

Healthy Eating Grocery List:

Nuts: Plain or lightly salted, not dry roasted or flavored
Beans/Legumes
Leafy greens
Fat-free or low-fat dairy
Instant oatmeal (unsweetened: add your own, Cinnamon, honey, etc)
Eggs
Turkey, flank steak, lean pork chops, chicken, fish
Peanut butter
Olive oil, avocado oil
Whole grain breads, pasta, tortillas and cereals
Whey protein powder
Berries, apples, grapes, oranges
Avocados, tomatoes, and all other fresh vegetables
Turkey bacon
Sweet potatoes
Quinoa
Fresh squeezed juice pops
Canned diced tomatoes
Marinara sauce
Honey
Pickles, olives, beets
Tuna fish packed in water

AVOID:

Check the labels and try to always avoid refined carbohydrates, saturated fats, trans fats and high fructose corn syrup.
Limit alcohol
No soda
No canned or bottled juice (usually high in sugar)
No white flour
No added sugar
No artificial sweeteners
Only fresh squeezed juice
Ice cream, frozen yogurt and other hi sugar sweets
Processed lunch meats
No MSG
No oil frying (air frying fresh whole foods is good)
No hi fat salad dressing: ranch, thousand islands, etc... go for oil and vinegar or light dressing
Go light on mayo, ketchup

Mad Fitness Nutrition

Gaining weight is very easy and losing weight seems hard, but finding the plan that works for you, well that's a GAME CHANGER.

As a Certified Nutritionist & Life Coach, I started working at the #1 weight loss camp in 1998. I realized how easy people can lose weight in a structured environment. Years later I studied cleansing in Thailand, and again I realized how quick weight loss can be in a structured environment. The only problem is that in real everyday situations, there are a lot of challenges that can make it hard to eat healthy. In fact, there's never a good time to start on a diet, because you know the day you start, it will be someone's birthday, a work party or God forbid a funeral. So forget about waiting for a good time or trying to be perfect, instead think about making a change today so you can feel better, look better, and inspire others to be their best self. Below are different diet options and 1 day plans.

Every diet plan can provide huge benefits, the first being that you create greater awareness of what you are fueling yourself with. I ask my clients to record what they eat for a week and most of them are surprised by the sources of their fuel and their inconsistencies. This is natural if you are not on a plan. A meal plan will provide the structure every person needs to be successful.

Below are the 3 most popular diets of 2020 and a meal plan for each. This is based on a 130 pound woman and should be adjusted for your individual needs and goals. Making a change never seems easy, but when it becomes a daily routine, you won't think twice. Interested in another plan? Looking for the perfect plan for you, contact me at Madeline@Madfitness.com

Intermittent Fasting

This plan is based on cycling between fasting and eating. There are different options, but the most popular is the 16/8 where you fast for 16 hours and eat for 8. I often have my clients pick their eating schedule around the time they wake up and their meal preferences. For example, if you wake up at 9 and eat dinner with your family, your eating schedule would be 11am-7pm, this means you are done eating dinner by 7. This diet can be very effective but one that you need a supportive team. So if your family eats at 8pm, are they willing to change their plans so you can all eat together at 6? Also if you are someone who wakes up at 5 like myself and works out, it can be challenging to wait till 11am to eat every day. With Intermittent Fasting, I still recommend choosing healthy options that will give you energy as well as satisfy your cravings. I find this is most effective when you eat every 3 hours.

Meal 1 at 11am: 3 Scrambled eggs with spinach and ½ cup of vegan cheese in a low-carb wrap

Meal 2 at 2pm: Big salad with all different greens, 1/3 c brown rice, ½ avocado and 4 ounces of protein
Lemon, Vinegar and 1 spoon of Macadamia Oil

Meal 3 at 5:30pm: 5 ounces of Salmon with Broccoli & Cauliflower, Sweet Potato

Snacks during the day: 10 almonds, apple, raspberries, blueberries

Flexitarian Diet

This plan is great for those who are thinking about becoming a vegetarian or vegan as it is a semi-vegetarian style of eating that encourages less meat and more plant-based foods. 2 out of 5 people in Singapore are Flexitarian. There are no specific rules or suggestions, making it an appealing option for people who are looking to cut back on animal products. With so many meatless options available in supermarkets, this can be easier than you think. A flexitarian diet tends to be higher in fiber, as long as you avoid processed foods. The biggest challenge most clients have is making sure to intake enough protein, especially if they were used to relying on chicken, turkey and other meats for their main protein sources. To get adequate amounts of protein, substituting meat with fish ensures adequate protein requirements are met. As a beginner, try 2 meatless days a week and work your way up to 5 meatless days.

Meal 1: Protein Smoothie, 1 Cup of Low-Cal Almond Milk, 1 cup of blueberries, 1 serving of Vegan Protein Powder

Meal 2: Veggie Burger with Lettuce, Tomato, Avocado on Ezekiel Bun

Meal 3: Salmon, Freekah, Asparagus

Snacks: 15 Almonds and 1 Apple

Vegan

The vegan diet can have huge health benefits like the others. However, it is very important to work with a nutritionist to ensure you are getting adequate nutrients because a vegan diet plan can cause deficiencies in vitamin B12, Zinc, Iron, Calcium, and Omega-3 fatty acids.

Meal 1: Avocado Toast on Ezekiel Bread or Creamy Banana Oatmeal Topped with Almond Matter

Meal 2: Lentils with a Large Mediterranean Salad

Meal 3: Broccoli, Quinoa, Black Beans, Romaine Lettuce, Pico De Gallo, Vegan Shredded Cheese, and Hot Sauce

Snacks: Kale Smoothie with Almond Milk, Kale, Blueberries, Frozen Banana, Spirulina, Pineapple

Build & Burn Meal Plan

This one week challenge will change your body if you do it as plotted out. There is a menu for every day. All meals are interchangeable; if you like Monday's breakfast and want to eat it throughout the week, go ahead. If you like Thursday's dinner and want to eat that every night, that's fine too. And while you are at it, instead of just 1 week, you can do this plan for a month or longer for continued benefits. (The CDC and NIH recommend 2.7 liters of water a day if you are doing these workouts daily. Make sure you drink water with all meals and before workouts.)

MONDAY

- Breakfast - 3 egg whites, 1 yolk, and ½ cup oatmeal with ½ cup berries
- Lunch - 3 ounces chicken, ¼ can black beans, ½ avocado, ½ cup salsa, 1 cup of lettuce and 1 low carb wrap
- *Snack - 10-15 almonds and 1 apple
- Dinner - 4 ounces of salmon or other fish, greens like asparagus, spinach or a salad and ½ potato

TUESDAY

- Breakfast - 1 non-fat Greek yogurt, mix in ½ cup Fiber One Bran Cereal & ½ cup berries and ½ grapefruit
- Lunch - ½ Turkey sandwich on whole grain bread with lettuce, tomato, cucumber slices with mustard and 1 apple
- *Snack - Power smoothie - 30 grams of protein powder with ½ frozen banana, 1 Tbsp of Almond or Peanut Butter, 8 ounces of Almond Milk & Ice (you can add a handful of spinach for extra energy)
- Dinner - 4 ounces of steak or chicken, ½ cup of rice and small salad

WEDNESDAY

- Breakfast - 1 cup of cheerios, Almond milk, 1 cup of berries and 2 hard boiled eggs
- Lunch - 3 ounces of cooked chicken, lettuce, cucumbers, tbsp hummus and 1 low-carb wrap
- *Snack – Grapefruit and 10-15 almonds
- Dinner - Spaghetti squash pasta with low sugar tomato sauce, 3-4 ounces of ground turkey

breast cooked and ¼ cup of ricotta

THURSDAY

- Breakfast - Whole grain slice of bread toasted with ½ avocado mashed on top with olive oil and a tomato
- Lunch - Colorful Salad-choose as many colors as you can or have at home. Greens, celery, cucumbers, peppers, radish, carrots, tomato (Arugula and Romaine have the best nutrients) add 1 spoon of sunflower and pumpkin seeds, spray olive oil on, squeeze lemon, vinegar and ½ avocado
- *Snack - Apple slices with almond butter or peanut butter
- Dinner - 4 ounces of fish, 1 Sweet potato and small salad

FRIDAY

- Breakfast - ½ cup oatmeal with berries, 2 eggs and ½ grapefruit
- Lunch - ½ cup ground turkey cooked, ¼ cup cheese, ¼ cup beans, salsa and lettuce wraps ●
- *Snack - 1 fat free Greek yogurt, add scoop of protein powder, add ¼ cup sunflower & pumpkins seeds
- Dinner - 3-4 ounces Chicken over ½ cup of whole wheat pasta, ½ cup low sugar tomato sauce and 1 small salad

SATURDAY

- Breakfast - French toast Supreme - Mix 3 egg whites, 1 yolk with 1 scoop of protein powder & cinnamon. Spread over a piece of whole grain toast and cook. Serve with 1 tbsp peanut butter and sugar free syrup
- Lunch - Spaghetti sauce on open-faced English muffin with 1 tbsp of ground cooked turkey on top and sprinkle cheese on each
- *Snack - Protein shake - 25-30 grams of protein with chocolate protein powder, ½ cup frozen cherries, 1 cup almond milk and ice (BLEND)
- Dinner - 3-4 ounces of ground cooked turkey, ½ cup navy beans, taco seasoning, salsa served on a bed of lettuce

SUNDAY

- Breakfast - English muffin with scrambled eggs, Melt ½ cup of cheese on English muffin slices and 1 orange
- Lunch - 1/2 cup of rice with Tuna, chopped up celery and small salad
- *Snack - 1 cup Greek yogurt with scoop of protein powder and 1 tbsp nuts or seeds ● Dinner - Lentils, 3-4 ounces of cooked chicken and Broccoli, or other Green Dessert - Protein Colada - 8 ounces of almond milk, ½ cup frozen pineapple, ½ cup frozen mango, ½ frozen banana, 30 grams protein powder and Ice (Add water if necessary)

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you drink water with all meals and before workouts.)

More Healthy Recipes

SUPER MILK:

This warm cup of milk has properties far beyond its Relaxing benefits. Drinking this milk before bedtime aids you in five things; helps you burn more fat while you sleep, it is a detoxifier, it regulates blood sugar, and it's a natural anti-inflammation dream.

1 cup Almond Milk
tsp Turmeric
pinch of black pepper
2 slim (slices of ginger or tsp of ginger powder)
tsp Cinnamon

Combine Milk, ginger, turmeric, and black pepper

Simmer 10 minutes

Take out ginger

Sprinkle cinnamon on top and enjoy

For menopausal and post-menopausal women, the following nutrients are suggested to attain/maintain a healthy weight:

Fiber

Magnesium

Omega 3- Fatty acids

Vitamin D

Magnesium rich foods:

Dark Chocolate

Avocados

Nuts (cashews, almonds, Brazilian)

Legumes (lentils, beans, chic peas, peas)

Seeds (Pumpkin, Chia, sunflower)

Fish (salmon, Mackerel, Halibut)

Bananas

Leafy Greens (spinach, Kale)

Omega 3:

Seeds (flax, chia)

Salmon

Cod liver Oil

Walnuts

Vitamin D:

Salmon

Canned Tuna

Egg yolks

OJ

Cow's milk

fortified oatmeal

Fiber:

Sweet Potatoes

Pears

Strawberries, raspberries

Avocados

Apples

Bananas

carrots

beets

broccoli

kidney beans

Pistachios, almonds

popcorn

quinoa

chia seeds

Foods frequently seen in these lists: Chia seeds, salmon, avacados, bananas
almonds
