

# 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 and an apple with you. This way you will never end up reactive eating.

### **Portions:**

Proteins - palm size servings

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

Veggies & Fruits - tennis ball or 1 cupped hand 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.drduz.com](http://www.drduz.com)**

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## MONDAY

BREAKFAST	LUNCH	DINNER
<p><b>Joe's Scramble</b> Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 1 egg, 2 egg whites. Serve with sliced tomatoes.</p> <p><b>Mid-Morning Snack</b> 1 oz. string cheese and 1 piece of fruit</p>	<p><b>Tuna Salad Stuffed Tomato</b> 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</p> <p><b>Afternoon Snack</b> 1 cup edamame (steamed soybeans in the shell)</p>	<p><b>Crock Pot Tri-Tip Roast</b> Rub roast with 1 tsp black pepper &amp; 2 cloves mashed garlic. Put in crock pot with 1/3 cup low-sodium soy sauce, 1/4 cup balsamic vinegar, 2 tbsp dru mustard. Cook on slow for 8 hours, or fast for 6. Serve with a green salad and steamed veggies with seasoned vinegar and oil. 1 cup berries for dessert.</p>

## TUESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Yogurt Parfait</b> Layer plain non-fat yogurt mixed with vanilla and cinnamon with 1/2 cup berries and 1/2 cup Kashi Go Lean cereal.</p> <p><b>Mid-Morning Snack</b> Celery &amp; 1 tbsp. peanut butter</p>	<p><b>Chicken Caesar Salad</b> Have with whole wheat crackers. No croutons, and if dining out - ask for dressing on the side.</p> <p><b>Afternoon Snack</b> 1 piece of fruit and 1 oz. cheese</p>	<p><b>Vegetable Soup</b> <b>3 Layer Mexican Dip w/Veggies</b> <b>Red Snapper Vera Cruz</b> See recipes below.</p>

## WEDNESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Muffin Breakfast Sandwich</b> 1/2 whole wheat English muffin toasted and topped with sliced tomato, 1 slice fat free cheese and a poached egg.</p> <p><b>Mid-Morning Snack</b> Lo-carb Tortilla Roll-up with 1/4 cup chopped apple w/ cinnamon &amp; 1 tbsp peanut butter</p>	<p><b>1/2 Turkey Sandwich</b> <b>Raw Veggies &amp; Dip</b> Sandwich with dijon, fat-free cheese, tomato, 2 slices avocado and romaine. Raw veggies with non-fat sour cream &amp; low-sodium dip mix.</p> <p><b>Afternoon Snack</b> Orange slices</p>	<p><b>Mama's Meatloaf &amp; 1/2 Baked Sweet Potato</b> See recipe below. Serve with a green salad and viniagrette.</p>

## THURSDAY

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> 1-2 oz. string cheese</p>	<p><b>Orange Chicken Salad</b> <i>See recipe below. Have with 2 whole grain crackers.</i></p> <p><b>Afternoon Snack</b> 5 Nuts &amp; 1 cup berries</p>	<p><b>Vegetable Soup</b> <b>Parmesan Crusted Salmon</b> <b>Green Bean Medley</b> <i>See recipe below. Serve with green bean medley - saute green beans in tiny bit of chicken broth, add minced garlic, sliced mushrooms and black pepper.</i></p>

## FRIDAY

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 and no-fat cheese slices</p>	<p><b>Chili &amp; Garden Salad</b> <i>Make your own - or use canned. Top with non-fat cheese.</i></p> <p><b>Afternoon Snack</b> Celery &amp; 1 tbsp. peanut butter</p>	<p><b>Caesar Salad</b> <b>Quick Chicken Stroganoff</b> <i>See recipe below. Remember - no croutons and light dressing.</i></p>

## SATURDAY

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> small Yogurt Parfait</p>	<p><b>Stuffed Tuna Pita</b> <i>Stuff a whole wheat pita with your tuna salad. Crudites with viniagrette.</i></p> <p><b>Afternoon Snack</b> Tomatoes, fresh basil, 2 oz. low or non-fat mozzarella cheese</p>	<p><b>Garden Salad &amp; Turkey Pasta</b> <i>1 cup whole wheat pasta with marinara of ground turkey breast, onions, peppers and mushrooms.</i></p>

# SUNDAY

BREAKFAST	LUNCH	DINNER
<b>Eggs Florentine</b> <i>Poached egg + 2 egg whites atop sauteed spinach with 2 oz. reduced fat feta cheese. Serve with melon chunks.</i>	<b>Veggie Burger</b> <i>Top 1/2 whole wheat English muffin with 1 slice tomato, 1 slice no-fat chesse and crudites</i>	<b>Shrimp Fajitas</b> <i>Whole wheat tortilla, peppers and onions, sliced avocado, 2 oz. fat-free Monterey jack cheese, fresh salsa and grilled (or sauteed) shrimp. Serve with green salad.</i>
<b>Mid-Morning Snack</b> Apple slices with 1 tbsp peanut butter	<b>Afternoon Snack</b> Whole Grain Crackers and hummus	

## RECIPES

### Basic Balsamic Vinagrette

1 tsp Dijon mustard  
2 tbsp + 1 tsp balsamic vinegar  
1/2 cup extra virgin olive oil

*Whisk all ingredients together.  
Options: Add whatever herbs you have on hand to taste.  
Add a clove of minced garlic and some fresh basil.*

### Red Snapper Vera Cruz

2 lbs. red snapper fillets  
1 tbsp fresh lime juice  
black pepper to taste  
1 med. thinly sliced red onion  
4 minced garlic cloves  
1 thinly sliced green bell pepper  
14 oz. can Mexican Tomato Sauce  
1/4 cup sliced green olives

*Preheat oven to 450 degrees. Rinse snapper fillets under cold water and pat dry with paper towels. Sprinkle fish with lime juice and black pepper and set aside. In a large non-stick skillet sprayed with a mist of olive oil, add onion, garlic, green bell pepper and saute until softened, about 5 mins. Add Mexican Tomato Sauce & sliced green olives and cook until heated through. Taste & adjust seasoning. Pour 1/2 of the sauce in a olive oil misted 9x13" baking pan. Arrange fillets on top of the sauce. Spread remaining sauce over fish. Cover and bake until fish is tender and flakes easily with a fork, about 8 to 10 minutes. Makes 4 servings.*

### 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.*

## Mama's Meatloaf

1/2 cup chopped onion  
2 minced garlic cloves  
1 lb. 7% ground beef  
1 lb. ground chicken breast  
1 egg + 2 egg whites  
1/2 cup fresh whole-grain bread crumbs  
1/3 cup chopped fresh parsley  
1 tbsp dried oregano  
1 tbsp dried basil  
freshly ground black pepper, to taste

*Preheat oven to 350 degrees. In a nonstick skillet, mist with olive oil, heat over medium-high heat, add onion and garlic and saute until softened, about 5 minutes.*

*In a large bowl, combine all ingredients and mix well using your hands or a wooden spoon. Lightly mist a loaf pan with olive oil. Shape the meat into the pan. Bake 1-1 1/2 hours. Serve with a basic Tomato/Marinara Sauce. Make your own or buy a sauce with no added sugar.*

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## Quick Chicken Stroganoff

1 Deli-roasted chicken  
1 pkg fresh sliced mushrooms  
1 small 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 cooked spinach, or whole wheat pasta.*

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## Orange Chicken Salad

1/4 cup slivered almonds  
1/4 cup rice wine vinegar  
2 tsp splenda or Xylitol  
1 tsp Worcestershire sauce  
1/2 tsp dry basil  
1 can Mandarin oranges, drained  
6 cups bite-size pieces butter lettuce  
1/2 cup sliced radishes  
1 cup chopped cooked chicken

*In a small frying pan, toast nuts over medium heat, shaking pan often, until golden (3-5 minutes); let cool. In a small bowl, stir together vinegar, splenda, Worcestershire and basil. In a large bowl combine lettuce, radishes, mandarin oranges, almonds, chicken and dressing. Mix gently, serve immediately. Makes 4 servings. Delete the chicken and serve as a side salad.*

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## Parmesan Crusted Salmon

4 Salmon filets  
Grated Low Fat Parmesan Cheese  
1 tbsp dry whole wheat breadcrumbs  
2 egg whites

*Rinse salmon filets and pat dry with paper towels. Mix Parmesan cheese and bread crumbs together in a dish, season with freshly ground black pepper and set aside. In another dish beat egg whites with small amount of water (2 tbsp). Dip filets in egg wash, turning to coat and then roll in parmesan mixture completely coating. When all are coated, heat a large non-stick pan and spray with olive oil mist and place filets in pan, saute approx 4 mins without trying to move filets to set coating, gently turn and saute for an additional 4 minutes or until salmon is done and coating is crispy brown. Serve with lemon wedges.*

## Grocery Shopping List

Non-fat Sour Cream  
Low fat or fat free Monterey Jack cheese  
(or Pepper Jack)  
Low fat string cheese  
Plain non fat yogurt  
low or non fat grated Parmesan cheese  
Sliced fat free cheese  
Low fat mozzarella cheese  
Non fat cream cheese  
Low fat feta cheese  
  
eggs  
  
Chicken breasts  
Tri-tip Roast  
Red Snapper Fillets  
Salmon Fillets  
Sliced turkey  
7% Ground beef  
Turkey breast  
Shrimp (fresh or frozen)  
Deli-roast chicken  
Veggie Burgers (frozen)  
  
Whole wheat crackers  
Whole wheat English muffins  
Lo-carb tortillas or  
Whole wheat tortillas  
Whole wheat pita  
Whole grain bread  
Whole wheat pasta

Salad greens  
romaine  
butter lettuce  
Edemame (soybeans in the shell)  
onions, red & yellow  
garlic  
spinach  
tomatoes  
celery  
berries  
melon  
veggies for crudite  
veggies for steaming & roasting  
apples  
oranges  
avocado  
jicama  
radishes  
chile peppers  
green bell peppers  
green beans  
sliced mushrooms  
fresh basil  
lime  
lemons  
fresh parsley  
almonds

Tuna  
low fat or non fat Mayo  
Dijon mustard  
Low-sodium soy sauce  
Balsamic vinegar  
Dry mustard  
Cinnamon  
Oregano  
Basil  
Natural vanilla extract  
Kashi Go Lean cereal  
Peanut butter  
Low-sodium dip mix  
Vegetable Soup  
Oatmeal  
Whey protein powder  
Chicken broth  
Chili  
Hummus  
Fresh salsa  
Mexican Tomato Sauce  
Sliced green olives  
Black beans  
Mandarin oranges  
Rice wine vinegar  
Splenda or Xylitol  
Worchestershire sauce  
Viniagrette dressing