

# Luz María Briseño's Nutrition Guide



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Vegetable Smoothie / Oatmeal / Skim Milk or Soy Milk / Fresh Fruit	Vegetable Smoothie / 2 Egg Whites / Asparagus / Bell Pepper / Tomato / Fresh Fruit	Baked Tostada / Tostada w/ Beans & Lettuce / Tomato / Milk / Fruit	Vegetable Smoothie / Cactus or Green Beans with egg whites / Milk / Fruit	Vegetable Smoothie / 3/4 cups of "sweet potato" / Olive oil / Nuts / Milk	Hotcakes made from oatmeal or Wheat flour / Dices Fruit / Soy Milk	Fruit / 3 Egg Whites / Soy Milk or Fat Free Milk / 3 nuts
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Grilled Chicken Wrap / 1 tortilla / Avocado / Lettuce, Mushrooms / Tomato / Bell Pepper / Cilantro / Jalapeño	On the Grill: / Liver or Fish / Vegetable Salad / Medium size Potato / Fruit	½ Sandwich & ½ Salad / Whole grain bread, low sodium turkey / Vegenaise / Vegetables / Fruit	Garbanzo Bean Soup with vegetables / 1 tortilla / Fruit	Shake using Soy or Skim Milk / ½ apple or berries / Almonds / 20gm of Whey or Soy Protein	Bean salad with brown rice / vegetables (bell pepper, cucumber, mushrooms, dried tomatoes / olive oil	Vegetarian Sandwich with avocado, cucumber, alfalfa germ or lettuce, tomato, bell pepper, and a fruit salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
½ Fish or Chicken Sandwich / Whole Grain Bread / Vegenaise / Fruit Salad / Almonds	½ Soup & ½ Salad with olive oil, fruits & nuts	Salad / Small portion of whole wheat pasta with mushroom & tomato sauce / Fruit	Beef or Chicken / Vegetables / Olive Oil / Salad / A slice of bread or tortilla / Fruit	Soup or Salad of legumes* / Tortilla / Fruit	Fish or Chicken / Vegetables / Olive Oil / Brown Rice Salad / Fruit	Salmon or Lentil Soup / Vegetables / Olive Oil / Salad / Fruit
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
½ Fish or Chicken Sandwich / Salad / Olive Oil	Chicken Soup with vegetables & brown rice (no tortilla)	Protein Vegetable Soup: / Lentil, garbanzo, beans, peas, carrot, potato, celery, parsley, tomato, cilantro, onion / corn or germinated tortillas	Fish / Salad / Olive Oil / 1 Potato	Brown Rice & Beans / Avocado / Tomato Salsa / Salad with Olive Oil	Tofu or Green Beans / Cucumber Salad / Olive Oil / 1 Hard Boiled Egg or three Egg Whites	Lentil or Broad Bean Soup / Salad / Olive Oil / Vegetables

## SNACK IDEAS: Eat only one a day

- Snacks between breakfast and breakfast: ½ fruit & natural fat free yogurt
- Protein snack for night emergencies: 2 lettuce leaves with 2 slices of turkey ham low in sodium & 2 tomato slices

- Snack during the day: Low fat cottage cheese with fruit
- Snack during the day: ½ of an apple with 1 tablespoon of almond or peanut butter
- Snack during the day: ½ of a celery stick with almond butter
- Snack during the day: ½ cup of garbanzo soup

# Luz María Briseño's Nutrition Guide



## Detailed information for page 1 of the Nutrition Guide

- Legumes are: lentil, garbanzo beans, lima beans, brown rice o a whole grain.

A vegetable smoothie can have 2 or 3 different types of vegetables, ½ fruit, 1 lemon with wedges & ginger. In 8 oz of water, liquefy ¾ of a cup of vegetables like parsley, cucumber, kale, apple, ginger & also add a single small spoon of olive oil; drink without straining.

Once in a while Lunch can be replaced by a protein smoothie: 8 oz of soy or almond milk, 20 Grams of “whey” protein, ½ fruit or a type of berry, ice, stevia sweetener, a spoonful of almond or peanut butter, or simply a handful of unsalted pistachios.

Vegenaise (may be found at Trader Joe's, Whole Foods, Gelsons, and Mothers Market).

### WATER:

Don't forget to drink 8 oz of water every hour and a half, eat small portions of each nutrition group. Do not skip meals... and very important - do not forget to exercise.

### Portions:

Protein: 3 to 5 oz of Salad: ½ cup of steamed and 1 cup of raw vegetables, olive oil (1-2 small spoonfuls)

2 To 3 times a day with food; bread or tortilla (preferably 1 small piece at a time).

Rice, pasta or grains (¾ of a cup). If you eat bread, no tortillas, pasta or potatoes.

You can cook this with steam, in it's juice, with marinades, breaded, in stew, soups or purees.

Spices: all the desired herbs to avoid the excessive use of sodium.

### NOTE:

To avoid getting bored of your meals, rotate the following every 3 to four days:

fruits, vegetables, legumes, cereals, oils, spices, etc...

and rotate the way you prepare these: steamed, oven, in it own juice, in stews or soups, en purees, with spices, breaded, etc..

If you plan on eating something that is not nutritious, have a small portion.