

On-Track Program

Quick Start Nutrition Plan

Some of you will want to have a quick start nutrition plan to help you move away from process foods and added sugars quickly. This plan can help you to do that. It is very limited in choices and is not meant to be a long-term meal plan. Take vitamin and mineral supplements as recommended.

Two times daily, drink:

8-ounces of skim milk, Fairlife milk (lactose free and higher in protein), Kroger Carb Master fat free milk (chocolate or white), no-added-sugar soymilk alone or with the protein powder of your choice **OR** 8 ounces of ready-to-drink high protein supplement, low in sugar and fat.

Three times daily, eat:

2-3 ounces of lean protein (i.e. water packed tuna or salmon, lean skinless chicken, tofu, skinless turkey, eggs, etc.) **OR** ½ to 1 cup of non-fat cottage cheese, non-fat ricotta cheese or no-added-sugar yogurt (Greek is preferable because of higher protein content).

Three times daily, eat:

¼ cup - ½ cup non-starchy vegetables cooked (steamed, boiled or sautéed in 1-2 teaspoons of olive oil) or raw.

Three times daily, eat:

Fruit – 1/2 piece of small fresh fruit or ¼ cup - ½ cup frozen fruit or fruit canned in own juice (no dried fruit).

Up to 2 tablespoons per day:

Olive, canola, corn, vegetable oil, butter or margarine

As Desired:

1-2 TBSP mustard, relish, ketchup, salsa, light mayonnaise or light salad dressing, salsa

Spray salad dressing (low calorie); Sugar free gelatin; Sugar free popsicles; Sugar free, calorie free, non caffeinated drinks; Sugar free gum and mints; Lettuce; celery; Broth; Decaffeinated coffee and tea; Non-caloric sweeteners

Sample Menus

Breakfast	4 oz Dannon Oikos Triple Zero Yogurt 1/2 cup fresh strawberries	1/2 cup scrambled egg substitute 1/2 small fresh peach
Snack	Protein Shake	Fat free milk blended with 1/2 cup frozen strawberries (no added sugar) and protein powder
Lunch	3/4 cup fat free cottage cheese 1/4 cup canned pineapple (packed in juice)	3 oz grilled chicken 1/2 cup cooked veggies
Snack	8 oz Fairlife milk	1/2 cup snap pea pods
Dinner	3 oz chicken breast 1/2 cup green beans	3 oz baked fish 1/2 cup Green Giant broccoli with low fat cheese sauce
Snack	1/4 cup carrots	1 ready-to-drink protein supplement

Remember the basics:

- Consume 64 oz of fluid daily
- Consume non calorie fluids between meals, separating fluids from solids (stop drinking 5 minutes before meals and wait 30 minutes after last bite of food to drink again)
- Eat slowly, 15-20 minutes/meal, but then put the food away until the next meal
- Chew foods to a paste