

# Resolution MEAL Plan



## Welcome to Your New Lifestyle

If your resolution is to make healthier eating habits, the **Resolution Meal Guide** is for you. This booklet contains a 1,200-calorie meal plan, packed with a selection of nutritious food choices. Take a step closer to your wellness goals by pairing this meal plan with **Resolution Drops**, our appetite suppressant formulated to support weight loss and curb your cravings for junk food!\*

The Resolution Meal Plan includes a 200-calorie breakfast, a 400-calorie lunch and dinner, and two 100-calorie snacks throughout the day, **prioritizing foods with high nutritional value.**

Please note that consuming less than 1,200 calories may be counterproductive to your health goals and may result in insufficient levels of calcium, magnesium, and protein.



# Let's Get Started

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## Things to know:

**DRINK** at least 64oz. of water each day. (8) eight-ounce glasses of water daily. This is the 8x8 rule.

**TAKE** a daily fiber supplement to help regulate your digestion and provide good gut health. Iaso® Instant Tea contains soluble fiber.

**TAKE** a daily vitamin and mineral supplement. NutraBurst® is a best-selling liquid multivitamin.

**IT'S OK** to consume more than one type of protein, vegetables/ fruits during meals, as long as the total amount adds to one suggested serving.

**IT'S OK** to add salt to foods, in moderation.

**WE RECOMMEND** customizing your meals with herbs, spices & a little TLC.

**DO NOT** eat more than 50 grams of carbohydrates daily.

**DO NOT** go more than 2 1/2 hours without eating to maintain proper metabolism.

**DON'T FORGET** most importantly, have fun!

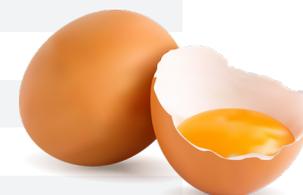


Fluids won't satisfy hunger, but they can help curb appetite. They're an important part of a healthy daily regimen. People often eat because they're thirsty, not hungry. Drink first, wait a few minutes, and then go ahead and eat if you're still hungry.

## Please Note!

Your goal is to reach a healthy weight, not starve yourself. Shoot for 1200 calories daily, do not go under or your body will store fat and slow progress. Always read ingredient labels and watch out for hidden sugars. Don't under-hydrate or over-exercise. Extreme behaviors can indicate you're developing an unhealthy lifestyle. Always consult your healthcare professional before beginning a new diet or exercise plan.

ITEM	CARBS	PROTEIN	FAT	SERVING	CALORIES
Egg Whites (raw)	1g	21.6g	0g	6 (large eggs)	102
Egg (whole)	1.2g	12 g	10g	2	156
Chicken Breast (skinless, boneless)	0g	36g	2g	3oz.	83
Turkey Breast (tenderloin)	0g	21g	1g	3oz.	90
Lean Ground Beef (95/10)	0g	18g	4.3g	3oz.	136
Lean Ground Turkey (93/7)	0g	21g	8g	4oz. (-112g)	170
Eye of Round (steak)	0g	23g	6g	3oz.	154
Top Sirloin (steak)	0g	27g	11g	3.5oz.	213
Bison (buffalo)	0g	24.5g	2g	4oz.	124
Venison (deer)	0g	26g	2.7g	3oz.	134
Tuna (in water)	0g	16g	.5g	1 can	70
Crab (raw)	0g	16g	1g	3oz.	76
Shrimp (raw)	0g	20g	.5g	3.5oz.	85
Scallops	0g	17g	.5g	3oz.	90
Orange Roughy (fish)	0g	18.5g	.8g	4oz.	86
Cod	0g	15g	.5g	3oz.	70
Flounder (fillet raw)	0g	20g	3.1g	1 Fillet	109
Sea Bass (fillet raw)	0g	24g	2.6g	1 Fillet	125
Halibut (fillet raw)	0g	19g	7.6g	1 Fillet (3.5oz.)	152
Salmon (sockeye, raw)	0g	23g	4.5g	1 Fillet (3oz.)	131
Chicken Sausage	2g	21g	5g	1 Sausage	140
Flank Steak	0g	0g	0g	1oz.	55
Grass fed Ground (5% lean)	0g	24g	6g	4oz.	150
Lobster	0g	28g	1g	1 cup	129
Roast Beef	0g	19g	4g	1 cup	120



# Protein

## RECOMMENDED FOODS

ITEM	CARBS	PROTEIN	FAT	SERVING	CALORIES
Canned Chicken Breast	0g	9g	1g	2oz.	45
Mahi Mahi	0g	20g	1g	3oz.	93
Tilapia (wild caught)	0g	5g	1g	1oz.	25
Turkey Bacon (nitrate free)	0g	6g	2g	1 slice	40
Turkey-Beef Sausage	2g	25g	6g	5oz.	160



# Vegetarian Protein

## RECOMMENDED FOODS

ITEM	PROTEIN	SERVING	CALORIES
Tofu	10g	3oz.	60
Lentils	22g	1 cup	320
Chickpeas	23g	100g	385
Hemp Seed	4g	1 tbsp	57
Green Peas (in moderation)	5g	1 cup	81
Spirulina	2g	1 tsp	10
Quinoa	13g	100g	374
Soy Milk	4g	1 cup	52
Chia Seeds	2g	1 tbs	75
Eggs	13g	1 (large egg)	143
Hummus	30g	2 tbsp	100
Spinach	3g	1 cup	23
MatriX Protein Powder	21g	1 sachet	140
Beans (black, kidney)	7g	1/2 cup	160
Great Northern Beans	18.9g	1 cup	268

Canned beans must be rinsed.



# Dairy Protein

## RECOMMENDED FOODS

ITEM	CARBS	PROTEIN	FAT	SERVING	CALORIES
Soy Milk (Silk/unsweetened)	3g	7g	4g	1 cup	80
Pure Almond Milk (unsweetened)	1g	1g	2.5g	1 cup	30
Coconut Milk (Silk/unsweetened)	1g	0g	4g	1 cup	40
Almond Milk (unsweetened)	1g	1g	2.5g	1 cup	30
Hemp Milk Unsweetened (Hemp Bliss)	0g	2g	5g	1 cup	60
Flax Milk (unsweetened/Flax Usa)	1g	8g	30g	1 cup	60
Fat Free Skim Milk	13g	8g	0g	1 cup	90
Oikos Greek Nonfat Yogurt	6g	15g	0g	5.3oz.	80
Oikos Triple Zero Yogurts	21g	15g	0g	5.3oz.	170
Coconut Spread (in place of butter)	0g	0g	7g	1 tbsp	65
Fat Free Cheese	3g	4g	0g	1 slice	30
Fat Free Cottage Cheese	6g	13g	0g	1/2 cup	80
Fat Free Sour Cream (not too much)	16g	3g	0g	100g	74
Light Mayonnaise	2g	0g	4g	15g	40

Limit dairy servings as dairy causes inflammation in the body. Choose fat free dairy or vegan alternatives and use sparingly in your meal plan.



# Vegetables

## RECOMMENDED FOODS

ITEM	PROTEIN	SERVING	CALORIES
Celery	1g	3oz.	15
Broccoli	3g	1 cup	34
Cucumbers	1g	100g	16
Cabbage	1g	1 cup	25
Spinach	3g	1 cup	23
Kale	4g	1oz.	49
Artichoke	3g	100g	47
Asparagus	2g	1 cup	20
Brussels Sprouts	3g	1/2 cup	35
Cauliflower	2g	1 cup	25
Lettuce	1g	1 cup	15
Green Bell Pepper (raw)	1g	1 medium	24
Jicama	5g	1 medium	250
Tomato	1g	100g	18
Pumpkin (fresh)	1g	1 cup	26
Spaghetti Squash	1g	1 cup	31
Zucchini	2g	1 cup	30
Carrots	1g	1 cup chopped	41
Onion	1g	1 cup chopped	40
Avocado (in moderation)	2g	1/3 medium	80
Alfalfa Sprouts	3g	86g	25
Arugula	3g	1/2 cup	25
Bean Sprouts	1g	1.5oz.	5
Beet greens	2g	1 cup	22
Beets	0g	1/4 cup	8

No canned vegetables



# Vegetables

## RECOMMENDED FOODS

ITEM	PROTEIN	SERVING	CALORIES
Bok Choy	1g	1 cup	9
Chard	0g	1 cup	7
Chicory	0g	1 bottle	35
Chili Peppers	0g	5 pieces	10
Collard Greens	3g	1 cup	33
Corn (in moderation)	1g	1 ear	25
Dill Pickles	0g	1oz.	5
Edamame	3g	25g	31
Eggplant	1g	1 cup	49
Fennel	1g	1 cup	31
Garlic	6g	1 clove	149
Green Beans	2g	1 cup	31
Jalapeño	1g	1 cup	27
Mushrooms	1g	1 large	5
Mustard Greens	2g	1/2 cup	25
Okra (not fried)	3g	4oz.	130
Parsnip	1g	1 cup	75
Peas (in moderation)	5g	1g	81
Red Radishes	1g	1oz.	5

No canned vegetables

ITEM	CARBS	PROTEIN	FAT	SERVING	CALORIES
Grapefruit	24g	2g	0g	1 medium (246g)	104
Orange	11g	1g	0g	1	45
Blueberries	14g	1g	0g	1 cup	57
Apples	30g	1g	0g	1 medium	80
Pear	26g	1g	0g	1 medium	103
Peach	9g	1g	0g	1/2 cup	35
Kiwi	10g	1g	0g	1	42
Strawberries	5g	1g	0g	1/2 cup	50
Raspberries	12g	1g	1g	1 cup	52
Blackberries	12g	2g	1g	1 cup	60
Plums	8g	0g	0g	1	30
Fresh Figs	29g	1g	0g	3 medium	110
Tangerines	12g	0.7g	0.3g	1 medium	47
Nectarines	15.1g	1.5g	0.5g	1 cup	62.9

Fruits with higher sugar content should be used sparingly in your day or only used in 1/2 portion servings. No canned fruits.



ITEM	CARBS	PROTEIN	FAT	SERVING	CALORIES
Almond Flour	6g	6g	11g	1/4 cup	150
Ezekiel Sprouted Whole Grain Tortillas	24g	6g	3.5g	1 tortilla	150
Ezekiel Bread	15g	4g	5	1 slice	80
Ezekiel Muffins	30g	8g	1g	1 muffin	160
Quinoa	39.4g	8.4g	3.5g	1 cup*	222
Quinoa Flour	23g	4g	2g	1/4 cup	132
ProGranola Vanilla Cinnamon Cluster	14g	12g	4.5g	1/2 cup	97
Ezekiel 4:9 Original Cereal	41g	8g	2g	3/4 cup	210
Ezekiel 4:9 Almond Cereal	38g	8g	3g	1/2 cup	200
Ezekiel 4:9 Golden Flax Cereal	37g	8g	3g	57g	180
Skinny Pop Popcorn**	15g	2g	10g	3 <sup>3</sup> / <sub>4</sub> cup	150
Almonds	6g	6g	14g	28g	161
Pistachios	8g	6g	12.5g	28g	156
Coconut Oil	0g	0g	13.5g	1 tbsp	121
Avocado Oil (in moderation)	0g	0g	14g	1 tbsp	124
Pumpkin Seeds	15g	5mg	22g	100g	127

\*Serving can be lowered to 1/2 cup.  
 \*\*No cheese or sweet flavors.

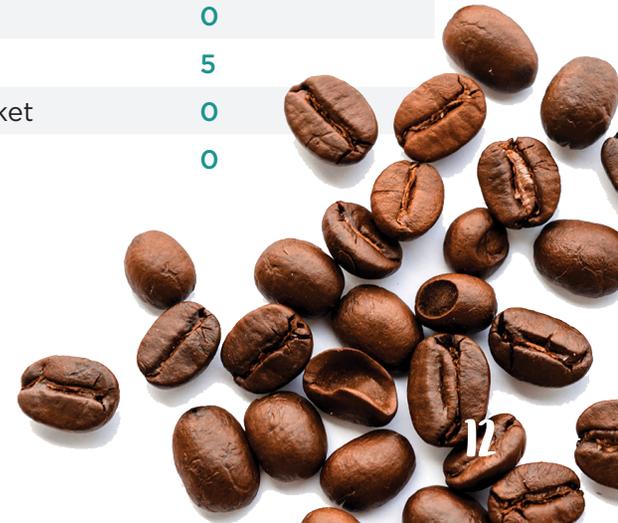


# Miscellaneous/Drinks

## RECOMMENDED FOODS

MISCELLANEOUS	CARBS	PROTEIN	FAT	SERVING	CALORIES
Hot Sauce	0g	0g	0g	1 tsp	0
Hummus	14g	8g	10g	1 cup	166
Mustard	6g	4g	3g	1 tsp	60
Organic Tomato Sauce (no sugars)	6g	1g	0g	1/4 cup	25
Organic Crushed Tomatoes (no sugars)	5g	1g	0g	1/4 cup	25
Dill Pickle Relish	0g	0g	0g	1 tbsp	1 tbsp
Salsa (no sugar)	1g	0g	0g	2 tbsp	10
Unsweetened Apple Sauce	14g	0g	0g	1/2 cup	50
Teddie All Natural Peanut Butter	7g	8g	16g	2 tbsp	190
Hidden Valley Ranch Dip Mix	1g	0g	0g	1 tbsp	5

DRINKS	CARBS	PROTEIN	FAT	SERVING	CALORIES
Water	0g	0g	0g	1 cup	0
Black Coffee	0g	0g	0g	2 cups	2
Stur - water flavoring	1g	0g	0g	2ml	0
Zevia	3g	0g	0g	1 cup	0
Unsweetened Tea	0g	0g	0g	1 cup	0
Bai Drinks	1g	0g	0g	18oz.	5
True Lemon	0g	0g	0g	1 packet	0
Lacroix Sparkling Water	0g	0g	0g	12oz.	0



## Set Up Your Own Meal Plan

Use our recommended foods to plan out your own 1200-calorie-day. The 1200 calorie day allows for a (200-calorie) breakfast, (400-calorie) lunch and dinner, and two (100-calorie) snacks. You may make adjustments to your calorie intake for each meal, as long as you stay in the 1200 limit.

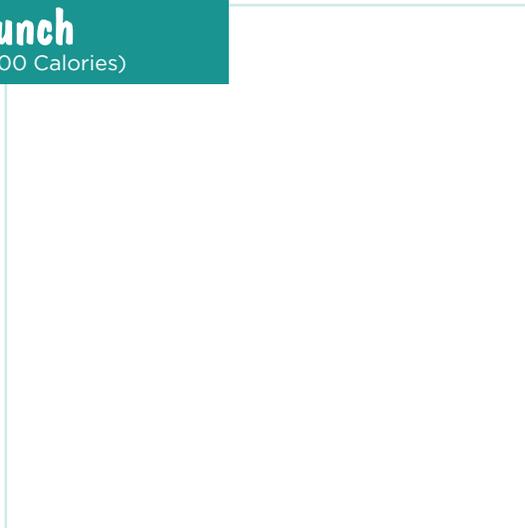
**Breakfast**  
(200 Calories)



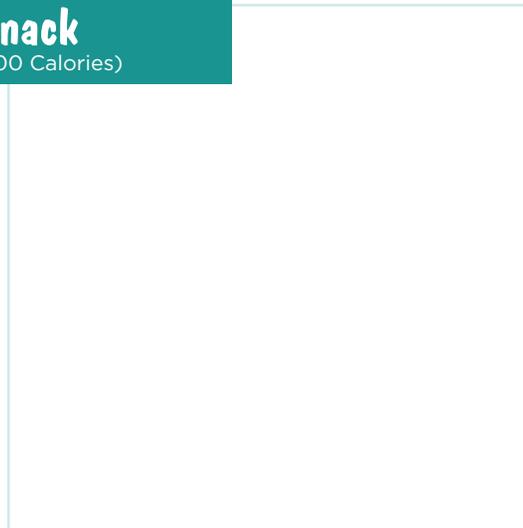
**Snack**  
(100 Calories)



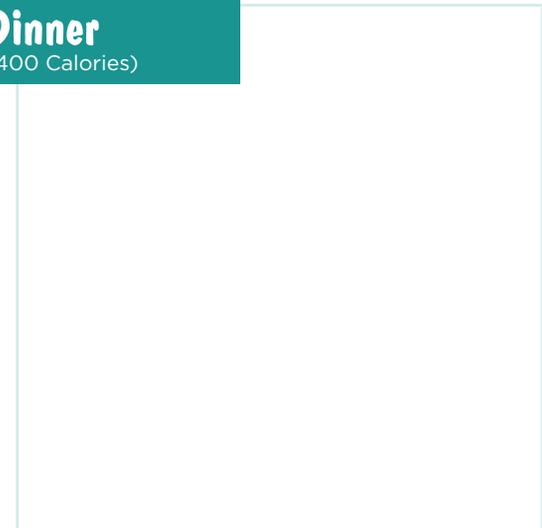
**Lunch**  
(400 Calories)



**Snack**  
(100 Calories)



**Dinner**  
(400 Calories)





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