

bentology



# PORTION PERFECT

Complete Weight-Loss Plan

*Meal plans, menus, workout routines,  
and tips to keep you motivated*

**4**  
*easy steps*  
to weight loss  
success!



Eat What You Want

Lose Weight and Feel Satisfied

Achieve Health & Happiness

## Note to our Readers

We know how difficult it can be to lose and maintain weight. With so many temptations at every turn, constantly wooing us to consume, it is no wonder we have an obesity epidemic in our country. With all the technological advancements and conveniences, our lives have become much more sedentary and void of exercise. Our hectic and harried lifestyles also have us eating more processed and prepared foods while leaving us less time to fit in exercise to help balance our food consumption.

As more and more people are faced with the challenge of losing weight, the diet industry has boomed in the last few decades. So many fad diets have flooded the market that it's hard to know which ones are sound and will lead to success and which ones will lead to yo-yo dieting.

Also, there exists so much confusion around what a portion size is compared to a serving size, what the daily recommendations are for proteins, carbs and fats, or whether you should follow the food pyramid, food plate or the food rainbow. With all of this different information coming at us we, often feel very overwhelmed and consequently find it hard to get started.

It's time to forget about all that chatter! There is only one voice you should be listening to and that is the voice of common sense. There are no "weight loss tricks" or "lose 10 pounds in 10 days" gimmicks that work. Though we all wish there was a magic pill, I think we all know the secret to losing weight is eating the right amount of healthy food and getting exercise. Simple as that!

The good news is that we have spent the last decade perfecting the **Portion Perfect Complete Weight-Loss Plan** and we know that it works! Based on common sense, it's easy to understand and has the right tools to teach you how much to eat. We've broken the Portion Perfect Plan into **4 easy to follow steps**. We also provide information that shows you the right foods to eat, as well as tips to keep you motivated.

We are happy that you have made a commitment to love yourself through healthy eating and exercise.....you really are worth it!

Health and Happiness,

A handwritten signature in black ink that reads "Tammy". The signature is fluid and cursive, with a large loop at the end.

# Getting Started

## The Portion Perfect Plan:

Eating **whole foods** in the right portions plus 30 minutes of exercise five days a week, will guarantee weight-loss success. We've broken it down to **4 easy to follow steps:**

- 1 Determine your daily caloric intake**
- 2 Pick your Portion Perfect Meal Plan**
- 3 Plan your meals & create your shopping list**
- 4 Choose 30 minutes of exercise you enjoy**

## Step 1: Determine your daily caloric intake

### **1. Calculate your Caloric Baseline:\***

$$\text{Caloric Baseline} = \text{Current Weight (lbs.)} \times 11$$

\*Caloric Baseline is the number of calories your body burns in a resting state

### **2. Determine your Basic Caloric Need:**

$$\text{Basic Caloric Need} = \text{Baseline} + 400 \text{ calories}$$

### **3. Establish your Daily Caloric Need:**

Want to lose weight?

Subtract 500 calories from your Basic Caloric Need

Want to maintain weight?

Use your Basic Caloric Need

**The Fine Print....** Always consult a qualified medical professional before beginning any nutritional or exercise programs.



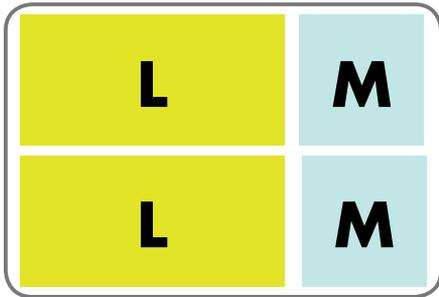
## Step 2: Pick Your Portion Perfect Meal Plan

Based on your calculated daily caloric need, choose your daily portion perfect meal plan:

- a. Plan A - 1200-1499 Daily Caloric Intake
- b. Plan B - 1500-1799 Daily Caloric Intake
- c. Plan C - 1800-2099 Daily Caloric Intake

Then, follow this key to use the containers in your Portion Perfect Bento Box to meet your daily goals:

### Your Portion Perfect Bento Box:



#### Container Key:

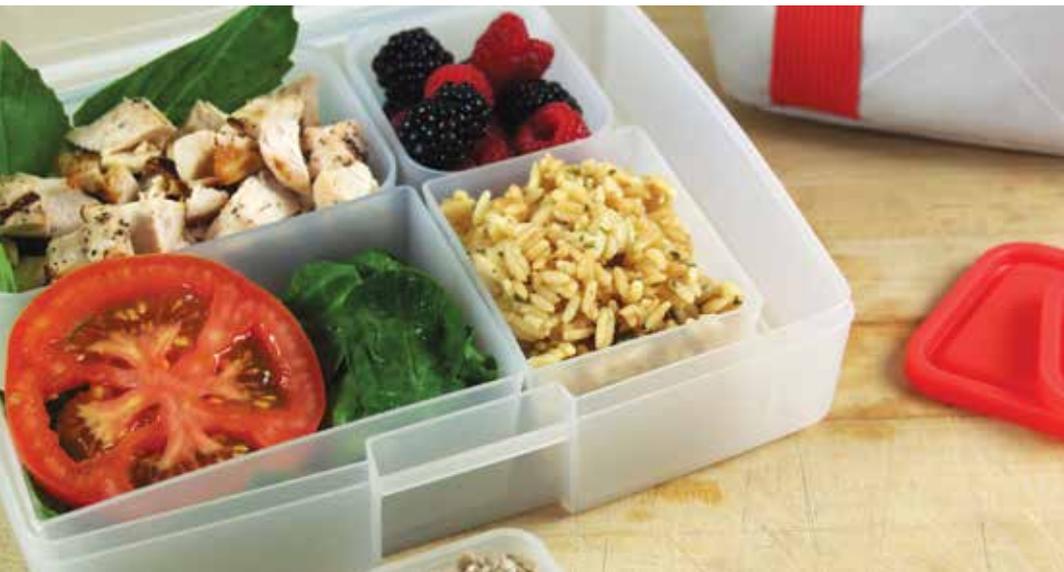
**L** Large Containers

**M** Medium Containers

**S** Small Container



Containers with an arrow (↓) on your meal plan, can be saved for a snack or dessert if they haven't been used at lunch or dinner.



## Plan A:

### 1200-1499 Daily Caloric Intake

Exercise: 30 minutes of vigorous movement

	VEGGIES	PROTEINS	FRUIT	WHOLE GRAINS	HEALTHY FATS
BREAKFAST		M	M	M	
SNACK	M				
LUNCH	L	L	M	M	S
SNACK			↓		
DINNER	L	L	M	M	S
DESSERT			↓		↓

Treats per week:



Drink: 8 Glass of water each day



Coffee and Tea OK

## Plan B:

### Daily Caloric Intake: 1500-1799

Exercise: 30 minutes of vigorous movement

	VEGGIES	PROTEINS	FRUIT	WHOLE GRAINS	HEALTHY FATS
BREAKFAST		M	M	M	S
SNACK	M				S
LUNCH	L	L	M	M	S
SNACK		M	↓		
DINNER	L	L	M	M	S
DESSERT			↓		↓

Treats per week:



Drink: 8 Glass of water each day



Coffee and Tea OK

## Plan C:

**Daily Caloric Intake: 1800-2099**

**Exercise:** 30 minutes of vigorous movement

	VEGGIES	PROTEINS	FRUIT	WHOLE GRAINS	HEALTHY FATS
BREAKFAST		L	M	M	S
SNACK	M	M			S
LUNCH	L	L	M	M	S
SNACK	M			M	
DINNER	L	L	M	M	S
DESSERT			M		

Treats per week:



Drink: 8 Glass of water each day



Coffee and Tea OK

Print your Portion Perfect Meal Plan Worksheet at:

**[myportionperfect.com/pages/worksheet](http://myportionperfect.com/pages/worksheet)**

Journal directly on to your worksheet everything you eat and drink, as well as your exercise for the day.



### Step 3: Plan your meals and create your shopping list

You'll have more success if you plan out your meals ahead of time so you have the right go-to foods on hand. We suggest taking a few minutes on Sunday to plan out your week's menus, create a shopping list and hit the grocery store or farmer's market! To make it easy for you, we've also included two weeks of sample menus with a shopping list. (Please note: These menus are guidelines. Adjust the portion sizes according to your meal plan.)

For shopping list inspiration, we've provided **examples of whole foods on the following page:**

# WHOLE FOODS

## VEGGIES

Salad Greens, Kale, Cabbage, Arugula  
Parsley, Cilantro, Basil  
Broccoli, Cauliflower  
Butternut, Zucchini, Acorn Squash  
Pumpkin, Yams  
Carrots, Beets, Turnips, Rutabagas  
Celery, Rhubarb, Radishes  
Corn, Mushrooms  
Red, Russet, Sweet Potatoes  
Onions, Chives, Garlic  
Bell Peppers, Jalapeños  
Artichokes, Brussels Sprouts, Asparagus,  
Green Beans  
Eggplant

L

## PROTEINS

Pinto, Black, Navy, Garbanzo, Kidney,  
Refried Beans  
Lentils, Edamame, Split Peas  
Hummus  
Chicken, Turkey, Pork, Beef  
Tofu, Tempeh, Veggie Burgers  
Salmon, Tuna, White Fish, Crab, Clams,  
Mussels, Oysters, Shrimp  
Milk, Yogurt, Cottage Cheese  
Soy, Almond, Rice Milk  
Eggs

L

## WHOLE GRAINS

Brown, Wild, Jasmine, Basmati Rice  
Oatmeal  
Quinoa, Couscous, Millet  
Whole Wheat Pasta, Bread, Tortillas  
Barley, Farro, Bulgur Wheat, Wheat  
Berries, Buckwheat  
Corn Tortillas, Chips  
Polenta, Grits, Hominy  
Popcorn

M

## FRUITS

Apricots, Peaches, Nectarines  
Plums  
Cantaloupe, Watermelon, Honeydew  
Melon  
Oranges, Tangerines, Lemons, Limes  
Papaya, Mango, Banana  
Persimmons, Kiwi, Pineapple  
Apples, Pears  
Grapes, Blueberries, Blackberries,  
Raspberries, Cranberries, Strawberries  
Cherries, Dates, Figs, Prunes  
Tomatoes, Cucumbers

M

## HEALTHY FATS

Butter, Sour Cream, Half and Half  
Cream Cheese, Cheese  
Salad Dressing  
Avocado  
Olive Oil, Coconut Oil  
Seeds, Nuts and Nut Butters  
Flax Seeds, Mayonnaise  
Dark Chocolate, Cocoa Powder

S



# MENU PLAN: WEEK 1

Week 1	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
<b>Breakfast</b>	Morning Smoothie	Egg in a Hole	Breakfast Burrito	Polenta (Grits)	Bacon & Avocado Burrito	Decadent Quesadilla	Pita Breakfast
Protein	Plain Yogurt	Egg	Scrambled Egg	Fried Egg	Bacon	Plain Yogurt	Scrambled Egg
Veggies							
Whole Grain	Granola	Whole Wheat Bread	Whole Wheat Tortilla	Polenta	Corn Tortilla	Whole Wheat Tortilla	Whole Wheat Pita
Fruit	Frozen Banana	Apple	Cherry Tomato and Salsa	Cantaloupe	Orange Slices	Strawberries, Bananas	Cantaloupe
Healthy Fat	Coconut Oil	Butter	Butter	Butter	Avocado	Nut Butter	Olive Oil
Prep Notes:	<i>Add ingredients and ice to blender. Mix until smooth.</i>	<i>Cut a hole out of the center of the bread. Melt butter in skillet, on medium high. Place bread in skillet, soaking up butter. Crack egg into hole. Cook on each side until yolk is set, and bread is golden. Serve with apple.</i>	<i>Whisk eggs with a small amount of water. Melt butter in a skillet and add egg mixture. Cook to your liking. Top with cherry tomatoes and salsa. Roll into whole wheat tortilla.</i>	<i>Cook Polenta according to instructions. Serve with butter, salt and pepper. Top with fried egg. Slice cantaloupe and serve on the side.</i>	<i>Cook bacon. Spread avocado on a warm corn tortilla and add bacon. Roll into a burrito and serve with orange slices.</i>	<i>Heat tortilla, spread with nut butter, then top with sliced strawberries and bananas. Fold over, then cut into hand-held pieces. Serve with yogurt.</i>	<i>Heat olive oil in a skillet. Whisk eggs with a small amount of water and add to skillet. Cook until fluffy and serve on top of a warm whole wheat pita. Serve with cantaloupe.</i>
<b>Lunch</b>	Arugula & Strawberries	Tuna Sandwich	Chicken & Avocado Pinwheels	Egg Salad Sandwich	Black Bean & Spinach Salad	Turkey Burger Wraps	Chicken or Tempeh Bowl
Protein	Hard Boiled Egg	Tuna	Grilled Chicken, or Tofu	Hard Boiled Egg	Black Beans	Ground Turkey Breast, Egg	Grilled Chicken Breast, or Tempeh
Veggies	Arugula	Celery, Bell Peppers, Carrots	Lettuce	Bell Peppers, Celery	Spinach, Cilantro, Bell Peppers	Iceberg Lettuce, Onion Slices	Cauliflower, Carrots, Broccoli
Whole Grain	Sourdough Croutons	Whole Wheat Bread	Whole Wheat Tortilla	Whole Wheat Bread	Wild Rice	Bread Crumbs	Couscous
Fruit	Strawberries	Peach	Cherries	Orange Slices	Cherry Tomatoes	Tomato Slices	Apple Slices
Healthy Fat	Tahini Dressing	Mayonnaise	Avocado Slices	Mayonnaise	Balsamic Dressing	Mayonnaise	Tahini Dressing
Prep Notes:	<i>Slice egg and strawberries. Toss ingredients and serve.</i>	<i>Finely chop celery, bell peppers and carrots. Mix the chopped veggies with tuna and mayo. Place on open faced whole wheat bread. Serve with a peach.</i>	<i>Heat tortilla until soft. Place avocado slices and lettuce into the center of tortilla. Slice chicken and add. Roll and slice into pinwheel shaped rounds. Serve with a side of cherries.</i>	<i>Finely chop celery and egg then mix together with mayo. Thinly slice bell peppers, and place on top of whole wheat bread. Top with egg mixture, and serve with orange slices.</i>	<i>Cook rice according to instructions. Chop cilantro and red bell peppers into small pieces. Combine spinach, black beans, rice, tomatoes, cilantro and bell peppers. Toss with balsamic dressing.</i>	<i>Mix turkey, egg and bread crumbs. Form into patties, and bake until thoroughly cooked. Top with mayo, tomato and onion, then wrap in lettuce.</i>	<i>Lightly steam cauliflower, carrots and broccoli. Top couscous with chicken and steamed veggies. Pour tahini dressing over and stir. Slice apple and serve on the side.</i>

# MENU PLAN: WEEK 1 (CONTINUED)

Week 1	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
<b>Dinner</b>	Roasted Squash With Meat Sauce	Mediterranean Veggie Burger	Taco Salad	Chicken Stew	Baked Pork Chop And Apple Sauce	Rosemary Chicken Skewers	Orzo Salad w/ Chicken Sausage
<b>Protein</b>	Ground Turkey	Veggie Burger Patty	Ground Turkey, or Tofu	Shredded Chicken, Chicken Stock	Pork Chop	Chicken Breast w/ Rosemary Branch Skewers	Chicken Sausage
<b>Veggies</b>	Squash (Zucchini, Yellow, Butternut, or Acorn)	Basil, Spinach, Onion	Shredded Lettuce, Cilantro	Celery, Carrots, Peas, Pearl Onions	Broccoli	Asparagus	French Cut Green Beans
<b>Whole Grain</b>	Whole Wheat Roll	Whole Wheat Bread	Baked Corn Tortilla Chips	Wild Rice, Wheat Flour	Whole Grain Pasta	Wild Rice	Orzo
<b>Fruit</b>	Marinara Sauce, Strawberries	Tomato Slices, Grapes	Cherry Tomatoes and Salsa	Tomatoes	Apple Sauce	Tomato Slices	Cucumber, Cherry Tomatoes
<b>Healthy Fat</b>	Parmesan, Olive Oil	Mayonnaise	Avocado	Sour Cream	Butter, Parmesan Cheese	Olive Oil	Olive Oil, Feta Cheese
<b>Prep Notes:</b>	<i>Brown turkey. Add marinara and let simmer. Slice squash into thin rounds and drizzle with olive oil. Bake in a single layer on a baking sheet at 375 until lightly browned. Toss squash with meat sauce and top with Parmesan cheese. Serve with roll and berries on the side.</i>	<i>Cook veggie burger according to instructions. Spread mayonnaise on whole wheat bread. Top with spinach, burger patty, basil, tomato, and onion. Enjoy with grapes.</i>	<i>While cooking ground turkey or tofu, add salt and half the salsa. Let simmer until cooked. Combine shredded lettuce, cilantro, cherry tomatoes and tortilla chips in a bowl. Top with cooked turkey, avocado and remaining salsa. Serve warm.</i>	<i>Cook rice according to instructions. Dice celery and carrots and saute in large pot until tender. Add stock, chicken, peas, rice, tomatoes and onions. Heat to a boil. Remove 1 cup of stock, and whisk in 1-2 tbsp of flour until smooth. Add mixture back in and stir. Top with a dollop of sour cream.</i>	<i>Sprinkle soy sauce on pork chops, and bake in oven. Cook pasta according to instructions and toss with butter and Parmesan cheese. Steam broccoli until tender. Top cooked pork chop with apple sauce and serve with broccoli and pasta on the side.</i>	<i>Cook rice according to instructions. Slice chicken breast into 1-inch thick strips. Skewer the strips with rosemary branches (leaves still on). Grill skewers until thoroughly cooked. Drizzle asparagus and tomato slices with olive oil, and lightly grill until warm. Serve with rice on the side.</i>	<i>Cook orzo according to instructions. Slice cooked sausage and cucumbers into 1/2 inch coins. Toss all ingredients with olive oil and sprinkle with salt.</i>

## SHOPPING LIST FOR WEEK 1

<b>Protein</b>	<b>Veggies</b>	<b>Whole Grain</b>	<b>Fruit</b>	<b>Healthy Fat</b>
Eggs, Bacon, Tuna, Chicken, Chicken Stock, Ground Turkey, Veggie Burger, Pork Chop, Chicken Sausage, Plain Yogurt, Black Beans  Meat Substitutes: Tofu, Tempeh	Spinach, Carrots, Arugula, Celery, Bell Peppers, Cilantro, Lettuce, Cauliflower, Broccoli, Squash, Basil, Onion, Peas, Pearl Onions, Asparagus, French Cut Green Beans, Iceberg Lettuce	Granola, Whole Wheat Bread, Bread Crumbs, Tortilla, Roll, Pita and Pasta, Corn Tortilla, Baked Corn Tortilla Chips, Sourdough Croutons, Wild Rice, Couscous, Orzo, Polenta	Bananas, Apple, Peach, Grapes, Strawberries, Oranges, Cantaloupe, Apple Sauce, Cherries, Cherry Tomatoes and Tomatoes, Salsa, Marinara Sauce, Cucumber	Olive Oil, Coconut Oil, Butter, Nut Butter, Mayonnaise, Sour Cream, Feta Cheese, Parmesan, Tahini Dressing, Balsamic Dressing, Avocado

**Other:** Rosemary Branch, Ice, Wheat Flour

## MENU PLAN: WEEK 2

Week 2	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
<b>Breakfast</b>	Soft Boiled Eggs & Toast	Mexican Tofu Scramble	Crust-Less Quiche	Chai Smoothie	Yogurt Parfait	Oatmeal With Fresh Fruit	PB&B Toast
Protein	Soft Boiled Egg	Tofu	Eggs	Almond Milk	Non-fat Greek Yogurt	Almond Milk	Non-fat Greek Yogurt
Veggies							
Whole Grain	Whole Wheat Bread	Whole Wheat Tortilla	*Red Potatoes	Oatmeal	Granola	Oatmeal	Whole Grain Bread
Fruit	Cantaloupe	Salsa	Strawberries	Frozen Banana Slices and Dates	Strawberries, Blueberries	Nectarine	Banana and Blueberries
Healthy Fat	Butter	Butter	Feta Cheese				Nut Butter
Prep Notes:	<i>While you're soft boiling the egg, toast the bread and spread with butter and your favorite mustard, then cut into 1 inch pieces. Peel egg and place in bowl with toast pieces. Serve with cantaloupe on the side.</i>	<i>Heat butter in skillet, and add 1 inch pieces of tofu. Break tofu apart with a spatula as it cooks. Once hot, serve with warm tortilla and top with salsa.</i>	<i>Cut potatoes into 1/2 inch pieces. Microwave on high, with a splash of water, for 2 minutes. Place in a small pie pan. Whisk eggs with small amount of water, then pour over potatoes. Sprinkle feta on top, and bake at 375 for 35-40 minutes, or until center is set. Serve with strawberries.</i>	<i>Brew chai tea, and chill. Combine milk, uncooked oatmeal, frozen banana slices and pitted dates with 1 cup of chilled tea and 1 cup of ice in a blender. Blend until smooth.</i>	<i>Slice strawberries. Top yogurt with granola and berries.</i>	<i>Prepare oatmeal according to instructions, using almond milk as liquid. Slice nectarine, and serve on top of oatmeal.</i>	<i>Toast bread and spread with nut butter. Slice banana, and arrange on top of toast. Serve yogurt with blueberries.</i>
<b>Lunch</b>	Brussels Sprout Salad	Falafel Salad	Salad Wrap	Summer's Favorite Salad	Split Pea Soup	Pizza Lunch	BBQ Chicken Salad
Protein	Shredded Chicken	2 - Falafel Balls and Hummus	Bacon	Hard Boiled Egg	Chicken Stock	Canadian Bacon/Ham	Chicken, Black Beans
Veggies	Brussels Sprouts	Spinach, Bell Peppers	Kale, Red Onion	Spinach, Mini Bell Peppers	Dried Split Peas, Carrots, Celery, Onion	Carrot, Celery	Romaine, Corn
Whole Grain	Quinoa	Whole Wheat Pita	Whole Wheat Tortilla	Brown Rice	Whole Wheat Roll	English Muffin	Whole Wheat Tortilla
Fruit	Mango, Dried Cranberries	Cucumber, Peach	Dried Cranberries,	Cherry Tomatoes, Grapes	Strawberries	Pizza Sauce, Pineapple	Banana
Healthy Fat	Mustard Vinaigrette	Avocado	Feta Cheese, Sunflower Seeds	Balsamic Dressing	Butter	Mozzarella Cheese	BBQ Ranch Dressing

see next page for Lunch Prep Notes

## MENU PLAN: WEEK 2 (continued)

Week 2	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Lunch Prep Notes:	<i>Cook quinoa according to instructions. Thinly slice the raw Brussels sprouts then toss with shredded chicken, quinoa, dried cranberries and mustard vinaigrette. Serve with mango on the side.</i>	<i>Bake falafel balls according to instructions, and let cool. Slice avocado, bell peppers and cucumber, and lay on top of a bed of spinach. Add falafel and serve with pita bread, hummus and a peach on the side.</i>	<i>Cook bacon and let cool. Chop Kale, onion, and bacon, then toss with cranberries, feta, sunflower seeds and vinaigrette. Warm the tortilla, then roll everything into a wrap.</i>	<i>Cook rice according to instructions. Slice hard boiled egg, and toss with all other ingredients.</i>	<i>Cover 1 1/2 cups of dried peas by 2 inches of water, soak overnight, then drain. Slice carrots, celery and onion and saute in butter until tender. Add 64 oz vegetable stock and a bay leaf. Bring to a boil. Add peas and simmer for 40 min. Serve with a roll and a side of strawberries.</i>	<i>Dice pineapple. Spread pizza sauce on English muffin. Top with cheese, Canadian bacon or ham, and pineapple chunks. Bake in oven at 375 for 10-15 minutes (until cheese is melted). Cut celery and carrots into sticks, and serve on the side.</i>	<i>Drain and rinse black beans. Chop lettuce, and top with slices of grilled chicken, black beans, corn and tortilla strips. Mix equal parts ranch and BBQ sauce for the dressing, and toss with salad. Serve with 1/2 a banana on the side.</i>
<b>Dinner</b>	Spaghetti Squash Noodles	Tenderloin Salad	Meatloaf Dinner	Fish Tacos w/Veggie Saute	Bruschetta Chicken	Fish Dinner	Yam Chili
Protein	Lean Ground Beef	Pork Tenderloin	Turkey Meatloaf	Fish	Chicken	Fish	Kidney Beans, Chicken Broth
Veggies	Spaghetti Squash	Zucchini, Spinach	Broccoli	Veggie Saute, Cabbage, Olives	Mushrooms, Garlic, Basil	Asparagus	Zucchini, Bell Peppers, Onion, Corn
Whole Grain	Garlic Bread	Brown Rice	*Red Potatoes	Whole Wheat Tortilla	Whole Grain Pasta	Couscous	*Yams
Fruit	Marinara Sauce	Mango	Apple	Watermelon	Tomatoes	Mixed Berries	Canned Tomatoes
Healthy Fat	Butter (in garlic bread)	Balsamic Dressing	Olive Oil	Cilantro Lime Vinaigrette	Olive Oil	Dark Chocolate Chips	Sour Cream
Prep Notes:	<i>Cut Spaghetti Squash in half and bake until tender. Let cool slightly. With a fork, scrape the squash to create "noodles". Brown the ground beef in a skillet, drain, add marinara, and bring to a simmer. Cook garlic bread according to instructions. Top "noodles" with meat-sauce, and serve with garlic bread on the side.</i>	<i>Cook rice according to instructions. Slice zucchini into coins. Sear pork until brown and add zucchini to pan. Bake in oven at 400 until pork is cooked through. Slice pork, and place on top a bed of spinach with the with zucchini, and rice. Drizzle with dressing, and serve with mango on the side.</i>	<i>Prepare turkey meatloaf according to your favorite recipe. Dice red potatoes, toss with olive oil, and roast in oven until crispy. Steam broccoli. Serve with sliced apples.</i>	<i>Bake white fish until flaky. Saute veggies (for example: bell peppers, onion and squash). Slice cabbage and olives. Top a warmed tortilla with fish, cabbage, olives and drizzle vinaigrette on top. Serve with veggie saute and watermelon slices on the side.</i>	<i>Chop tomatoes, mushrooms, garlic and basil, and toss with olive oil. Place chicken breast in a baking dish. Top with tomato mixture and bake until cooked. Cook whole wheat pasta until al dente. Spoon pasta onto plate, top chicken and serve.</i>	<i>Bake fish until flaky. Cook couscous according to instructions. Steam asparagus. Serve with a bowl of berries and dark chocolate chips for dessert.</i>	<i>Bake yams until tender. Slice zucchini, bell pepper and onion, and saute in pot until golden. Add 1 cup chicken broth, 1 can kidney beans, 1 can diced tomatoes and 2 cups corn. Bring to a boil and simmer 20 minutes. Slice yams in half and ladle chili on top. Top with a dollop of sour cream.</i>

see next page for Week 2 Shopping List

## SHOPPING LIST FOR WEEK 2

Protein	Veggies	Whole Grains	Fruit	Healthy Fat
Chicken, Eggs, Tofu, Bacon, Lean Ground Beef, Pork Tenderloin, Ground Turkey, Fish, Falafel Balls, Hummus, Chicken Stock, Almond Milk, Non-fat Greek Yogurt, Black Beans, Canadian Bacon/Ham, Kidney Beans	Spinach, Bell Peppers, Mini Bell Peppers, Onions, Broccoli, Basil, Garlic, Cabbage, Asparagus, Zucchini, Brussels Sprouts, Kale, Mushrooms, Dried Split Peas, Celery, Carrots Romaine, Corn, Spaghetti Squash, Olives,	Whole Wheat Bread, Roll, Pita, Tortilla and Pasta, English Muffin, Brown Rice, Quinoa, Couscous, Oatmeal, Granola, Garlic Bread, *Red Potatoes, *Yams	Cantaloupe, Strawberries, Bananas, Blueberries, Nectarine, Apple, Mango, Watermelon, Grapes, Dried Cranberries, Pineapple, Mixed Berries, Dates, Cucumber, Salsa, Peach, Pizza Sauce, Marinara Sauce, Tomatoes, Cherry Tomatoes, Canned Tomatoes	Olive Oil, Butter, Balsamic Dressing, Mustard Vinaigrette, Cilantro Lime Vinaigrette, Feta Cheese, Avocado, Sunflower Seeds, Nut Butter, Mozzarella Cheese, Ranch, Sour Cream, Dark Chocolate Chips

**Other:** Mustard, BBQ Sauce, Ice, Chai Tea

\*Substitutions: It's okay to occasionally substitute a serving of starchy veggies for a serving of fruit or whole grains





## Step 4: Choose 30 minutes of exercise you enjoy

Decide on the type of exercise that suits you and your schedule best. You are more likely to stay motivated if you mix up your exercise routine with a variety of different forms of exercise.

It's important that whatever form you choose, you choose something that will get you breathing hard and sweating!

If you are new to exercise, always start out with a modified version. Instead of trying to run for 30 minutes, start out by walking, then move up to a brisk walk, then a jog walk and before you know it, you'll be jogging the full 30 minutes.

Don't have a gym membership, exercise equipment or it's just too hot or cold to go outside? In the Resource section at the back of this book, we've included a list of fun 30 minute videos that you can do from the comfort of your own home.

On your daily Portion Perfect Meal Plan Worksheet, there is a section to record your exercise for the day. You can also use it to create your weekly work out schedule by filling in the types of exercise you plan to do for the week.

If you have any health issues, be sure to check with your doctor first to get the okay to exercise.

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## Baby Steps to Success

Obtaining true lifestyle change is a nice brisk walk and not a sprint! Slow and steady really does win the race. If making change feels overwhelming to you, start by taking baby steps.

If you aren't ready to give up foods that you are used to eating, simply start by eating them in the right portions. After a week, add a whole food or two to your meals. Continue adding them in until you are comfortable with eating an all whole foods diet.

Here is a schedule to help with the transition:

**Week 1:** Eat Within the Box: Eat what you normally eat, but only eat what fits in the size of the container for that food group. Be sure to eat a variety of different foods at each meal.

**Week 2:** Add two whole food groups to each meal.

**Week 3:** Begin following your Portion Perfect Meal Plan

### No one is perfect.

We all know there will be times when we stray from our meal plans due to parties, meals out, social gatherings, etc. Don't fret. It's okay to have a "bad" day. You are human. The main thing is to start again the next day and try to fit in a little extra exercise to offset the additional calories consumed.

## Smart Choices: What to Eat and What to Avoid

### What you **CAN** eat:

- Dairy products like milk, unsweetened yogurt, and cheese.
- 100% whole wheat and whole grains.
- Seafood (wild caught is recommended over farm-raised).
- Lean meats like chicken, pork and turkey (preferably local).
- Lean beef in moderation (preferably local).
- Drinks limited to water, small amounts of natural juices, naturally sweetened coffee & tea, and a serving of beer or wine (but count as one of your treats!).
- Snacks like dried fruit, seeds, nuts and popcorn.
- Natural sweeteners, such as natural cane sugar, honey, 100% maple syrup, and fruit juice concentrates in moderation.
- Treats: if you have a craving for a treat, make it from scratch. If you buy it, make sure it has no more than 4 or 5 whole food ingredients.
- Alcoholic beverages count as a weekly treat.

## What you **SHOULD AVOID** eating

- Refined grains such as white or enriched flour or white rice (items containing wheat must say **WHOLE** wheat...not just “wheat”).
- Refined sweeteners such as sugar, any form of corn syrup or cane juice.
- Artificial sweeteners like Splenda® or NutraSweet®.
- Anything out of a box, can, bag, bottle or package that has more than 5 ingredients listed on the label.
- Deep fried and fast foods.

## Things to Know

- 1 tortilla, \* 1 slice of bread, \* ¼ of a bagel\* = 1 Whole Grain Serving (\*whole grain option).
- Cheese, butter, and cream cheese count as a healthy fat.
- Milk, cottage cheese and yogurt count as a protein.
- Avocados are considered healthy fats.
- Nuts, seeds and nut butters can also count towards part of your protein.
- Prep meals ahead of time and store in your lidded containers so they are ready to go when you are hungry.
- Cook extra servings with each meal and save for the next day’s lunch.
- Combine your food groups to make one hearty dish. For example:

### **Menu: BBQ Chicken Salad**

Protein: Chicken & Black Beans

Veggie: Chopped Romaine

Whole Grain: Tortilla Chips

Fruit: Pear

Healthy Fat: Dressing



- The Extra Large container from the Portion Perfect Prep n’ Store Container Set is perfect for meals made of combined food groups. (Pictured above).
- If you exercise more than 30 minutes a day, you can “bank” those extra burned calories towards an additional snack or treat.

## **Forming Healthy Habits to Last a Lifetime:**

You're not on a diet, you're developing healthy eating habits to last a lifetime... and yes, you will lose weight in the process!

- **Myth: It takes 21 days to form a new habit.**

Performing a new behavior for 21 days is not long enough to make it a lifetime habit. After all, isn't that what you want? Why stress your body with a crash diet for results that won't last? Follow the Portion Perfect Complete Weight-Loss Plan for 66 days and keep yourself healthy and fit for a lifetime.

- **Healthy habits to last a lifetime.**

According to the European Journal of Social Psychology (Phillipa Lally), it takes 66 days for neurons to change their firing patterns when new habits are learned. After 66 days your new habits will be cemented and will last a lifetime. If you feel yourself straying, go back to following your meal plan and your neurons will quickly fire back up!

- **Commit to the Process:**

Embracing a longer timeline can help you realize that new habits are a process and not an event. After a couple of weeks on the plan you will begin to notice weight loss and improved physical fitness. This good feeling will empower you and create motivation!

## **Eating Out**

Dining out can be difficult when trying to eat healthy, balanced meals. However, the reality is you will often find yourself eating out, so it's important to have a go-to strategy. Here are a few tips to keep in mind:

- Pick restaurants that offer healthy choices.
- Choose the salad bar over already dressed salads. Or, ask to have the dressing on the side so you can control the amount of dressing you use.
- Bring your Portion Perfect Bento Box with you. When your meal is served, pack half of it into the box before eating and save it for the next day.
- Choose entrees that are made of whole foods.
- Stay away from anything fried or covered in heavy sauces.
- Pick whole food items off the sides menu.

- Drink water instead of sugary drinks.
- Exercise more on days you know you'll be eating out.

## Maintenance and staying motivated

Ask a friend or family member to join you. Having support will help to keep you motivated.

Join our Portion Perfect Facebook group.

Visit [MyPortionPerfect.com](http://MyPortionPerfect.com) for menu ideas, interesting articles, helpful tips and to purchase extra containers and accessories.

Try a new exercise routine. Doing a variety of exercise will keep you from burning out. Mix it up...keep it fun!

Be sure to do a weekly weigh-in. This will help keep you on track. If the needle reads higher than your goal weight, go back to journaling your meals and exercises on your Portion Perfect Meal Plan Worksheet. This will help to pull you back in. We suggest you weigh in on the same day, around the same time, each week to keep it consistent. Ladies, keep in mind that our weight can fluctuate with our cycles, so be patient and kind to yourself.

So many of us are caught up in doing things for our families, our partners or friends, that we completely neglect ourselves. You really do deserve to be kind to yourself and take the time to do something for *you*. Make yourself a priority. A better you will make a better parent, friend, partner and colleague.

Embrace yourself. We are constantly bombarded by a barrage of images of Photoshop perfection. We are told that if we follow a particular diet we will have a "bikini body" in 21 days. Listen to your common sense and don't focus on images that are unattainable, even by the Photoshopped super models. Love your body and feel confident in what you have accomplished. Feel good inside and it will show on the outside.

Don't become a short order cook. Cook one meal that the whole family can eat. If you need help transitioning your family to a whole foods diet, check out our book *Bentology's Guide to Healthy Eating* for tips to transition the whole family.

## Resources: 30 Minute Video Workouts

[myportionperfect.com/pages/30-minute-workouts](http://myportionperfect.com/pages/30-minute-workouts)

### CARDIO

<b>Cardio Kickboxing</b>	250-300 calories burned
<b>Bootcamp Calorie Burn</b>	300-400 calories burned
<b>Cardio Insanity</b>	350-400 calories burned

### CIRCUIT TRAINING

<b>Jillian Michaels - 30 Day Shred (level 1)</b>	250-300 Calories Burned
<b>Jillian Michaels - 30 Day Shred (level 2)</b>	250-300 Calories Burned

### STRENGTH TRAINING

<b>30 Minute Total Body Workout</b>	150-175 Calories Burned
<b>30 Minute Full Body Workout to Burn Calories</b>	150-200 Calories Burned

### ABS

<b>30 Minute Cardio and Core Intervals</b>	300-350 Calories Burned
<b>Ultimate Workout for Belly Fat Loss - Cardio and Abs Workout</b>	250-300 Calories Burned

### LOWER FOCUS

<b>30 Minute Booty Bootcamp</b>	250-300 Calories Burned
<b>30 Minute Beginner Abs and Butt Workout</b>	250-300 Calories Burned

## UPPER FOCUS

<b>Fat Burning Tank Top Arms Workout</b>	150-200 Calories Burned
<b>Toned Abs and Arms Workout</b>	150-200 Calories Burned

## YOGA

<b>Yoga for Weight Loss</b>	120-130 Calories Burned
<b>Jillian Michaels - Yoga Meltdown</b>	120-130 Calories Burned

## NO EQUIPMENT NEEDED

<b>30 Minute Power Walk</b>	150-170 Calories Burned
<b>30 Minute Jog</b>	225-275 Calories Burned
<b>30 Minute Swimming</b>	200-225 Calories Burned

## REST DAY ACTIVITIES

<b>30 Minute Leisure Bicycle Ride</b>	125-150 Calories Burned
<b>30 Minute Hike</b>	200-225 Calories Burned
<b>30 Minute Walk</b>	110-120 Calories Burned
<b>30 Minutes Playing with Kids</b>	125-150 Calories Burned
<b>10 Minutes Stretching</b>	25-50 Calories Burned

## 1 Portion On-the-go Meals



## 2 Portion Meals at Home



## 3 Prep Food Ahead



## Lose Weight and Feel Satisfied

- No more weighing foods and counting calories. Just eat what fits in the containers, get 30 minutes of exercise and you'll lose weight.
- Learn how to eat the right foods in the right portions.
- Quick and simple menu plans and shopping lists included.
- No starving! Feel full and energized!
- Includes a list of 18, fast and easy workout videos to keep you motivated.
- Don't pay for an expensive diet plan. The Portion Perfect Complete Weight-Loss Plan is economical, simple to follow and it works.
- No fail tips to keep you inspired and on track.
- This is not a fad diet; it's a lasting lifestyle change!



# PORTION PERFECT

by *bentology*

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