

### 1200 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 Fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked cauliflower	1 vegetable
3 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
3 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
<b>1 Free Choice</b>	

### 1300 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
3 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
3 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
<b>Evening Fueling</b>	
Essential Sweet Blueberry Biscuit	1 Health Fueling
<b>1 Free Choice</b>	

### 1400 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
3 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
3 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
<b>Evening Fueling</b>	
Essential Sweet Blueberry Biscuit	1 Health Fueling
<b>1 Free Choice</b>	

### 1500 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
3 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
3 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
<b>Evening Fueling</b>	
Essential Sweet Blueberry Biscuit	1 Health Fueling
<b>1 Free Choice</b>	

### 1600 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
4 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
4 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

### 1700 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
4 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
4 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 cup skim or low-fat milk	1 dairy
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

**1800 Calorie Fast Weight Loss Transition Plan**

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
4 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
4 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 cup skim or low-fat milk	1 dairy
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

### 1900 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
5 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
5 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 cup skim or low-fat milk	1 dairy
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	



### 2000 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
5 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
5 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 cup skim or low-fat milk	1 dairy
½ cup baked sweet potato	1 starch
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

### 2100 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
6 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
6 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 cup skim or low-fat milk	1 dairy
½ cup baked sweet potato	1 starch
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

## 2200 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
6 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
6 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 tsp trans-fat free margarine	1 fat
1 cup skim or low-fat milk	1 dairy
½ cup baked sweet potato	1 starch
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

### 2300 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
7 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
7 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 tsp trans-fat free margarine	1 fat
1 cup skim or low-fat milk	1 dairy
½ cup baked sweet potato	1 starch
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

### 2400 Calorie Fast Weight Loss Transition Plan

<b>Breakfast</b>	<b>Exchange</b>
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
¾ cup low-fat yogurt	1 Dairy
1 ¼ cup whole strawberries	1 fruit
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
7 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
7 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 tsp trans-fat free margarine	1 fat
1 cup skim or low-fat milk	1 dairy
½ cup baked sweet potato	1 starch
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	

## 2500 Calorie Fast Weight Loss Transition Plan

Breakfast	Exchange
¾ cup unsweetened cereal	1 Starch
1 cup skim or low-fat milk	1 Dairy
¾ cup low-fat yogurt	1 Dairy
1 ¼ cup whole strawberries	1 fruit
6 Almonds	1 Fat
<b>Mid-Morning Snack</b>	
Optimal Health Strawberry Yogurt Bar	1 Health Fueling
<b>Lunch</b>	
½ cup cooked broccoli	1 vegetable
7 oz. grilled chicken	1 protein
¾ cup low-fat yogurt	1 dairy
1 slice whole wheat bread	1 starch
1 tsp olive oil	1 fat
½ cup canned sliced pears (in juice)	1 fruit
<b>Mid-Afternoon Snack</b>	
Optimal Health Strawberry Banana Smoothie	1 Health Fueling
<b>Dinner</b>	
2 cups raw spinach	2 vegetables
1 cup total diced tomatoes, cucumbers and mushrooms	
7 oz baked yellowfin tuna	1 protein
2 tbsp low-fat salad dressing	1 fat
1 small apple	1 fruit
8 large black olives	1 fat
1 tsp trans-fat free margarine	1 fat
1 cup skim or low-fat milk	1 dairy
½ cup baked sweet potato	1 starch
<b>Evening Fueling</b>	
Optimal Health Cookies and Cream Shake	1 Health Fueling
<b>1 Free Choice</b>	