



**Female Fat Loss Over Forty**

**What Do I Eat?  
Your Blueprint**

## 6 Week Mix and Match Meal Plan

6 Week Mix and Match Meal Plan			
Week 1			
Breakfast	Lunch	Dinner	2 Snacks Per Day (AM&PM)
<p><b>High Energy and Fibre Oatmeal:</b>                      ½ cup dry oatmeal cooked                      1 scoop whey protein or ½ cup Greek yogurt                      12 almonds                      ½ cup mixed frozen berries or a hand full of raisins, Stevia and cinnamon optional</p>	<p>1 Whole wheat wrap, ½ cup black beans, 1 oz reduced fat cheese, ½ cup lettuce, green onion, tomato and one slice avocado                      1 cup grapes</p>	<p><b>Crunchy Tacos</b>                      6 Oz chopped chicken, 2-3 small corn tortillas,                      1 oz shredded low fat cheddar cheese, 5 diced grape tomatoes serve with lettuce salsa and hot sauce</p>	<p>1 cup low fat plain Greek yogurt with ½ cup high fibre cereal</p>
<p><b>Egg White Sandwich:</b>                      4 egg whites scrambled                      1oz low fat cheese                      1 whole wheat bun                      ½ med grapefruit</p>	<p><b>Chicken Rice Bowl:</b>                      6oz chicken breast, ½ cup brown rice, ½ avocado, diced tomato &amp; peppers</p>	<p><b>Tuna salad</b>                      5oz tuna packed in water, 2 cups lettuce, ½ c each slices carrots, cucumbers and tomatoes with 1 ½ tbsp balsamic vinegar add 2 tsp EVOO                      1 orange</p>	<p>1 Pear &amp; 10 cashews</p>
<p>1 cup Kashi Go Lean Cereal                      1 med banana                      ½ cup low fat milk</p>	<p><b>Tuna Melt:</b>                      6 oz tuna packed in water, 2 slices toasted, Ezekiel bread, 1 oz low fat cheese shredded broil till melted and top with 4 tomato slices</p>	<p>6 oz baked chicken with black pepper, 1 med sweet potato with 2 tsp EVOO, 1 ½ cups steamed broccoli with red pepper flakes</p>	<p>Celery sticks                      1Tbsp all natural peanut butter</p>
<p><b>Chocolate Strawberry Shake:</b>                      Blend 1 cup low fat milk, ¼ cup chocolate whey protein powder, ½ cup strawberries with ice and cinnamon to taste</p>	<p><b>Light Salmon Salad:</b>                      6 oz salmon, 2 cups green leaf lettuce</p>	<p><b>Vegetarian Stir-fry:</b>                      4 oz firm tofu, ½ each sliced mushrooms, snap peas, carrot matchsticks, and onions sautéed in 1 tbsp sesame oil                      ¾ cup couscous</p>	<p>2oz tuna on 2 crisp breads</p>
<p>1 toasted whole-wheat bread with 2 tbsp almond butter and 4 thin apple slices                      Eat remaining apple too!</p>	<p>1 whole wheat English muffin 2oz nitrate free low sodium ham, ¼ sliced avocado 2 tomato slices, ½ cup lettuce, 1 apple</p>	<p>4 oz broiled wild salmon, 1 cup pearly barley 5 asparagus spears                      1 small green salad</p>	<p>1 sliced apple with 1 ½ Tbsp unsalted almond butter</p>
<p><b>Breakfast Pita:</b>                      1 whole wheat pita topped with 2 egg whites and 1 egg scrambles. Serve with salsa                      Small orange</p>	<p><b>Spinach Salad:</b>                      2 cups baby spinach, 3 oz chicken, ½ cup chick peas, ¼ cup blueberries, ½ cup cucumber 1 ½ tbsp balsamic vinegar 2 tsp EVOO</p>	<p>1 black bean veggie burger with whole wheat roll, 1 slice each tomato, avocado and lettuce; 1 ½ cup green beans with 1 ½ tsp red wine vinegar and 2 tsp EVOO; 1 cup fruit salad</p>	<p>¾ cup grape tomatoes                      1 low fat cheese string</p>

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Week 2			
Breakfast	Lunch	Dinner	2 Snacks Per Day (AM&PM)
<b>Berry Pear Oatmeal:</b> ½ cup dry oatmeal cooked with 1 cup low fat milk, 1 diced pear and ¼ cup frozen blueberries. Add 1 Tbsp flaxseed or Chia seeds and cinnamon 5 chopped walnuts	1 Whole wheat pita, 1oz nitrate free low sodium turkey , 1 oz reduced fat cheese, ½ cup lettuce, peppers, tomato and one slice avocado 1 apple	6 Oz baked Chicken 1 cup wild rice 1 cup sautéed spinach with garlic and 1 tsp EVOO	1 hard boiled egg 15 Kashi TLC crackers
1 cup Shredded wheat cereal 1 med banana ¾ cup low fat milk	<b>Salmon Rice Bowl:</b> 6oz salmon, ½ cup brown rice, ½ avocado, diced tomato & peppers	6oz baked tilapia with 1tsp EVOO and ½ cup salsa; 1 cup low sodium black beans; 1 cup salad greens with 1 Tbsp balsamic vinegar and 1 tsp EVOO	¾ cup low fat ricotta cheese with one cubed pear and cinnamon
<b>Almond Banana Shake:</b> Blend 1 cup low fat milk, ¼ cup chocolate whey protein powder, 1 small banana, 1 Tbsp flax seed and 1 tsp almond butter with ice	4 Egg Whites, 1 chopped red potato, 1 oz shredded low fat cheese 1 cup spinach	6 oz Grilled chicken topped with ½ cup sautéed spinach 1 cup steamed green beans 1 cup wild rice	3 ½ cups Newman’s Own 94% fat free microwave popcorn; ¼ cup unsalted soy nuts
½ cup cottage cheese with 1 sliced pear, 4 walnuts and 1 tsp Stevia(optional) 1 slice rye toast	<b>Spinach Salad:</b> 2 cups baby spinach, 3 oz chicken, ½ cup chick peas, ¼ cup blueberries, ½ cup cucumber 1 ½ tbsp balsamic vinegar 2 tsp EVOO	1 multi grain roll with 4oz 99% lean turkey burger, 1 oz fat reduced jalapeño cheese, lettuce and salsa 1 cup salad greens with 1tsp EVOO and 2tbsp red wine vinegar	1 oz 80% cacao dark chocolate melted with ¾ cup strawberries
<b>Egg white and Veggie omelette:</b> 4 egg whites, 1 oz Jarlesberg light cheese, 5 sliced grape tomatoes, 5 sliced mushrooms and ground black pepper to taste. 1 slice rye toast; 1 cup strawberries	1 whole wheat English muffin 2oz nitrate free low sodium ham, ¼ sliced avocado 2 tomato slices, ½ cup lettuce, 1 apple	<b>Tuna Salad with Dijon Vinaigrette:</b> 3 cups salad greens, cucumbers and tomatoes, 5oz tuna packed in water, ¼ cup white beans, 1 tbsp EVOO, 2 tbsp balsamic vinegar, 1 tsp Dijon mustard 1 cup watermelon	<b>PB Apple Roll Up:</b> 1 whole wheat wrap, 1Tbsp all natural peanut butter, ½ cup sliced apples
1 toasted whole-wheat bread with 2 tbsp almond butter 1 cup strawberries	1 Whole wheat wrap, ½ cup black beans, 1 oz reduced fat cheese, ½ cup lettuce, green onion, tomato and one slice avocado 1 cup grapes	5 oz Baked salmon 10 green beans with 2 tsp EVOO, 1 tbsp red wine vinegar and 1 diced clove garlic 1 cup wild rice	2 tbsp hummus raw veggies

<b>Week 3</b>			
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>2 Snacks Per Day (AM&amp;PM)</b>
6oz non fat Greek yogurt, ½ cup strawberries and ½ cup Kashi cereal	2 slices cinnamon raisin Ezekiel bread, 3 oz low sodium turkey breast, ½ oz low fat cheese, lettuce, 1 tsp unsweetened apple butter, 1 orange	6 oz grilled lean pork 1 whole grilled tomato with 1 tsp EVOO ½ cup steamed spinach with 1 clove garlic ½ cup white beans	2 crisp breads (like Ryvita) with 2 tbsp unsalted almond butter
<b>Happy Scrambled Eggs</b> 4 Egg Whites, 1 Chopped Red Potato or 1 Slice Ezekiel Bread, ½ Avocado or 1 oz shredded cheese serve with Salsa, Hot Sauce, and Black Pepper	1 whole wheat wrap with 3 oz extra lean roast beef, ½ red pepper, ½ cup cucumber, ½ cup chick peas, 1 tbsp low fat tzatziki 1 cup strawberries	6 oz Grilled chicken topped with ½ cup sautéed mushrooms 1 cup steamed broccoli 1 cup brown rice	2 Wheetabix organic whole grain biscuits with ½ tbsp unsalted almond butter
<b>Blue Banana Smoothie:</b> Blend 1 cup low fat milk, ¼ cup vanilla whey protein powder, 1 small banana, 1 Tbsp flax seed and ½ cup frozen blueberries	<b>Chicken Salad:</b> 3 cups green lettuce, 4 oz chicken, ½ cup chopped pepper, 7 grape tomatoes , 1 Tbsp pine nuts 1 ½ tbsp apple cider vinegar 1 Tbsp EVOO	<b>Pork Spinach Salad:</b> 2 cups baby spinach, 8 grape tomatoes, 4 oz grilled lean pork sliced, 2tbsp low fat feta cheese, ¼ cup white beans, 1 tbsp EVOO 2tbsp balsamic vinegar 1 tsp Dijon mustard 1 orange	1 cup low fat milk 1 cup strawberries
<b>Winter oatmeal:</b> ½ cup dry oatmeal cooked with 1 cup low fat milk and 1 diced small apple. Add 1 Tbsp flaxseed or Chia seeds and cinnamon; 5 chopped walnuts	<b>Chicken Bowl:</b> 6oz chicken breast, ½ cup cooked red potato, 1 cup assorted veggies	<b>Quesadillas:</b> 2 whole wheat wraps with ½ cup salsa, ¼ cup reduced fat mozzarella cheese, black beans bake or grill till melted 1 cup cantaloupe or honey dew	1 cup low fat plain Greek yogurt with ¾ cup blueberries and 6 unsalted cashews
<b>Egg sandwich:</b> 3 egg whites, 1 slice part skim mozzarella on a whole wheat English muffin 1 cup strawberries	<b>Salmon Melt:</b> 6 oz salmon, 2 slices toasted, whole wheat bread, 1 oz low fat cheese shredded broil till melted and top with 4 tomato slices	4 oz baked chicken breast in 1 tsp EVOO, 1 tbsp balsamic vinegar, 1 tbsp Dijon mustard; 1 cup steamed broccoli; 1 small baked red potato with skin and salsa	1 oz fat reduced jalapeño cheese with 1 sliced apple
6oz non fat Greek yogurt, ½ cup strawberries and ½ cup Kashi cereal	<b>Ham Roll-Up:</b> 2 1-oz slices nitrate free sodium reduced lean ham. 1 oz reduced fat jalapeno cheese, 4 basil leaves and 2 tomato slices(divide portions to make two roll-ups; I cup carrot sticks with 2tbsp Hummus; I cup cantaloupe	1 multi grain roll with 4oz firm tofu grilled in 2 tsp EVOO , 1 oz fat reduced jalapeño cheese, lettuce and salsa 2 cup salad greens with 10 grape tomatoes 2tsp EVOO and 2tbsp balsamic vinegar	<b>Nutty Fruit Shake:</b> Blend ¼ cup vanilla whey protein powder, 1 cup low fat milk, ½ cup frozen blueberries, 8 cashews

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Week 4			
Breakfast	Lunch	Dinner	2 Snacks Per Day (AM&PM)
<b>High Energy Oatmeal:</b> ½ cup dry oatmeal cooked with 1 cup low fat milk, 1 banana and 1 tbsp all natural peanut butter	1 whole wheat pita, 2oz part skimmed mozzarella, 1 sliced roma tomato, 4 basil leaves, 2tsp balsamic vinegar and 1 tsp EVOO 1 cup cherries	6 oz cod grilled with ½ lemon juice 1 tsp Italian seasoning 1 cup wild rice 1 cup edamame beans	1 cup broccoli florets, 10 Kashi TLC Crackers and 4 Tbsp low fat Tzatziki
2 Wheatabix organic whole grain biscuits, 1 banana, ½ cup low fat milk, heated in microwave on high 1-2 minutes	<b>Chicken Salad:</b> 3 cups green lettuce, 4 oz chicken, ½ cup chopped pepper, 7 grape tomatoes, 1 Tbsp pine nuts 1 ½ tbsp apple cider vinegar 1 Tbsp EVOO	<b>Chicken Salad:</b> 2 cups baby spinach, 8 grape tomatoes, 4 oz grilled chicken sliced, ¾ cup black beans, 4 slices grilled onion, 1 tbsp EVOO, 2tbsp red wine vinegar	2 tbsp hummus 2 cups raw veggies 1 orange
<b>Greek Omelette:</b> 2 egg whites, 2 Tbsp reduced fat feta cheese, 2 tbsp diced tomato and cucumber 2 slice rye toast	1 Whole wheat pita, 1oz nitrate free low sodium turkey , 1 oz reduced fat cheese, ½ cup lettuce, peppers, tomato and one slice avocado 1 apple	<b>Deliciously Baked From The Sea</b> 6oz Halibut, Orange Roughy, or Tilapia, ½ cup Quinoa, and Small Salad – Mixed greens, ½ Avocado Cubed (any veggies you want)	¼ cup walnuts 15 sugar snap peas
1 cup low fat plain yogurt, ½ cup blueberries and ½ cup Kashi GoLean cereal	<b>Salmon Rice Bowl:</b> 6oz salmon, ½ cup brown rice, ½ avocado, diced tomato & peppers	<b>Mushroom Spinach Salad:</b> 1 large grilled portabella mushroom diced, 2 cups baby spinach, 8 grape tomatoes, snap peas, ¼ cup white beans, 1 tbsp EVOO 2tbsp balsamic vinegar 1 tsp Dijon mustard	1 cup Greek non fat yogurt 1 cup sliced strawberries
<b>Choco Banana Shake:</b> Blend 1 cup low fat milk, ¼ cup chocolate whey protein powder, 1 small banana, 5 frozen strawberries with ice	4 Egg Whites, 1 chopped red potato, 1 oz shredded low fat cheese 1 cup spinach	1 cup cooked whole wheat rotini mixed with 1 cup steamed broccoli and ½ roasted red pepper, 1 ½ tsp EVOO, 2 tsp red wine vinegar 1 cup blueberries	1 hard boiled egg 12 grapes Raw veggies
1 toasted whole-wheat English muffin with 2 tbsp almond butter and 4 thin apple slices Eat remaining apple	2 slices cinnamon raisin Ezekiel bread, 3 oz low sodium turkey breast, ½ oz low fat cheese lettuce, 1 tsp unsweetened apple butter, 1 orange	<b>Crunchy Tacos</b> 5 Oz chopped grille lean steak, 2-3 small corn tortillas, 1 oz shredded low fat cheddar cheese, 5 diced grape tomatoes serve with lettuce salsa and hot sauce	1 cup cantaloupe 8 walnut halves

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Week 5			
Breakfast	Lunch	Dinner	2 Snacks Per Day (AM&PM)
<b>Energy and Fibre Oatmeal;</b> ½ cup dry oatmeal cooked with, 1 scoop whey protein, ½ cup mixed frozen berries and 1 Tbsp flax or Chia seeds. Stevia and or cinnamon optional	1 Whole wheat wrap, 1oz nitrate free low sodium ham, 1 oz reduced fat cheese, ½ cup lettuce, peppers, tomato and one slice avocado 1 cup grapes	<b>Chicken Quesadillas:</b> 2 whole wheat wraps with ½ cup salsa, ¼ cup reduced fat mozzarella cheese, 4 oz grilled chicken. Bake or grill till melted 1 cup fruit salad	2 brown rice cakes ½ avocado
<b>Egg White Sandwich:</b> 4 egg whites scrambled 1oz low fat cheese 1 whole English Muffin 1 cup strawberries	1 Whole wheat pita, ½ cup black beans, 1 oz reduced fat cheese, ½ cup lettuce, green onion, tomato and one slice avocado 1 cup grapes	6 oz Grilled steak(sirloin or round tip), 4 oz Baked sweet potato, Broccoli, grape tomatoes and garlic sautéed in 1 Tbsp EVOO seasoned with Spike or Mrs. Dash	1 cup fruit salad, 8 walnut halves, ½ cup Kashi Golean cereal
1 cup whole grain Cereal ¾ cup grapes ¾ cup low fat milk	<b>Avocado sandwich:</b> ½ cup sliced avocado, 1 oz part skim mozzarella, 2 slices tomato, 2 slices toasted whole grain 1 cup mixed berries	<b>Turkey Salad:</b> 2 cups baby spinach, 8 grape tomatoes, 6 oz grilled turkey sliced, tomatoes, cucumbers, peppers, 1 tbsp EVOO, 2tbsp red wine vinegar	1 cup non fat Greek yogurt with 1 sliced peach
<b>Breakfast Pita:</b> 1 whole wheat pita topped with 2 egg whites and 1 egg scrambles. Serve with salsa Small orange	2 cups black bean soup, 1/2 oz part skim mozzarella 12 grape tomatoes	6 oz grilled fish (your choice) Large green salad ¾ cup quinoa	<b>Berry Green Smoothie:</b> Blend ½ cup frozen berries, ½ cup spinach, ½ cup plain low fat yogurt, ¼ cup skim milk with 1 scoop vanilla whey protein powder
2 slices whole-wheat bread with 2 tbsp almond butter and 1 tsp unsweetened apple butter	<b>Almond Chicken Salad:</b> 4 oz chicken, 3 cups greens, 8 grape tomatoes, 8 almonds sliced, ¼ cup sliced orange, 2 tbsp apple cider vinegar, ½ tsp Dijon mustard and 1 tsp EVOO	<b>Bean Burrito:</b> 1 whole wheat wrap, ¼ cup pinto or black beans, 1oz reduced fat jalapeno cheese shredded, ¼ cup chopped bell peppers, ¼ cup sliced green onions with salsa	1 apple 4 stalks celery with 2 tbsp all natural peanut butter

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Week 6			
Breakfast	Lunch	Dinner	2 Snacks Per Day (AM&PM)
<p><b>Very Berry Oatmeal;</b> ½ cup dry oatmeal cooked with 1 cup low fat milk and ¾ cup mixed berries. Add 1 Tbsp flaxseed or Chia seeds. Cinnamon and Stevia optional 7 almonds</p>	<p><b>Red pepper omelette;</b> 4 egg whites, 2 chopped artichokes, 2 chopped roasted peppers and ¼ cup low fat feta cheese</p>	<p>6 oz grilled lean pork 1 whole grilled tomato with 1 tsp EVOO 10 Asparagus spears ½ cup brown rice</p>	<p>1 oz fat reduced cheddar cheese with 1 sliced apple</p>
<p><b>Basil omelette:</b> 4 egg whites scrambled, ¼ cup diced tomato, 1 oz part skimmed mozzarella and 4 torn basil leaves 1 slice whole wheat toast 1 small orange</p>	<p><b>Chicken Rice Bowl:</b> 6oz chicken breast, ½ cup brown rice, ½ avocado, diced tomato &amp; peppers</p>	<p><b>Deliciously Baked From The Sea</b> Baked 6oz Salmon, Tuna, Ahi, or Mahi Mahi, ½ cup Steamed Brown Basmati Rice and Small Salad – Mixed greens, ½ Avocado Cubed (any veggies you want)</p>	<p><b>Blue Smoothie:</b> Blend 1 cup low fat milk, ¼ cup vanilla whey protein powder, 1 small banana and ½ cup frozen blueberries</p>
<p>1 cup whole grain cereal 1 cup blueberries ¾ cup low fat milk</p>	<p><b>Tuna Melt:</b> 6 oz tuna packed in water, 2 slices toasted, Ezekiel bread, 1 oz low fat cheese shredded broil till melted and top with 4 tomato slices</p>	<p><b>Quesadillas:</b> 2 whole wheat wraps with ½ cup salsa, ¼ cup chopped peppers; ¼ cup reduced fat jalapeño cheese, 1 cup black beans. Bake or grill till melted 1 orange</p>	<p>¼ cup soy nuts 20 sugar snap peas</p>
<p><b>Coconut Smoothie:</b> Blend ¼ cup low fat coconut milk, ¾ cup low fat milk, ¼ cup vanilla whey protein powder, ¼ cup frozen pineapple and ½ cup frozen strawberries</p>	<p><b>Light Salmon Salad:</b> 6 oz salmon, 2 cups green leaf lettuce balsamic vinegar</p>	<p>6 oz Grilled Chicken Breast, 4 oz Baked (or micro waved) red potato, Asparagus, Squash and Broccoli sautéed in 2 Tbsp EVOO seasoned with Spike or Mrs. Dash</p>	<p>25 Unsalted Almonds</p>
<p>1 cup 1% cottage cheese, 1 Tbsp unsweetened apple butter and 1 small cubed apple. Top with 1 tsp flax or Chia seeds</p>	<p>1 whole wheat wrap with 3 oz extra lean roast beef, ½ red pepper, ½ cup cucumber, ½ cup chick peas, 1 tbsp low fat tzatziki 1 cup strawberries</p>	<p><b>Chicken Soup</b> 16 Oz Organic Chicken Broth, 6 Oz Chopped Chicken Breast, 1 cup Frozen Mixed Vegetables, ½ Cup Brown Basmati Rice</p>	<p>½ cup 1% cottage cheese with 1 cup cherries</p>