

Kelsey Byers Challenge Meal Plan

Note from Kelsey:

"Eating small meals every 2.5-3 hours increases your metabolism and allows you to burn fat efficiently. The goal is to eat at least five meals a day. If you are awake and it's been three hours, eat. What you look like is 80% nutrition, 20% exercise. Once I realized this and started practicing clean eating, I started seeing REAL results!"

Choose a lean protein, complex carbohydrate and veggie at each meal.

If you are not going to hire a nutritionist to customize your portions, I would recommend the following portions.

PROTEIN = Handful size

COMPLEX CARB = Fist size

VEGGIE = Two handfuls

FATS = Small palm size

PROTEIN:

Extra Lean Ground Turkey- JennieO Brand

Chicken breast or tenders

Fish- Tilapia or Mahi- bake or grill

Egg Whites (my fave)- I like them scrambled or boiled

Extra Lean Beef- once a week

Fat Free Cottage Cheese

COMPLEX CARBS :

I usually eat a smaller portion of complex carbs at my last two meals since I am not as active.

Oatmeal

Grits

Brown Rice

Whole Wheat Bread or Ezekial bread

Beans

Corn or Wheat Tortillas

Edamame

Low Sodium Rice Cakes

Yams

Potato

**Corn and edamame need to be measured as a carbohydrate and should not be eaten in unlimited portions like vegetables.

VEGGIES:

Raw or frozen vegetables are fine.

Asparagus

Green Beans

Squash

Zucchini

Salad- with fat free dressing

Spinach

Cucumbers

**There are many more vegetables you can eat, so just check out your produce section at your local store.

HEALTHY FATS:

For healthy fats, I usually have one a day, eating them at dinner when my carbs are lower. It is VERY important that you don't over eat so you don't store the extra as fat. As a rule, I am tempted by peanut butter, so I don't buy it. Adjust this according to your lifestyle.

Avacado- 2 slices

Olive Oil- 1 tablespoon

Almonds, cashews or walnuts- A small palm size (8-10 nuts)

Natural Peanut Butter- 1 tablespoon

FRUIT:

I often get asked about my fruit intake. I am not a big fruit eater. If I do have some, I normally stick to berries or apples. If I were to eat fruit at a meal, I would pair it with a lean protein since fruit is a complex carb. I would limit to fruit to one or two handful size servings per day.

STAPLES:

I love to season my food with Mrs. Dash's salt free seasoning, salsa, spicy mustard, fat free spray butter, etc. You really just have to get creative with it! My husband and I cook with fat free cooking spray. We marinade our chicken in fat free Italian dressing.

SUGAR:

I avoid alcohol at all costs. One drink would be fine, but MOST people cannot handle only having one drink. I stick to drinking a gallon of water a day. I have a glass of natural green tea most days at work. As far as your sugar intake, I would keep sugar to about 35 grams per day, NOT counting sugar found naturally in fruits or veggies. Try keeping a sugar log and just track your intake for a few days. Sugar can add up fast and this may be keeping you from meeting your goals.

Here are some “Kelsey Byers Challenge success tips” for you:

1. **Cook and store.** Once a week or twice a week, cook enough chicken breasts, vegetables and complex carbohydrates (rice, potatoes, yams, etc.) to last you throughout the week.

Bag the individual portions in small baggies and refrigerate or freeze them. This makes it very easy for you to select your daily meals from the refrigerator and throw them into your cooler, so you can conveniently eat them during the day. I find that having a cooler with me keeps me on schedule and makes it very convenient for me to eat quickly and efficiently, especially when I don't have a lot of time.

It only takes 10-15 minutes to eat. Everyone has a lunch break and a coffee break. With proper planning, this should punch a hole in your excuse of “I don't have time to eat!” Another simple solution is to cook enough dinner to have leftovers.

2. **Plan ahead.** This is essential if you're going to succeed. Take a few minutes the night before to determine what foods you will consume throughout the next day. If you're just starting out and don't have some of the food items that I recommend, don't panic. Just make yourself a short grocery list and pick up these items at your first available convenience. Your daily checklist can be a useful tool in planning the weekly grocery list for obvious reasons. Once you have carefully thought out the following day's food plan, lay out the necessary food items, so you can easily pack them in a cooler the following day.

3. **Pack a cooler.** Always pack a cooler with food and carry it with you to work. I store my lunch in a six-pack sized Igloo cooler. I always bring plenty of snacks to work – things that are easily transportable, such as: baked fish fillets and baked yams that I've cooked the night before, oatmeal, broiled chicken breasts, low-fat cottage cheese and fresh and frozen vegetables.

4. **When eating out, plan ahead.** Familiarize yourself with menus from various restaurants, and try to pick restaurants that serve menu items compatible with the Kelsey Byers Challenge program. This minimizes your risk of getting stuck making a bad food choice.

If you have your meal planned out before you arrive, the rest of the menu won't be as tempting. Also, ask to have your meat cooked without any butter or oil, say “no thanks” to the chips or bread while you wait. When ordering salad, ask for low-fat or no fat dressing and request for it to come on the side. A habit that I have gotten into is using my fork to add dressing to my salad versus dumping the bowl of dressing on the salad. This way I use less dressing and don't overdo it. I usually use two tablespoons of low fat or fat free salad dressing at a meal.

5. **Drink plenty of water.** Keeping your body hydrated and refreshed is very important, and water is the purest source of hydration you have. Water can also help suppress your appetite. If you never seem to get filled up when eating your meals, drinking more water will make you feel full faster. As a rule, I drink a gallon of water a day, 128 ounces. I keep a gallon jug of water at my desk at work to keep me on track. You can also use a plastic water bottle to carry with you when you are on the go. This is also a helpful way to track your water intake. I try to drink a gallon by 4:00 pm, everything extra is an added bonus. It may seem like a lot of water at first, so ease into it.

6. Choose low fat foods. Though there are scores of low-fat versions of many different kinds of packaged foods available today, many are still calorie-dense and full of artificial ingredients. Try to seek out foods that are naturally low in fat.

7. Avoid sugary soft drinks and too much fruit juice. Choose water and green tea instead. Believe it or not, this can make a big difference in your progress. For example, the average regular soda contains 39 grams of sugar! This gets transferred into fat very quickly in the body. Water, however, contains no sugar and no calories.

8. Take a good multi-vitamin along with extra Vitamin E and Vitamin C. Women should take extra calcium. There are a number of good wholesome vitamin brands on the market.

The Meal Plan at a Glance

Here's a sample breakdown of your meals. Eat 5-6 meals a day. These meals should be every 2.5- 3 hours.

***Note from Kelsey: "Nutrition determines 80% of what you look like, exercise making up 20%. Following your meal plan will determine your success in my program."*

- 1) Breakfast: 4-6 egg whites, 1 fist size serving complex carb (oatmeal, grits, or 2 slices of whole wheat toast, 1 piece of fruit, fat free skim milk or coffee, OR Lean Body For Her Meal Replacement shake
- 2) Snack: 2 slices of light toast (100% whole wheat), low sugar jam
Lean Body For Her Meal Replacement shake (either blended or Ready-to-Drink), fresh fruit (Remember, it should be a fist-sized amount - try an apple)
OR have another small meal
- 3) Lunch: Palm-sized portion of chicken, fist-sized complex carb, and veggies
- 4) Snack: Lean Body For Her Meal Replacement Bar OR 1 Cup low fat cottage cheese, fist-sized serving of fruit OR have another small meal
- 5) Dinner: Palm-sized portion of chicken or fish, fist-sized complex carb, fist-sized, veggies and salad with fat free dressing
- 6) Snack: 4-6 scrambled egg whites, a fist sized amount of steamed vegetables

**Note from Kelsey: "I usually eat my last meal right before bedtime around 10:00pm. If you are eating clean all day, you should not gain weight by eating at night. If I am awake and it's been 3 hours, I eat. That simple."*

It is realistic that you will want to snack. Here are some snack ideas for when your body is craving something (but be careful not to overdo it -moderation is the key): rice cakes, fat-free cheese or fat free cream cheese, fat-free yogurt, air-popped popcorn, and Lean Body shakes and protein bars.