

# DR PHIL'S ULTIMATE WEIGHT LOSS CHALLENGE MEAL PLANS

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## NOTES FOR SUCCESS!

Always keep high response cost, high yield snacks with you, like an apple.  
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>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> 1 pc fruit</p>	<p><b>Turkey &amp; Veggie Pita</b>  <i>Whole wheat pita stuffed with sliced turkey breast, leftover roasted veggies &amp; Dijon mustard.</i></p> <p><b>Afternoon Snack</b> 10 almonds</p>	<p><b>Balsamic Glazed Pork Tenderloin</b>  <b>Wilted Greens</b>  <i>See recipes.</i></p>

## TUESDAY

BREAKFAST	LUNCH	DINNER
<p><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></p> <p><b>Mid-Morning Snack</b> Apple slices with 1 tbsp peanut butter</p>	<p><b>Chicken Salad w/Asparagus</b>  <i>Mixed greens with sliced chicken breast, sliced red onion, 1 oz. walnuts, 4 stalks asparagus cooked &amp; sliced diagonally with Balsamic dressing</i></p> <p><b>Afternoon Snack</b> 3 Layer Dip</p>	<p><b>Halibut with Roasted Veggies</b>  <i>See recipes. Serve with a mixed green salad with 1 oz. walnuts and balsamic vinaigrette.</i></p>

## WEDNESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Baked Apple</b>  <i>Split open baked apple and top with 1 cup non-fat cottage cheese and 1/2 cup Low Sugar-Low Fat Muesli.</i></p> <p><b>Mid-Morning Snack</b> 1-2 oz. string cheese</p>	<p><b>Veggie Burger</b>  <i>Top 1/2 whole wheat English muffin with veggie patty, 1 slice tomato, 1 slice no-fat cheese and crudites (raw veggies)</i></p> <p><b>Afternoon Snack</b> Orange slices</p>	<p><b>Chicken "Cacciatore"</b>  <i>See recipe. Serve with sauteed green beans with minced garlic and black pepper.</i></p>

## THURSDAY

BREAKFAST	LUNCH	DINNER
<b>Berry Oatmeal</b> <i>To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/4 cup berries, 1 tbsp of vanilla whey protein powder.</i>	<b>Southwestern Cobb Salad</b> <i>See recipe</i>	<b>Spaghetti Squash "Pasta" w/ Meat Sauce</b> <b>Steamed Broccoli</b> <i>See recipe. Toss your steamed broccoli with sliced garlic and your favorite herbs.</i>
<b>Mid-Morning Snack</b> Apple slices with 1tbsp peanut butter	<b>Afternoon Snack</b> 1 pc.string cheese	

## FRIDAY

BREAKFAST	LUNCH	DINNER
<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>	<b>Spinach Chicken Salad</b> <i>Top 2 cups of baby spinach with 4 oz. chicken breast, julienned red &amp; yellow peppers, julienned carrot, 1 oz. low-fat feta cheese, 1 oz. walnuts and 2 oz. balsamic vinaigrette.</i>	<b>Shrimp w/Peppers</b> <i>See recipe. Serve with a salad of mixed greens with vinaigrette.</i>
<b>Mid-Morning Snack</b> 1 pc. fruit	<b>Afternoon Snack</b> 1 pc.string cheese	

## SATURDAY

BREAKFAST	LUNCH	DINNER
<b>Tortilla Roll-up</b> <i>Mix 1/4 cup ricotta cheese, cinnamon and blueberries and roll-up in low carb tortilla. Serve with Melon slices</i>	<b>Salad Nicoise</b> <i>See recipe</i>	<b>Turkey Tacos</b> <i>Saute chopped red onion, garlic, red &amp; green peppers, pepper, dash of tobasco sauce. Set aside. Saute 1 lb. ground turkey until cooked through, drain well. Add veggies and heat together. Serves 4. Serve in whole grain tortilla, top with 1 oz non-fat cheese, chopped tomato, sliced avocado, shredded lettuce and salsa</i>
<b>Mid-Morning Snack</b> Apple slices with 1 tbsp peanut butter	<b>Afternoon Snack</b> 6 small whole grain crackers and hummus	

# SUNDAY

BREAKFAST	LUNCH	DINNER
<b>Chicken Breakfast Sausages</b> <i>Ground chicken breast, spinach, herbs and fat-free cheese mixed together and sauteed. Serve with Melon slices</i>	<b>Chili &amp; Garden Salad</b> <i>Make your own - or use a healthy variety of canned. Top with non-fat cheese.</i>	<b>Pesto Meatloaf</b> <b>Squash Medley</b> <i>See recipes.</i>
<b>Mid Morning Snack</b> Mini Parfait	<b>Afternoon Snack</b> Apple slices with peanut butter	

# 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.*

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## Balsamic Glazed Pork Tenderloin

balsamic vinegar  
1 clove garlic, minced

*Marinate pork tenderloin in balsamic vinegar and garlic for several hours or overnight (turn them once). Sear in non-stick pan misted with olive oil until browned on all sides. Roast at 400 degrees for 20 minutes, or until internal temperature is 170 degrees. Deglaze the roasting pan with a little balsamic vinegar and pour over sliced pork loin.*

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## Wilted Greens

Use any of the following, or combine several different kinds;

beet greens  
swiss chard  
spinach  
other greens  
garlic  
onion, sliced

*Saute all in large non-stick pan misted with olive oil. Pepper to taste.*

## Roasted Halibut

6 oz halibut fillets  
lemon  
dried herbs

*Sear the halibut fillets in non-stick pan misted with olive oil. Transfer to baking pan, sprinkle with your choice of herbs (Italian Herb Blend, oregano, basil, etc) and squeeze lemon juice over the top. Bake at 400 degrees for approximately 8 minutes. Check for doneness by flaking with a fork.*

## Roasted Veggies

squash (any in season)  
asparagus  
bell peppers  
green beans

*Cut squash into 1 inch chunks, leave asparagus whole, slice bell peppers into strips, leave green beans whole. Spray veggies with olive oil mist. Preheat oven to 400 degrees. Roast squash on olive oil misted pan for 10 minutes. Add the rest of the veggies and roast another 10 minutes or until done to your liking. Season with black pepper and herbs to your taste. (Note: Roasted Halibut can share the last 8-10 minutes of cooking with the veggies)*

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## Chicken "Cacciatore"

4-skinless chicken thighs  
1 tsp olive oil  
1 cup diced onion  
1 bay leaf  
1-1/2 t chopped fresh basil (dried ok)  
1 tsp fresh sage (dried ok)  
8 oz. sliced mushrooms  
2 cloves garlic, minced  
1/2 cup balsamic vinegar  
3/4 cup chicken broth  
1/4 cup tomato paste

*Season chicken thighs with black pepper, saute in olive oil misted non-stick pan until golden brown. Remove chicken and set aside. Reduce the heat and add to pan the olive oil, onion, bay leaf, basil, sage and mushrooms. Saute 5-7 minutes, add garlic, balsamic vinegar, chicken broth and tomato paste (you may add more if you desire) and simmer 5-7 minutes. Put chicken back in and finish cooking (5 minutes). Serve over 1/2 cup of steamed brown rice or 1/2 cup whole wheat pasta. Serves 4.*

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## Southwest Cobb Salad

4 oz turkey breast (or leftover chicken)  
chopped tomato  
1/4 chopped avocado (squeeze on lemon juice)  
1 tbsp chopped olives  
2 oz. cubed non-fat cheese  
chopped romaine  
2 oz dressing

*Chop all ingredients. Top chopped romaine with turkey, tomato, avocado, olives & cheese. Serve with **Southwest Dressing**: 1/4 cup prepared salsa, 1/8 cup non-fat sour cream and drizzle of olive oil. Blend together.*

## 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 onion, chopped  
1 clove garlic, minced  
1 lrg can (23oz) crushed tomatoes  
1 sml can (4-6oz) tomato paste  
2 tsp Italian herbs  
(blend or oregano and basil)  
balsamic vinegar to taste

*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: Saute onion, garlic, set aside. Brown meat, drain and rinse in collander. Add sauteed onions & garlic, drained & rinsed meat, tomato paste, crushed tomatoes and Italian herbs. Simmer for 1/2 hour. Add balsamic vinegar to taste.*

*Serve "pasta" topped with 4 oz. of meat sauce. Sprinkle serving with 1 oz. of low-fat or non-fat Parmesan cheese.*

**Time Saving Option:** Use your favorite bottled/canned pasta sauce.

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## Salad Nicoise

1 cup butter lettuce  
1 cup romaine  
4 oz. fresh grilled or canned tuna  
2 oz. green beans (blanched or use left overs)  
tarragon  
basil  
1 hard boiled egg, chopped  
1 tomato, chopped  
5 olives, chopped  
2 oz. balsamic dressing

*Toss the two lettuces and top with other ingredients. Canned tuna works in a pinch, drain well.*

## **Pesto Meatloaf**

2 lb. ground lean beef  
2 onions, chopped fine  
8 oz. mushrooms, chopped  
1/4 cup prepared pesto  
1/4 cup chives  
2 tbsp fresh oregano (dried ok)  
1/4 cup non-fat milk  
1 egg + 2 egg whites  
1/2 cup oatmeal  
pepper

*Saute onion and mushrooms together and cool. Set aside. In large bowl mix all ingredients together by hand - do not overmix. Bake at 400 degrees for 20 minutes, top with red sauce (use your favorite pasta sauce) and bake at 350 for an additional 30 minutes. Serves 4.*

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## **Squash Medley**

3 kinds of squash;  
butternut  
winter squash  
zucchini  
(or whatever is in season)

*Dice all squash and saute in olive oil misted non-stick pan with 2 cloves slivered (finely sliced) garlic and 1 tsp dried basil or Italian Herb Blend, until squash is tender.*

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## **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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## **Shrimp & Peppers over Pasta**

1 lb. raw shrimp (cleaned & de-veined)  
1 small onion, chopped  
1 green pepper, sliced  
Marinara sauce (26-32 oz jar or can)  
1 pkg whole wheat pasta  
grated parmesan cheese

*Saute cleaned de-veined shrimp with chopped onion and sliced green peppers in olive oil misted non-stick skillet. When shrimp are cooked through add your favorite no-sugar added marinara sauce and heat through. Serve over 1 cup whole wheat pasta per serving. Top with 1 tbsp grated parmesan cheese per serving. Serves 4.  
Time Saving Option: Use pre-cooked frozen shrimp. Thaw shrimp and with the marinara sauce to heat through.*

