

To reach your weight loss goal, you'll have to adjust your eating habits so you not only lose that unwanted body fat, but you keep it off for good. To help you do this, we've included sample meals which provide balanced meals and convenient options. Use these to get ideas of what and how much to eat, but feel free to modify them to suit your preferences and lifestyle. **The target calories are listed for each meal so that any food or meal can be substituted as long as the calories are closely matched.** Remember, *burning more calories than you eat is the only proven way to lose weight.*

- Studies show that consuming meal replacement shakes in place of 1-2 meals a day is an effective way to maximize weight loss (those that use a meal replacement lose 169.5% more weight than those who do not).
- Eating enough fiber (25g per day for women, 38g for men) from whole grains, fruits and vegetables will help you stay satisfied and energized. You'll see these items in your meal options.
- Stay hydrated. Drink plenty of water and calorie-free beverages. Plain coffee, unsweetened tea and any calorie-free beverage contribute to your daily fluid needs.
- Take your dotFIT ActiveMV and other health products to ensure your body is getting the nutrients it needs for health and lean muscle support.

Finally, people who track what they eat lose more weight and are better at keeping it off, so be sure to track what you consume in your Fitness Journal or take advantage of the online food log in the dotFIT Fitness program.

### Breakfast (450 calories)

[dotFIT ActiveMV](#) – 1 tablet with meal  
[dotFIT SuperOmega3 Fish Oils](#) - 1 tablet with meal (*optional, based on needs*)

#### Option 1: Cereal with Fruit

- 1.5 cups of bran or high-fiber cereal (like Fiber One, All-bran, Quaker Squares, Shredded Wheat), less than 200 calories per cup
- 1 cup (8oz) of nonfat/almond/soy milk
- 1 cup of diced fruit or medium piece of fruit

#### Option 2: LeanMR Shake (pre or post-workout)

- 2 scoops [dotFIT Lean MR](#), Chocolate or Vanilla
- 1 cup of nonfat/almond/soy milk
- 1 cup of fresh or frozen berries or medium piece of fruit

#### Option 3: Subway Breakfast

- 2 Western Egg & Cheese Melts
- 1 container (4 oz) of yogurt
- OR-
- 2 Western Egg & Cheese Melts
- 1 package of apple slices
- 1 cup (8 oz) of nonfat almond/soymilk

#### Option 4: Toast with Peanut Butter & Fruit

- 2 slices of 100% whole wheat toast (~80 cal/slice)
- 1 tablespoon of peanut/almond/nut butter
- 1 cup (8 oz) of nonfat/almond/soy milk
- 1 cup of diced fruit or medium piece of fruit

### Lunch (550 calories)

[dotFIT CarbRepel](#) - take 2 tablets 30 minutes before

#### Option 1: Chicken Salad

- 4-5 cups of salad greens
- 5 ounces of chicken breast (not deep-fried)
- 2-4 tablespoons light dressing (100 calories)
- 1 ounce of avocado OR ½ ounce of nuts of choice
- 1 ½ cup of diced fruit or medium piece of fruit

#### Option 2: LeanMR Shake (pre or post-workout)

- 2 scoops [dotFIT Lean MR](#), Chocolate or Vanilla
- 1.5 cups of nonfat/almond/soy milk
- 1.5 cups of diced fruit or 1 piece of large fruit
- OR-
- Any shake recipe from dotFIT Recipe Book (550 calories or less)

#### Option 3: Subway Sandwich

- 6-inch Turkey Breast Sandwich on wheat bread, no mayo or cheese, unlimited veggies
- Avocado OR cheese of choice
- 1 bag of Baked Lays chips
- 1 container (4 oz) yogurt

#### Option 4: Frozen Meal, Salad, Fruit & Side

- Choose 1 frozen meal, 350 calories or less (i.e., Lean Cuisine or Amy's)
- 2-3 cups of salad greens with 1 tbsp of light dressing (50 calories)
- 1 cup of diced fruit or large piece of fruit
- 1 cup nonfat/almond/soymilk OR 4 Oz yogurt OR ½ oz nuts of choice

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**Snacks x2** (200 calories each x2)

Mid-morning AND mid-afternoon or before bed

**Option 1: Yogurt & Fresh Fruit**

- 1 container (6 oz) yogurt
- 1 small piece of fruit

**Option 2: Meal Replacement Bar**

- [dotSTICK](#), flavor of your choice  
-OR-
- [dotBAR](#), flavor of your choice

**Option 3: Handful of Nuts & Fresh Fruit**

- 1 ounce (small handful) of your favorite nuts
- 1 small piece of fruit

**Option 4: Fresh Veggies & Dip**

- 1.5 cups (slightly larger than size of your fist) of sliced veggies of choice (carrots, celery, cucumber, tomatoes, zucchini, etc.)
- 3-4 tablespoons of hummus  
-OR-
- ½ cup (4 oz) of light cottage cheese  
-OR-
- ½ cup (4 oz) of yogurt or greek yogurt (unsweetened)

**Dinner** (600 calories)

[dotFIT CarbRepel](#) - take 2 tables 30 minutes before

[dotFIT ActiveMV](#) – 1 tablet with meal

[dotFIT SuperCalcium+](#) - 1 tablet with meal  
(*optional, based on needs*)

[dotFIT SuperOmega3 Fish Oils](#) - 1 tablet with meal  
(*optional, based on needs*)

**Option 1: Spaghetti & Veggies**

- 1.5 cups (cooked) whole wheat pasta
- 4 ounces (cooked) ground meat (chicken/turkey/90% Lean beef). Prepare with cooking spray
- ¾ cup of marinara sauce (~130 calories)
- 1 cup of steamed veggies of choice, seasoned with spices to taste
- 1 teaspoon of olive oil (for veggies)

**Option 2: Rice, Fish OR Chicken, & Veggies**

- 1.5 cups (cooked) brown rice
- 4 oz salmon/fish of choice, baked or broiled, seasoned with spices or fresh lemon to taste  
-OR-
- Skinless chicken breast, baked or broiled, seasoned with spices or fresh lemon to taste
- 1 cup of steamed veggies of choice
- 1 teaspoon of olive oil for veggies

**Option 3: Turkey Tacos & Fresh Fruit**

- 2 6-inch whole wheat tortillas (~80 calories each)
- 4 oz of cooked lean ground turkey, seasoned as desired (cook with cooking spray – not oil or butter)
- Lettuce, tomato and onion as desired
- 2 tablespoons of light sour cream
- 1 oz avocado (~1/4 of whole avocado)
- 2 tablespoons of shredded light cheese
- 1.5 cups of diced fruit of choice
- 1 cup of nonfat/almond/soymilk

**Option 4: Baked Potato, Steak, Veggies & Fruit**

- 1 large (6 oz) baked sweet potato
- 4 oz of lean sirloin steak, broiled, grilled or pan-fried using cooking spray
- 1 cup of steamed veggies of choice
- 1 tablespoon of light whipped butter as desired (~45 calories)  
-OR-
- 1 teaspoon of olive oil
- 1.5 cups of diced fruit of choice
- 1 cup of nonfat/almond/soymilk