

# DR PHIL'S ULTIMATE WEIGHT LOSS CHALLENGE MEAL PLANS

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## NOTES FOR SUCCESS!

Always keep emergency food with you - carry 10 nuts or an apple with you.

This way you will never end up reactive eating.

**A Note on Substitutions:** These menu plans are designed as a guide. You may substitute ingredients as necessary to suit your families requirements or to take advantage of super-market specials! Just choose appropriate substitutes, and keep in mind your portion sizes. Vegetables can always be substituted for each other, and you can use up any leftovers in a vegetable soup! If you particularly like one of the breakfast items - it's okay to repeat it. Just stay within the guidelines of High Response Cost - High Yield Nutrition. Swap meal plan days if it suits your schedule. Don't forget, you can always cook extra and freeze to have on hand so you don't have to be a slave to your kitchen!

### **Portions:**

Proteins - palm size servings

Starchy carbohydrates - tennis ball or cupped hands size servings (approx 1/2 cup) or 1 slice

Veggies & Fruits - tennis ball or cupped hands size servings (approx. 1/2 cup)

Dairy - 1 cup or 1-2 oz.

**For questions concerning these meal plans and nutrition support information  
contact JJ Virgin, C.N.S. at [www.drdiaz.com](http://www.drdiaz.com)**

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## MONDAY

BREAKFAST	LUNCH	DINNER
<p><b>Muffin Breakfast Sandwich</b>  <i>1/2 whole wheat English muffin toasted and topped with sliced tomato, 1 slice fat free cheese and a poached egg.</i></p> <p><b>Mid-Morning Snack</b> Celery &amp; 1 tbsp. peanut butter</p>	<p><b>Tuna Salad Stuffed Tomato</b>  <i>Mix tuna with low fat or non-fat mayo and dijon mustard, herbs &amp; chopped celery. Cut top off and remove center from tomato. Stuff &amp; serve on a bed of greens with viniagrette and 2 whole wheat crackers</i></p> <p><b>Afternoon Snack</b> Orange slices</p>	<p><b>Turkey Herb Soup</b>  <b>Crispy Baked Squash</b>  <i>See recipes.</i></p>

## TUESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Berry Oatmeal</b>  <i>To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/2 cup berries, 1-2 tbsp of Vanilla Whey Protein Powder.</i></p> <p><b>Mid-Morning Snack</b> 1 oz. string cheese</p>	<p><b>Chicken Caesar Salad</b>  <i>Have with 2 whole wheat crackers. No croutons, and if dining out - ask for dressing on the side.</i></p> <p><b>Afternoon Snack</b> Apple and 1-oz. no-fat cheese slices</p>	<p><b>Sauteed Sea Bass</b>  <b>Roasted Ratatouille</b>  <i>See recipes. Serve with a side salad of mixed greens and viniagrette.</i></p>

## WEDNESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Joe's Scramble</b>  <i>Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 1 egg, 2 egg whites. Serve with sliced tomatoes.</i></p> <p><b>Mid-Morning Snack</b> 5 Nuts &amp; 1 cup berries</p>	<p><b>Veggie Burger</b>  <i>Top 1/2 whole wheat English muffin with veggie pattie, 1 slice tomato, 1 slice no-fat cheese</i></p> <p><b>Afternoon Snack</b> Tomatoes, fresh basil, 1 oz. low or non-fat mozzarella cheese</p>	<p><b>Roasted Vegetable Soup</b>  <b>Pesto Chicken Breast</b>  <i>See recipes.</i></p>

## THURSDAY

BREAKFAST	LUNCH	DINNER
<p><b>Nut Wrap</b> <i>Lo-carb tortilla filled with 1 tbsp fat free cream cheese, 1 tbsp peanut butter and 1/4 cup chopped apple.</i></p> <p><b>Mid-Morning Snack</b> Radishes &amp; celery with 1 tbsp hummus</p>	<p><b>Chili &amp; Garden Salad</b> <i>Make your own - or use canned. Top with 1 tbsp non-fat cheese.</i></p> <p><b>Afternoon Snack</b> 1 cup edamame (steamed soybeans in the shell)</p>	<p><b>Tomato Basil Soup</b> <b>Flank Steak</b> <i>See recipes. Serve with steamed veggies.</i></p>

## FRIDAY

BREAKFAST	LUNCH	DINNER
<p><b>Yogurt Parfait</b> <i>Layer plain non-fat yogurt mixed with vanilla and cinnamon with 1/2 cup berries and 1/2 cup Kashi Go Lean cereal.</i></p> <p><b>Mid-Morning Snack</b> Celery &amp; 1 tbsp. peanut butter</p>	<p><b>Stuffed Tuna Pita</b> <i>Stuff a whole wheat pita with your tuna salad. Crudites (raw veggies) with viniagrette.</i></p> <p><b>Afternoon Snack</b> 1 piece of fruit and 1 oz. cheese</p>	<p><b>Quick Chicken Stroganoff</b> <b>Sauteed Spinach</b> <i>See recipe. Serve with a side salad of mixed greens and viniagrette.</i></p>

## SATURDAY

BREAKFAST	LUNCH	DINNER
<p><b>Chicken Breakfast Sausages</b> <i>Ground chicken breast, spinach, herbs and fat-free cheese mixed together and sauteed. Serve with Melon slices</i></p> <p><b>Mid-Morning Snack</b> Apple slices with 1 tbsp peanut butter</p>	<p><b>3-Layer Mexican Dip &amp; Veggies</b> <i>See recipe.</i></p> <p><b>Afternoon Snack</b> Radishes &amp; celery with 1 tbsp hummus</p>	<p><b>Spaghetti Squash with Meat Sauce</b> <i>See recipe. Serve with a side salad of mixed greens and Balsamic viniagrette.</i></p>

# SUNDAY

BREAKFAST	LUNCH	DINNER
<b>Eggs Florentine</b> <i>Poached egg + 2 egg whites atop sauteed spinach with 1 oz. reduced fat feta cheese. Serve with melon chunks.</i>	<b>"Protein" Burger</b> <i>Top a cooked Veggie burger pattie with 1 oz sliced non-fat cheese and a tomato slice and wrap in lettuce.</i>	<b>Cauliflower Soup</b> <b>Spinach &amp; Mushrooms Stuffed Chicken Breasts</b> <i>See recipes.</i>
<b>Mid-Morning Snack</b> 1 oz. string cheese and 1 piece of fruit	<b>Afternoon Snack</b> 6 whole grain crackers and 1 tbsp hummus	

## RECIPES

### Herbed Leftover Turkey Soup

1 large onion, minced  
1 tbsp fresh thyme, minced  
1 tbsp fresh sage, minced  
2 tbsp parsley, minced  
2 tbsp cilantro, minced  
1 qt. turkey stock (use leftover turkey carcass and wing tips, onion, carrots, celery, garlic, thyme, black pepper and a bay leaf. Simmer for 3 hours, and strain. Or use canned broth)  
2 cups shredded leftover turkey (both light & dark meat)

*Saute the onion in a small amount of olive oil until soft. Add the herbs and stock. Bring to a simmer and reduce by about 10%. Add the turkey meat and check for seasoning. Simmer another 10 minutes. Serves 4.*

### Baked Squash Crisps

1 med butternut squash  
2 tbsp olive oil  
salt & pepper  
1 bunch fresh rosemary  
1 bunch fresh thyme

*Cut the squash in half lengthwise and scoop out the seeds. Set each half cut side down on a cutting board and cut crosswise in 3/8" slices. Mist a baking sheet with olive oil. Line up squash slices and mist them with olive oil. Salt, pepper and tuck herbs around the slices. Cover with foil and bake in 375 degree oven for 30 minutes. Remove foil and continue baking for 15 minutes, or until bottoms are browned. Turn the slices. Bake an additional 10-15 minutes more until the squash is very tender, and brown and crispy around the edges.*

## Sauteed Sea Bass

1-1/2 lbs. sea bass fillets  
Sea salt & freshly ground black pepper  
1/4 cup whole wheat flour  
Olive oil

*Season fillets with sea salt and freshly ground black pepper. Sprinkle fillets with flour, and shake off excess. Mist a non-stick skillet with olive oil and preheat until hot, but not smoking. Place the fish in the pan and cook until golden brown, about 4 minutes. Carefully turn fish and cook until fish is no longer translucent and cooked through, about another 4 minutes.*

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## Roasted Ratatouille

2 red bell peppers, seeded and cut into strips  
5 baby eggplant, quartered lengthwise  
6 baby zucchini, quartered lengthwise  
5 plum tomatoes, quartered and seeded  
1 small onion, peeled and finely sliced

*Combine all veggies on a baking sheet and mist with olive oil to coat. Season with sea salt and pepper and toss. Roast in a 450 degree oven for 15 minutes, or until veggies are just tender. If you can't find baby eggplant and zucchini, use 1 large eggplant and 2 regular size zucchini and cut into 1" chunks. 2 regular tomatoes will work just fine too.*

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## Roasted Veggie Soup

6 cups roasted veggies  
(zucchini, eggplant, potatoes, onions,  
carrots & tomatoes)  
4 cups chicken broth  
(Vegetarian option: use vegetable broth)  
1 can cannellini beans  
1 oz. grated Parmesan cheese  
OPTIONAL: 1 box tiny pasta

*Here's a great way to use up extra roasted veggies, or make extra to have on hand to make this soup! To make a complete meal of this soup add some leftover chicken or turkey meat and the optional pasta. Serves 4.  
In a large olive oil misted skillet heat veggies (except tomatoes) through, then add the broth, tomatoes and cannellini beans. Bring to a boil, reduce heat and simmer for 15 minutes. OPTIONAL: Add pasta and simmer for additional time as per pasta instructions. Serve with 1 oz. grated Parmesan cheese.*

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## Pesto Chicken

Chicken breasts  
juice of 1 lemon  
Black pepper  
3/4 cup Pesto Sauce  
*Fresh store bought fine*

*Preheat oven to 375 degrees. Rinse chicken and pat dry with paper towels. Arrange breasts in a large shallow baking dish. Pour lemon juice over chicken and season with black pepper. Set aside covered for 15 minutes. Drain chicken pieces, rearrange in 1 layer and spread pesto sauce over the breasts. Bake until tender and done, 30-45 minutes (depending upon the size of the breasts).*

### **3 Layer Mexican Dip**

1/4 cup pureed black beans  
and green chiles  
1/4 cup non-fat sour cream  
Fresh salsa  
Jicama slices, radishes and peppers

*Spread the pureed bean/chile mixture on a plate, top with the sour cream. Top with the salsa and serve with jicama slices, radishes and peppers.*

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### **Tomato Basil Soup**

2 tsp olive oil  
1 onion, chopped  
1 can crushed/ground peeled tomatoes  
5 cups chicken or vegetable broth  
1/2 cup fresh basil, finely sliced

*Heat olive oil in a large pot, add onion and cook until softened, stirring often, about 10 minutes. Add the tomatoes and the broth. Bring to a boil, then reduce heat and simmer for about 20 minutes until slightly thickened. Season with sea salt and freshly ground black pepper. Stir in the basil. Use a blender, food processor or stick blender and blend until smooth. Serves 4.*

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### **Flank Steak**

1 lb. flank steak  
1/4 cup balsamic vinegar  
1/2 cup low-sodium soy sauce  
2 tbsp Worcestershire sauce  
1 tbsp dry mustard  
black pepper  
minced garlic clove

*Combine all the ingredients and marinate the flank steak for 24 hours. Grill or broil until done to your liking. Slice across the grain in thin slices. Serves 4.*

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### **Quick Chicken Stroganoff**

1 Deli-roasted chicken  
1 pkg fresh sliced mushrooms  
1 sml finely chopped onion (optional)  
1 pint non-fat Sour Cream

*Saute mushrooms and onions in a olive oil misted non-stick pan. Pull meat off the chicken and add to saute mixture. Add the sour cream, stir and heat. Serve over a bed of sauteed spinach. Serves 4*

## Spaghetti Squash "Pasta" w/Meat Sauce

1 spaghetti squash  
1 clove garlic, minced  
basil (fresh preferred, dry will work)  
1 lb. ground lean beef  
1 large jar/can marinara sauce

*Spaghetti Squash "Pasta": Steam whole squash for 45 minutes. Cut open, drain "pasta", getting the extra moisture out. Saute with a little chicken broth, minced garlic, pepper and fresh basil.*  
*Meat Sauce: Brown meat, drain and rinse in collander. Add meat to your favorite bottled/canned marinara sauce and heat through.*  
*Serve "pasta" topped with 4 oz. of meat sauce. Sprinkle serving with 1 oz. of low-fat or non-fat Parmesan cheese. Serves 4*

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## Cauliflower Soup

2 tsp olive oil  
2 leeks, white part only,  
well-washed and chopped  
1 head cauliflower, broken into florets  
1 medium potato, cubed  
6 cups chicken broth  
sea salt & freshly ground black pepper  
Optional: 1/2 cup non-fat milk

*In a large saucepan heat the oil to medium-low. Add the leeks and cook slowly for about 10 minutes. Do not allow them to brown. Stir in the cauliflower, potatoes and broth. Season to taste with sea salt and pepper. Bring to a boil, reduce heat and simmer covered for 20 minutes, or until vegetables are very tender. Remove from heat and cool slightly.*  
*Transfer to blender or food processor and process until smooth. Put back into saucepan and simmer over medium heat. If too thick use optional milk to thin. Adjust seasoning and serve.*  
*Serves 4*

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## Stuffed Chicken Breasts

4 boneless, skinless chicken breasts  
1 pkg frozen chopped spinach  
12 mushroom caps  
2 cloves garlic, cut in half  
1 small onion, quartered  
1 cup non-fat ricotta cheese  
1/4 cup grated Parmesan  
1/2 tsp ground nutmeg

*Place each chicken breast between sheets of waxed paper, or put in a food storage bag and pound from the center outward with a mallet or heavy-bottomed skillet. Use care not to tear the breast meat. Pound to about double in size.*  
*Defrost spinach and drain and wring out until very dry. Transfer to a medium size mixing bowl. In an olive oil misted non-stick pan saute mushrooms, garlic and onion in a for about 5 minutes. Season with sea salt and pepper to taste. Transfer mixture to a food processor and pulse to grind. Add mushroom mixture to the spinach in the mixing bowl. Add ricotta, Parmesan cheese and nutmeg and stir to combine stuffing. Place a mound of the stuffing mix on each breast and wrap and roll breast over the stuffing.. Secure with toothpicks.*  
*Saute stuffed chicken breast in olive oil misted non-stick skillet with a little chicken broth, and brown on all sides. About 10-12 minutes. (Chicken will cook fast as it is pounded thin). Remove toothpicks, and serve breasts whole, or slice on an angle and fan out slices on dinner plate.*  
*Serves 4*

