

# I.RUN.ME.

## Self-Evolution

### Nutrition Plan

\*Note: Plan is effective and has been used by members of IRunMe to produce weight loss results for them...but, **this plan was not created by a healthcare professional** and should be followed at your own discretion. It is a non-vegan plan and includes potential allergens like seafood, nuts and, dairy food options.

#### Recommendations:

- ◆ Eat only small plates and do not eat after 8pm
- ◆ Cook food with any spices or seasoning you'd like BUT do not add salt or sugar and do not use any more than 1/4 teaspoon of butter or oil per serving
- ◆ Pair this nutrition plan with the *IRunMe* Daily Self-love Checklist \*Start by exercising at least 3xs/week
- ◆ Drink a glass of water within 10 min. of waking up. \*Aim to drink 8 (8-16 ounces) servings of water daily.
- ◆ Drink primarily water, but milk, organic veggie or fruit smoothies, wine, and unsweetened protein drinks, herbal teas, or coffee drinks are permitted 10oz or less in a day)
- ◆ For faster weight loss, drink only water and eliminate one snack and combine this nutrition plan with Intermittent Fasting (fasting plans available on the *IRunMe* website)
- ◆ Choose meal options to create a balanced diet. Try not to select the same food types to eat all day

#### Breakfast Options (Pick One)

#1: ½ whole wheat or grain bagel with 1 tablespoon of a nut butter or low-fat cream cheese and 1 cup berries

#2: 1 or 2 eggs, 2 slices of turkey bacon, and one serving of yogurt or cottage cheese

#3: an omelet (prepared with 1 or 2 eggs) \*must have veggies (peppers, mushroom, onion etc.)

#4: 1 serving of cereal (wheat, fiber, oats type) and milk (low-fat, almond, or skim) and 1 small fruit

#### Lunch (Pick One)

1 large salad (There are many types of salads \*Choose any you'd like but be sure to top it with more veggies and a protein choice. Avoid carb toppings like croutons or tortilla strips. Keep dressing to a minimum and instead load up with healthier fats like avocado, hummus, salmon, eggs or nuts) OR...

4-ounce protein choice (lean beef, chicken, turkey, seafood, or fish), green vegetables (half of the plate should be veggies like broccoli, green beans, kale, spinach, Brussel sprouts, etc.), and ½ cup carb or starchy vegetable (potato, sweet potato, brown rice, brown pasta, squash, zucchini, carrots, corn, etc.)

### **Day Snack Options (Pick One)**

- #1: 1 clementine or  $\frac{1}{2}$  of a banana and 10 almonds, unsalted
- #2: 10 grapes or 1 small apple and 1 cheese stick
- #3: 1 yogurt (6 ounces), plain or vanilla \*Greek yogurt adds extra protein
- #4: 10 tortilla chips and  $\frac{1}{2}$  cup of black bean salsa, tomato salsa, or queso
- #5: 10 beet chips with goat cheese
- #6: 1-2 cups of raw veggies (carrots, celery, broccoli, cauliflower, snow peas, etc.) and  $\frac{1}{4}$  cup of dressing

### **Small Dinner (Pick One)**

1 small salad (There are many types of salads \*Choose any you'd like but be sure to top it with more veggies (Protein choice is optional. Avoid carb toppings like croutons or tortilla strips. Keep dressing to a minimum and instead select healthier fats like avocado, hummus, salmon, eggs or nuts) **OR...**

4-ounce protein choice (lean beef, chicken, turkey, seafood, or fish), green vegetables (half of the small plate or more should be veggies like broccoli, green beans, kale, spinach, Brussel sprouts, etc.)

### **Dessert / Night Snack Options (Pick One)**

- #1: one 10-ounce glass of wine
- #2: 4 squares of dark chocolate (75-95%) and 5-10 almonds
- #3:  $\frac{1}{2}$  cup of frozen yogurt or low-fat, low-sugar ice cream
- #4: 3 cups of popcorn, plain (can add 1 tablespoon of parmesan cheese)
- #5: 1 orange or any small serving of fruit and either 1/2 cup of cottage cheese, 1 cheese stick, or yogurt serving

### **Foods to avoid forever or simply for the first few months of your weight loss (they can be re-introduced later in small portions and in moderation)**

Fried foods (French fries, chicken, donuts, etc.)

White rice, white bread, or white pasta

Chips, candy, cookies, cake, brownies, pastries

Sodas and sweetened juices/drinks