



# MEAL PLAN SWAP GUIDE



## MEAL PLAN GUIDE

### Suggested Serving Sizes



# TIPS FROM THE DIETITIAN

## TIPS FROM THE DIETITIAN

### Preparing for a Healthy Eating Journey

- **\*\*Revamp Your Kitchen\*\***: Get ready to embrace healthy eating by transforming your refrigerator and pantry. Remove any unhealthy or triggering foods.
- **\*\*Smart Grocery Shopping\*\***: Be mindful of processed foods, refined sugars, and high sodium levels. Choose fresh or frozen fruits and vegetables instead of canned options, and opt for fresh meats.
- **\*\*Meal Planning\*\***: Dedicate time each week to plan and prepare your meals. This will help ensure you meet your nutritional needs and stick to your meal plan.
- **\*\*Enhance Flavor\*\***: Don't hesitate to use herbs and spices to add flavor to your meals. You can cook or sauté your meats with vegetables or enhance them with fresh onions and garlic.
- **\*\*Efficient Cooking\*\***: Cook multiple chicken breasts in a crockpot using low-sodium chicken broth. After cooking, weigh and package them into individual serving sizes. This allows for quick meal preparation later. Remember to weigh and measure your foods after cooking, except for oatmeal, which should be measured dry.
- **\*\*Choosing Starches\*\***: When selecting starches like cereals, breads, and oatmeal, aim for products where sugar constitutes 20% or less of the total carbohydrates.
- **\*\*Stay Hydrated\*\***: Drink at least 80 ounces of water daily. Aim for 16 ounces with each meal and another 16 ounces in between meals. Unsweetened coconut water is a great natural electrolyte replacer and can be enjoyed after workouts.
- **\*\*Smoothie Convenience\*\***: Smoothies are an excellent way to combine protein powder, fruit, nut butter or seeds, and oats for a nutritious meal or snack on the go.

## TREAT MEALS:

An occasional treat meal can be added. Just remember to limit them as they will slow your progress. 1 time a week is usually the best!

## MEAL PLANNING WHILE TRAVELING

- **\*\*Plan Your Meals\*\***: Even when traveling, it's important to organize your meals. If you're driving, consider meal prepping and bringing your meals in a cooler to enjoy on the go. Most gas stations and rest stops offer microwaves for your convenience.
- **\*\*Air Travel Tips\*\***: When flying, avoid adding extra weight to your luggage with fully prepped meals. Instead, opt for nutrition bars and shake mixes that will keep you satisfied until your next meal.
- **\*\*Dining Out Strategies\*\***: Use your meal plan to guide your menu selections when eating out. If the dishes seem high in fat or carbohydrates, consider ordering from the appetizer menu or choosing smaller side dish portions.

### Long-Term Weight Maintenance

After completing your program, remember that maintaining a healthy weight relies on an 80/20 lifestyle. Focus on proper nutrition and sufficient activity for 80% of your week, while allowing yourself to enjoy your favorite foods and take rest days for the remaining 20%.

Make it a habit to take your recommended supplements daily to support your body in staying lean and ensure it receives essential vitamins and minerals.

**\*\*Preparation is crucial\*\***: Food accounts for 70% of your success, workouts make up 20%, and supplements fill in the remaining 10%. It takes a full commitment of 100% to all three areas to achieve success.





# SUGGESTED SERVING & FOOD CATEGORIES

## PROTEIN

|                          |   |   |
|--------------------------|---|---|
| <input type="checkbox"/> | Protein Powder (aim for $\geq$ 20 -25g per serving) | Varies per brand  |
| <input type="checkbox"/> | Muscle Egg  | 1 cup   |
| <input type="checkbox"/> | Eggs and/or Liquid Egg Whites                       | 2 eggs + 2 egg white, or 2 eggs + 1/2 cup liquid egg whites |
| <input type="checkbox"/> | Lean Turkey (93-99% - ground or whole breast)       | 4 oz.   |
| <input type="checkbox"/> | Chicken Breasts (skinless) Or Chicken Thighs        | 4 oz.   |
| <input type="checkbox"/> | Lean Ground Chicken (90%)                           | 4 oz.   |
| <input type="checkbox"/> | Lean Ground Beef (90%)                              | 4 oz.   |
| <input type="checkbox"/> | Flank Steak/Sirloin Steak/Ribeye Steak/Beef Brisket | 4 oz.   |
| <input type="checkbox"/> | Pork Loin or Lean Bison or Venison                  | 4 oz.   |
| <input type="checkbox"/> | Bacon or Turkey Bacon                               | 4 Slices  |
| <input type="checkbox"/> | Chicken Sausage or Turkey Sausage                   | 4 oz. Turkey Sausage/ or 4- 6 Chicken Links                 |
| <input type="checkbox"/> | Salmon and/or Other Fish                            | 4 oz.   |
| <input type="checkbox"/> | Scallops, Shrimp, or Other Seafood                  | 4 oz.   |
| <input type="checkbox"/> | Canned Tuna (in water, low sodium preferable)       | 4 oz.   |
| <input type="checkbox"/> | All Natural, Low Sodium Deli Meats (Nitrate Free)   | 4 oz.   |
| <input type="checkbox"/> | Tempeh  | 3 oz.   |
| <input type="checkbox"/> | Quorn   | 5 oz.   |
| <input type="checkbox"/> | Yogurt (Greek/ Non Dairy) Triple Zero Yogurt        | 5 oz.   |
| <input type="checkbox"/> | Tofu  | 8 oz.   |
| <input type="checkbox"/> | Cheese (low fat)                                    | 1 oz.   |
| <input type="checkbox"/> | Cheese Stick (low fat)                              | 1 cheese stick  |



# SUGGESTED SERVING & FOOD CATEGORIES

## HEALTHY FATS

|                          |   |  |
|--------------------------|---|--|
| <input type="checkbox"/> | Coconut Oil (unrefined, virgin preferred)                           | 2 tsp.                                   |
| <input type="checkbox"/> | Extra Virgin Olive and/or Macadamia Nut Oil                         | 2 tsp. (use for salads or light cooking) |
| <input type="checkbox"/> | Nut/Seed Butter: Peanut, Almond, Cashew, Sunflower (Fat w/ Protein) | 1 tbsp.                                  |
| <input type="checkbox"/> | Nuts: Almonds, Walnuts, Cashews, Tiger Nuts, Pistachios             | 1/8 cup                                  |
| <input type="checkbox"/> | Avocado   | 1/4 Hass avocado                         |
| <input type="checkbox"/> | Chia Seeds /Flaxseeds   | 2 tbsp.                                  |
| <input type="checkbox"/> | Hummus (Fat w/ Protein)   | 2 tbsp.                                  |
| <input type="checkbox"/> | Ghee or Grass Fed Butter  | 1 tbsp.                                  |
| <input type="checkbox"/> | Avocado Mayo - primal Kitchen                                       | 1 tbsp.                                  |
| <input type="checkbox"/> | Avocado Mayo - primal Kitchen                                       | 1 tbsp.                                  |



# SUGGESTED SERVING & FOOD CATEGORIES

## VEGETABLES

|                          |  |                                |
|--------------------------|--|--------------------------------|
| <input type="checkbox"/> | Mixed and/or Salad Greens                              | 2 cup                          |
| <input type="checkbox"/> | Kale   | 1 cup                          |
| <input type="checkbox"/> | Spinach  | 1 cup                          |
| <input type="checkbox"/> | Bok Choy   | 1 cup                          |
| <input type="checkbox"/> | Romaine Lettuce (or any other large leafed lettuce)    | 2 cup                          |
| <input type="checkbox"/> | Celery   | 1 cup                          |
| <input type="checkbox"/> | Asparagus  | 8 -12 spears depending on size |
| <input type="checkbox"/> | Eggplant   | 3/4 cup                        |
| <input type="checkbox"/> | Butternut Squash/Spaghetti Squash/Acorn Squash/Pumpkin | 3/4 cup                        |
| <input type="checkbox"/> | Broccoli   | 1 cup                          |
| <input type="checkbox"/> | Cauliflower  | 1 cup                          |
| <input type="checkbox"/> | Green Beans  | 1 cup                          |
| <input type="checkbox"/> | Carrots  |                                |
| <input type="checkbox"/> | Onion  | 1 cup                          |
| <input type="checkbox"/> | Bell Peppers   | 1 cup                          |
| <input type="checkbox"/> | Cucumbers  | 1 cup                          |
| <input type="checkbox"/> | Beets  | 1 cup                          |
| <input type="checkbox"/> | Tomatoes   | 1 cup                          |
| <input type="checkbox"/> | Mushrooms  | 1 cup                          |
| <input type="checkbox"/> | Brussel Sprouts  | 1 cup                          |



# SUGGESTED SERVING & FOOD CATEGORIES

**STARCHY VEGETABLES – IF ADDING TO MEAL, RECOMMEND TO NOT ADD ADDITIONAL COMPLEX CARBOHYDRATES. CONSIDER STARCHY VEGETABLE YOUR CARBOHYDRATE PORTION.**

|                          |                              |         |
|--------------------------|------------------------------|---------|
| <input type="checkbox"/> | Butternut Squash/Acom Squash | 3/4 cup |
| <input type="checkbox"/> | Peas                         | 2/3 cup |
| <input type="checkbox"/> | Lima Beans                   | 2/3 cup |
| <input type="checkbox"/> | Corn                         | 2/3 cup |
| <input type="checkbox"/> | Beets                        | 3/4 cup |
| <input type="checkbox"/> | Parsnips                     | 1/2 cup |

## COMPLEX CARBOHYDRATES

|                          |  |   |
|--------------------------|--|---|
| <input type="checkbox"/> | Old Fashioned Oats or Steel Cut Oats                         | 1/3 cup (dry)                             |
| <input type="checkbox"/> | Puffed Quinoa  | 1/2 cup (dry)                             |
| <input type="checkbox"/> | Ezekiel and/or Whole Grain Bread (or Wrap)                   | 2 sliced for main meal, 1 slice for snack |
| <input type="checkbox"/> | Wild Rice, Brown Rice, Quinoa, Faro, Barley                  | 1/3 cup                                   |
| <input type="checkbox"/> | Jicama   | 1 cup                                     |
| <input type="checkbox"/> | Cassava  | 3 oz.                                     |
| <input type="checkbox"/> | Sweet, Red, Purple, Japanese Potatoes                        | 4 oz.                                     |
| <input type="checkbox"/> | Black Beans, Red Beans, Lentils, Black Eyed Peas, Chick Peas | 1/2 cup                                   |
| <input type="checkbox"/> | Pasta (Whole Grain, Chickpea, Gluten Free)                   | 1/2 cup                                   |
| <input type="checkbox"/> | Whole Wheat Couscous   | 1/3 cup                                   |
| <input type="checkbox"/> | Corn   | 2/3 cup                                   |
| <input type="checkbox"/> | Peas   | 2/3 cup                                   |
| <input type="checkbox"/> | Lima Beans   | 2/3 cup                                   |
| <input type="checkbox"/> | Popcorn (low salt, no butter)                                | 3 tbsp. unpopped                          |
| <input type="checkbox"/> | Rice Cakes   | 2 Rice Cakes                              |





# SUGGESTED SERVING & FOOD CATEGORIES

## FRUIT

|                          |                         |                             |
|--------------------------|-------------------------|-----------------------------|
| <input type="checkbox"/> | Grapefruit              | 1/2 large grapefruit        |
| <input type="checkbox"/> | Berries                 | 1 cup                       |
| <input type="checkbox"/> | Banana (small size)     | 1 whole or 1/2 large        |
| <input type="checkbox"/> | Apple (small size)      | 1 whole                     |
| <input type="checkbox"/> | Cantaloupe              | 1 cup cubed                 |
| <input type="checkbox"/> | Honeydew                | 1 cup cubed                 |
| <input type="checkbox"/> | Grapes                  | 1/2 cup                     |
| <input type="checkbox"/> | Orange (medium size)    | 1 whole                     |
| <input type="checkbox"/> | Tangerine               | 1-2 whole depending on size |
| <input type="checkbox"/> | Peach (medium size)     | 1 whole                     |
| <input type="checkbox"/> | Nectarine (medium size) | 1 whole                     |
| <input type="checkbox"/> | Plum                    | 1 whole                     |
| <input type="checkbox"/> | Pear                    | 1 whole                     |
| <input type="checkbox"/> | Pomegranate             | 1 whole                     |
| <input type="checkbox"/> | Kiwi                    | 1 whole                     |
| <input type="checkbox"/> | Cherries                | 1/2 cup                     |
| <input type="checkbox"/> | Star Fruit              | 1 whole                     |
| <input type="checkbox"/> | Watermelon              | 1 cup cubed                 |



# SUGGESTED SERVING & FOOD CATEGORIES

## SOUPS

|                          |                                      |       |
|--------------------------|--------------------------------------|-------|
| <input type="checkbox"/> | Minestrone Soup                      | 8 oz. |
| <input type="checkbox"/> | Chicken Noodle Soup                  | 8 oz. |
| <input type="checkbox"/> | Vegetable or Vegetable and Rice Soup | 8 oz. |
| <input type="checkbox"/> | Tomato Soup (non-cream based)        | 8 oz. |
| <input type="checkbox"/> | Miso Soup                            | 8 oz. |
| <input type="checkbox"/> | Beef and Barley                      | 8 oz. |





# SUGGESTED SERVING & FOOD CATEGORIES

## ALTERNATIVE PROTEIN SOURCES

| PROTEIN SOURCE  | PORTION     | GRAMS OF PROTEIN               |
|---|-------------|--------------------------------|
| <input type="checkbox"/> Eggs   | 1 large egg | 7 g                            |
| <input type="checkbox"/> Milk   | 8 oz.       | 8 g                            |
| <input type="checkbox"/> Yogurt (preferably plain)  | 6 oz.       | 9 g                            |
| <input type="checkbox"/> Whey Protein Powder  | 2 scoops    | 20 - 35 g (depending on brand) |
| <input type="checkbox"/> Tofu   | 4 oz.       | 10 g                           |
| <input type="checkbox"/> Tempeh   | 4 oz.       | 20 g                           |
| <input type="checkbox"/> Quorn  | 5 oz.       | 20 g                           |
| <input type="checkbox"/> Nuts (Almonds, Walnuts, Pistachios, Pecans, Tiger Nuts, Brazil Nuts, etc.) | 1 oz.       | 2.5 - 6 g (varies on nut type) |
| <input type="checkbox"/> Legumes (Black Beans, Red Beans, Lentils, Chickpeas, etc.)                 | 1/2 cup     | 7 - 10 g (varies on legume)    |
| <input type="checkbox"/> Peas   | 1 cup       | 8 g                            |
| <input type="checkbox"/> Edamame  | 1/2 cup     | 8 g                            |
| <input type="checkbox"/> Chia Seeds   | 1 oz.       | 4 g                            |
| <input type="checkbox"/> Hemp Seeds   | 1 oz.       | 9 g                            |
| <input type="checkbox"/> Sunflower Seeds  | 1 oz.       | 1 g                            |
| <input type="checkbox"/> Nut Butter   | 2 tbsp.     | 6 g                            |
| <input type="checkbox"/> Quinoa   | 1 cup       | 8 g                            |





# SUGGESTED SERVING & FOOD CATEGORIES

## VEGAN SPECIFIC PROTEIN SOURCES

| PROTEIN SOURCE  | PORTION  | GRAMS OF PROTEIN               |
|---|----------|--------------------------------|
| <input type="checkbox"/> Plant Protein Powder   | 2 scoops | 15 - 30 g (depending on brand) |
| <input type="checkbox"/> Tofu   | 4 oz.    | 10 g                           |
| <input type="checkbox"/> Tempeh   | 4 oz.    | 20 g                           |
| <input type="checkbox"/> Quorn  | 5 oz.    | 20 g                           |
| <input type="checkbox"/> Nuts (Almonds, Walnuts, Pistachios, Pecans, Tiger Nuts, Brazil Nuts, etc.) | 1 oz.    | 2.5 - 6 g (varies on nut type) |
| <input type="checkbox"/> Legumes (Black Beans, Red Beans, Lentils, Chickpeas, etc.)                 | 1/2 cup  | 7 - 10 g (varies on legume)    |
| <input type="checkbox"/> Peas   | 1 cup    | 8 g                            |
| <input type="checkbox"/> Edamame  | 1/2 cup  | 8 g                            |
| <input type="checkbox"/> Chia Seeds   | 1 oz.    | 4 g                            |
| <input type="checkbox"/> Hemp Seeds   | 1 oz.    | 9 g                            |
| <input type="checkbox"/> Sunflower Seeds  | 1 oz.    | 1 g                            |
| <input type="checkbox"/> Nut Butter   | 2 tbsp.  | 6 g                            |
| <input type="checkbox"/> Quinoa   | 1 cup    | 8 g                            |



# GLUTEN FREE OPTIONS

Whether you have Celiac Disease, gluten intolerance, or simply prefer to limit gluten in your diet, you may follow a gluten-free diet along with your T12 Jumpstart Meal Plan.

Please see below recommendations:

## Grain Foods **Allowed**

- OATS
- QUINOA
- BEANS
- CORN
- RICE
- AMARANTH
- BUCKWHEAT
- MILLET
- SORGHUM
- TEFF
- TAPIOCA

## Grain Foods **to Avoid**

- WHEAT
- CREAM OF WHEAT
- WHEAT GERM
- FARRO
- BARLEY
- RYE
- SPELT
- EINKORN
- TRITICALE
- EMMER

## GLUTEN FREE TIPS

- ✓ If purchasing pre-packaged items, read the nutritional ingredients and do not purchase if the product contains any of the above foods to avoid mentioned.
- ✓ If possible, look for the certified gluten-free seal.
- ✓ Read any precautionary information on a label. Some foods may not naturally contain gluten. However, cross-contamination may occur in manufacturing companies (i.e. oats).
- ✓ If following a gluten-free diet out of preference, possible cross-contamination may not be an issue. This is specific to those with allergies and/or intolerance.
- ✓ If any cookbook recipes contain gluten-containing ingredients, simply swap them out for gluten-free options.





# PLAN FRIENDLY BEVERAGES & CONDIMENT

## WHAT BEVERAGES ARE PLAN FRIENDLY?

- Water
- Greens + Reds Supplement
- Unsweetened Coconut Water
- Unsweetened Almond/Cashew Milk or Skim Milk  
(to add to hot cereals or protein smoothies)
- Coffee (Low calorie sweetener and creamer)
- Unsweetened Tea
- B Vitamin - Amino Energy Drink/ Perfect Aminos

## WHAT CAN I TOP MY FOODS WITH? OTHER PLAN FRIENDLY CONDIMENTS.

- |  |  |
|--|--|
| <input type="checkbox"/> Stevia                          | <input type="checkbox"/> Tomato Sauce<br>(low sodium, no sugar added)                        |
| <input type="checkbox"/> Monk Fruit                      | <input type="checkbox"/> Pepper  |
| <input type="checkbox"/> Coconut Sugar                   | <input type="checkbox"/> Garlic Powder   |
| <input type="checkbox"/> Maple Syrup (in moderation)     | <input type="checkbox"/> Salt-Free or low sodium Seasonings<br>(i.e. Mrs. Dash, Flavor Gods) |
| <input type="checkbox"/> Raw Honey (in moderation)       | <input type="checkbox"/> Salsa   |
| <input type="checkbox"/> Cinnamon                        | <input type="checkbox"/> Tobasco Sauce   |
| <input type="checkbox"/> Nutmeg                          | <input type="checkbox"/> Worcestershire Sauce  |
| <input type="checkbox"/> No Added Sugar Vanilla Extract  | <input type="checkbox"/> Fresh/Dried Herbs (Oregano, Rosemary,<br>Parsley, etc.)             |
| <input type="checkbox"/> Balsamic Vinegar                | <input type="checkbox"/> Teriyaki Sauce - Low Sodium<br>(Coconut Aminos)                     |
| <input type="checkbox"/> Apple Cider Vinegar             | <input type="checkbox"/> Low-Sodium Broth  |
| <input type="checkbox"/> Red Wine Vinegar                | <input type="checkbox"/> Bone Broth  |
| <input type="checkbox"/> Lemon Juice                     |  |
| <input type="checkbox"/> Mustard                         |  |
| <input type="checkbox"/> Ketchup (no sugar or low sugar) |  |
| <input type="checkbox"/> G Hughes Sauces                 | <input type="checkbox"/> Sugar Free Cool Whip  |
| <input type="checkbox"/> Primal Kitchen Sauces           | <input type="checkbox"/> Dressings (i.e. Simple Girl, Bolthouse,<br>Skinny Girl)             |





## FOOD TO AVOID AND LIMIT

- Sugars (read food labels and avoid: table sugar, com syrup, dextrose, sucrose, fructose, maltose, lactose, cane juice)
- Refined carbohydrates (white bread, white pasta, cold cereals, etc.)
- Juices, sodas, alcohol, milk, sweetened almond/cashew milk
- Sports drinks with added sugars
- Cream/milk based and/or high sodium soups
- High sodium deli meats (aim for <400mg sodium per serving)
- Fried foods
- Regular/high fat meats and cheeses
- Commercial salad dressings - specifically creamy, high-fat dressings
- Pre-packaged food items



# WORLD CLASS SUPPLEMENTS

## DESIGNED FOR WOMEN

FEEL BETTER. LOOK BETTER. PERFORM BETTER.



Fit Bodies 4 Life Nutrition is dedicated to bringing the latest research based supplements to customers world wide.

Our goal is to seek and find the most cutting edge ingredients for our customers needs at the proper dosages, backed by science.

With so much confusion in the supplement and vitamin industry, it's hard to find a company that you can trust.

When choosing ingredients. Formulations: we go through a long process and seek out the best researchers, scientists, and manufacturers to make sure our supplements are the highest quality

**SHOP SUPPLEMENTS HERE:**

**[WWW.FITBODIES4LIFENUTRITION.COM](http://WWW.FITBODIES4LIFENUTRITION.COM)**





# MY STORY

I am excited to share this awesome 21 Day Challenge with you!

If you are like 90% of women, you have tried programs, been on diets and bought expensive equipment, and did not stick with the program and ended up back where you started: Out of shape. Well, don't be discouraged. I was just like that myself. I had never really been what I'd call fit. In my younger years I was skinny with no muscle tone. I did not work out or even eat healthy at all. My idea of eating healthy was ordering the chicken sandwich at McDonald's versus the Big Mac.

At age 45 I saw a picture of myself with family at Christmas. It hit me how out of shape and overweight I had become. I was discouraged and decided that even though I was 45 I was going to do something about it. I was not going to fall into the trap that this is just what happens to women when they reach 40 something, so I joined a gym and began a workout program with proper nutrition!



I turn 64 in May 2026 and am now in the best shape of my life. I feel better now about my body than I have in years! None of this would have happened if I didn't have the mindset to change.

I am a Mom of three grown children and I have two beautiful granddaughters and 3 handsome grandsons! I love how getting into shape and learning about proper nutrition has affected not only myself but my family as well. It truly is a lifestyle change that will create a healthy environment for you and your family! My daughter, daughter in law and two sons, plus my grandkids all workout and exercise and it is exciting to me to see their dedication as well!

I have a huge passion to help women become the success they desire to be. I truly believe this has made me a better person not only on the outside but on the inside as well. No matter how old you are, if you are starting like me, later in life, or if you are in your 20's, this program will help you jumpstart your results and decrease your body fat percentage. I will be there every step of the way to help you succeed!



**KIM LIPE**

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## Fit Bodies 4 Life

*Lawyer Stuff*

Here's all the fun legal stuff my lawyers says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Fit Bodies 4 Life you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Kim Lipe or other staff or coaches of Fit Bodies 4 Life. There are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against Kim or other staff or coaches of Fit Bodies 4 Life or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

**IMPORTANT:** Again, more fun things from my lawyer: This program, the methods, and materials you receive are copyrighted and/or trademarked and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.