

Sample SMART Habits

The Food Lovers Fat Loss System[®]

My New SMART Habits That Are Going to Get Me to My Goal Weight! Eating Habits I Intend to Follow

Foods I Want to Eat More of: Lean Proteins from the Best Group A Fat Burners: Chicken breast, turkey breast, lean beef, egg whites. Best Group B Fat Burners: Apples, strawberries, brown rice, oatmeal, yams, potatoes. Group C: Most vegetables excluding corn, beets, peas. Greens of any variety, tomatoes, mushrooms, broccoli, green beans

Foods I Want to Eat Less of: Any foods in the "Reduce" sections of the Food Lovers Book, including: Dark meat chicken and turkey, lamb, pork, fatty cuts of beef. Group B "Reduce" foods: beans, plantains, whole wheat pasta, oranges, grapes.

Foods I Want to Avoid Completely Until I Reach My Goal Weight: All foods in the "Avoid" section of the Food Lovers Fat Loss: All dairy products, organ meats. Any processed foods that contain flour such as bagels, breads, tortillas, muffins, and high sugar fruits such as cherries, any dried fruit like dates, prunes and raisins, passion fruit and granola. Group C: corn, peas and beets.

Other Eating Habits I'd Like to Follow

Number of Meals I Intend to Eat Every Day

(specific times if applicable): 3

Number of Snacks I Intend to Eat Every Day

(specific times if applicable): 2

Daily Intake of Water (specific times if applicable): 100 ounces

Other: Start taking a multivitamin supplement like Pharmacist's Daily by Provida Labs.

What Makes Up an Ideal Meal (Include Serving Sizes):
A Fat Loss Plate which is an item from each group A = protein (2-3 oz. for females, 4-6 oz. for males), B = Carbs and Fruit (1 cup for females, 1 cup for males), C = Veggies (All you can eat!)

What Makes Up an Ideal Snack (include serving sizes):
Snacks are also Fat Loss Plates: a combination of A, B and C foods. See above.

Sample Daily Plan

(NOTE: This is a sample of a day on the Food Lovers Fat Loss System for a female. Feel free to create your own Fat Loss Plates that include your favorite fat burning foods.)

Sample Breakfast: An Egg White Omelet (made with 3 eggs) with Southwest Potatoes (sliced potato cooked in a frying pan with no salt added chicken broth and chopped green pepper) and sliced tomatoes.

Sample Lunch: 3 oz Turkey Burger with a baked potato and a side of chilled sliced cucumbers and red onions marinated in rice vinegar.

Snacks: AM Snack: Mixed Berry Protein Smoothie (2 scoops of Vanilla Protein For Fat Loss, 1/2 cup of mixed berries 1/2 cup of ice...blend until smooth in a blender) PM Snack: Beef Kebab over brown rice (grill a skewer with 2-3 oz. cubed chicken, onions, green peppers and cherry tomato.

Sample Dinner: Grilled Halibut with garlic mashed potatoes and a mixed green salad drizzled with balsamic vinegar.

Exercise Habits I Intend to Follow

Activities I Want to Do More of (include frequency):

Riding my bike to work, walking the dog every evening, hiking with the kids.

Fat Burning: 30-40 minutes a day of brisk walking.

Muscle Building: Resistance training twice a week either in a gym or with resistance bands at home.

Other: The Food Lovers Fat Loss System does not recommend any other specific activities besides the Walking and Resistance workouts. I'd like to do some more swimming, tennis, and try yoga).

Activities I Want to Do Less of: Driving when I could walk, watching television.

Additional Activities I Intend to Do (take stairs at work instead of elevator, park further from stores, etc.): Taking the stairs instead of the elevator. Walking instead driving to nearby locations.

Sample SMART Habits

6 Week

Body Makeover[®]

My New SMART Habits That Are Going to Get Me to My Goal Weight! Eating Habits I Intend to Follow

Foods I Want to Eat More of: A Proteins: White meat chicken and turkey, lean beef, fish. A Carbs: Brown rice, potatoes, oatmeal. A fruits: Grapefruit, berries, peaches and A veggies: Broccoli, salad greens, green beans.

Foods I Want to Eat Less of: Dark meat chicken and turkey. B Carbs: Rice noodles, white rice. B Fruits: Bananas, apples. C Proteins: Organ meats, salmon, pork. C Carbs: Pasta, beans. C Fruits: Mango, nectarines.

Foods I Want to Avoid Completely Until I Reach My Goal Weight: Butter, oil, salt, and fatty foods. Pre-packaged foods, processed foods and sugar.

Other Eating Habits I'd Like to Follow

Number of Meals I Intend to Eat Every Day
(specific times if applicable): 3

Number of Snacks I Intend to Eat Every Day
(specific times if applicable): 2

Daily Intake of Water (specific times if applicable): 100 ounces

Other: Start taking a high quality multivitamin like Provida Labs Pharmacist's Daily, make sure to eat every 2 1/2 to 3 hours and eat as soon as I get up.

What Makes Up an Ideal Meal (Include Serving Sizes):
Women: 2 oz. lean protein A or B, 1/2 cup carb A or B, as many free veggies as I'd like.
Men: 4 oz. lean protein A or B, 1 cup carb A or B, as many free veggies as I'd like.

What Makes Up an Ideal Snack (include serving sizes):
Women: 2 oz. protein A or B, 1/2 cup of carb A or B
Men: 4 oz. protein A or B, 1 cup of carb A or B

Sample Daily Plan

(This is a sample plan for a female Body Type C. When making your own plan, please be sure to use the right foods and portions for your Body Type, and fill in your daily plan with your favorite Makeover Meals.)

Sample Breakfast: Spring Omelet Primavera (with mushrooms, green peppers, onions and fresh basil) with Hash Brown Potatoes (Grate raw potatoes, form into patties and cook in a non-stick pan)

Sample Lunch: Chicken Luau Kebabs (Thread chicken, pineapple cubes, onion and green peppers on skewers and grill). Serve with brown rice.

Snacks: Morn. Snack: Grilled lean steak and 1/2 Cup mixed berries - Aft. Snack: Banana Berry Protein Smoothie (blend 1 serving vanilla flavor Protein for Fat Loss, 1 small banana, a handful of blueberries, 1/4 cup of water, and 1 cup of ice in a blender).

Sample Dinner: Grilled Red Snapper, brown rice and steamed asparagus drizzled with balsamic vinegar.

Exercise Habits I Intend to Follow

Activities I Want to Do More of (include frequency):

This is where you make a list of fun and healthy activities you'd like to do more of. (Examples: Riding your bike to work, walking the dog every evening, hiking with the kids)

Fat Burning: Walking 5 days a week as per my Accelerated Fat Burning Cardio Workouts, within my target heart rate

Muscle Building: Resistance training as per my 18 Minute Body Sculpting Plan 2x a week.

Other: The 6 Week Body Makeover does not recommend any other specific activities besides the Fat Burning and Body Sculpting workouts. Use this area to make a list of any other activities you'd like to participate in. (Example: Swimming, Tennis, Yoga)

Activities I Want to Do Less of: Enter the activities you currently do that you know you need to do less of. (Examples: Driving when I could walk)

Additional Activities I Intend to Do (take stairs at work instead of elevator, park farther from stores, etc.): Make a list of the activities you currently don't do that you know you should do more of. (Examples: Taking the stairs instead of the elevator. Walking instead driving to nearby locations.)

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Sample SMART Habits

The Atkins Diet®

My New SMART Habits That Are Going to Get Me to My Goal Weight! Eating Habits I Intend to Follow

Foods I Want to Eat More of: Protein: Beef, pork, chicken, turkey, fish, cheeses, full fat dairy products, eggs. Low Glycemic index vegetables (greens, cauliflower, broccoli) and fruits (grapefruit, strawberries, cantaloupe).

Foods I Want to Eat Less of: I need to limit my carbohydrate intake from 20 - 90 grams per day, as I make my way through the four steps of the eating plan, so I will be selecting foods that have a Low Glycemic index.

Foods I Want to Avoid Completely Until I Reach My Goal Weight: Anything made with white flour such as pastas, breads, donuts, cereals. Anything high in carbs including sodas, some fruits and starchy vegetables.

Other Eating Habits I'd Like to Follow

Number of Meals I Intend to Eat Every Day
(specific times if applicable): 3

Number of Snacks I Intend to Eat Every Day
(specific times if applicable): 1

Daily Intake of Water (specific times if applicable): Eight 8-ounce glasses

Other: A full-spectrum multivitamin, such as Pharmacist's Daily and an essential oils/fatty acid formula.

What Makes Up an Ideal Meal (Include Serving Sizes): 4-8 ounces of any protein, with a side of low carb vegetables such as greens, asparagus, cabbage, onions, celery and broccoli.

What Makes Up an Ideal Snack (include serving sizes): 2-6 ounces of protein, depending on hunger level. May include 1 oz. almonds, low carb vegetables or 1/2 cup low carb fruits, such as blueberries, or pineapple.

Sample Daily Plan

(NOTE: This is a sample based on the Atkins eating plan. Feel free to choose your own favorite Atkins friendly meals for your Sample Daily Plan.)

Sample Breakfast: Bacon, Avocado and Jack Cheese 2-3 Egg Omelet with fresh salsa, decaf coffee with cream.

Sample Lunch: 8 oz. Beef round steak, 1 cup spinach salad with mushrooms, red onions, celery and parmesan cheese dressed with olive oil and balsamic vinegar.

Snacks: 1 oz. almonds, 1/2 cup sugar free coleslaw and 1/2 a cucumber.

Sample Dinner: 9 oz. broiled salmon, 1 cup kale sautéed with garlic, lemon and olive oil.

Exercise Habits I Intend to Follow

Activities I Want to Do More of (include frequency): This is where you make a list of fun and healthy activities you'd like to do more of. (Examples: Riding your bike to work, walking the dog every evening, hiking with the kids).

Fat Burning: Brisk walking 30 minutes a day.

Muscle Building: Resistance training with weights 2-3 times a week.

Other: Atkins does not recommend any other specific activities. Use this area to make a list of any other activities you'd like to participate in. (Example: Swimming, Tennis, Yoga)

Activities I Want to Do Less of: This is where you enter the activities you currently do that you know you need to do less of. (Example: Being a couch potato.)

Additional Activities I Intend to Do (take stairs at work instead of elevator, park further from stores, etc.): This is where you enter the activities you currently don't do that you know you should do more of. (Examples: Taking the stairs instead of the elevator. Walking instead driving to nearby locations.)

Sample SMART Habits

The South Beach Diet®

My New SMART Habits That Are Going to Get Me to My Goal Weight! Eating Habits I Intend to Follow

Foods I Want to Eat More of: Proteins: Lean beef, chicken breast, turkey breast, fish, all fat-free dairy products, nuts such as almonds, cashews and peanuts, and low-fat tofu. Vegetables and legumes: asparagus, beans, broccoli, cauliflower, cucumbers, eggplant, tomatoes, zucchini. Fats such as olive and canola oil.

Foods I Want to Eat Less of: Fatty cuts of meat, dark meat turkey and chicken, fruits and fruit juices. Potatoes and yams. All types of bread and cereal. In Phase II, I may gradually add certain healthy carbs such as fruit, whole grain products like pasta and bread and yams.

Foods I Want to Avoid Completely Until I Reach My Goal Weight: High fat beef cuts: Brisket, organ meats. Dark meat poultry cuts, pork, high fat and full fat cheeses such as brie and edam. High sugar veggies such as beets, carrots, corn. All fruits. All starchy carbs such as breads, cereals, rice. All sugar. Alcohol of any kind during Phase I.

Other Eating Habits I'd Like to Follow

Number of Meals I Intend to Eat Every Day

(specific times if applicable): 3

Number of Snacks I Intend to Eat Every Day

(specific times if applicable): 2 - 3

Daily Intake of Water (specific times if applicable): 2-3 quarts a day. More if needed to satisfy thirst.

Other: Limit caffeine-containing beverages to 1 cup each day, take one multivitamin and mineral supplement daily such as Pharmacist's Daily.

What Makes Up an Ideal Meal (include serving sizes):

In Phase I, I can eat to satisfy myself, I don't need to worry about caloric values or how many ounces of each food. I may eat ample portions of protein, good fats and the lowest Glycemic index carbs in the form of vegetables. In Phase II, I may have ample portions of protein, good fats and I may begin adding healthy carbs such as fruits, whole grain products such as pasta and bread and sweet potatoes.

What Makes Up an Ideal Snack (include serving sizes):

Some protein from the Foods to Enjoy list, and a low carb veggie if I would like.

Sample Daily Plan

(NOTE: This sample plan covers both Phase I and Phase II. Feel free to fill your Daily Plan so it works with the phase you're on and includes the foods you really want to eat.)

Sample Breakfast: Phase I: 6 oz. veggie juice cocktail, Eggs Florentine (scrambled eggs w/ spinach and garlic), 2 slices Canadian Bacon. Phase II: 1 cup fresh strawberries, 1/2 cup old oatmeal prepared with 1 cup nonfat milk and topped with 1 Tbsp. walnuts.

Sample Lunch: Phase I: Chef's salad that has 1 oz. of ham, turkey and low fat cheese on mixed baby greens, dressed with olive oil and vinegar to taste. Phase II: Lemon Couscous Chicken (prepare couscous as per directions and top with grilled chicken strips) with tomato and cucumber.

Snacks: Phase I: 10 cherry tomatoes stuffed with 1/2 cup low-fat cottage cheese. Phase II: 4 oz. non-fat, sugar free yogurt

Sample Dinner: Phase I: Lemon Garlic Chicken, steamed asparagus, couscous, green salad dressed with olive oil and vinegar to taste. Phase II: Steak and Veggie stir fry (Chop lean beef into strips, stir fry with favorite low carb vegetables and spices, serve over brown rice.)

Exercise Habits I Intend to Follow

Activities I Want to Do More of (include frequency):

This is where you make a list of fun and healthy activities you'd like to do more of. (Examples: Riding your bike to work, walking the dog every evening, hiking with the kids).

Fat Burning: At least 20 minutes of physical activity a day such as walking, swimming or biking.

Muscle Building: Light weight training recommended, but not mandatory. For women, it is important to help build bone density so it should be considered.

Other: The South Beach Diet does not recommend any other specific activities besides the walking and resistance workouts. Use this area to make a list of any other activities you'd like to participate in. (Example: Swimming, Tennis, Yoga).

Activities I Want to Do Less of: This is where you enter the activities you currently do that you know you need to do less of. (Examples: Driving when I could walk)

Additional Activities I Intend to Do (take stairs at work instead of elevator, park farther from stores, etc.): Make a list of the activities you currently don't do that you know you should do more of. (Examples: Taking the stairs instead of the elevator. Walking instead driving to nearby locations).

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Sample SMART Habits Weight Watchers®

My New SMART Habits That Are Going to Get Me to My Goal Weight! Eating Habits I Intend to Follow

Foods I Want to Eat More of: Foods that are allowed in my Core Plan or Flex Plan. Use this area to make a list of the foods you should eat more of to get the best possible results.

Foods I Want to Eat Less of: Cereal that is high in sugar, dried fruits, fatty foods, processed foods not allowed by my plan.

Foods I Want to Avoid Completely Until I Reach

My Goal Weight: Foods not allowed in my Core Plan or cause me to exceed my points allowed in the Flex Plan.

Other Eating Habits I'd Like to Follow

(NOTE: The number of daily points you're allowed is based on your weight, the plan you choose, etc. Use your specific information to fill in the areas below with the correct number of points and best fat burning meals.)

Number of Meals I Intend to Eat Every Day

(specific times if applicable): 3 Meals over the course of the day working within the number of daily points I'm allowed.

Number of Snacks I Intend to Eat Every Day

(specific times if applicable): 1 to 2 snacks depending on how many points I have available.

Daily Intake of Water (specific times if applicable): Six 8 oz. glasses of water a day which may include sugar free beverages if I choose.

Other: Taking a multivitamin/multimineral supplement, like Pharmacist's Daily.

What Makes Up an Ideal Meal (include serving sizes):

Items totaling 5-8 points

What Makes Up an Ideal Snack (include serving sizes):

Items totaling 0-4 points

Sample Daily Plan

(NOTE: This sample menu is based on the Flex Plan to give you an idea of the things you can eat. Fill out your Daily Plan based on the Weight Watchers Plan of your choice and the number points allotted to you.)

Sample Breakfast: Apple Spice Waffle: 1 low-fat waffle, 1/4 cup chopped, dried apples, cinnamon, 1 Tbsp reduced calorie syrup and 1 cup 1% low fat milk. (5 points)

Sample Lunch: Veggie Quesadilla with 1 medium flour tortilla, 1/2 cup chopped tomatoes, 1 cup chopped sweet peppers, 2 oz. low fat cheddar cheese, cilantro and 2 Tbsp guacamole. (7 points)

Snacks: 1 cup artificially sweetened cherry vanilla yogurt, 1 raspberry flavored seltzer, 1 medium fruit flavored ice pop. (3 points)

Sample Dinner: Seasoned Veal with Cinnamon Squash: 4 oz. lean, seasoned veal, 3/4 cup acorn squash with cinnamon, 1/2 cup mixed veggies, 2 Tbsp light butter. (7 points)

Exercise Habits I Intend to Follow

Activities I Want to Do More of (include frequency):

This is where you make a list of fun and healthy activities you'd like to do more of. (Examples: Riding your bike to work, walking the dog every evening, hiking with the kids).

Fat Burning: Walking

Muscle Building: Resistance at the gym 3 x a week

Other: Weight Watchers does not recommend any other specific activities besides the above mentioned workouts. Use this area to make a list of any other activities you'd like to participate in. (Example: Swimming, Tennis, Yoga).

Activities I Want to Do Less of: This is where you enter the activities you currently do that you know you need to do less of. (Examples: Driving when I could walk).

Additional Activities I Intend to Do (take stairs at work instead of elevator, park farther from stores, etc.):

Make a list of the activities you currently don't do that you know you should do more of. (Examples: Taking the stairs instead of the elevator. Walking instead driving to nearby locations).

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