

# NUTRITION Plan

## FOR *New* MOMS



# Vanna's Diet Plan

## WELCOME

Congratulations on taking the first step towards revealing the best version of yourself yet, with the support of us at **Gel-V** guiding you each and every step of the way.

Over the course of the next 8 weeks, we will begin to transform your body using one of the most comprehensive systems to ever hit the fitness industry, designed by fitness persona Vanna Belt and her team of leading trainers, nutritionists, and wellness coaches. The program has been developed to help you set benchmarks, track your progress, and get tangible results without any of the guesswork! But it all depends on you and your commitment to the program guidelines. Devised to help you experience progress you can see and feel, we help you help yourself by maximizing each ounce of sweat, discipline, and commitment you put in. By following along and completing this 360-degree lifestyle program, we empower you to be in control of your fitness journey by giving you the tools to achieve your goals, all in the convenience of your own home.

Upon successful completion of this program, you will become part of the next generation of **Gel-V** success stories, joining thousands of other clients who have been using our signature formula successfully to transform their bodies since the product first launched in 2013. Since then, we continue to receive floods of inspiring progress pics, firsthand testimonials, and positive feedback from happy clients all over the world – needless to say, the “secret” is out.

## BEFORE & AFTER



Discover *The Secret* to the **South Beach** Body

Vanna Belt

# Vanna's Diet Plan

Piece together your customized multifaceted approach with our suite of tools catered to your individual goals:

**Gel V** Our original cold-sensation gel is designed to firm and tone the skin and improve its elasticity and appearance. Helps to heal the appearance of stretch marks and maintain flawless and beautiful skin.

Created with nature-based ingredients, our powerful formula is perfect for use on your hips, thighs, stomach, buttocks and other areas prone to flaccidity, dimples and other imperfections.



**Gel V Hot** Our nighttime reduction gel helps visibly reduce the appearance of the dimply effect and primes targeted areas to accelerate results with our original cold-sensation Gel-V during the day.

**V-Belt** is our shapewear that whittles the waist and provides coverage for shorter torsos. Carefully crafted with flexi-boning technology, the garment is guaranteed to stay in place, never to rolling up so it can fit your body comfortably.

The triple hook-and-eye closures allow you to size down for a firm fit for reliable support and durable performance for each stage of your training.



**V-Glove** Delivers a stimulating massage to targeted areas and boosting circulation while allowing for maximum absorption of Gel-V & Gel-V Hot.

**V-Kit ON THE GO** 5 Piece Essential. Firming, exfoliating, reduction & trimming self care kit.

A kit specifically created so that you can take your goals with you everywhere you go. It is a five-piece essential selfcare kit in a woman's cosmetic travel bag that will help you to keep your skin and body in the best shape ever, no matter where you are.



Discover *The Secret* to the *South Beach* Body

Vanna Belt

## PHASE ONE

### PRELIMINARY ANALYSIS & BENCHMARKING

Before we get started on your fitness journey, let's figure out exactly where you are and what you need to know in order to successfully attain your goals. This step is similar to planning a vacation to South Beach, creating an itinerary that will help to keep you on track for the duration of your trip. Here, we will establish some objective numbers on which to base your customized plan to reach your desired fitness destination.

Directions: In order to take accurate body measurements, you will need a measuring tape and a scale. Take each of the measurements listed below and note them in the box. This will allow you to establish a starting point, as well as gauge how much progress has been made once you have completed the program.

- Hip measurement should be taken around the hips and butt.
- Waist measurement should be taken right below the belly button.
- All other measurements should be taken at the midpoint of the stated body part.

Reasonable goals and expectations for healthy weight loss should be to lose no more than 1% of your body weight each week. We generally recommend a weight loss of 1-2 pounds each week to achieve the greatest health benefits.

## WITH THIS IN MIND

What is your current body weight? \_\_\_\_\_ lbs.  
(remove shoes and wear minimal clothing for an accurate reading)

Now that we have determined some baseline numbers, let's establish your goals. By filling in the information below, you are committing yourself to reaching them. You will revisit them daily, weekly, monthly, until you have completed the 8-week program.

What is your desired weight loss goal? \_\_\_\_\_ (i.e. lose 10 lbs., etc.)

How many inches do you want to lose from each of the body parts measured above? \_\_\_\_\_ inches

Write down all the great feelings you associate with achieving your goals (e.g., "I'll be able to wear whatever I want;" "I'll be more productive;" "I'll have more energy," etc.).



# *Vanna's Diet Plan*

The purpose of this nutrition guide is to help you reach your goals and properly fuel your body over the course of this 8-week program. Whether your goal is to lose weight, or to just tighten and tone up your body, the focus of your meal planning will be based around one goal: **LOSE BODY FAT!** Not all weight loss is necessarily good, so what we want to focus on is preserving and building your lean body mass while burning fat. This can only be done by following the guidelines that we set forth in this booklet, while maintaining focus on your personal goals. If you are willing to commit to a healthy lifestyle over the course of this 8-week program, you can look forward to seeing and feeling the many benefits that come from sustaining your body the proper way.

We are going to start out by first helping you better understand how to get the proper balance of nutrients into your diet on a daily basis. Many people develop poor eating habits at an early age, resulting in years of poor or unconscious decision making when it comes to eating the right things.

Things like refined sugars, soda, fried foods, etc. have no benefit to the overall improvement of your health and wellness. In fact, they perpetuate many negative effects, which can lead to illness and disease.

You can still eat food that tastes great and actually serves to improve the function of your body. This guide will provide you with the tools you need to break the bad eating habits and develop new ones that will improve your overall wellbeing.

*Let's Get Started!*



# *Wanna's Diet Plan*

## PHASE TWO DESIGNING A PROPER DIET

The focus for the next 8-weeks is to fuel your body with the right amount of macronutrients needed to successfully reach your goals. Eating the right foods in the right proportions by choosing balanced meal plans will provide your body with the fuel that it needs while burning excess body fat. This is not intended to be a 'diet,' but rather a plan that will teach you how to eat healthy for the duration of this program and for the rest of your life. Let's begin by learning more about each category of macronutrients and the purpose they serve in achieving a healthy diet.

Despite all the negative stigmas associated with this category, carbs are essential to your diet and overall wellbeing. The primary function of carbs is to provide energy for your body so that you can function normally on a daily basis. However, not all carbs are created equal. The most important thing to understand when choosing what to eat in this category is the quality from which you are sourcing your carbs. You also want to keep in mind how your carb selection will affect your blood sugar level. Low glycemic foods such as whole grains and vegetables will provide your body with healthy energy, without causing a spike in your blood sugar levels. High glycemic foods such as fast food, processed foods, and baked goods can cause a spike in blood sugar which leads to fatigue, and retention of body fat. When eating carbs, always try to choose foods as close to their natural states as possible. If in doubt, choose carbohydrate foods that are the most unprocessed or minimally-processed. Carbs within colorful vegetables and fruits are always better for your body than carb-rich foods like breads, pastas, rice, and potatoes.

## THINGS TO KEEP IN MIND

Protein is considered by many health enthusiasts as the number one macronutrient for fat loss. Consuming a healthy amount of protein in your diet will help keep you feeling fuller longer. Of the three macronutrient categories, protein requires the most energy to digest. It also helps to facilitate the building of muscle tissue, which allows your body to burn more calories, even when you are not working out.

An apple is better than apple juice.  
A whole potato is better than potato chips.  
Steel cut oats are better than frosted corn flakes.  
Brown rice is better than white rice.  
Stay away from refined carbs (white bread, white rice, pasta).  
Switch to whole grains as much as possible.

### Protein Sources to Avoid

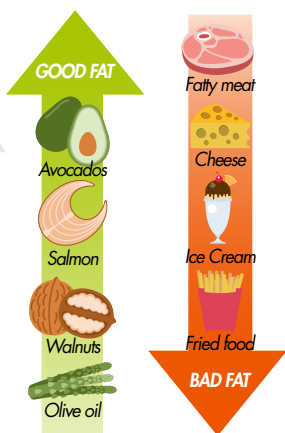
- Processed Lunch Meats
- Whole Milk, Cheese
- Ground Beef, Hot Dogs, Sausage
- Ham, Bacon, Pork Chop
- Other Processed Meats



## PHASE TWO

### GOOD FAT VS. BAD FAT

Your diet should consist of eating some fats; however, not all fats are created equal. Fats like margarine and shortening (found in baked goods) are made of vegetable oils which have undergone a chemical process called hydrogenation. They contain a kind of fat called trans fatty acids (TFAs), which can have negative effects on your body, such as raising your blood cholesterol, cardiovascular disease, and diabetes. The saturated fats and trans fat content of foods are printed on the Nutrition Facts label found on packaged foods. However, there are no labeling regulations for fast food, and it can be deceptively advertised as "cholesterol-free" and cooked in vegetable oil. Buyer beware: even if the food is advertised as healthy, pay closer attention and look at the ingredients listed on the label. If 'hydrogenated' appears, know that it contains TFAs and should be eaten sparingly or avoided altogether. Your trans-fat intake should be limited to less than 1% of your diet.



### Good Fats = Unsaturated Fats

Monounsaturated fats and Polyunsaturated fats are considered to be the healthy types of fat and can have positive effects on your body by helping to lower your blood cholesterol level when you use them in moderation. Omega 3 fats are a kind of polyunsaturated fats. They have traditionally been classified as "essential fatty acids" because the body is unable to manufacture them on its own and because they play a fundamental role in several physiological functions.

### CREATING A MEAL PLAN THAT FITS YOU

The South Beach Secret was not created to be classified as another "fad diet", it's intended to change your eating style so that you can make sustainable lifestyle changes that will remain with you after you have completed the 8 week program. This approach to nutrition is flexible and will allow you to still maintain a social life without compromising your goals. All of the foods listed in the color coded tables should be easily accessible and easy to fit into your daily routine. The most important thing to keep in mind is above all else, avoid processed foods as much as possible!

## PHASE TWO

### CREATING A MEAL PLAN THAT FITS YOU

Things to heed when trying to avoid processed foods:

- Processed foods are often loaded with artificial sugar (also high fructose corn syrup), which can have negative implications on your metabolism and overall wellbeing
- High sugar consumption is often associated with diseases like obesity, diabetes, cancer, and heart disease
- Beverages and processed foods are often the biggest culprits for excess sugar in your diet. Be aware of what you are putting in your body!
- Many processed foods are engineered to trigger chemical reactions in your brain, which lead to "cravings"
- Look at the nutrition label on your food; if it lists ingredients that you can barely pronounce, chances are that it contains chemicals used to enhance or preserve the food in some way. This can include chemicals like flavoring, added colors, preservatives, and texturants. Be aware that all chemicals used in food processing are not always printed on the label either.
- Processed foods are designed to make your brain feel a rewarding feeling of satisfaction. Unfortunately, this can lead to constant cravings and even food addictions.
- Most carbs found in processed foods are of the simple variety, which can lead to spikes in blood sugar levels and fatigue
- Digesting processed foods requires more energy from your body, which can often lead to fatigue and mood swings

**NO**  
FAST FOODS

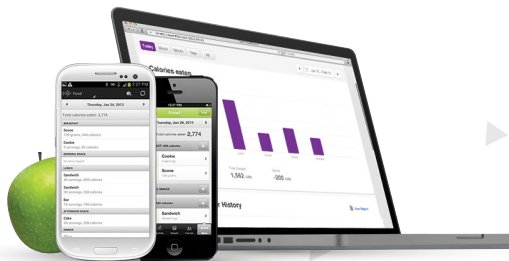
**NO**  
JUNK FOODS

**NO**  
PROCESSED  
FOOD



## PHASE TWO DAILY CALORIE NEEDS

Now that we have a better understanding of what foods to avoid, let's determine your daily caloric needs so that you will know what needs to be done to reach your fat loss goals.



Step 1: Visit our website at <https://www.vannabelt.com/calorie-calculator/> There you will find a calculator design to help you determine your daily caloric needs.

Step 2: Activity level should be based on your occupation and workout program. Since you will be doing the workout associated with this program, you will need to set the activity level at a minimum of 3.

Step 3: When selecting your goal, please choose Lose fat - 20% calorie reduction.

**Once you have all the numbers calculated, fill in the information below:**

Basal Metabolic Rate: \_\_\_\_\_

TDEE: \_\_\_\_\_

Daily Calories Based on Goal: \_\_\_\_\_

Calories Per Meal: \_\_\_\_\_

**With each meal you should aim for the following ratios of macros:**

Protein Calories: \_\_\_\_\_

Protein Grams: \_\_\_\_\_

Carb Calories: \_\_\_\_\_

Carb Grams: \_\_\_\_\_

Fat Calories: \_\_\_\_\_

Fat Grams: \_\_\_\_\_

\*Values may vary depending on brand producer of the food.

## PHASE TWO THE MENU

This specially designed menu system was created to help you understand how to eat the foods you like, while staying within the parameters of this 8 week plan.

**Step 1:** Look thru these color coded menus and put a check next to foods that you like and have access to. You should try to select at least 5 items from each major macronutrient category that you like.

**Step 2:** Now that you have selected your food choices, let's begin to create your weekly nutrition plan. Each food list below shows the foods allowed in each category, followed by the nutritional info for each serving size listed with the name of the food. For each food that you would like to eat in your diet, mark the box under the "Select" column. Make sure to do your research before adding any other foods not listed on these nutrition sheets.

**Step 3:** Now that you have determined which foods you would like to include in your diet, now you can begin to plan out your meals for the week. There are five meals in each day, followed by the recommended macros for that meal. You will need to select food choices that fall under each category and write them in the box labeled "Food Choices". Make sure you are getting the amount of calories you calculated in the previous section. The numbers you write in the "Calories Eaten" column should very closely match the calorie amount that you calculated to reach your goal. You get to choose how to divide up your calories, as long as you are eating at least 5 times per day. Also remember to only eat from the macronutrient category that is listed for that particular meal.

**Step 4:** So now you have created your own menu based on the foods that you have chosen from the food menu. These foods have been selected as part of this program mainly due to their excellent nutrition profile. If you feel the need to substitute any of the foods on the list, be sure that it has qualities that closely resemble the ones listed.



PROTEIN



VEGETABLES



COMPLEX CARBS



FIBER RICH FOODS



NUTS



OIL - FATS



FRUIT



DAIRY

# NUTRITION GUIDE

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Generic - Large Egg White Boiled, 1 egg	17	0g	0g	6g	0mg	55mg	0g	0g	Protein	<input type="checkbox"/>
Liquid 100% Egg - Whites, 0.5 Cup	60	2g	0g	13g	0mg	190mg	0g	0g	Protein	<input type="checkbox"/>
Turkey Bacon - Butterball *, 3 Slices	75	0g	6g	6g	30mg	405mg	0g	0g	Protein	<input type="checkbox"/>
Sliced Turkey Breast - Deli Meat, 4 slices	90	4g	1g	15g	0mg	872mg	3g	0g	Protein	<input type="checkbox"/>
Venison Steak, 4 oz.	170	0g	3g	34g	88mg	540mg	0g	0g	Protein	<input type="checkbox"/>
Shrimp - Medium, cooked, steamed 4 oz.	140	2g	2g	26g	240mg	1,070mg	0g	0g	Protein	<input type="checkbox"/>
Turkey - Ground, cooked, 1 patty	193	0g	11g	22g	84mg	88mg	0g	0g	Protein	<input type="checkbox"/>
Sliced Turkey Breast - Deli Meat, 4 slices	90	4g	1g	15g	0mg	872mg	3g	0g	Protein	<input type="checkbox"/>
Grilled Salmon Filet 4 oz. filet	233	0g	14g	25g	71mg	69mg	0g	0g	Protein	<input type="checkbox"/>
Ground Sirloin - sirloin 4 oz.	200	0g	11g	22g	75mg	75mg	0g	0g	Protein	<input type="checkbox"/>
Bison Ground cooked 1 patty 4 oz.	207	0g	13g	21g	72mg	64mg	0g	0g	Protein	<input type="checkbox"/>
Shrimp - Medium, cooked, steamed 4 oz.	140	2g	2g	26g	240mg	1,070mg	0g	0g	Protein	<input type="checkbox"/>
Chicken breast fat-free, sliced, 4 slices	66	2g	0g	14g	30mg	913mg	0g	0g	Protein	<input type="checkbox"/>
Shrimp Steamed - steamed shrimp 4 oz.	120	1g	1g	23g	172mg	168mg	0g	0g	Protein	<input type="checkbox"/>
Veal Cutlet 4 oz.	237	0g	8g	38g	88mg	72mg	0g	0g	Protein	<input type="checkbox"/>
Bison 4 oz.	130	0g	3g	26g	75mg	50mg	0g	0g	Protein	<input type="checkbox"/>
Chicken breast boneless skinless 4 oz.	124	0g	1g	26g	66mg	73mg	0g	0g	Protein	<input type="checkbox"/>
Fish - Salmon, Atlantic, wild, raw, 3 oz.	121	0g	5g	17g	47mg	37mg	0g	0g	Protein	<input type="checkbox"/>
Grilled Ahi Tuna, 4 oz.	140	0g	1g	28g	75mg	65mg	0g	0g	Protein	<input type="checkbox"/>
Baked - Tilapia, 4 oz.	110	0g	2g	23g	64mg	35mg	0g	0g	Protein	<input type="checkbox"/>
Shrimp - Medium, cooked, steamed 4 oz.	140	2g	2g	26g	240mg	1,070mg	0g	0g	Protein	<input type="checkbox"/>
Grilled Cod, 4 oz.	90	0g	1g	19g	50mg	60mg	0g	0g	Protein	<input type="checkbox"/>
Fresh Halibut, Grilled, 3 oz.	120	0g	2g	22g	31mg	60mg	0g	0g	Protein	<input type="checkbox"/>
Grilled Sirloin Tip Steak, 3 oz.	207	0g	12g	23g	78mg	48mg	0g	0g	Protein	<input type="checkbox"/>
Scallops, Steamed, 6 large	97	1g	1g	5g	9mg	150mg	0g	0g	Protein	<input type="checkbox"/>
Grilled Sirloin Tip Steak, 3 oz.	207	0g	12g	23g	78mg	48mg	0g	0g	Protein	<input type="checkbox"/>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Quinoa, 1 oz.	106	20g	2g	4g	0mg	6mg	0g	2g	Complex Carb	<input type="checkbox"/>
Granola (Loose), 1/2 cup not Cooked	130	40g	6g	5g	1mg	103mg	14g	4g	Complex Carb	<input type="checkbox"/>
Brown Rice, Whole Grain, 1 cup Cooked	200	43g	1g	4g	0mg	0mg	0g	1g	Complex Carb	<input type="checkbox"/>
Bread - Whole Grain 2 Slices	158	29g	2g	6g	0mg	307mg	6g	4g	Complex Carb	<input type="checkbox"/>
English Muffin - Whole Wheat 1 Muffin	134	27g	1g	6g	0mg	420mg	5g	4g	Complex Carb	<input type="checkbox"/>
Whole Wheat Pasta Cooked, 1 cup	210	41g	1g	7g	0mg	1mg	2g	5g	Complex Carb	<input type="checkbox"/>
Whole Wheat Pasta Spaghetti, 1 cup	174	37g	1g	7g	0mg	6mg	1g	3g	Complex Carb	<input type="checkbox"/>
Bread - Whole Wheat 2 Slices	138	26g	2g	5g	0mg	295mg	11g	4g	Complex Carb	<input type="checkbox"/>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Macadamia Nuts Raw 1 oz.	204	4g	21g	2g	0mg	1mg	1g	2g	Nuts	<input type="checkbox"/>
Walnuts Raw 1 oz.	180	4g	18g	4g	0mg	1mg	0g	2g	Nuts	<input type="checkbox"/>
Cashew Nuts Raw 1 oz.	156	9g	12g	5g	0mg	3mg	2g	1g	Nuts	<input type="checkbox"/>
Almonds 1 oz.	164	6g	14g	6g	0mg	0mg	1g	3g	Nuts	<input type="checkbox"/>
Walnuts Raw 1 oz.	180	4g	18g	4g	0mg	1mg	0g	2g	Nuts	<input type="checkbox"/>
Brazil Nuts Raw 1 oz.	213	3g	21g	4g	0mg	3mg	1g	8g	Nuts	<input type="checkbox"/>
Hazelnuts Raw 1 oz.	180	5g	17g	4g	0mg	0mg	1g	3g	Nuts	<input type="checkbox"/>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Avocado (Half) 1/2 Medium	125	5g	12g	3g	0mg	4mg	0g	4g	Fruit	<input type="checkbox"/>
Fresh Fruit - Papaya, 3 Slices	75	19g	0g	1g	1mg	6mg	11g	3g	Fruit	<input type="checkbox"/>
Nectarines - Raw, 1 Fruit (2 1/2" dia.)	60	14g	0g	1g	0mg	0mg	11g	2g	Fruit	<input type="checkbox"/>
Fresh Fruit - Peach, 1 Whole Peach	59	14g	0g	1g	0mg	0mg	13g	2g	Fruit	<input type="checkbox"/>
Fresh Fruit - Raspberries, 1 oz.	14	3g	0g	0g	0mg	0mg	1g	1g	Fruit	<input type="checkbox"/>
Blueberries - Raw, 1 cup	83	21g	0g	1g	0mg	1mg	14g	3g	Fruit	<input type="checkbox"/>
Fresh Fruit - Grapefruit, 1/2	56	13g	0g	1g	0mg	0mg	8g	2g	Fruit	<input type="checkbox"/>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Collard Greens - Cooked 1 cup	30	3g	0g	2g	0mg	30mg	0g	2g	Vegetable	<input type="checkbox"/>
Brussel Sprouts - 1 cup	60	5g	0g	4g	0mg	32mg	2g	8g	Vegetable	<input type="checkbox"/>
Kale - Raw, 1 cup, Chopped	34	7g	0g	2g	0mg	29mg	0g	1g	Vegetable	<input type="checkbox"/>
Fresh Cauliflower - Steamed, 1 cup	25	5g	0g	2g	0mg	30mg	2g	3g	Vegetable	<input type="checkbox"/>
Spinach - Sautéed Spinach, 1 cup Cooked	14	2g	0g	2g	0mg	48mg	0g	1g	Vegetable	<input type="checkbox"/>
Spinach - Baby Spinach, 1 cup	5	1g	0g	1g	0mg	20mg	0g	1g	Vegetable	<input type="checkbox"/>
Cabbage - Napa, 1 cup Cooked	13	2g	0g	1g	0mg	12mg	0g	0g	Vegetable	<input type="checkbox"/>
Homemade Asparagus, 4 Spears	20	3g	0g	2g	0mg	0mg	2g	2g	Vegetable	<input type="checkbox"/>
Generic - Baby Spring Mix Lettuce, 1 cup	7	1g	0g	1g	0mg	17mg	0g	0g	Vegetable	<input type="checkbox"/>
Carrots - Fresh, Raw, 14 Baby Carrots	35	8g	0g	1g	0mg	65mg	5g	2g	Vegetable	<input type="checkbox"/>
Fresh Cucumber - 7 Ring Slices	4	1g	0g	0g	0mg	1mg	0g	0g	Vegetable	<input type="checkbox"/>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Chickpeas Boiled without Salt, 1 oz.	46	8g	1g	3g	0mg	2mg	1g	2g	Fiber	<input type="checkbox"/>
Beans - Kidney, Raw, 1 oz.	94	17g	0g	7g	0mg	7mg	1g	7g	Fiber	<input type="checkbox"/>
Beans - White, Canned, 1 oz.	33	6g	0g	2g	0mg	1mg	0g	1g	Fiber	<input type="checkbox"/>
Lentils - Cooked, Boiled, without Salt, 1 oz.	33	6g	0g	3g	0mg	1mg	1g	2g	Fiber	<input type="checkbox"/>
Beans - Adzuki, Boiled, without Salt, 1 oz.	36	7g	0g	2g	0mg	2mg	0g	2g	Fiber	<input type="checkbox"/>
Soy Beans Roasted - No Salt, 1 oz.	133	9g	7g	10g	0mg	5mg	0g	8g	Fiber	<input type="checkbox"/>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Olive Oil, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g	Oil-Fats	<input type="checkbox"/>
Flaxseed Oil, 1 tablespoon	120	0g	14g	0g	0mg	0mg	0g	0g	Oil-Fats	<input type="checkbox"/>
NOW® Foods - MCT Oil, 1 tablespoon	99	0g	14g	0g	0mg	0mg	0g	0g	Oil-Fats	<input type="checkbox"/>
Sesame Seed Oil, 1 tablespoon	120	0g	14g	0g	0mg	0mg	0g	0g	Oil-Fats	<input type="checkbox"/>
Light Mayonnaise, 1 tablespoon	35	1g	4g	0g	0mg	125mg	0g	0g	Oil-Fats	<input type="checkbox"/>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Category	Select <input checked="" type="checkbox"/>
Cottage Cheese - Lowfat, 2% Milkfat, 4 oz.	102	4g	2g	16g	459mg	30mg	0g	2g	Dairy	<input type="checkbox"/>
Deli Slices - Swiss Cheese, 1 Slice	110	1g	8g	9g	60mg	32mg	2g	8g	Dairy	<input type="checkbox"/>
Shredded Mozzarella Cheese, 1/3 cup (28g)	80	1g	6g	7g	200mg	29mg	0g	1g	Dairy	<input type="checkbox"/>
Shredded Parmesan Cheese, 1 tablespoon	21	0g	1g	2g	85mg	30mg	2g	3g	Dairy	<input type="checkbox"/>
CHOBANI® Greek Yogurt Nonfat Vanilla 5.3 oz.	120	19g	0g	13g	60mg	48mg	0g	1g	Dairy	<input type="checkbox"/>

## Helpful Tips

### Restaurant Survival and Eating On-the-Go

- Avoid eating bread
- Remember to keep in mind your portion sizes. If you are on Meal 5, you should order something at the restaurant that closely resembles what you are supposed to be eating for that meal.
- Drink plenty of water
- Drinking alcohol is often times a common part of social dining. If you are going to drink, try to limit your consumption to one day a week. You should drink wine or vodka, mixed with club soda and a little bit of added flavor, if necessary. Avoid beer and mixed drinks loaded with sugar.

### Make Your Own Detox Drink

- As you progress through the South Beach Secret system, your body will need plenty of water to flush fat out of your body. Here is a great recipe that you can make at home to ensure you get enough water and nutrients during the day. Make two bottles of this detox drink and carry it with you throughout the day. Your goal should be to drink one upon waking up and finish the other before day's end.

## Ingredients

- 1 gallon of water
- 4 lemons
- 2 inches of fresh ginger
- 8 tea bags of green tea
- ½ cup of mint leaves
- Sweeten with 2 tbsp of honey













### Instructions:

1. Simmer the water on the stove
2. Grate the ginger and add to the pot
3. Add the tea bags
4. Slice lemons and add to the bottle where you will store the drink
5. Add ¼ cup mint leaves to each bottle
6. Add sweetener















# Vanna's Diet Plan

## DAILY 5 MEAL WEEKLY PLANNER

MON	MACRO CATEGORY				FOOD CHOICES	CALORIES EATEN
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						





















TUES	MACRO CATEGORY				FOOD CHOICES	CALORIES EATEN
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WED	MACRO CATEGORY				FOOD CHOICES	CALORIES EATEN
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

# Vanna's Diet Plan

## DAILY 5 MEAL WEEKLY PLANNER

THURS	MACRO CATEGORY				FOOD CHOICES	CALORIES EATEN
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

FRI	MACRO CATEGORY				FOOD CHOICES	CALORIES EATEN
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

SAT	MACRO CATEGORY				FOOD CHOICES	CALORIES EATEN
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						



## DAILY 5 MEAL WEEKLY PLANNER

SUN	MACRO CATEGORY				FOOD CHOICES	CALORIES EATEN
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

### Helpful Tips

**Seasonings** – Some food items have so few calories that they are not considered in the macronutrient groups. Use the following items as you wish to add flavor, however do not exceed 2,300 milligrams of sodium.

- Mustard
- Vinegar
- Herbs and spices
- Garlic
- Onion
- Lemon or lime juice
- Salsa, hot pepper sauces
- Horseradish
- Worcestershire sauce
- Extracts (vanilla, peppermint, etc)
- Broth or bouillon
- Soy sauce
- Calorie-free beverages/sweeteners
- Pan sprays for cooking

### Adding Fiber To Your Diet

- Slows down the absorption of other nutrients eaten during the same meal, including carbohydrates.
- This slowing down process may help prevent peaks and valleys in your blood sugar levels, reducing your risk for Type-2 Diabetes.
- Certain types of fiber found in oats, beans, and some fruits can also help lower blood cholesterol.
- As an added plus, fiber helps people feel full, enhancing satiety.