

FLORENCE'S BIGGEST LOSER MEAL PLAN

	BREAKFAST	LUNCH	SMALL SNACK	DINNER	LARGE SNACK
	2-3 carb (30-45 grams) 1 protein 1 fat	2-3 carb (30-45 grams) 3-5 protein 1 fat veggies (no max)	1 carb (15-30 grams)	2-3 carbs (30-45 grams) 3-5 protein 1 fat veggies (no max)	1 carb (15-30 grams) 1 protein
DAY 1	BREAKFAST:	1 cup high-fiber cereal (5 g or more); 3/4 cup skim milk; 1/2 cup fruit; 2 tbsp. nuts			
	LUNCH:	3-5 oz. tuna, chicken or egg salad; 1-2 tbs. light mayo; 2 slices whole wheat bread; vegetable salad w/oil & vinegar			
	SMALL SNACK:	1 piece fruit or 1 cup berries or 15 grapes			
	DINNER:	3-5 oz. chicken; 1 ear corn; 1-2 cups steamed green beans or other veggie seasoned with oil			
	LARGE SNACK:	4 graham crackers or other crackers; 1 tbs. peanut butter; 1/2 cup skim milk			
DAY 2	BREAKFAST:	1 cup yellow stone ground grits; 1 oz. lowfat cheese; 1/2 cup peaches or other fruit			
	LUNCH:	4-6 oz. chicken or fish; 1-3 cups nonstarchy vegetables (leafy greens, tomatoes, cukes, carrots, etc.); 1-2 tbs. low-cal dressing			
	SMALL SNACK:	1 high-fiber, high-protein bar (150 calories or less)			
	DINNER:	6 oz. spaghetti sauce w/ 3-5 oz. lean hamburger; 1 cup cooked whole wheat pasta			
	LARGE SNACK:	1 cup lowfat yogurt with 1/4 cup grape nuts			
DAY 3	BREAKFAST:	2 slices whole wheat toast, bagel or English muffin; 1 tbs. peanut butter; 1 small sliced banana			
	LUNCH:	1 oz. ham or turkey; 1 oz. lowfat cheese; 2 slices whole grain bread; mustard; 1/2 cup fruit; vegetable salad with oil & vinegar			
	SMALL SNACK:	1 yogurt			
	DINNER:	3-5 oz. baked or grilled fish; 1 small baked potato; 1-2 cups steamed carrots seasoned with oil			
	LARGE SNACK:	4-6 whole wheat crackers; 1 oz. cheese; 1/2 cup fruit or 1 small piece			
DAY 4	BREAKFAST:	1 egg; 1 cup grits; 1 slice whole wheat toast; 1 tsp. butter or margarine; 1 tsp. low sugar jelly			
	LUNCH:	1-2 cups bean or veggie soup; 1-3 cups salad with 1-2 tbs. low-cal dressing; 1 piece fruit			
	SMALL SNACK:	3 cups popcorn			
	DINNER:	3-5 oz. pork tenderloin; 1 small baked sweet potato; 1-2 cups greens			
	LARGE SNACK:	1 cup sugar-free pudding; 1 tbs. nuts			
DAY 5	BREAKFAST:	Smoothie: 1 scoop protein powder, 1 cup vanilla yogurt, 1 cup frozen fruit, 1/2 cup greens (thin with water or milk to consistency)			
	LUNCH:	1/2 sub sandwich (turkey, ham, or roast beef) with mustard; baked chips			
	SMALL SNACK:	1 pudding			
	DINNER:	Stir Fry: 5 oz. seafood (steamed, grilled or baked), 1/2-3/4 cup brown or wild rice, 1-2 cups veggies			
	LARGE SNACK:	3 gingersnaps or 5 vanilla wafers, 1/2 cup milk			
DAY 6	BREAKFAST:	1-2 slices lowfat cheese toast; 1 cup fruit			
	LUNCH:	1-2 tbs. peanut butter with 1 tbs. low sugar jelly; 2 slices whole wheat bread; 1/2 cup fruit; vegetable salad with oil & vinegar			
	SMALL SNACK:	1 piece fruit			
	DINNER:	3-5 oz. lean beef (baked or broiled); 1/2-1 cup field peas; 1-2 cups steamed asparagus			
	LARGE SNACK:	1/2 sandwich (made with whole grain bread) or 4-6 whole grain crackers with 1 tbs. peanut butter, 1 oz. lowfat cheese or lean meat			
DAY 7	BREAKFAST:	1 cup regular oatmeal; 1/4 cup skim milk; 1/2 cup blueberries 2 tbsp. nuts; cinnamon if desired			
	LUNCH:	Leftovers: 3-5 oz. protein; 1/2-1 cup starch; 1-2 cups cooked or raw nonstarchy vegetables seasoned with oil			
	SMALL SNACK:	4-6 whole wheat crackers and lowfat Babybel cheese			
	DINNER:	3-5 oz. BBQ chicken; 1 cup beans and rice; 1-2 cups cabbage seasoned with oil			
	LARGE SNACK:	1/2 cup high-fiber cereal and 1/2 cup milk			

THE CHEAT THIS IS NOT A DIET.

This is a new way of looking at food, which includes indulging yourself from time to time. The trick is to control your indulgence and to limit how often those indulgences occur. Once a week, if that, is a good start to changing habits.

The Biggest Loser Recipe And Diet

Hamlyn



The Biggest Loser Recipe And Diet:

The Biggest Loser Maggie Greenwood-Robinson, The Biggest Loser Experts and Cast, 2005-10-21 Presents an easy to follow diet and exercise plan based on the TV show which combines a weight loss regimen with advice on adopting a lifestyle suited for overall health

The Biggest Loser 101 Best Recipes Biggest Loser Experts and Cast, Cheryl Forberg, Devin Alexander, 2011-08-12 Throughout the numerous seasons of The Biggest Loser America has watched the contestants lose more than 25 000 pounds In addition to the hardcore workouts the Biggest Losers put in each day at the Ranch the most essential component of their weight loss plan is eating healthy foods that are low in calories but big on flavor At the Ranch the contestants learn about nutrition portion control and meal preparation and by the time they leave the campus even those who have never spent much time in the kitchen can cook wholesome delicious meals for their families back home In The Biggest Loser 101 Best Recipes you ll find the very best developed by The Biggest Loser experts and cast over the last seven years Whether you re craving pizza or a burger pasta or cupcakes you ll find healthier lower calorie versions of all of your favorite foods right here along with some new ingredients and flavors you may have never tried before You don t have to give up the foods you love to lose weight you just have to make smarter choices And now you have 101 ways to start losing weight and get health one delicious bite at a time

The Biggest Loser Cookbook Devin Alexander, Biggest Loser Experts and Cast, Karen Kaplan, 2006-10-03 The Biggest Loser Cookbook provides more than 125 healthy delicious recipes from The Biggest Loser experts and cast as seen on NBC s hit show Building on the groundbreaking success of The Biggest Loser brand this sequel to the best selling book is sure to be a hit The Biggest Loser Cookbook offers 125 recipes from The Biggest Loser cast trainers and fans motivational before and after photographs of the cast 50 beautiful 4 color food shots dozens of trainer tips from The Biggest Loser trainers inspiring stories of how the cast members did it at a glance guides to The Biggest Loser Diet and The Biggest Loser Exercise plan Armed with this arsenal of nutritional information and training tips readers will be inspired to achieve the dramatic weight loss transformations that have amazed TV fans around the country

The Biggest Loser Quick & Easy Cookbook Devin Alexander, Biggest Loser Experts and Cast, 2011-11-08 The first cookbook in the bestselling Biggest Loser series to focus on fast simple meals that you can eat on the go The Biggest Loser Quick include five 20 minute workouts with tips on how to burn the most calories in the least amount of time offer healthy cooking and baking tips and techniques as well as shopping lists and pantry basics and as always will feature tips from the trainers and contestants on time saving techniques for fitting healthy meals into busy schedules The 75 quick and easy recipes will include such categories as breakfast on the double speedy soups and sandwiches throw together salads and sides mains in minutes lickety split sweet bites and more Sample recipes include Asparagus Chicken Apple Sausage Scramble Sausage Feta Pepper Breakfast Bake Blanca Arugula Pizza Monkey Trail Mix Caprese Burger Cold Dumpling Salad Garlic Herb Mac Cheese Spicy Cayenne Corn on the Cob Coffee Crusted Chopped Steak Philly Cheese Steak Pizza Crispy Pesto Cod

Meyer Lemon Seared Scallops Chocolate Raspberry Dreamers Honey Nut Apple Butter Rice Cakes **Biggest Loser**

Families Clare Collins, 2011-08-01 This book includes a diet and exercise plan that will change your life Inside you ll find a fitness program to help you lose weight at a healthy pace plus more than 70 healthy recipes with full colour photography Jam packed with advice from nutritionists and trainers who work on The Biggest Loser TV show this book will help transform your body and your life There is advice for the entire family from children to adults and tailored eating and exercise plans Sections include Weight Loss Basics Nutrition for Kids Food for Sport Getting Active Cooking Basics and Fitness Programs Also included are meal planners plus shopping lists and tips for preparing healthy food *The Biggest Loser Cookbook*

Hamlyn, 2012-01-02 The Biggest Loser Cookbook presents over 100 recipes and ideas for calorie counted meals that help you lose weight fast in a safe and sustainable way With simple delicious and satisfying recipes at your fingertips you ll be able to shed the pounds and feel fantastic There s a 14 day menu plan and ideas for cheats and swaps that make it easy to incorporate healthier foods into your everyday routine With shopping lists to help you buy exactly what you need you ll find it hard not to see the weight disappear in a matter of weeks Designed with series promotion in mind this cookbook is the perfect accompaniment to The Biggest Loser Your Personal Programme for Permanent Weight Loss with additional recipes and tips that will help you achieve and maintain the body you ve always wanted **The Biggest Loser Cookbook** Devin

Alexander, Karen Kaplan, The Biggest Loser Experts and Cast, 2006-10-03 Biggest Loser Cookbook Provides More Than 125 Healthy Delicious Recipes From The Biggest Loser Experts and Cast As Seen On NBC s Hit Show By Chef Devin Alexander and The Biggest Loser Experts and Cast with Karen Kaplan and a Foreword by Bob Harper and Kim Lyons Building on the groundbreaking success of The Biggest Loser brand this sequel to last year s best selling book is sure to be a hit The Biggest Loser Cookbook offers 125 recipes from The Biggest Loser cast trainers and fans motivational before and after photographs of the cast 50 beautiful 4 color food shots dozens of trainer tips from The Biggest Loser trainers inspiring stories of how the cast members did it at a glance guides to The Biggest Loser Diet and The Biggest Loser Exercise plan Armed with this arsenal of nutritional information and training tips readers will be inspired to achieve the dramatic weight loss

transformations that have amazed TV fans around the country **The Biggest Loser Cookbook** Hardie Grant Books, 2008

More than 100 simple and delicious recipes for vitality and weight loss Frontcover *The Biggest Loser Flavors of the World Cookbook* Devin Alexander, Biggest Loser Experts and Cast, Melissa Roberson, 2011-03-15 Pizza Huevos Rancheros Pad Thai Enchiladas Some of America s most craved foods aren t American in the traditional sense they re the international foods we love to order at restaurants or have delivered to our homes But most renditions of these beloved ethnic dishes are full of fat and calories How can dieters get the flavor they crave without buying one of those reduced calorie frozen meals that are full of salt and other preservatives Now with The Biggest Loser Flavors of the World Cookbook you can have your lasagna and eat it too With more than 75 recipes for favorite ethnic staples as well as legendary regional American cuisine created by

Chef Devin Alexander and The Biggest Loser contestants healthy eating has never been more exciting Discover how former contestants reinvented favorite dishes from their own cultures and regions to fit into their healthy new lifestyle and how to cut the calories and fat from America s most loved ethnic foods And Chef Devin Alexander s reliably decadent creations save both money and calories as any of these dishes can be made at home for a fraction of the cost of a restaurant or take out meal The book will include recipes for meals snacks dinners and desserts and will cover a wide range of cuisines from the down home Southern classics to delicious Asian dishes Mexican favorites hearty Italian meals and many others The book also includes cooking tips from Chef Devin weight loss advice from the contestants and trainers and an overview of the Biggest Loser food plan The Biggest Loser Flavors of the World Cookbook shows you how to expand your culinary horizons without expanding your waistlines

The Biggest Loser Simple Swaps Cheryl Forberg, Melissa Roberson, Biggest Loser Experts and Cast, 2009-09-29 The road to a healthier lifestyle starts with small decisions and better choices Now with The Biggest Loser Simple Swaps you can get healthy by simply swapping your old food habit and lifestyle choices for healthier versions every day With 100 simple swaps that cut calories save money and provide better nutrition as well as more than 30 mouthwatering recipes that put these swaps into action getting fit and healthy has never been easier Learn how to Swap lasagna noodles for veggies Pasta used to be a guilty pleasure for many Biggest Losers until they learned to make a healthy version Try replacing lasagna noodles in your favorite recipe with slices of grilled zucchini or eggplant Better yet try the Veggie Lasagna recipe in Chapter 4 Swap traditional yogurt for Greek style yogurt Greek style fat free yogurt contains the same number of calories as regular fat free yogurt but has twice the protein and half the carbs It s a great base for dips too Try using it in the French Onion Dip in Chapter 5 Swap sugary cereals for whole grains The slow release of energy from complex carbs will help you feel full and keep your blood sugar steady and your energy revved Or turn to Chapter 5 to make your own Hi Pro Vanilla Breakfast Grains Throughout the book you ll also find advice and tips from The Biggest Loser experts trainers and the contestants themselves who understand the challenges of fitting lifestyle changes into a busy schedule These simple budget friendly swaps can make a major difference in your health and weight loss efforts Start swapping and losing today

The Biggest Loser Families Clare Collins, Trent Watson, Laura Collins, 2010 Straight from the hit TV show The Biggest Loser Families will help change your diet and exercise habits and change your life in the process Inside you OCOll find a fitness program to help you lose weight at a healthy pace plus more than 70 healthy recipes with full colour photography Jam packed with advice from nutritionists and trainers who work on The Biggest Loser TV show this book will help transform your body and your life There is advice for the entire family from children to adults and tailored eating and exercise plans Sections include Weight Loss Basics Nutrition for Kids Food for Sport Getting Active Cooking Basics and Fitness Programs Also included are meal planners plus shopping lists and tips for preparing healthy food

The Biggest Loser Family Cookbook Devin Alexander, The Biggest Loser Experts and Cast, **The Biggest Loser Family Cookbook** Devin

Alexander, *Biggest Loser Experts and Cast*, Melissa Roberson, 2008-11-11 As grocery costs continue to rise many family cooks are finding themselves in a tough predicament How can they feed their families healthy satisfying meals without breaking the bank In *The Biggest Loser Family Cookbook* New York Times bestselling author Devin Alexander shows families that eating on a budget can be easy nutritious and delicious With more than 125 recipes that will satisfy every member of the family Chef Alexander provides complete affordable options for breakfast lunch and dinner along with mix and match side dishes healthy snacks and desserts From Broccoli Cheddar Frittatas to Steak Fajita Quesadillas Family Sized Meatball Parmesan to Peanut Butter Fudge Sundaes these wholesome satisfying dishes will become an essential part of every family cook s repertoire In addition to an overview of the Biggest Loser eating plan and Chef Alexander s recipes readers will find helpful cooking and cost saving tips from favorite Biggest Loser contestants and online club members They will also find simple ways to get kids involved in the kitchen and fun ideas for family mealtimes Designed to make healthy eating accessible for everyone *The Biggest Loser Family Cookbook* will help pad wallets not waistlines *The Biggest Loser 30-Day Jump Start* Cheryl Forberg, Melissa Roberson, Lisa Wheeler, *Biggest Loser Experts and Cast*, 2009-02-17 Over the last six seasons of *The Biggest Loser* you ve watched as contestants shed pounds got healthy and dramatically changed their lives for the better In fact you may have been so inspired by the show s remarkable success stories that you ve considered embarking on your own weight loss journey If you re looking to get healthy now there s good news You don t have to spend time at the ranch to benefit from *The Biggest Loser* magic *The Biggest Loser 30 Day Jump Start* brings all of the secrets of the ranch right into your own home *The Biggest Loser* experts the same ones who advise the contestants are here to walk you through a 30 day plan that will kick off your weight loss and help you build new healthy habits In this book you ll find easy to follow menus recipes exercise plans and motivation for each day of the week You ll also find helpful tips and advice from past Biggest Losers who have been in your shoes including the nine contestants from Season 7 who left the ranch early to follow this very plan at home So far the Biggest Losers have lost more than a combined 10 000 pounds But for each of them the journey started with a commitment to health to weight loss and to themselves The first steps toward a healthier future are in this book what are you waiting for Make the commitment take the leap and begin your 30 day jump start today **The Biggest Loser Quick & Easy Cookbook** Devin Alexander, *Biggest Loser Experts and Cast*, 2011-11-08 The first cookbook in the bestselling *Biggest Loser* series to focus on fast simple meals that you can eat on the go *The Biggest Loser Quick* include five 20 minute workouts with tips on how to burn the most calories in the least amount of time offer healthy cooking and baking tips and techniques as well as shopping lists and pantry basics and as always will feature tips from the trainers and contestants on time saving techniques for fitting healthy meals into busy schedules The 75 quick and easy recipes include such categories as breakfast on the double speedy soups and sandwiches throw together salads and sides mains in minutes lickety split sweet bites and more Sample recipes include Asparagus Chicken Apple Sausage Scramble Sausage Feta Pepper

Breakfast Bake Blanca Arugula Pizza Monkey Trail Mix Caprese Burger Cold Dumpling Salad Garlic Herb Mac Cheese Spicy Cayenne Corn on the Cob Coffee Crusted Chopped Steak Philly Cheese Steak Pizza Crispy Pesto Cod Meyer Lemon Seared Scallops Chocolate Raspberry Dreamers Honey Nut Apple Butter Rice Cakes *The Biggest Loser: 6 Weeks to a Healthier You* Cheryl Forberg, Melissa Roberson, Lisa Wheeler, Biggest Loser Experts and Cast, 2010-03-16 BASED ON THE HIT SHOW AND NEW YORK TIMES BESTSELLING BOOKS Each season on The Biggest Loser America watches the contestants transform their bodies at the Ranch But what you can't see on television is the even more incredible physical transformation that takes place on the inside as Biggest Losers radically change their health and quality of life through diet exercise and lifestyle changes The Biggest Loser 6 Weeks to a Healthier You brings the Ranch into your home and gives you the same tools medical advice nutrition tips and exercise instruction that the contestants receive there In just 6 weeks you can change your future and make strides toward preventing and reversing conditions such as diabetes heart disease and high blood pressure You'll also learn how to Boost your mood and brainpower with simple yoga poses and omega 3 rich foods like the Veggie Cheese Omelet and Mexican Turkey Burger Protect yourself from colds and flus by enhancing immunity with the power of vitamins A and C found in the Southern Start breakfast and Fire Roasted Tomato Soup Cut your cancer risk with strength training and the power antioxidants like those in the Bye Bye Blues Smoothie and Berrylicious Oatmeal Help prevent heart disease by getting plenty of aerobic exercise and trimming saturated fat from your diet with lean protein dishes like the Sweet Pepper Chicken Sandwich and Egg White Bites With delicious recipes easy to follow meal plans and 6 weeks of exercises to get you moving The Biggest Loser 6 Weeks to a Healthier You helps you lose pounds and gain a lifetime of good health The Everything Low-Fat, High-Flavor Cookbook Linda Larsen, 2008-10-17 Good fat Bad fat Trans fat Eating a balanced low fat diet has never seemed so complicated This cookbook makes it easy with 325 flavor packed recipes anyone can master No one will feel like they are sacrificing when they learn to make these delicious recipes Nutty Chicken Fingers Orange Beef and Broccoli Stir Fry Poached Cod with Spicy Buttermilk Sauce Oven Baked Fries Risotto with Winter Squash Lemon Meringue Pie Peanut Butter Chocolate Bars and more This edition includes completely new material such as 25 brand new recipes nutritional stats for all recipes and recipes that all conform to new USDA standards Finally good for you also means great tasting *The Biggest Loser Success Secrets* The Biggest Loser Experts and Cast, 2008-03-18 Presents the diet and exercise secrets of successful contestants on the show The Biggest Loser discussing finding the time to work out overcoming food cravings and maintaining weight after reaching a weight loss goal **Soul Food Recipes From The Dirty South** Kimball Hopson, 2011-04-26 Discover the unique flavors of the South here at Soul Recipes From The Dirty South There's a little something for everyone so why not come visit and explore our kitchen A collection of some of the most world famous southern and soul food recipes in one book Complete with some of the Hottest diets around and Healthy eating tips The Biggest Loser Food Journal Biggest Loser Experts and Cast, 2010-09-14 As any Biggest Loser knows weight loss boils down to

simple math Carefully tracking food intake calories in and exercise calories out is essential for successful weight loss Now you can record your calories and track your progress the same way the Biggest Losers do with The Biggest Loser Food Journal This interactive indispensable weight loss tool shows you how to Set a daily calorie budget Choose foods on The Biggest Loser Food Plan Record daily meals snacks beverages and water intake Create an exercise plan and log workouts Cook recipes created by The Biggest Loser nutrition team The Biggest Loser Food Journal will help you stay accountable discover a strategy that helps you meet your goals and celebrate your successes Start tracking and losing today

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