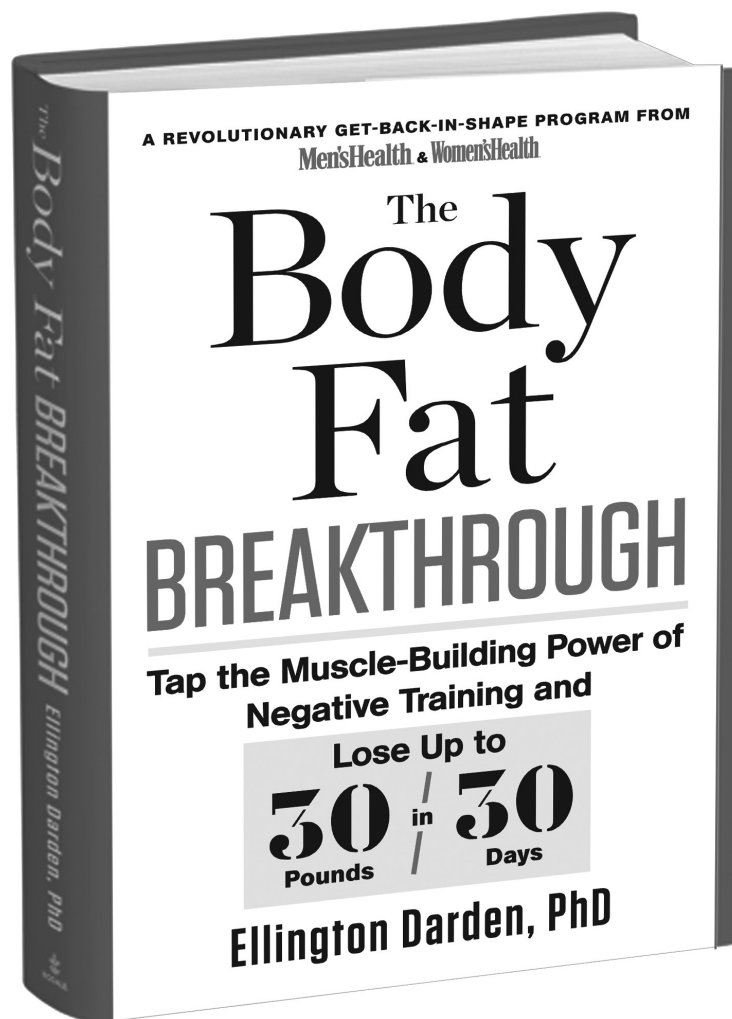




Basic Eating Plan Weeks 1-6

X-Force Body Meal Plan to Help you

GET FIT IN NO TIME



Based off the proven eating habits found in *The Body Fat Breakthrough*



X-Force Body Program
By Ellington Darden, Ph.D.

GENERAL GUIDLINES RELATED TO THE MENUS THAT FOLLOW

- Each daily menu consists of six small meals. A small meal consists of 100 to 400 calories. During the first two weeks, women will consume 1400 meals a day, while men will consume 1600. Caloric intake drops to 1300 per day for women and 1500 for men during weeks 3 and 4, then decreases to 1200 per day for women and 1400 for men in the final two weeks. The listed foods are available in most supermarkets and are simple to prepare!
- Most drinks consumed should not contain calories. Although soft drinks are not ideal, if they are not caloric you may drink them. For best results, no more than 2 cups of caffeinated soda, coffee or tea may be consumed.
- Please visit these suggested websites for frozen and microwavable meals along with dinner substitutions:
 - Michelinias.com
 - Healthychoice.com
 - Leancuisine.com
- For our recommended meal-replacement shakes, please explore
 - Metabolic Drive Shake Mix (biotest.t-nation.com/categories/diet)
 - Myoplex Original (EAS.com)
- As with all reduced-calorie diets, you should take one multiple vitamin with minerals each morning with breakfast. High-potency supplements are not necessary.
- Your physician should be made aware that you are about to modify your eating and exercise plan. Make a copy of this material for their reference and your own. Your doctor will likely recommend a physical exam if you have not had one in the last 12 months.
- DO NOT try this program if you are; pregnant, breast feeding, under the age of 20, have a heart, liver or kidney disease, have diabetes or some types of arthritis or cancer. X-Force Body asks you to consult with your physician before beginning the program, and play it safe!

OTHER IMPORTANT GUIDELINES

Besides adhering to the X-Force Body Eating Plan, there are other things you must do to achieve sustainable fat loss results.

- Drink at least one gallon of ice water each day. Abundant water facilitates fat loss because it helps your liver and kidneys become more efficient. Use an insulated water bottle and sip through a straw for best results.
- Perform X-Force Body training workouts twice a week. After a routine of heavy eccentric exercise, your fat metabolism can remain elevated for four days and nights. That's one reason why you will require longer periods of rest and recovery.
- Walk moderately for 30 minutes each day after your evening meal. Walking will temporarily burn 25-30% more calories. You may also substitute a bike ride or stationary bike, but do not run as it will deplete your energy.
- Get extra rest and sleep! Both will help in losing fat and recovering muscle. Don't participate in other sports or fitness activities for the duration of your X-Force Body training. Rest as much as you can on your non-exercise days.
- Be more proactive. Learn to say NO to temptations that will keep you from reaching your goals. Say YES to practices that are beneficial for your health and fitness goals.

MENU

WEEKS 1&2

{Women 1400 calories/day, Men 1600 calories/day}

Breakfast = 300 calories

Choose one: 1 bagel, cereal or shake — and a noncaloric drink

1 whole wheat bagel, *Thomas' Hearty Grains* (240)
1 ounce light cream cheese (60)

1 English muffin (120)
1 hard-boiled egg (78)
4 dried apricots (70)
1 can (5.5 oz.) of V8 Juice (30)

2 scoops *Metabolic Drive* shake mix (220) or other comparable meal
replacement shake
1 medium banana (80)
12 oz. cold water
Place in blender and mix until smooth

Midmorning Snack = 100 calories

Choose one:

- 1 cup light, fat free, flavored yogurt (100)
- 14 whole, unsalted almonds (100)
- 1 apple (100)

Lunch = 300 calories

Choose one — sandwich or soup — and a noncaloric drink

- Ham or turkey sandwich (300)
- 2 slices whole wheat bread (140)
- 1-2 tablespoons classic mustard (0)
- 3 oz. of deli type ham or turkey, sliced thin (90)
- 1 oz. fat free cheese (1 ½ slices) (50)
- 2 slices of tomato (10)
- 2 lettuce leaves (10)

Healthy Choice Soup, Chicken & Dumplings — entire can (300)

Men add 100 calories:

- 8 oz. V8 Juice (50)
- 7 whole, unsalted almonds

Midafternoon Snack = 200 calories

Choose two:

- 1 cup light, fat free, flavored yogurt (100)
- 1 *Breakstone's Cottage Doubles*, various flavors (100)
- 14 whole, unsalted almonds (100)
- 1 apple (100)
- 2 cups light, microwave popcorn (100)

Dinner = 300 calories

Choose one of the frozen microwavable meals and a noncaloric drink

Orange Chicken, *Lean Cuisine Culinary Collection* (310)

Lemon Pepper Fish, *Lean Cuisine Culinary Collection* (300)

Santa Fe Style Rice & Beans, *Lean Cuisine Simple Favorites* (290)

Three Cheese Ziti, *Michelina's Lean Gourmet* (300)

Men add 100 calories:

1 ½ slices whole wheat bread (105)

Evening Snack = 200 calories

Choose two:

1 cup light, fat free, flavored yogurt (100)

1 *Breakstone's Cottage Doubles*, various flavors (100)

14 whole, unsalted almonds (100)

1 apple (100)

2 cups light, microwave popcorn (100)

SHOPPING LIST FOR MENUS

The quantities for one week of the listed foods will depend on your specific selections. Review your choices and adjust the shopping list accordingly. Remember to check nutrition information on products you buy so that you can carefully follow the serving sizes in the menus. It may be helpful for you to photocopy this list each week before doing your shopping.

Staples:

- Mustard
- Meal Replacement Shakes
- Fat Free Milk
- Whole, Unsalted Almonds
- Noncaloric Drinks: Water, Diet Soda, Tea and Coffee

Fruits:

- Apples (3" diameter)
- Bananas (7" long)
- Dried Apricots

Dairy:

- Light Cream Cheese
- Fat Free Cheese
- Light, Fat Free, Flavored Yogurt
- Breakstone's* 100 Calorie Cottage Doubles

Vegetables:

- Lettuce
- Tomatoes
- V8 Juice

Grains:

- Thomas'* Hearty Grains
- Whole Wheat Bagels
- Thomas'* English Muffins
- Whole Wheat Bread
- Light Microwave Popcorn

Meat and Entrees:

- White Turkey Meat (thin sliced)
- Ham (thin sliced)
- Eggs

Frozen Microwavable Dinners:

- Lemon Pepper Fish,
Lean Cuisine Culinary Collection
- Orange Chicken,
Lean Cuisine Culinary Collection
- Santa Fe Style Rice & Beans,
Lean Cuisine Simple Favorites
- Three Cheese Ziti,
Michelina's Lean Gourmet
- Chicken & Dumplings,
Healthy Choice Soup

EATING PLAN AND SUBSTITUTIONS

WEEKS 3 – 6

Women: Weeks 3 & 4 = 1300 calories/day: eliminate one midafternoon snack from Weeks 1 & 2 menus.
On Weeks 5 & 6 = 1200/day: eliminate one evening snack from Weeks 3 & 4 menus.

Men: Weeks 3 & 4 = 1500 calories/day: eliminate one midafternoon snack from Weeks 1 & 2 menus.
On Weeks 5 & 6 = 1400/day: eliminate one evening snack from Weeks 3 & 4 menus.

300 Calorie Lunch Substitutions

Chef Salad

- 2 cups lettuce (20)
- 2 oz. white meat, chicken or turkey (80)
- 2 oz. fat free cheese (100)
- 4 slices tomato (28)
- 1 tablespoon fat free dressing (8)

1 slice whole wheat bread, toasted (70)

Sandwich from *Subway*

- 6" turkey breast & black forest ham on 9-grain wheat bread
- Include plenty of vegetables and no oil-based dressings (300)

Fruits

- 5 dried prunes (100)
- 1 oz. raisins (82)
- ½ cantaloupe (94)

Energy Bars

Most popular energy bars — *Zone, PowerBar, Odwalla and Cliff* — may be used as snack. Calories range from 210 — 240 so slightly less than ½ of one bar is your snack.

300 Calorie Dinner Substitutions

Tuna Salad

- ½ can (2.5 oz.) chunk light tuna in water (50)
- ½ cup (4 oz.) whole kernel corn, canned, no salt added (60)
- ½ cup (4 oz.) canned sweet peas (60)
- 2 tablespoons sweet pickle relish (40)
- 1 tablespoon *Hellmann's* Light Mayonnaise (50)
- 1 tablespoon Dijon mustard (0)

Mahi Mahi & Broccoli

- 4 oz. Mahi Mahi fish, grilled (120)
- 1 cup broccoli, sautéed in 1 teaspoon olive oil (70)
- 1 ½ slices whole wheat bread (105)

Creamy Rigatoni with Broccoli & Chicken, *Michelina's Lean Gourmet* (270)

Chicken Alfredo, *Lean Cuisine Market Collection* (280)

Roasted Turkey Breast, *Lean Cuisine Market Collection* (290)

BEST RESTAURANT GUIDE AS REPORTED BY THE DAILY BEAST.

Red Lobster Restaurant Meals

Maple-Glazed Chicken

Calories: 570

Saturated fat (g): 2.5

Fat (g): 9

Sodium (mg): 1950

Calories from fat: 14%

Carbohydrates (g): 62

Garlic-Grilled Jumbo Shrimp

Calories: 370

Saturated fat (g): 2

Fat (g): 9

Sodium (mg): 2160

Calories from fat: 22%

Carbohydrates (g): 40

Olive Garden

Venetian Apricot Chicken

Calories: 380

Saturated fat (g): 1.5

Fat (g): 4

Sodium (mg): 1420

Calories from fat: 9%

Carbohydrates (g): 32

Seafood Brodetto

Calories: 480

Saturated fat (g): 3

Fat (g): 16

Sodium (mg): 2250

Calories from fat: 30%

Carbohydrates (g): 35

Applebee's Restaurant

Asiago Peppercorn Steak

Calories: 390

Saturated fat (g): 6

Fat (g): 14

Sodium (mg): 1520

Calories from fat: 32%

Carbohydrates (g): 26

Grilled Dijon Chicken and Portobellos

Calories: 450

Saturated fat (g): 6

Fat (g): 15

Sodium (mg): 1790

Calories from fat: 30%

Carbohydrates (g): 30

Chili's Restaurant

Classic Sirloin Steak

Calories: 370

Saturated fat (g): 4

Fat (g): 9

Sodium (mg): 3680

Calories from fat: 22%

Carbohydrates (g): 20

Salmon with Garlic and Herbs

Calories: 520

Saturated fat (g): 4

Fat (g): 16

Sodium (mg): 1410

Calories from fat: 28%

Carbohydrates (g): 47

Margarita Grilled Chicken

Calories: 600

Saturated fat (g): 3

Fat (g): 13

Sodium (mg): 1310

Calories from fat: 20%

Carbohydrates (g): 72

Ruby Tuesday's Restaurant

Barbeque Grilled Chicken with White Cheddar Mashed Potatoes and Grilled Green Beans

Calories: 504

Saturated fat (g): n/a

Fat (g): 16

Sodium (mg): 2219

Calories from fat: 29%

Carbohydrates (g): 36

IHOP Restaurant

Savory Pork Chops

Calories: 620

Saturated fat (g): 6

Fat (g): 23

Sodium (mg): 890

Calories from fat: 34%

Carbohydrates (g): 41

