

LIFTOFF NUTRITION



KICK START

2020, We're Coming for You!

Inside this workbook you will find a grocery shopping list, easy recipes, snacks and more!

PORTION SIZES

Keep it simple by measuring your portions with your hand!



A fist or cupped hand = 1 cup

1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped vegetables or fruit



Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up.



Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.



80/20 RULE

80% of the time eat these!

PROTEIN

Chicken breast
Chicken thigh
Chicken Sausage
Flounder
Snapper
Trout
Halibut
Mackerel
Bass
Salmon steak
Salmon fillet
Shrimp
Duck
Lobster
Crab Meat
Sardines
New York steak
Rib eye steak
Round steak
Ground beef
Beef ribs
Rump roast
Beef stew meat
Turkey breast
Ground turkey
Pork loin
Pork chop
Pork ribs
Baby back ribs
Bacon
Pork roast
Lamb chops
Lamb rack
Venison steaks
Bison
Egg/Egg Substitutue

CARBS

Asparagus
Avocado
Artichoke hearts
Broccoli
Brussels sprouts
Beets*
Cabbage
Cauliflower
Carrots
Celery
Collard
Greens Cucumber
Eggplant
Daikon
Zucchini
Fennel Root
Kale
Chard
Lettuce, Romaine Mixed Greens
Mushrooms
Dandelion greens
Onion
Spinach
Acorn Squash* Butternut Squash*
Yam*
Sweet Potato*
Red pepper, Yellow pepper , Green pepper
Red cabbage /Green cabbage
Napa cabbage Salsa
Swiss Chard
Yellow Squash

**dense carbohydrate - eat in moderation until leanness goals are reached*



FATS

Olive Oil
Coconut Oil
Butter
Avocado Guacamole
Bacon
Breakfast Sausage
Nut Butters
Almonds
Cashews
Macadamia Nuts
Pecans
Walnuts
Chia Seeds
Flax Seeds

80/20 RULE

20% of the time eat these!

FRUITS/ VEGGIES

Acorn Squash
Baked Beans
Black-eyed peas
Butternut Squash
Cooked Carrots
Corn
Lima Beans
Parsnips
Peas
Potatoes
Sweet Potatoes
Refried Beans
Pinto Beans
Turnip
Banana
Cranberries
Dates
Figs
Mango
Kumquat
Guava
Papaya
Prunes
Raisins
Apple Juice, Fruit Punch, Grape Juice,
Grapefruit Juice, Orange Juice
Tomato Juice

GRAINS

Bagel
Barley
Biscuit
Bread Crumbs
Bread
Buckwheat
Bulgar
Wheat Cereal
Corn Bread
Cornstarch
Croissant
Crouton
English Muffin
Flour
Granola
Grits
Melba Toast
Muffins
Noodles
Instant Oatmeal
Pasta
Pancake
Rice
Rice Cake
Roll (bun)
Taco Shell
Tortilla (corn/flour) Udon Noodles
Waffle

ALCHOL/ SNACKS

Beer
Liquor
Wine
Chocolate
Corn Chips
Graham Crackers
Ice Cream
Potato Chips
Pretzels
Tortilla Chips
Saltine Crackers



BREAKFAST

**all recipes: each serving is roughly 21 grams protein, 27 grams carbohydrate, 5 grams fat*

Meal Replacement Shake

Instructions: blend with water and ice

OatBake (Makes 4 servings)

Ingredients:

1 1/2 cups oats
2 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 teaspoon sea salt
1/2 cup applesauce
1 teaspoon vanilla
2 cups egg beaters
1 coconut milk
2 teaspoons olive oil
1 meal replacement shake
1/2 cup blueberries
1/2 cup strawberries
1/2 cup slivered almonds

Instructions: Preheat oven to 350°F. Mix the dry ingredients in one bowl except fruit. Mix the wet ingredients in another bowl, Add the wet to the dry until well incorporated, fold in strawberries, blueberries and almonds. Lightly spray a 9x9 pan with nonstick cooking spray. Place mixture into pan. Bake around 30 minutes. Test the center with a toothpick.

K.I.S.S - Keep it stupid simple (serves 2)

Ingredients:

6 eggs
1 peach
18 almonds
salt/pepper

Instructions:

Hard boil eggs and peel. Cut peach in 1/2
1 serving is 3 eggs, 1/2 peach, 9 almonds

Breakfast Quiche (serves 2)

Ingredients:

2 whole eggs
4 egg whites (or substitute 1 cup egg substitute for egg whites and whole egg)
2 oz skim mozzarella
1/2 cup chopped onion
1 clove garlic, minced
2 cup fresh spinach
3/4 cup chopped tomato
6 macadamia nuts, crushed
Basil, to taste
Parsley, to taste
Salt, to taste
Pepper, to taste
2 apples, sprinkled with cinnamon

Instructions: Use nonstick mini bread loaf pans or coat each with a little vegetable spray. Layer vegetables in two mini bread loaf pans. Layer half the cheese on top of each loaf. Beat eggs and add seasonings. Pour one-half of the eggs over each pan and sprinkle with macadamia nuts. Bake at 350 for 30 minutes or until brown on top. Makes two mini quiches

Blueberry Yogurt Breakfast

Ingredients:

1/2 cup fresh blueberries, rinsed and drained
1 tablespoon slivered almonds
1 cup plain greek yogurt
1 ounce lean Canadian bacon (substitute 3 turkey bacon strips or 2 turkey sausage links)

Instructions: Stir fruit and nuts into yogurt. Prepare bacon or links following package directions. Serve on the side.

LUNCH

**all recipes: each serving is roughly 21 grams protein, 27 grams carbohydrate, 5 grams fat*

Applesauce Burgers

Ingredients:

- 2/3 cup unsweetened applesauce (chunk style if you can find it)
- 1/3 cup old-fashioned oatmeal
- Minced onion, to taste
- 3 oz. ground turkey breast
- 3 oz. lean ground beef
- Sliced apple wedges
- 1 large salad
- 1 1/3 teaspoons olive oil and vinegar dressing

Instructions: Preheat the broiler. In a bowl, mix together 1/3 cup applesauce, oatmeal and onions. Add turkey and beef. Mix well and shape into one or two patties. Spray non-heated broiler pan with nonstick coating. Place patties on the rack. Broil for five minutes. Turn over. Broil 5 minutes more or until meat is no longer pink. Heat remaining applesauce and serve over burger. Serve apple wedges on the side. (Adjust, depending on size of salad). Experiment with amounts of oatmeal and applesauce until you get the right consistency. You may also add a bit of egg white or egg beaters.

Chicken and Black Bean Salad, makes 5 servings

Ingredients:

- 5 cups baby arugula, washed and spun dry, sliced if large
- 5 cups romaine hearts, washed, dried, and thinly sliced
- 1 yellow bell pepper, halved, seeded, and diced
- 4 small Roma tomatoes, cut into small wedges
- 3/4 cup red onion or sweet white onion, cut in thin rings
- 2 cups no-salt-added black beans, cooked and drained
- 1 cup bottled artichoke hearts, drained
- 4 ounces feta cheese, crumbled
- 12 ounces cooked skinless chicken breast, cut into strips, or 18 ounces deli-style chicken breast, sliced

Chicken Black Bean Salad Cont.

1. Layer and divide chicken and black bean salad ingredients among 4 serving plates or large bowls with snap-on lids. 2. Combine the dressing ingredients in a small jar. Cover and shake until smooth. Spoon the dressing over the salads just before serving, or divide among 4 small bottles. Cover and refrigerate for pack lunches.

Lettuce Wraps, 2 servings

Ingredients:

- 4.5 oz lean ground beef or 4.5 oz ground turkey
- 1/4 cup onion, minced
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon cumin (can put a little more for flavor if you wish)
- 2 teaspoon teriyaki sauce
- Light spray of olive oil
- 1/4 cup of black beans, canned/drained
- 1 tomato chopped, liquid squeezed out
- 4 large lettuce leaves
- 2 tablespoons avocado

Instructions: You can boil your own beans or get them from a can. Place your lettuce leaves in a bowl of cold water and leave them there until you are ready to serve dinner. Take ground beef or turkey and mix in onions, garlic powder, salt, pepper, cumin, and teriyaki sauce in a bowl. Spray a saucepan with olive oil, sauté beef/turkey mixture. Then add tomatoes and beans to mixture keeping it on a low heat until entire mixture is warm. Separate the mixture into 4 portions on your plate and place portions in the middle of each leaf which has been patted dry. Do not do this to all leaves at once because they will become warm and soggy. Pull the leaves out of the cold water as you need them. Top each leaf with some avocado and fold the lettuce leaf over to wrap up the mixture inside. Serve the oranges as a dessert.



DINNER

**all recipes: each serving is roughly 21 grams protein, 27 grams carbohydrate, 5 grams fat*

Baked Avocado Chicken and Vegetables, 2 servings

Ingredients:

6 ounces skinless chicken breast
1 1/4 cup of cooked zucchini
1/2 cup of sliced carrots
2 cups kale
1 cup tomato sauce
3 tablespoon avocado
2 tablespoons light cream cheese
2/3 teaspoon olive oil

Instructions: Mash up the avocado, then mix it with the cream cheese. Slice the chicken to make a pocket. Put the cream cheese/avocado mixture into this pocket and seal with toothpicks. Put chicken in a baking tray and drizzle the olive oil over it. Bake for 30 minutes 375 F. Spray a nonstick pan with vegetable spray. Saute vegetables until tender, add tomato sauce and heat through.

Chicken Kali

Ingredients:

3 oz. boneless, skinless chicken breast, cut into strips
1 red bell pepper
2/3 c. chopped Vidalia onion
1 c. pineapple chunks, drained (the kind that is canned in its own juice is great)
1/3 tsp. olive oil
2 tsp slivered almonds
Ground garlic
Ground ginger
Mild curry powder
Dried mint

Instructions: Stir-fry chicken strips and onion in hot olive oil. Sprinkle with spices to taste (start out with about 1 tsp. each). When chicken is cooked through, add red pepper and pineapple chunks and stir-fry till heated through. Add the almond slivers just before serving.



Baked Talapia with Veggies

Ingredients:

4.5oz. talapia
1 summer squash, sliced
1 zucchini squash, sliced
1 tomato, sliced
1 red onion, sliced
kosher salt to taste
fresh herbs to your liking
Olive oil spray
Dessert - 1 cup sliced fresh strawberries

Instructions:

Place fish in bake ware with sliced squash tomatoes and onions. Sprinkle salt. Spray with olive oil. Add fresh herbs. Bake in 350° oven for about 30 to 35 minutes or until fish flakes.



SNACKS

1 hard boiled egg
1/2 orange
Sprinkled w/ peanuts

1 oz turkey breast
1/2 apple
1 macadamia nut

1 oz canned chicken or tuna
1 peach
1/2 tsp peanut butter

1 1/2 oz deli-style ham or turkey
1 carrot
5 olives

1 oz tuna
1/2 cup grapes
1 Tbs avocado

1 oz turkey breast
1 Tbs guacamole
1 tomato

1 cup strawberries
1/4 cup cottage cheese
1 macadamia nut

1 poached egg
1 cup strawberries
1/2 tsp peanut butter

3 oz marinated and baked tofu
1/2 apple
1/2 tsp peanut butter

1 oz canadian bacon
1 plum
1 macadamia nut

1 oz tuna
1 large tossed salad
1 tsp salad dressing of choice

1 hard boiled egg
1 large spinach salad
1 tsp oil and vinegar dressing

1 oz grilled turkey breast
1/2 cup blueberries
3 cashews

Blend:
1 cup water
1 Tbs protein powder
1/2 cup grapes
1/3 tsp coconut oil

Blend: 1 cup water
1 Tbs spirulina
1 cup frozen berries
3 cashews

1 oz sardines
1/2 nectarine
5 olives

1 1/2 oz salmon
12 asparagus spears
1/3 tsp olive oil

1 1/2 oz shrimp
2 cups broccoli
6 peanuts

1 1/2 oz deli-style turkey
1 tangerine
1 Tbs avocado

GROCERY SHOPPING LIST

Remember to shop the perimeter of the store!

Carbs

- red bell pepper
- yellow bell pepper
- quart strawberries
- peach
- 3 apples
- kale
- 3 zucchini
- 3 summer squash
- 2 red bell pepper
- red onion
- yellow onion
- 3 tomato
- romaine lettuce
- large mixed salad greens
- black beans (can)
- can of pineapple
- artichoke hearts
- apple sauce (you'll need 2ish cups)
- oats
- marinara/tomato sauce

Protein

- dozen eggs
- egg beaters
- 1 1/2 lbs chicken breast
- 1 lb ground turkey
- 1 lb lean ground beef
- 9oz tilapia
- turkey bacon

Fats

- olive oil
- macadamia nuts
- avocado
- raw almonds
- mozzarella cheese
- olives (black or green, your preference) • Greek • yogurt
- coconut milk
- feta cheese
- cream cheese (light)

Spices/Condiments:

- vanilla
- mint
- garlic
- salt and pepper
- cooking wine and cider vinegar
- baking powder
- cinnamon
- cumin/curry
- garlic
- ginger powder

