux.
- 12-Psychological changes:
 - Faulty body image, loss of self esteem
 - Depressive reaction, chronic anxiety
- 13-Social impact:
 - Job discrimination
 - Problems in being accepted by peer group
 - Difficulty in dealing with people
 - Sexual dysfunction
 - You may become a total social outcast.

TO BE SUCCESSFUL IN YOUR PROGRAM YOU NEED:

- 1-RELATIONSHIP TECHNIQUES
- 2-LIFESTYLE TECHNIQUES
- 3-ATTITUDE TECHNIQUES
- 4-EXERCISE TECHNIQUES
- 5-BASIC NUTRITION TECHNIQUES
- 6-DETERMINATION
- 7-KNOWLEDGE OF FOODS
- 8-KNOWLEDGE OF FOOD EQUIVALENTS
- 9-HEALTHY METHODS FOR FOOD PREPARATION

RELATIONSHIP TECHNIQUES

1. GET a partner for example, or a friend, or your spouse.
2. EXPLAIN to your partner your goals, your motivation, the specific type of help you need from him/her.
3. SHOP for groceries with your partner, or, even better, HAVE your partner do the grocery shopping.
4. THANK and REWARD your partner;
GET your partner involved in doing exercises with you.
5. DO fun things with your partner.
6. MAKE SURE your requests to your partner are straightforward
e.g. "Tell me when you feel that I am eating too much, or eating too often, or eating foods with too many calories."
e.g. "Tell me if you think I spend too much time in the kitchen or eating."
e.g. "Remind me if I have slowed down on my exercise schedule."
e.g. "Tell me all these things in a positive, understanding way, helping me get back to discipline."

LIFESTYLE TECHNIQUES

1. WEIGH yourself regularly at the same time of day.
2. KEEP a graph of your weight.
3. KEEP a diet diary, writing down every food that goes into your mouth.
4. While you eat, DO NOT do anything else; DO NOT associate fun or pleasant activities with the act of eating.
5. ANALYZE your eating pattern, e.g. what triggers you to eat.
6. ABSTAIN from automatic eating, e.g. eating when you are bored, tense or have nothing else to do.
7. SHOP for groceries from a list; STICK TO YOUR LIST.
8. SHOP for groceries on a full stomach.
9. KEEP AWAY from (DO NOT BUY) problem foods.
10. BUY foods that require some preparation.
DO NOT BUY ANY instant or prepared foods; they tend to gratify food cravings.
11. Always eat at the SAME PLACE.
12. PUT your fork down between bites, WAIT, TAKE pauses while you eat.
13. DO NOT GORGE yourself with food.
14. DO NOT PICK your plate clean.
15. ESTABLISH an eating schedule. STICK to it whether you are "starving" or not.
16. Once you are served, KEEP serving plates out of sight and away from where you actually eat.
17. DO NOT help yourself to a second serving.
18. As soon as you are finished eating, LEAVE the table and eating area.
19. IDENTIFY your behaviour:
ie. all events surrounding food shopping, and eating that led you to your present weight.
20. STOP that behaviour.
21. When eating away from home, PLAN ahead your calories intake and ADJUST your selection of foods accordingly.

ATTITUDE TECHNIQUES

1. SET realistic goals.
2. REALIZE how important diet is to improving your body shape and your life span.
3. Always KEEP in mind that you are losing weight for major goals; IT IS IMPORTANT.
4. Should you SLIP in your diet, recognize it and return to it.
5. Do not ASSOCIATE pleasure with large amounts of food.
6. STOP dreaming: your body weight and shape will depend on what you eat and how much of it you eat.
7. What you need to CHANGE is your behaviour as regards to foods and joy associated with foods.
As soon as your behaviour changes, your weight will also change.
8. RESIST the urges to eat; DISCIPLINE is essential.
9. BE AWARE of food cravings; IGNORE them.
10. BE AWARE of high risk situations, e.g. parties, times when you are very happy or very sad. These are the times when you may seriously get out of line.
11. REACT positively to lapses in your diet.
REALIZE you slipped and GET BACK to dieting.
12. CHANGING your attitudes towards food is critical to the success of your diet.
CONSIDER your diet as a guide that will help you change your behaviour and adopt a more healthy lifestyle.

EXERCISE TECHNIQUES

- 1-LEARN ABOUT THE PLEASURES OF EXERCISE.
- 2-Maximize the pleasure of walking, jogging.
- 3-Increase your physical activities.
- 4-Keep an exercise diary.
- 5-Learn how many calories can be burnt by various exercises.
- 6-Use the pulse test for fitness feedback.
- 7-Try swimming, walking, jogging aerobics....etc..

NUTRITION TECHNIQUES

1. LEARN about the caloric value of foods.
2. Whichever diet you follow, MAKE SURE it is a well balanced diet.
3. LEARN about the 4 food groups.
4. LIMIT fat to a MAXIMUM of 30% of your caloric intake.
5. As a rule of thumb, you SHOULD EAT 1 gram of protein per Kilogram of ideal weight per day.
6. LEARN how to make low calorie food appetizing.
7. INCREASE fiber in your diet.
8. Any diet of less than 1300 calories /day is UNREALISTIC OVER THE LONG RUN.
9. Your CALORIC REQUIREMENTS will vary as a function of your level of activity.
10. The present meal planner (diet) takes in consideration the number of days you plan to take to reach your ideal weight.
11. The PURPOSE of the present meal planner (diet) is to help you reach and maintain your ideal weight.

THE DIET IS A TOOL; YOU ARE THE WORKER.

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Basics of Mediterranean Diet

1. Fruits and vegetables:
Consume: Wide variety of whole fruits and vegetables;
Try for at least 7-10 servings per day
Avoid: Vegetables prepared in butter or cream sauces
2. Protein that is low in saturated fat:
Consume: Lean cuts of meat (fat trimmed) or poultry (no skin);
Low-fat dairy foods (skim milk, yogurt)
Avoid: Bacon, sausage, other processed or high-fat meat, milk or
cheese that is not low-fat, ice cream
3. High-fiber breads, cereals, and pasta:
Consume: Whole-grain bread and cereal, bran, brown rice
Avoid: Sweets, white bread, biscuits, bread sticks, and other refined
carbohydrates
4. Fish or other source of omega-3 fatty acids, at least 1 or 2 times per week:
Consume: Salmon, trout, herring, water-packed tuna, mackerel (or fish
oil supplement), Flaxseed, spinach, walnuts
Avoid: Fried fish (except when pan-fried in olive oil)
5. Peas, beans, legumes, and nuts:
Consume: Soybeans, lentils, or any kind of peas, beans, or legumes;
Tree nuts (eg, almonds, pecans, walnuts, Brazil nuts)
Avoid: Heavily salted or honey-roasted nuts, Stale or rancid nuts
6. Healthy oils for cooking, salad dressing, and other uses:
Consume: Extra-virgin olive oil, canola oil, flaxseed oil ("high-oleic"
sunflower or safflower oil may also be an option)
Avoid: Omega-6 oils (corn, sunflower, safflower, soybean, peanut)
7. Fat:
Consume: Emphasize whole, natural foods as above;
Look for "trans-fatty acid-free" margarine and snack foods
Avoid: Fast food, fried food, margarine, chips, crackers, baked
goods, doughnuts, any processed food made with partially
hydrogenated oil

AVOID TRANS FATTY ACIDS / AVOID SATURATED FATS
GO FOR UNSATURATED FATS:
OLEIC ACIDS FOUND INOLIVE OIL
LINOLENIC ACIDFISH OIL
ARACHIDONIC ACID.....NUTS

Summary

The traditional Mediterranean diet as outlined here is an ideal eating pattern for prevention of cardiovascular disease. The essence of this diet is the use of natural, whole foods and the avoidance of highly processed ones. Try and incorporate elements of the Mediterranean diet into your overall eating plan.

day = 1

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Apple juice (1 cup or 250 ml)

#BREAKFAST (p2)

1 SERVING OF *Waffles (2 plain 40 g each)

SNACK 1 (p3)

1 SERVING OF *Banana (small)

#LUNCH (p4)

1 SERVING OF *Pepper steak (lean 100 g) with a vegetable salad (tomato pepper on ion lettuce each of 100 g)

#SNACK 2 (p5)

1 SERVING OF *Mini muffin (1 - 26 g)

#DINNER ENTREE (p6)

1 SERVING OF *Vegetable juice (250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Orange glazed chicken (1/2 cup or 125 ml orange juice) (oven cooked 100 g) served with broccoli (100 g) and wild rice (50 g)

DAILY CAL= 1306 CARBS= 199.4 LIPIDS= 30.7 PROTEINS = 70.1

day = 2

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Grape juice (250 ml)

#BREAKFAST (p2)

1 SERVING OF *Muffins (2 mini 26 g each)

SNACK 1 (p3)

1 SERVING OF *Carrot green and red peppers (sliced 100 g each)

#LUNCH (p4)

1 SERVING OF *Sardines (in water 1 can drained 82 g) with lemon served on white toasted bread (1 slice 27 g) and cottage cheese (1/2 cup or 125 g)

#SNACK 2 (p5)

1 SERVING OF *Social tea cookies (3) with 1 glass of milk (skim 250 ml)

#DINNER ENTREE (p6)

1 SERVING OF *Vegetable broth (250 ml 1 cup)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Chicken (cnd 100 g) salad with green peas (cnd) mushrooms (100 g o f each vegetable) mixed with mayonnaise (low fat 1 tbsp or 15 ml)

DAILY CAL= 1335 CARBS= 162 LIPIDS= 33.3 PROTEINS = 102.6

day = 3

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Yogurt (plain 175 g 2% M.F.) and blueberries (100 g)

#BREAKFAST (p2)

1 SERVING OF *Whole wheat toasts (2 slices 80 g) with peanut butter (1 tbsp 15 g)

SNACK 1 (p3)

1 SERVING OF *Cheddar cheese (1 portion 30 g)

#LUNCH (p4)

1 SERVING OF *Tuna (cnd in water 1/2 cup or 112 g) sandwich (2 slices whole wheat 80 g) with sliced green pepper and green onions (100 g of each)

#SNACK 2 (p5)

1 SERVING OF *Nectarine (medium)

#DINNER ENTREE (p6)

1 SERVING OF *Chicken broth (250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Oven baked ground veal patty (lean 1/2 cup - 100 g) with asparagus (cnd 100 g) and brown rice (50 g)

DAILY CAL= 1468 CARBS= 176.8 LIPIDS= 46.7 PROTEINS = 99.35001

day = 4

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Yogurt (plain 175 g 2% M.F.) and blueberries (100 g)

#BREAKFAST (p2)

1 SERVING OF *Muffin (medium size low fat wheat 70 g)

SNACK 1 (p3)

1 SERVING OF *Yogurt (low fat 113 g) with apple (medium size)

#LUNCH (p4)

1 SERVING OF *Smoked meat (8 slices lean 240 g) sandwich with rye bread (2 slices 50 g) and mustard (1 tsp - 5 ml)

#SNACK 2 (p5)

1 SERVING OF *Raisin Bran bar (30 g)

#DINNER ENTREE (p6)

1 SERVING OF *Beef broth (1 cup or 250 ml) with 3 crackers (9 g)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Asian sirloin steak (100 g) cut in strips and fried in olive oil (1 tsp or 5 ml) with broccoli (85 g) green onions (80 g) carrots (80 g) on white rice (30 g)

DAILY CAL= 1378 CARBS= 192.2 LIPIDS= 33.3 PROTEINS = 83.25999

day = 5

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Apple with cinnamon (medium)

#BREAKFAST (p2)

1 SERVING OF *Oatmeal (1 packet 32 g) with blueberries (100 g) and glass of skim milk (1 cup or 250 ml)

SNACK 1 (p3)

1 SERVING OF *Carrot (100 g) and celery (100 g) with swiss cheese (30 g)

#LUNCH (p4)

1 SERVING OF *Tuna (cnd in water 1/2 cup or 112 g) sandwich (2 slices whole wheat 80 g) with sliced green pepper and green onions (100 g of each)

#SNACK 2 (p5)

1 SERVING OF *Raisin Bran bar (30 g)

#DINNER ENTREE (p6)

1 SERVING OF *Vegetable broth (250 ml 1 cup)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Ground beef (lean 1/2 cup or 100 g) with pasta (80 g) baby carrots (80 g) and broccoli (85 g)

DAILY CAL= 1451 CARBS= 209.3 LIPIDS= 30.2 PROTEINS = 100.4

day = 6

#ENTREE FOR BREAKFAST (p1)

2 SERVINGS OF *Orange (average size)

#BREAKFAST (p2)

1 SERVING OF *Oatmeal (1 packet 32 g) with blueberries (100 g) and glass of skim milk (1 cup or 250 ml)

SNACK 1 (p3)

1 SERVING OF *Carrot (100 g) and celery (100 g) with swiss cheese (30 g)

#LUNCH (p4)

1 SERVING OF *Hamburger steak (lean ground beef 1/2 cup - 100 g) on bun (white 50 g) with mustard (1 tsp - 5 ml)

#SNACK 2 (p5)

1 SERVING OF *Melba toasts (4 toasts - 20 g)

#DINNER ENTREE (p6)

2 SERVINGS OF *Vegetable juice (250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Trout fillet (fresh broiled 125 g) with cauliflower and green beans (100 g of each)

DAILY CAL= 1278 CARBS= 166.1 LIPIDS= 32.7 PROTEINS = 92

day = 7

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Yogurt (plain 175 g 2% M.F.) and blueberries (100 g)

#BREAKFAST (p2)

1 SERVING OF *Muffin (medium size low fat wheat 70 g)

SNACK 1 (p3)

1 SERVING OF *Carrot green and red peppers (sliced 100 g each)

#LUNCH (p4)

1 SERVING OF *Shrimps (frz 200 g) salad with green peas (frz 80 g) and green onions (100 g) on Boston lettuce with fat free vinaigrette (2 tbsp 30 ml)

#SNACK 2 (p5)

1 SERVING OF *Banana (small)

#DINNER ENTREE (p6)

2 SERVINGS OF *Baby carrots (fresh 85 g) and celery (2 stalks 80 g)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Broiled fillet of sole (fresh 250 g) with asparagus (cnd 100 g) on wild rice (50 g)

DAILY CAL= 1299 CARBS= 200 LIPIDS= 11.3 PROTEINS = 108.3

day = 8

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Pear (average size)

#BREAKFAST (p2)

1 SERVING OF *Shredded wheat (2 biscuits) (50 g) with skim milk (250 ml)

SNACK 1 (p3)

2 SERVINGS OF *Yogurt (plain low fat) (175 g)

#LUNCH (p4)

1 SERVING OF *Sardine (1 can in water drained 82 g) on toast (1 slice whole wheat 40 g)

#SNACK 2 (p5)

1 SERVING OF *French vanilla yogurt (fat free 1/2 cup - 125 g)

#DINNER ENTREE (p6)

1 SERVING OF *Cream of tomato (with water 1 cup - 250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Ground beef (lean 1/2 cup or 100 g) with mixed beans (1/2 cup or 125 ml) and broccoli (100 g)

DAILY CAL= 1264 CARBS= 177 LIPIDS= 29.1 PROTEINS = 84.8

day = 9

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Nectarine (medium)

#BREAKFAST (p2)

1 SERVING OF *Whole wheat toasts (2 slices 80 g) with peanut butter (1 tbsp/15 g)

SNACK 1 (p3)

2 SERVINGS OF *Banana (small)

#LUNCH (p4)

1 SERVING OF *Ham (deli 4 slices 62.5 g) and cheese (1 processed fat free thin slice 21 g) sandwich with whole wheat bread (2 slices 80 g)

#SNACK 2 (p5)

2 SERVINGS OF *Fruit salad (cnd 1/2 cup - 125 ml)

#DINNER ENTREE (p6)

2 SERVINGS OF *Beef consomme (250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Trout fillet (fresh broiled 125 g) with cauliflower and green beans (100 g of each)

DAILY CAL= 1271 CARBS= 192.7 LIPIDS= 22.9 PROTEINS = 86.7

day = 10

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Apple juice (1 cup or 250 ml)

#BREAKFAST (p2)

1 SERVING OF *Muffin (medium size low fat wheat 70 g)

SNACK 1 (p3)

2 SERVINGS OF *Yogurt (plain low fat) (175 g)

#LUNCH (p4)

1 SERVING OF *Shrimp (cnd drained 106 g) salad (Boston) with orange (medium) green onion (80 g) shredded cheddar cheese (1 cube - 30 g) and Italian vinaigrette (fat free 2 tbsp - 30 ml)

#SNACK 2 (p5)

1 SERVING OF *Figs (2) with milk (250 ml one cup skim)

#DINNER ENTREE (p6)

1 SERVING OF *Vegetable soup (1 cup - 250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Broiled steak (tournedos or inside round 100 g) with green peas (frozen 1/2 cup or 85 g) and boiled potato (small 100 g)

DAILY CAL= 1294 CARBS= 180.6 LIPIDS= 27.1 PROTEINS = 80

day = 11

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Yogurt (plain 175 g 2% M.F.) and blueberries (100 g)

#BREAKFAST (p2)

1 SERVING OF *Egg (1 large) with baked beans (cnd 1/2 cup - 125 ml) and toasts (1 slice whole wheat 40 g)

SNACK 1 (p3)

1 SERVING OF *Yogurt (plain low fat) (175 g)

#LUNCH (p4)

1 SERVING OF *Pepper steak (lean 100 g) with a vegetable salad (tomato pepper on ion lettuce each of 100 g)

#SNACK 2 (p5)

2 SERVINGS OF *Fruit salad (cnd 1/2 cup - 125 ml)

#DINNER ENTREE (p6)

1 SERVING OF *Chicken broth (1 cup - 250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Crab meat (cnd 224 g) with fat free mayonnaise (15 ml) served on pita bread (regular 40 g)

DAILY CAL= 1286 CARBS= 164.8 LIPIDS= 26.25 PROTEINS = 104.5

day = 12

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Yogurt (plain 175 g 2% M.F.) and blueberries (100 g)

#BREAKFAST (p2)

1 SERVING OF *Waffles (2 plain 40 g each)

SNACK 1 (p3)

1 SERVING OF *Carrot (100 g) and celery (100 g) with swiss cheese (30 g)

#LUNCH (p4)

1 SERVING OF *Smoked meat (8 slices lean 240 g) sandwich with rye bread (2 slices 50 g) and mustard (1 tsp - 5 ml)

#SNACK 2 (p5)

1 SERVING OF *Social tea cookies (3) with 1 glass of milk (skim 250 ml)

#DINNER ENTREE (p6)

1 SERVING OF *Chicken concentrate (10 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Ground beef (lean 1/2 cup or 100 g) with mixed beans (1/2 cup or 125 ml) and broccoli (100 g)

DAILY CAL= 1424 CARBS= 154.6 LIPIDS= 44.3 PROTEINS = 106.1

day = 13

#ENTREE FOR BREAKFAST (p1)

1 SERVING OF *Grape juice (250 ml)

#BREAKFAST (p2)

1 SERVING OF *Toasts (2 whole wheat) with one portion of peanut butter (15 g)

SNACK 1 (p3)

1 SERVING OF *Raw vegetables (carrots-celery (2 stalks)-green pepper-cucumber (1/2 small) 80 g of each) with Melba toasts (2-10 g)

#LUNCH (p4)

1 SERVING OF *Deli smoked ham (6 slices 94 g) with cottage cheese (1% M.F. 1/2 cup - 125 g) rolled on tortilla (small 30 g)

#SNACK 2 (p5)

1 SERVING OF *Yogurt (plain low fat 2% M.F) (175 g)

#DINNER ENTREE (p6)

1 SERVING OF *Chicken broth (1 cup or 250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Broiled fillet of haddock (fresh 250 g) with baby carrots/broccoli /Brussels sprouts (fresh 100 g each)

DAILY CAL= 1325 CARBS= 159.1 LIPIDS= 22.85 PROTEINS = 128.1

day = 14

#ENTREE FOR BREAKFAST (p1)

2 SERVINGS OF *Pear (average size)

#BREAKFAST (p2)

1 SERVING OF *Apple and orange (1 each medium) with yogurt (plain 1.5% M.F. 175 g)

SNACK 1 (p3)

1 SERVING OF *Yogurt (plain low fat) (175 g)

#LUNCH (p4)

1 SERVING OF *Salmon (cnd 1/2 cup or 63 g) sandwich mixed with fat free mayonnaise (15 ml) with white (2 slices 54 g) and lettuce

#SNACK 2 (p5)

1 SERVING OF *Peach (average size)

#DINNER ENTREE (p6)

2 SERVINGS OF *Beef broth (1 cup - 250 ml)

#DINNER MAIN MEAL (p7)

1 SERVING OF *Boiled chicken breast (100 g) and brown rice (50 g) with 4 mushrooms (fresh 70 g) red peppers (100 g) and Parmesan (1 tbsp or 6 g)

DAILY CAL= 1280 CARBS= 192 LIPIDS= 30.35 PROTEINS = 64.7

THE PRESENT MENU CONTAINS THE FOLLOWING:

DAILY AVERAGE CALORIES= 1332

CARBOHYDRATES=	180 GMS	53 %
LIPIDS=	30 GMS	20 %
PROTEINS =	93 GMS	28 %

YOU NEEDED TO CONSUME DAILY 1275.284 CALORIES AND YOU CONSUMED 1332

YOU NEED TO BURN 57 CALORIES DAILY THROUGH EXERCISE

OPTIMAL HEART RATE WHILE DOING CARDIO-VASCULAR EXERCISES

ANY EXERCISE PLAN SHOULD INCLUDE 3 TYPES OF EXERCISES

1-CARDIO VASCULAR 2-MUSCULATION 3-ELASTICITY

YOUR RESTING HEART RATE IS 70 AND YOUR AGE 45

VERY MAXIMUM HEART RATE	175
LIGHT INTENSITY EXERCISE HEART RATE SHOULD BE	105
HIGH INTENSITY EXERCISE HEART RATE SHOULD BE	131
KAVORNEN FORMULA (LOWER LIMIT) HEART RATE	133
KAVORNEN FORMULA (UPPER LIMIT) HEART RATE	149