

CHAIR  GYM

EAT FIT

7 Days Meal Plan



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CHAIR GYM EAT FIT 7 DAYS MEAL PLAN MANUAL ITEM#: 8952

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EAT FIT 7 Day Meal Plan

Breakfast

Lunch

Snack

Dinner

Day One	1 Slice Whole Wheat Bread 1 tsp. lite margarine spread 1 cup honeydew or cantaloupe 1 cup nonfat yogurt or 8 ounces fat free milk 1 cup green decaf tea	Tuna Vegetable Pita Sandwich : ½ whole wheat pita pocket 1 cup assorted raw vegetables: lettuce, tomato, sprouts, cucumbers, onion, celery 3 oz tuna in water and 2 teaspoons low-fat mayo 8 ounces fat free milk or 1 cup low fat yogurt 12 grapes	1 oz lowfat string cheese 1 apple	Taco night 3 oz. 93% lean beef or turkey sautéed With ½ cup chopped onions, Red and green peppers 1 tablespoon of taco seasoning 2 tablespoon ready made salsa 2 soft tortillas (4") 2 tablespoons shredded low fat cheese
Day Two	¾ c Cereal: high fiber more than 3 grams and low sugar less than 8 grams 1 c blueberries or strawberries 8 ounces fat free milk 1 cup green decaf tea	Turkey Sandwich: 3 ounces or 3-4 slices of lean turkey Garnish with lettuce and tomato Condiment: 1 teaspoon mustard and/or 2 teaspoon low fat mayo 2 slices whole wheat bread 1 cup sliced cucumbers with 2 teaspoon low fat dressing	1 cup nonfat yogurt ½ cup berries 4 ounces orange juice Blend into smoothie	Orange ginger salmon: 4 oz broiled or grilled salmon sprinkle with ginger and garnished with sliced oranges ½ cup brown rice 1 cup steamed broccoli ½ steamed carrots 8 ounces nonfat milk
Day Three	1- 4" whole wheat waffle 2 Teaspoon peanut butter 8 ounces fat free milk 1 cup sliced cantaloupe 1 cup green decaf tea	Healthy Roast beef mini sub: 3 ounces lean deli sliced roast beef 1 wheat sandwich thin round or 4" wheat roll Condiment: 1teaspoon mustard and/or 1 teaspoon lowfat mayo Chopped Salad: 1 cup romaine lettuce, ½ cup chopped tomato, ½ cup chopped green peppers with 2 teaspoon low fat dressing	1 medium piece of fruit: apple, orange or pear 10 dry-roasted almonds	Pasta with Chicken and Vegetables 3 ounces grilled chicken strips Assorted stir fry vegetables: Sauté in 1 tabelspoon olive oil: Chopped onions, garlic 1 cup sliced mushrooms ½ cup each sliced zucchini & broccoli Add chicken and 1 cup cooked wheat pasta to cooked vegetables. Toss and serve
Day Four	1 slice whole wheat toast 2 teaspoon all-natural peanut butter 1 apple 8 oz fat free milk 1 cup green decaf tea	Chicken and Veggie Wrap: 1 whole wheat tortilla 2 oz. grilled chicken strips, and 1 oz low-fat cheese lettuce and tomato and 2 teaspoon low fat dressing Medium apple	1 c nonfat yogurt 1 medium pear or apple	Simple broiled fish: 4 ounces Talapia, or Cod, or Trout broiled or grilled with chopped parsley, garlic, and lemon garnish 1 c tossed salad with assorted vegetables: tomato, greens, cucumbers, peppers 2 teaspoon low fat dressing 6 steamed asparagus spears 1 baked medium red potato 1 cup berries

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Day Five	4 oz grapefruit juice 1 whole wheat English muffin 1 teaspoon lite margarine 1 cup strawberries 1 cup nonfat yogurt 1 cup green decaf tea	1 cup vegetarian vegetable soup Salmon Spinach salad 3 oz grilled salmon or canned salmon ½ cup mandarin oranges 1 tablespoon of silvered almonds 1 tablespoon balsamic vinegar and olive oil dressing	Broccoli, carrot and celery sticks 2 T low-fat ranch dip 1 cup non fat yogurt	Tortilla Pizza 1 Whole wheat tortilla ½ cup marinara sauce 3 oz low-fat mozzarella cheese, 1.5 cups chopped vegetables including zucchini, broccoli, eggplant Bake @ 350 until cheese melts and slightly brown
Day Six	8 ounces fat free milk ¾ cup cooked oatmeal 1 cup assorted berries 1 cup green decaf tea	Cheese and Tomato Caprese Sandwich: 2oz low-fat mozzarella Tomato slices, spinach leaves, fresh basil Whole wheat roll (4") Condiment: 2 T teaspoon olive oil	½ banana 1 cup non fat yogurt	Chicken teriyaki: 4 oz grilled chicken breast brushed with 1 teaspoon teriyaki sauce 1 c sautéed vegetables ½ baked sweet potato 1 teaspoon lite margarine
Day Seven	4 oz orange juice 1 whole egg plus 2 egg whites, scrambled 1 slice whole wheat toast 1 teaspoon lite margarine 1 cup green decaf tea	Black Bean Salad: ½ c cooked black beans diced tomato red bell peppers red onion and scallions ½ c diced avocado 1 teaspoon olive oil and 1 teaspoon vinegar 2 cups assorted greens 1 wheat tortilla	4 whole wheat crackers 1 teaspoon all-natural peanut or almond butter 8 ounces fat free milk	Pasta with ground turkey and tomato sauce 1 cup whole wheat pasta 3 oz. ground turkey sautéed with tomato sauce 2 cups sauté broccoli with olive oil and garlic