

## What is a FULLY SANCTIONED MEAL?

Each meal must include:

- **Protein** – (1) Palm Size Portion
- **Vegetables** – (2) Fist Size Portions
- **Healthy Fat** – (1) Thumb Size Portion

*Optional:*

- **Whole Grains / Fruit** – (1) Fist Size Portion

## OBJECTIVE:

To eat healthy, whole foods, *without sugar*, at regular intervals to keep your blood sugar stable and maximize your metabolic benefit!

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**You must choose a Meal Plan BEFORE beginning the game**

**You have TWO options!**

### **Meal Plan A:**

**Recommended for: Maintenance / Minimal Weight Loss**

- 3 Fully Sanctioned Meals per day + 2 'mini meals'
- *Mini meals = one full meal / cut in half / eat twice!*
- Must be eaten at regular intervals – every 4 hours
- No Snacking – EXCEPT: celery or cucumbers
- No Salt or dip with your snack!
- **10 pts for each meal = 50 max points per day**

### **Meal Plan B:**

**Recommended for: Substantial Weight Loss (15+ lbs)**

- 5 Fully Sanctioned Meals per day
- Must be eaten at regular intervals – every 4 hours
- No Snacking – EXCEPT: celery or cucumbers
- No Salt or dip with your snack!
- **10 pts for each meal = 50- max points per day**

**Lean Protein***Palm size portion per meal*

- Beef Ground
- Steak – Flank
- Steak – Top Round
- Steak – Top Sirloin
- Steak – Tenderloin
- Buffalo
- Pork Tenderloin
- Lamb
- Ground Lamb
- Chicken Breast
- Chicken Ground
- Turkey Bacon
- Turkey Ground
- Turkey Breast
- Venison
- Wild Game Meat

**Sweeteners**

- Agave Nectar
- Honey
- Pure Maple Syrup

**Condiments**

- Mustard
- Salsa
- Vinegar

**Fish & Seafood**

- Anchovy
- Catfish
- Cod
- Flounder
- Halibut
- Mahi Mahi
- Perch
- Salmon
- Sardine
- Snapper
- Sole
- Swordfish
- Tilapia
- Trout
- Tuna
- Shrimp
- Lobster
- Crab
- Scallops
- Oysters

**Dairy (low-fat)**

- Cheese
- Cheddar
- Cottage
- Cream
- Feta
- Mozzarella
- Ricotta
- Swiss
- Goat
- Yogurt
- Egg Whites

**Vegetables!***2 cups w/ 2-3 meals each day*

- Artichoke
- Asparagus \*
- Beets
- Broccoli\*
- Cabbage \*
- Carrot
- Cauliflower \*
- Chard (Swiss) \*
- Collards \*
- Cucumber \*
- Eggplant
- Endive \*
- Fennel \*
- Kale \*
- Lettuce \*
- Mushroom
- Okra \*
- Onion
- Peas (snow)
- Peppers (sweet)
- Pumpkin
- Radish
- Spinach
- Squash
- Tomatillo
- Zucchini
- Watercress

**Healthy Fats***Thumb size portion per meal*

- Avocado
- Egg Yolk
- Olives
- Nut Butters
  - o Almond
  - o Cashew
  - o Peanut
  - o Sesame
  - o Sunflower
- Nuts (Dried / Raw)
  - o Almonds
  - o Cashews
  - o Peanut
  - o Pecan
  - o Pine Nuts
  - o Pistachio
  - o Walnuts
- Seeds (dried)
  - o Flax
  - o Pumpkin
  - o Sesame
  - o Sunflower
- Oils
  - o Fish oils
  - o Flaxseed oil
  - o Nut oils
  - o Oil Spray
  - o Olive oil
  - o Udo Oil
  - o Vegetable
  - o Coconut

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**Fruits (optional)**

*Fist size portion p/meal*

- Apple
- Apricot
- Blackberry
- Blueberry
- Cherry
- Clementine
- Cranberry
- Currant
- Date
- Fig
- Grape
- Grapefruit
- Kiwi
- Lemon
- Lime
- Lychee
- Mandarin
- Mango
- Melon
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Raspberry
- Rhubarb
- Strawberry
- Tangerine
- Tomato
- Watermelon

**Grains (optional)**

*1/4 cup per meal*

- Amaranth
  - Barley
  - Beans
    - o Adzuki
    - o Black
    - o Black-eye
    - o Broad
    - o Butter
    - o Fava
    - o Garbanzo
    - o Kidney
    - o Lentils
    - o Lima
    - o Mung
    - o Navy
    - o Pinto
    - o White
  - Bran (WG)
  - Bread (WG)
  - Buckwheat
  - Bulgar
  - Millet
  - Oatmeal
  - Pasta (WG)
  - Potato –baked
  - Potato – sweet
  - Quinoa
  - Rice – brown
  - Rice - Wild
  - Rye
  - Tortilla – (WG)
- WG – whole grain*