

The Shape Up Plan

If you are content with your current weight but have a tendency to either gain weight fast or lose it quickly, you will want to follow this shape-up plan. If you want to follow this plan, you have two choices; stick to the 2,200 total calorie allotment or add about 350 calories to each of the three days you lift weights to compensate for the loss of calories from the weight training. If you add the extra calories, you are more likely to maintain your current weight.

For example, swimming at approximately 2 mph continuously for a half hour burns about 340 calories. You can consume 2, 200 calories and lose a little weight because burning those 340 calories lowers your calorie store from 2,200 to 1,860. Remember, you need about 2,200 to maintain your weight. So it makes sense to add back in the calories you burn when exercising.

The Shape Up Plan (2,200 calories)

<i>Food Group</i>	Breakfast	Lunch	Snack	Dinner
Meats/ Protein	1	3	1	4
Grains	3	4	2	4
Fresh Fruit	1	1	0	1
Vegatables	0	1	1	2
Dairy	1	0	1	0
Fats	1	1	0	1

A Sample Menu

Breakfast

1 ounce Canadian Bacon (fry in non-stick pan, no oil)
1 whole-grain English muffin with 2 teaspoons peanut butter

3/4 cup wheat-flake cereal
1/2 cup unsweetened apple sauce
1 cup nonfat or 1% fat milk

Lunch

3 ounce turkey lunch meat
2 slices whole-grain bread
1 tablespoon nonfat mayonnaise

Lettuce and Tomato
12 Oak crackers
1/4 cantaloupe

Fresh vegetable salad with
1 teaspoon olive oil dressing
Diet soda

Snack

1 whole-grain bagel
1 ounce 98% fat free ham
1 ounce low-fat cheese
1 tomato, sliced (toast bagel, top with ham, tomato and cheese, broil or microwave)
Iced tea or diet soda

Dinner

4 ounces broiled fish, chicken or turkey, or lean beef
1 whole baked potato
2 whole-grain dinner rolls
1 cup vegetable mix (broccoli and carrots)
1 cup green salad with 2 tablespoons fat-free dressing
1 kiwi fruit, sliced
beverage

You can substitute one food for another within any of the food groups. You can review [the Six Food Groups](#) to refresh your mind about the various foods in each group.