

[truestarhealth.com](http://truestarhealth.com)

Log on to [www.truestarhealth.com](http://www.truestarhealth.com) to create a personal nutritional meal plan based on your weight-loss goals, physical activity level, and current health status.

## Sample Metabolic Booster Meal Plans and Recipes

When adding fat to your meal or snack, try 'sprinkling' good fats on your food — topping a salad with crushed walnuts, adding flax oil to a morning shake, or using olive oil for cooking. Fat has nearly twice as many calories as protein and carbohydrates, so you don't need as much to reap all the benefits.

Remember to combine a selection of carbohydrates, protein, and fat at each and every meal and snack. Truestar recipes include a measure of the total carbohydrates, proteins, and fats in each recipe so you can quickly see if the desired macronutrient ratio is being met. While the ideal ratio cannot always be met, aim to keep the proportions close to the ideal.

These are only a few elementary recipes that combine all three macronutrients (carbohydrates, proteins, and fats). Truestar has created thousands of easy-to-prepare meal and snack recipes, featuring hormonally balanced foods choices that promote a lifetime of healthy eating and weight loss.

For more Metabolic Booster Plan recipes, see the Truestar Recipes section in this book and the [truestarhealth.com](http://truestarhealth.com) website.



BREAKFAST

## Banana Raspberry Smoothie

- 6¼ tbsp (30 grams) protein powder
- 4 oz (118 ml) soy milk
- ¼ medium banana
- ½ cup frozen raspberries
- 1½ cup (7 ml) flaxseed oil

Blend on high and enjoy!

MACRONUTRIENT RATIO

- Carbohydrates: 23 grams
- Protein: 26 grams
- Fat: 10 grams



LUNCH

## Mediterranean Beef Salad

- 5 oz (142 g) lean eye of round beef
- 2 cups romaine lettuce
- ½ cup sliced red pepper
- ¾ cup chopped onion
- ½ cup sliced mushrooms
- 1½ tsp (7.4 ml) extra-virgin olive oil
- ⅛ tsp (0.6 ml) Worcestershire sauce
- 2 tsp (9.8 ml) red table wine
- ½ tsp (2.3 g) minced garlic

Combine oil, thinly sliced beef, peppers, mushrooms, onion, Worcestershire sauce, garlic, and red wine in a nonstick pan. Cook until beef is browned and pepper and onions are tender. Cover and simmer for 5 minutes until mixture is hot, stirring occasionally to blend flavors. Arrange garden salad mix of romaine lettuce on a large plate. Spoon beef and vegetable mixture onto top of salad. Sprinkle with salt and pepper. Enjoy!

MACRONUTRIENT RATIO

Carbohydrates: 26 grams • Protein: 32 grams • Fat: 12 grams

DINNER

## Sweet and Sour Chicken

- 5 oz (142 g) boneless, skinless chicken breast
- 2.5 tsp (12 ml) extra virgin olive oil
- 1/4 cup (57 g) raw snow peas
- 1/2 cup (114 g) raw onions
- 1/4 cup (57 g) mung bean sprouts
- 1/4 cup (57 g) pineapple wedges
- 2 tsp (9.9 ml) sweet and sour sauce

Heat half the oil in a nonstick pan over medium-high heat. Add pieces of chicken and cook for approximately 10 minutes or until chicken is no longer pink inside. Coat another nonstick pan with remaining oil and heat over medium-high heat. Add snow peas, onions, and sprouts. Sauté until crisp yet tender. Mix in pineapple and sweet and sour sauce. Cook an additional 3 to 5 minutes. Place on a plate and top with chicken.

### MACRONUTRIENT RATIO

Carbohydrates: 46 g • Protein: 47 g • Fat: 14 g

**NOTE:** Weight loss can vary per individual. People with certain medical conditions (e.g., thyroid disorders) may lose weight at slower rates and should consult their doctor if weight-loss results are not achieved.

## Phase II

### Continuum Weight Loss Plan

*(Lose 1 to 2 pounds per week)*

The Continuum Weight Loss Plan is designed for individuals who have successfully completed the Metabolic Booster Plan (4 to 6 weeks) and wish to eat more whole grains and carbohydrates in their diet or for those who desire a more gradual weight-loss approach. On Phase II, you can expect to lose weight at approximately 1 to 2 pounds per week.

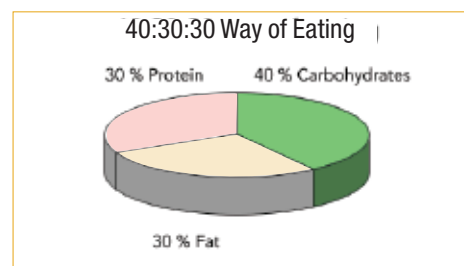
Once you have successfully completed Phase I, your metabolism should be working at a faster pace and you should not gain any weight when switching to Phase II. If you do find yourself gaining weight, simply switch back to the Metabolic Booster Plan for another 4- to 6-week period.

### Continuum Weight Loss Food Ratio

In this phase, you need to eat a slightly different ratio of carbohydrates, proteins, and fats, with an increase in carbohydrates.

- 40% low glycemic index carbohydrates (10% higher than the Metabolic Booster Plan)
- 30% lean proteins (10% less than the Metabolic Booster Plan)
- 30% essential fats

You need to eat in this ratio for each and every meal and snack in order to continue losing your weight.



**RESTRICTED AND ALLOWED FOODS**

The foods allowed in the Continuum Weight Loss Plan are similar to the Metabolic Booster Plan, but there is a higher percentage of carbohydrates, especially whole-grain items. Additionally, four alcoholic beverages per week are permitted. Optimal choices are red wine or light beer. Be sure to have a

selection of protein if indulging in alcoholic beverages.

Restricted and allowed proteins and fats are the same as for the Metabolic Booster Plan. Eat fatty meat products, such as beefsteak and pork ribs, minimally, once a week only, and avoid full-fat cheeses, eating instead low-fat cheddar, mozzarella, havarti, and other cheeses.

**Continuum Weight Loss Plan: Carbohydrates Allowed**

<p><i>Fruits</i></p> <ul style="list-style-type: none"> <li>• All fruits with the exception of dates, raisins, and sugary juices</li> </ul>	<p><i>Vegetables</i></p> <ul style="list-style-type: none"> <li>• All vegetables are allowed except for white potatoes.</li> <li>• Sweet potatoes and squash are allowed</li> </ul>	<p><i>Beans</i></p> <ul style="list-style-type: none"> <li>• All types of beans, legumes, and seeds</li> </ul>	<p><i>Whole Grains</i></p> <ul style="list-style-type: none"> <li>• 2 Wasa crisp bread</li> <li>• 1 cup of slow cooking oatmeal</li> <li>• 1 medium-sized whole-wheat tortilla wrap</li> <li>• 1/2 cup of kamut or spelt pasta</li> <li>• 1/2 cup of brown rice</li> <li>• 2 slices of whole-grain bread</li> </ul>
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**Carbohydrates Restricted**

<p><i>Fruits</i></p> <ul style="list-style-type: none"> <li>• Fruit juice</li> </ul>	<p><i>Vegetables</i></p> <ul style="list-style-type: none"> <li>• White potatoes or rice</li> </ul>	<p><i>Sugar</i></p> <ul style="list-style-type: none"> <li>• Candy and ice cream</li> <li>• Granola bars</li> <li>• Soda/pop</li> </ul>	<p><i>Refined Flour</i></p> <ul style="list-style-type: none"> <li>• White pasta, white bagels, crackers, and cookies</li> <li>• Cereals and instant oatmeal</li> <li>• White bread and buns (aside from Wasa crisp bread)</li> </ul>
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## Meal Plans

Truestar meal plans and recipes are balanced precisely to normalize insulin levels. The whole grains found in our meal plans are made of rich fibers and flours, such as kamut and spelt pasta or multi-grain and flaxseed bread.

Remember, the key is to balance the three macronutrients at the ratio we recommend. Eating carbohydrates, proteins, and fats separate from each other is *not* the key to weight loss.

Once you have lost your desired weight, if you eat whole grains in moderation and in combination with the proper amounts of protein and fat, the weight you have lost should be easily maintained. By simply



sticking to the Truestar meal plans or following our foods restricted and unrestricted — your weight loss should be permanent.

## Sample Continuum Meal Plans and Recipes

### BREAKFAST

### Chocolate Monkey Smoothie

- 20 grams protein powder
- 8 oz (227 g) soymilk
- 3 tbsp (42 g) unsweetened cocoa powder
- 1/4 banana
- 1 tsp (5 ml) flaxseed oil

Place all ingredients in a blender and blend until smooth.

### MACRONUTRIENT RATIO

- Carbohydrates: 32 g
- Protein: 28 g
- Fat: 10 g



LUNCH

## Salmon Burger and Salad

### BURGER

- 5 oz (142 g) canned boneless pink salmon
- 4 tbsp (56 g) green beans
- 1/2 tsp (2.3 g) chopped chives
- 1 sweet potato boiled (small)
- 1/8 tsp (0.6 g) cayenne pepper
- salt and pepper (to taste)

In a bowl combine chopped beans, chives, salmon, mashed potato, salt, cayenne pepper and black pepper. Form mixture into a patty and grill in a nonstick pan until patties are cooked.

### SALAD

- 2 cups lettuce
- 1/2 cup (142 g) cucumber
- 2 slices tomato
- 1 tbsp (14 ml) balsamic vinegar
- 1 tsp (5 ml) olive oil

Toss salad ingredients and serve on the side.

### MACRONUTRIENT RATIO

Carbohydrates: 38 g • Protein: 31 g • Fat: 8 g

DINNER

## Feta Turkey Burger

- 3 oz (85 g) lean ground turkey
- 1 tbsp (14 g) feta cheese
- 1/2 tsp (2 ml) oregano
- ground black pepper (to taste)
- 2 cups lettuce
- 1/2 cup cucumber
- 2 slices tomato
- 1 tbsp (15 ml) balsamic vinegar
- 1 tsp (5 ml) extra-virgin olive oil
- 1 whole grain bun

Preheat grill or broiler on medium high heat. In a bowl, mix turkey, feta, oregano, and pepper. Form into a patty. Lightly oil grate and place patty onto grill. Cook for about 10 minutes or until turkey is cooked through, flipping halfway through. Place on a whole grain bun. Enjoy with tossed salad lettuce, cucumber, tomato, balsamic vinegar, olive oil).

### MACRONUTRIENT RATIO

Carbohydrates: 27 g • Protein: 27 g • Fat: 10 g

With 9 calories per gram, fat contains nearly 2.2 times the amount of calories in comparison to proteins and carbohydrates, which contain 4 calories per gram.

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Log on to [www.truestarhealth.com](http://www.truestarhealth.com) to create a personal nutritional meal plan based on your weight-loss goals, physical activity level, and current health status.

## Phase III: Healthy Weight Maintenance Plan

You should stay on the Continuum Weight Loss Plan until you reach your weight goal. Once your weight loss goal has been achieved, you can eat from any of the Truestar maintenance meal plans to keep your weight off permanently. Continue eating hormonally balanced meals not only to keep lean and fit—but also to keep your immune system strong so you can ward off any illnesses or diseases, such as diabetes, heart disease, stroke, or cancer.

### *Healthy Weight Maintenance Food Ratio*

The food ratio for the Weight Loss Maintenance Plan is similar to Phase II, though you can introduce additional whole-grain foods to the point where

you are no longer losing weight and no longer gaining weight. Keep the ratio of macronutrients for each meal and snack balanced.

- 40% low glycemic index carbohydrates
- 30% lean proteins
- 30% essential fats

In this state of metabolic balance, you should find yourself feeling fit and vital, with plenty of energy and no undue fatigue.



Once your weight loss goal has been achieved, you can eat from any of the Truestar maintenance meal plans to keep your weight off permanently.

## Healthy Weight Maintenance Meal Plans

The Truestar maintenance meal plans focus on nutrient-rich and delicious food options that will tempt all palates. Visit [www.truestarhealth.com](http://www.truestarhealth.com) to learn more. At this site, members can fill out a personal nutritional profile to receive meal plan options that fit their lifestyle, taste buds, height, weight, and sex. There are also several customized meal plan programs available.

- Optimal wellness plans
- Red meat free plans
- Dairy free plans
- Dairy free and wheat free plans
- Gluten free plans
- Nut free plans
- Vegetarian plans
- Vegan plans





## Cheating

Within the Truestar approach to eating, we have developed a cheat system that allows you to indulge occasionally in the ‘no-no’ foods that are typically not recommended. We call this the ‘80-20’ rule of eating. In other words, if you follow the Truestar approach to eating 80% of the time, but fall off the health wagon and indulge 20% of the time (at parties, on weekends, or over the holiday season), you will still be able to reach and maintain your health goals.

There are three exceptions to this rule: if you are suffering from an illness or food allergy, we may advise you to follow the meal plan strictly; if you are in the first 4 weeks of the Metabolic Booster Plan; or if you are not losing any weight.

## Eating for Success Guidelines

In addition to eating the proper balance of the three macronutrients at each and every meal to maintain hormonal balance, there are certain behavior and eating patterns that actually promote weight loss and optimal health. Read on to discover further tips to boost your metabolism and maintain your fit, lean, and trim body.

- Chew your food properly to avoid undigested food particles in your system. Undigested food particles are perceived as invaders in the body and can elicit an immune system attack, which can show up as digestive problems, inflammation, asthma, allergies, and poor skin.
- Take your time when eating and relax! It takes a minimum of 20 minutes for the stretch receptors in the stomach to register a ‘full’ or satiated signal in the brain. For this reason, eating slowly prevents overeating.
- Support optimal digestion by including plenty of fresh, clean water and fiber-filled foods in your diet.
- Do not skip meals, including breakfast. Recent research shows that people who skip meals are more likely to gain weight.
- Shop on the exterior of your supermarket first, where you’ll find fresh, whole foods, such as fruits, vegetables, low-fat dairy products, lean meats, and omega-3 eggs. Avoid the interior of the store, where processed food products, such as cookies, cakes, granola bars, and sugar-coated cereals, are located.
- Follow the Truestar nutrition, exercise, vitamin, attitude, and sleep programs to gain the synergistic effect of total health and weight loss the Truestar way.
- Once you begin following the Truestar approach to eating, you will notice a difference in energy and pounds lost in the first week. Within 4 weeks, you will be well on the path to a new you. Bravo — enjoy your journey on the path to the Ultimate You.

We have developed a cheat system that allows you to indulge occasionally in the ‘no-no’ foods that are typically not recommended.



## Truestar Recipes

### Metabolic Booster Meal Plans

#### BREAKFAST OPTIONS

#### Quick and Easy Scrambled Eggs

- 2 large omega 3 eggs
- 1 large egg white
- 1 oz (28 g) non-fat dairy cheese (shredded)
- 2 tbsp (10 ml) skim milk
- 1 slice of crisp bread
- ½ cup (114 g) blueberries

Blend and cook mixture of eggs, egg whites, and shredded cheese on high heat for 1 to 1½ minutes. Enjoy with fresh fruit and crisp bread on the side.

Carbohydrates 22 g • Protein: 27 g • Fat: 10 g



#### Strawberry Banana Smoothie

- ½ cup (118 ml) bananas and strawberries
- 1 scoop (25 grams) protein powder
- crushed ice
- 1 teaspoon (5 ml) flaxseed oil
- 4 oz (113 g) soymilk (added protein)

Blend on high.

Carbohydrates: 20 g • Protein: 29 g • Fat: 7 g



### Cottage Cheese with Fruit Medley

- 8 oz (227 g) cottage cheese (1% fat)
- 1/4 cup grapefruit
- 1/4 cup mandarin orange sections
- 1/2 cup chopped apples
- 2 tbsp chopped almonds

Mix fruit and cheese together. Add cinnamon and nutmeg to taste if desired.

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Carbohydrates: 26 g • Protein: 30 g • Fat: 10 g

### Berry Flax Yogurt

- 1/2 cup (115 g) low-fat, plain yogurt
- 0.7 oz (20 g) protein powder
- 1/4 cup raspberries
- 1/4 cup blueberries
- 1 tsp (5 ml) flaxseed oil
- 1 oz (28 ml) low fat cheese

Mix yogurt with protein powder, flax seed oil and berries. Serve with cheese on the side.

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Carbohydrates: 22 g • Protein: 27 g • Fat: 9 g

With 9 calories per gram, fat contains nearly 2.2 times the amount of calories in comparison to proteins and carbohydrates, which contain 4 calories per gram.

### Scrambled Eggs with Dill and Smoked Salmon

- 1 large omega-3 egg
- 3 large egg whites
- 1 tsp (5 ml) skim milk
- 1 tsp (5 g) dried dill weed
- 1/2 medium raw onion
- 1 1/2 oz (42 g) smoked salmon
- 3 slices Wasa fiber crisp bread
- salt (to taste)

In a large bowl, beat egg, egg whites, milk, dill, and salt. Spray a skillet with non-fat cooking oil spray. At medium heat, add sliced scallions and cook for about 8 minutes, until softened. Pour in egg mixture and cook 3 to 4 minutes, stirring occasionally, until almost set. Mix in sliced salmon. Cook 1 minute more or until eggs reach desired doneness. Enjoy with crisp bread on the side.

Carbohydrates: 26 g • Protein: 30 g • Fat: 10 g



### Anti-Aging Smoothie

- 1.2 oz (35 g) protein powder
- 3/4 cup (177 ml) low fat soymilk
- 1/2 cup whole strawberries
- 1/4 cup blueberries
- 1 tbsp (15 ml) flaxseed oil
- 4 ice cubes

Blend on high and enjoy!

Carbohydrates: 29 g • Protein: 36 g • Fat: 11 g



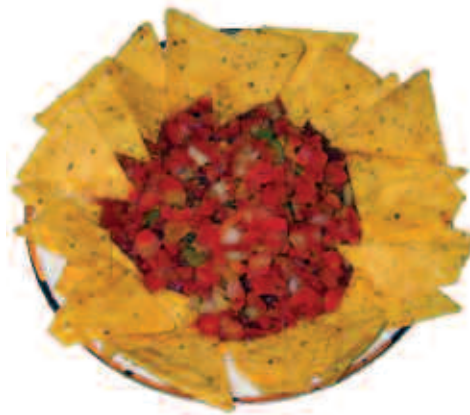
LUNCH OPTIONS

Tasty Tuna Melt

- 1 slice of whole wheat or spelt bread
- 4 oz (113 g) canned light tuna
- 1 tbsp (15 g) diced celery
- 3 slices tomato
- 1½ tsp (7 ml) light mayonnaise
- 1 oz (28 g) low-fat shredded cheese

Mix tuna, celery, tomato, mayonnaise, and cheese in a bowl. Spread mixture on bread and cook in microwave until cheese is melted on top. Enjoy with a handful of nuts!

Carbohydrates: 26 g • Protein: 40 • Fat: 13 g



Nacho Lunch

- 15 baked nacho chips
- ½ cup (75 g) veggie ground beef
- 2 oz (57 g) low-fat shredded cheese
- 4 tbsp (60 ml) medium salsa

In a small baking dish, layer tortilla chips with ground beef, soy, salsa, and shredded cheese. Place in microwave and cook until cheese is melted and mixture is heated (approximately 2 minutes).

Carbohydrates (g): 27 • Protein (g): 35 • Fat (g): 12

### Strawberry and Pear Cottage Cheese Delight

- 1¼ cup (287 g) cottage cheese (2% fat)
- ½ cup strawberries
- ½ pear (small)
- 1½ tbsp (18 g) chopped walnuts

Combine fruit and cottage cheese. Sprinkle with nuts and enjoy!

Carbohydrates : 26 g • Protein: 42 g • Fat: 12 g



### Easy Egg Salad

- 2 large hard boiled eggs
- 1 tbsp (15 ml) non-fat mayonnaise
- 1 tsp (5 ml) Dijon mustard
- 2 tbsp (28 g) diced celery
- 2½ oz (70 g) non-fat cheese
- 3 slices Wasa bread

Chop omega-3 hard-boiled eggs. In a large bowl, mix eggs with mayonnaise, mustard, and a dash of salt and pepper. Stir in chopped celery. Place cheese on crispbread and top with egg mixture.

Carbohydrates: 30 g • Protein: 36 g • Fat: 13 g



### Tossed Chicken Salad

- 4 oz (113 g) cooked skinless chicken breast
- 2 oz (57 g) low-fat cheddar or colby cheese
- 1 tbsp (15 g) sunflower seeds
- 4 cups lettuce
- 1 cup cucumber
- 4 slices tomato
- 2 tbsp (30 ml) balsamic vinegar

Slice or dice chicken. Cube cheese. In a bowl, combine chicken, salad (lettuce, cucumber, tomato, and balsamic vinegar), and cubed cheese. Toss until thoroughly combined and sprinkle with sunflower seeds.

Carbohydrates: 28 g • Protein: 37 g • Fat: 12 g

### Tasty Veggie Burger and Side Salad

- 1 veggie burger patty
- 1 whole wheat hamburger bun
- 1 oz (28 g) low-fat cheese shredded
- 2 tbsp sunflower seeds
- 2 cups lettuce
- ½ cup cucumber
- 2 slices tomato
- 1 tbsp balsamic vinegar
- 1 tsp (5 ml) extra-virgin olive oil
- ½ cup (115 g) low-fat yogurt
- 1 tsp ground flaxseeds

Prepare veggie burger as per package instructions. Serve with a tossed salad (lettuce, cucumber, tomato, balsamic vinegar, and olive oil). Sprinkle with sunflower seeds and shredded cheese on top. Enjoy yogurt mixed with flaxseed for dessert.

Carbohydrates: 41 g • Protein: 32 g • Fat: 13 g



**DINNER OPTIONS****Broiled Halibut Steak with Yams and Asparagus**

- 5 oz (142 g) halibut steak
- 5 medium spears of raw asparagus
- <sup>3</sup>/<sub>4</sub> cup baked or broiled yams
- <sup>1</sup>/<sub>2</sub> tsp (2.3 g) paprika
- <sup>1</sup>/<sub>3</sub> tsp (1.4 g) ground oregano
- <sup>1</sup>/<sub>3</sub> tsp (1.4 g) dried thyme
- <sup>1</sup>/<sub>4</sub> tsp (1.2 g) garlic
- <sup>1</sup>/<sub>8</sub> tsp (0.125 g) cayenne pepper
- 2 tsp (9.5 g) extra-virgin olive oil

Preheat the oven to broiler setting. Combine paprika, thyme, oregano, onion powder, garlic powder, and cayenne pepper in a bowl. Mix well. Place halibut steak on a nonstick pan coated with non-fat vegetable oil spray. Brush olive oil over halibut steak. Sprinkle <sup>1</sup>/<sub>2</sub> to 1 teaspoon of seasoning mixture (use more, if desired) on top of steak. Broil for 10 minutes per inch of thickness or until fish flakes easily with a fork. Add salt and pepper to taste. Keep remaining seasoning mixture and use for next time. Serve with steamed asparagus and baked or broiled yams.

Carbohydrates: 31 g • Protein: 35 g • Fat: 12 g

**Greek Chicken Salad**

- 3 cups romaine lettuce
- 7 oz (200 g) skinless chicken breast
- <sup>1</sup>/<sub>2</sub> cup (118 g) chopped tomato
- <sup>1</sup>/<sub>2</sub> cup (118 g) raw onions
- <sup>1</sup>/<sub>2</sub> cup (118 g) sliced cucumber
- <sup>1</sup>/<sub>2</sub> oz (14 g) feta cheese
- 6 black-pitted olives sliced
- 1 tbsp (14 g) extra-virgin olive oil
- 1 tbsp (15 ml) balsamic vinaigrette

Grill chicken in the oven broiler or on a barbecue. Mix lettuce, tomatoes, sliced onions, cucumbers, and olives in a large bowl. Top with sliced grilled chicken, cheese, and salad dressing made of olive oil and balsamic vinaigrette.

Carbohydrates (g): 33 • Protein (g): 45 • Fat (g): 15

## Sunflower Tuna Salad

- 5 oz (141 g) light canned tuna
- 4 cups romaine lettuce
- ½ cup (114 g) chopped tomatoes
- ½ cup (114 g) chopped cucumber
- 2 tbsp (28 g) balsamic vinaigrette
- 1 tsp (5 ml) extra-virgin olive oil
- 1 cup cubed cantaloupe

Put all ingredients into a salad bowl and drizzle with dressing (olive oil and balsamic vinegar). Enjoy with 1 cup of cubed cantaloupe for dessert.

Carbohydrates: 33 g • Protein: 37 g • Fat: 10 g



## Egg Salad Crisp

- 2 large hard-boiled eggs
- 3 slices fiber crisp bread
- 2 oz (57 g) non-fat cheddar cheese
- 1 tbsp (15 ml) non-fat mayonnaise

In a bowl, chop hard-boiled eggs and mix with and mayonnaise. Add salt and pepper to taste. Place on top of crisp bread with a slice of cheese.

Carbohydrates: 29 g • Protein: 32 g • Fat: 12 g

## Grilled Teriyaki Tofu with Salad

- 3 tbsp (14 ml) teriyaki sauce
- 6 oz (120 g) low-fat firm tofu
- 2 oz (57 g) tofu cheese (mozzarella flavored)
- 1/2 tsp (2.3 g) dried sunflower seed kernels
- 2 cups (460 g) lettuce
- 1/2 cup (114 g) cucumber
- 2 slices tomato
- 1 tbsp (15 ml) balsamic vinegar
- 1 tsp (5 ml) olive oil

Cut tofu into pieces and combine with teriyaki sauce in a bowl and marinate for 20 minutes. Grill tofu, occasionally basting with extra sauce. Serve with a tossed side salad (lettuce, cucumber, tomato, balsamic vinegar, olive oil) topped with cheese and sunflower seeds. Enjoy with 2 wasa crisp breads on the side.



## Snacks Options

- Hummus (chickpea dip) and carrots
- Yogurt and a handful of nuts
- Cottage cheese and raspberries or blueberries
- Zone protein bars
- Sliced chicken or turkey with celery and carrots
- Protein shake



Carbohydrates: 35 g • Protein: 43 • Fat: 11 g



### Herb Roasted Lemon Chicken

- 6 oz (170 g) raw boneless chicken breast
- ¼ medium lemon
- 2 tsp (10 g) chopped walnuts
- 1 small baked sweet potato
- 2 cups lettuce
- ½ cup (114 g) cucumber
- 2 slices tomato
- 1 tbsp (5 ml) balsamic vinegar
- 1 tsp (5 ml) olive oil

Preheat oven to 425°F. Season both sides of chicken with salt, pepper, dried rosemary, and basil. Spray baking dish with olive oil cooking spray and place chicken breast inside. Cover chicken with 2 sliced lemons and roast until chicken is no longer pink inside (about 20 minutes). Bake or microwave sweet potato at the same time. Toss salad. Enjoy!

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Carbohydrates: 28 g • Protein: 41 • Fat: 12 g

## Continuum Weight Loss Meal Plans

### BREAKFAST OPTIONS

#### Ham and Cheese Omelet

- 1 large omega-3 egg
- 1 large egg white
- 1 oz (28 g) extra lean ham
- 1 oz (28 g) low-fat cheddar cheese
- ½ tsp (2.5 ml) olive oil
- 1 orange
- 1 kiwi

Spray a nonstick pan with cooking oil spray and heat over medium heat. In a bowl, whisk together egg and egg whites. Pour into pan and add chopped ham and shredded cheese. When eggs are set, flip over and continue cooking until egg is fully cooked. Serve with fruit.

Carbohydrates: 29 g • Protein: 24 g • Fat: 10 g



#### Apricot Power Oatmeal

- ½ cup (115 g) oatmeal cereal
- 8 fl oz (236 ml) water
- 1 scoop protein powder
- 1 tbsp (5 g) dried apricots
- ⅛ tsp (0.5 g) ground cinnamon
- 1½ tbsp (21 g) chopped almonds

Prepare slow-cooking oatmeal following package instructions. Mix protein powder into a small amount of soymilk or water. Mix into prepared oatmeal. Add chopped apricot, cinnamon, and nuts.

Carbohydrates: 25 g • Protein: 20 g • Fat: 8 g



### Bagel, Cream Cheese, and Smoked Salmon (Lox)

- 1 whole wheat or whole grain bagel toasted
- 2 tbsp (28 g) light cream cheese
- 4 oz (113 g) smoked salmon
- 4 slices cucumbers
- 4 slices tomato
- 2 slices red onion
- 1 medium apple

Spread cream cheese onto bagel. Top with smoked salmon (lox), cucumber, tomato, and onion. Serve with an apple.

Carbohydrates: 38 g • Protein: 28 g • Fat: 14 g

### Immune Boosting Smoothie

- 2 tbsp (30 g) protein powder
- 8 fl oz (236 ml) filtered water
- ¼ cup orange sherbet
- 1 cup whole strawberries
- ¼ banana
- 1½ tsp (7 ml) flaxseed oil

Place fruit, water, protein powder, flaxseed oil, and sherbet in a blender. Blend until smooth. Enjoy.

Carbohydrates: 30 g • Protein: 23 g • Fat: 10 g



## Healthy Bacon and Eggs

- 3 large egg whites
- 2 oz (57 g) extra-lean Canadian style bacon
- 1½ tsp (7 ml) olive oil
- ½ grapefruit
- ¾ cup of blueberries

Spray a nonstick pan with an olive oil spray. Add egg whites and cook until set. Lightly coat another pan with oil. Prepare bacon following package instructions. Serve with a side of fruit.



Carbohydrates: 30 g • Protein: 25 g • Fat: 10 g



## LUNCH OPTIONS

### Ham and Swiss Crisp

- 3 slices Wasa fiber rye crisp bread
- 3 oz (85 g) extra-lean sliced ham
- 1 oz (28 g) non-fat Swiss cheese
- 1 tsp (5 ml) mustard
- 1 tsp (5 ml) mayonnaise
- 1 leaf of loose-leaf lettuce

Spread mustard and mayonnaise on crisp bread. Top with ham, cheese, and lettuce. Enjoy with your choice of fruit on the side.

Carbohydrates: 38 g • Protein: 25 g • Fat: 11 g



### Pesto Tuna Melt

- 2 slices Wasa fiber crisp bread or multi-grain bread
- 1 tbsp (15 ml) pesto sauce
- 3 oz (85 g) canned light tuna
- 1 oz (28 g) non-fat mozzarella cheese
- 2 slices tomato
- 1 serving fruit of choice

Spread pesto on crisp bread. Top with tomato, tuna, and cheese. Put on foil in toaster oven or under broiler. Cook for a few minutes until cheese is melted. Serve with your choice of fruit for dessert.

Carbohydrates: 41 g • Protein: 37 g • Fat: 13 g

## Deli Chicken Sandwich and Tossed Salad

- 2 slices multi-grain or whole-wheat bread
- 3 oz (85 g) chicken breast lunch meat
- 1 oz (28 g) low-fat Swiss cheese
- 1 tbsp (15 g) mustard
- 2 cups lettuce
- ½ cup (115 g) sliced cucumber
- 2 tomato slices
- 1 tbsp (15 g) fat-free Italian dressing
- 1 apple

Spread mustard onto toasted bread and top with cheese and sliced deli chicken. Serve with a side salad (lettuce, cucumber, tomato, and fat-free Italian dressing). Enjoy with an apple for dessert.

Carbohydrates: 41 g • Protein: 28 g • Fat: 11 g



## Tofu and Bean Salad

- 6 oz (170 g) light, extra-firm, silken tofu
- 1 cup canned dark red kidney beans
- 1 oz (28 g) sliced pitted green olives
- 2 tbsp (28 g) chopped parsley
- ½ tbsp (7 ml) extra-virgin olive oil
- ¼ tsp (1.2 ml) lemon juice
- Salt and pepper to taste

Mix all ingredients in a bowl. Chill and serve.

Carbohydrates: 45 g • Protein: 26 g • Fat: 13 g

## Classic Turkey, Lettuce, and Tomato Sandwich

- 2 slices whole-wheat bread
- 2 tbsp (30 ml) Dijon mustard
- 3 slices roasted turkey breast
- 1 oz (28 g) low-fat cheese
- 2 slices tomato
- 1 apple

Spread Dijon mustard on bread. Top with turkey, cheese, lettuce, and tomato. Serve with an apple for dessert.

Carbohydrates: 43 g • Protein: 28 g • Fat: 13 g



## DINNER OPTIONS

## Speedy Sesame Tuna

- 3 oz (85 g) raw yellow fin tuna
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) sesame seed
- 1 sweet potato baked with skin
- $\frac{3}{4}$  cup (172 g) boiled and chopped broccoli
- 2 cups lettuce
- $\frac{1}{2}$  cup cucumber
- 2 slices tomato
- 1 tbsp (15 ml) balsamic vinegar
- 1 tsp (5 ml) extra-virgin olive oil

Preheat a pan or grill and add oil when hot. Season tuna with salt and pepper if desired. Add tuna to hot pan or grill and cook for 10 minutes, turning half way through, until tuna is cooked. Sprinkle with sesame seeds and cook for another minute. Serve with sweet potato, broccoli, and a tossed salad (lettuce, cucumber, tomato, balsamic vinegar, olive oil).

Carbohydrates: 44 g • Protein: 28 g • Fat: 11 g



## Grilled Chicken with Sweet Mandarin Salsa

- 4 oz (113 g) boneless and skinless chicken breast
- $\frac{1}{2}$  cup (115 g) canned mandarin oranges
- 1 tbsp (15 ml) reserved mandarin juice
- $\frac{1}{4}$  cup (57 g) sliced red onion
- $2\frac{1}{2}$  tsp (12 ml) extra-virgin olive oil
- 1 tbsp (15 ml) red wine vinegar
- 1 cup (230 g) broccoli florets
- 2 cups lettuce
- $\frac{1}{2}$  cup sliced cucumber
- 2 tomato slices
- 1 tbsp (15 ml) balsamic vinegar
- 1 tbsp (15 ml) olive oil

In a bowl, mix mandarin oranges with reserved mandarin juice from can, onion, oil, vinegar, and salt and pepper to taste. Cover and refrigerate for a few hours. Grill chicken breast until chicken is no longer pink inside. Top with mandarin orange salsa. Serve with steamed broccoli and tossed salad (lettuce, cucumber, tomato, balsamic vinegar, olive oil).

Carbohydrates: 36 g • Protein: 28 g • Fat: 12 g

[truestarhealth.com](http://truestarhealth.com)

Log on to [www.truestarhealth.com](http://www.truestarhealth.com) to create a personal nutritional meal plan based on your weight-loss goals, physical activity level, and current health status.

## Tofu Chili

- 4 oz (113 g) light, extra-firm, silken tofu
- 4 oz (113 g) canned kidney beans
- 1/4 cup (57 g) canned diced tomatoes
- 3/4 cup (172 g) sliced mushrooms
- 2 1/2 tsp (12 g) chopped onion
- 1 1/2 tsp (7 ml) extra-virgin olive oil
- 1 1/2 tsp (7 g) chili seasoning
- 1 1/2 tsp (7 ml) tomato paste
- 2 oz (57 g) low-fat cheddar cheese

In a large pan, heat oil over medium-high heat and cook onion until soft. Crumble tofu into pan and add chili seasoning. Stir in tomato paste. Add remaining ingredients and simmer until thoroughly cooked, adding water as needed to create desired consistency. Serve with shredded cheese on top.

Carbohydrates: 41 g • Protein: 32 g • Fat: 12 g



## Cashew Beef Stir Fry

- 2 tsp (10 ml) teriyaki sauce
- 1 1/2 tsp (7 ml) sesame oil
- 1/2 tsp (2.5 g) cornstarch
- 3 1/2 oz (100 g) rib eye or round steak
- 1 1/2 cup (345 g) sliced raw green pepper
- 1 1/2 cup (345 g) sliced carrot
- 1/2 cup (115 g) chopped onion
- 3/4 tsp (4 g) chopped cashews
- 1/2 cup (115 g) cubed cantaloupe

In a bowl, whisk together teriyaki sauce, 1/2 teaspoon of sesame oil, and cornstarch. Add beef strips and marinate in fridge for 30 minutes. Combine sauce, beef and vegetables in a wok and cook until meat is tender. Spoon onto a plate, sprinkle with cashews, and enjoy. With 1/2 cup of cubed cantaloupe for dessert.

Carbohydrates: 39 g • Protein: 26 g • Fat: 12 g

## Tasty Grilled Salmon

- 5 oz (141 g) salmon fillet (wild Atlantic if possible)
- 1 medium sweet potato
- 1 lemon
- lettuce
- tomato
- cucumber
- 1 tsp (15 ml) balsamic vinaigrette
- 1 tsp (15 ml) extra-virgin olive oil
- 1 tbsp (15 g) fresh dill

Preheat grill or oven to 375°F. Season salmon with lemon juice and dill sprigs. Cook on 375° for 10-12 minutes. Bake or microwave sweet potato. Toss salad and enjoy!

Carbohydrates: 38 g • Protein: 30 g • Fat: 11 g



## Snack Options

- Low-fat cheese with fruit
- Chick pea dip and veggies
- Strawberry banana smoothie with protein powder
- Soy nuts and fruit trail mix
- Protein bars
- Low-fat yogurt or cottage cheese with walnuts



*Corinne Zimperi*



## It didn't even feel like I was dieting!

*How Truestar Way Changed My Life*

Where do I possibly begin? Many years ago, I was an avid bodybuilder and prided myself on my looks. My husband was also a bodybuilder, and we enjoyed going to the gym together. I was also working as a constable for the city police force and my job required that I be in excellent physical shape.



Then, everything changed in 1990 when I was diagnosed with cancer. I was put on hormone therapy and gradually began to gain weight. I was also experiencing low energy because of the treatments and stopped going to the gym. Before I knew it, it was 10 years later and I was 50 pounds heavier.

The past two years have been an emotional roller-coaster ride for me. I was laid off from my job and decided to go back to school to become a Social Worker and Drug and Alcohol Counselor. I was halfway through my first year of college when I experienced a devastating loss. I dropped in to visit my father and found him dead in his chair. To make matters worse, I couldn't take time off to recover because I had to complete exams.

I coped with all the stress in my life by turning to food for comfort.

With all of this trauma in my life, I was amazed to have achieved a 4.0 grade point average and to have received many awards of excellence. Going to school at this time was also difficult because I had an active 4-year-old at home. I coped with all the stress in my life by turning to food for comfort. I didn't have energy to play with my daughter Erika, my husband found

me to be irritable all the time, and I continued to put on weight.

I knew I couldn't keep avoiding my weight-gain problems. I had to make changes in my life. A turning point came when my husband told me that if I couldn't lose weight for myself, I had to do it for my daughter because she deserved to have a mother around for many years. She needed a mother who



**Corinne Zimperi**

**Center Location: Timmins**

**Weight Loss: 37 pounds / 39 inches**

**After: 178 pounds**

had the energy to play with her — and he was right. I was only 40, but felt more like I was 80. My knees and back hurt, and I was in no shape to play with Erika.

Last Christmas, my husband gave me a life-changing present — a one-year membership to a Truestar for Women Nutrition & Fitness Centers. I joined Truestar on January 2 and my new year’s resolution was to lose 40 pounds. Well, thanks to the Truestar program and its wonderful team of professionals, I am close to realizing my weight-loss goal. The nutritional program is easy to follow and to incorporate in my family meals. I loved the diet program. It didn’t even feel like I was dieting! Truestar introduced me to a variety of foods, and the supplements gave me the extra energy I needed to help me reach my weight-loss goal. I have 3 more pounds to go until I hit my goal. And, even better, I have the energy to try bodybuilding again!

Thank you, Truestar! My 6-year-old daughter Erika also says, “Thank you, Truestar, for helping my mommy to lose weight. She now plays hopscotch and skipping with me and takes me to the park, too.”

Thanks to the Truestar program and its wonderful team of professionals, I am close to realizing my weight-loss goal.